

Northern Ohio Dressage Association

Congratulations
Colin Gaffney and Timaru
Reserve Champions at Hagyard
CCI* Young Rider Championship,
finishing on their Dressage score!

Cover: Colin & Timaru at
NODA's September 10 Schooling
Dressage Show at Rocky River Stables
Photo by Erich Linder Photography

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The Northern Ohio
Dressage Association
is a 501(c)(3) not-for-profit
education organization

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Greetings from the President

Dear NODA Members,

When I began my tenure as President of NODA on January 1, 2010, I had agreed very reluctantly to run for President when no one else was available. With the help of NODA's huge brain trust (long time members), especially Lisa Gorretta who very generously agreed to mentor me, I felt I might be able to do it for two years. It turned into eight years, and they have flown by.

I had a long list of things that I wanted to help NODA accomplish, some of which were realized, and some were not. Presidents of all organizations can probably say the same thing. Before writing this letter I reread my very first letter, from January 2010. In that first letter I stated that I wanted the most important theme of my term to be inclusion. I feel that we are doing a little better eight years later, but we still have a long way to go. Most of our professionals remain outside of our reach. This problem still has a very real effect on the growth of NODA. We appreciate our adult amateurs and juniors, and we are grateful to the professionals who are involved, but when more professionals are involved we get the benefit of their input, ideas, expertise, and their students. In the future I hope we can figure out how to have an effective relationship with more of our professionals.

I leave the office of President knowing that I worked hard and gave it my best. I leave knowing that I will still be involved as a member of the Executive Board and a part of NODA's decision making process. Someone else will be guiding the NODA ship starting in January, and I wish her all the best and I hope she knows that I will be around to help in any way I can.

I am grateful to the board and I thank them for their support and friendship, their hard work, and their dedication over the past eight years. There is no way any one person can keep NODA running. It will always take a hard-working team.

NODA will be welcoming a new Executive Board in 2018. I know that the new Executive Board will be just as hard working and dedicated to our GMO going forward. I hope



Dee Liebenthal and Rens

you all participated in the election process and sent in your ballots. Just as in 2015, there were choices to be made.

I want to continue to work with the new Board and also the Recognized Show Committee to realize longer term goals for our recognized shows. We are determined that these shows remain in Northern Ohio to serve our membership and competitor base, but we know we must make improvements so that the shows are a better and satisfying experience for all competitors, volunteers, and spectators. NODA hopes to add both professionals and amateurs to the Recognized Show Committee as advisers to help us work through questions about the future of these shows.

This is just one of the many things I want to continue to try to influence. I know that the new board will have a lot of great ideas that they would like to implement. We also want your ideas, so please feel free to send your comments and ideas. Some of the greatest ideas come from the general membership. Please share your thoughts and ideas with our member liaison, Kathy Kirchner. Email her at MembeRep@nodarider.org.

I hope you are all looking forward to the NODA Annual Awards Banquet and Celebration on November 19. We have a new committee, venue, and format. I am sure that it will be loads of fun with our NODA friends and family. Congratulations in advance for all those receiving awards. I heard through the grapevine that we have a record number of award applications this year. I think sometimes I sound like a broken record, but you **do not** have to have applied for an award to attend. It is meant to be a celebration of all our members, their families, and friends.

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NODA Member Horse Services Directory
OPEN Position

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President's Letter (continued from page 2)

Important Membership Renewal Reminder

It is time to renew your NODA membership. Remember not to wait too long to renew. You must be a NODA member at the time you earn any show scores that you wish to use for the wonderful NODA Year-End Awards.

We have had a spectacular fall. I have enjoyed every minute of the great weather. I hope you have also taken advantage of it.

Dee Liebenthal, President

NODA Wins Prestigious 2017 USDF GMO Awards

Website - Best User Experience

Honorable Mention (2nd Place)

Congrats NODA Webmaster, Linda Cooley

Newsletter - First Person Experience Article

Honorable Mention (2nd Place)

Congrats NODA Member, Rachel Caracci

A Better Horse than I Started With

2017 NODA News, Issue 1



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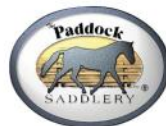
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October 7, 2017 NODA Schooling Dressage Show at Chagrin Valley Farms Show Results

High Score Champions

Introductory: Amanda Franko, Shelbys Easy Lark 72.500%
Training /First: Diana Shale, Spot on Doolittle 73.864%
Second & Above: Sarah Freeman, Adante 66.333%
Western: Skylar Young, La Bella Luna 70.500%
TIP Award WT: Mary Whitely, Set in Stone 69.500%
TIP Award: Miranda Akins, Income Statement 70.682%

Class: 4A - USDF Introductory Test A AA - (S Hughes "r")

Lauren Wade	Lord Burberry CASH	67.813	1
Amy Craig	Handsome Jack	65.625	2
Lesley Matt	Gypsy's Gem	61.875	3

Class: 5A - USDF Introductory Test B AA - (K Petty "r")

Lauren Wade	Lord Burberry CASH	65.313	1
Gale Browning	Syzygy	63.750	2
Amy Craig	Handsome Jack	61.563	3
Lesley Matt	Gypsy's Gem	61.563	4
Suzanne Carlton	CJ Shadrah	60.938	5
Ashley Gross	Lonesome Hollow Legend	60.000	6

Class: 1A - Novice USDF Introductory Test A AA - (K Petty "r")

Barbara Brown	Zappoli	68.125	1
Lee Overbaugh	Duquessa Cor	63.750	2
Mary Whitely	Set in Stone	60.313	3

Class: 2A - Novice USDF Introductory Test B AA - (S Hughes "r")

Mary Whitely	Set in Stone	68.125	1
Barbara Brown	Zappoli	61.875	2
Lee Overbaugh	Duquessa Cor	61.563	3

Class: 5J - USDF Introductory Test B Jr/YR - (K Petty "r")

Amanda Franko	Shelbys Easy Lark	65.938	1
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Class: 3A - Novice USDF Introductory Test C AA - (S Hughes "r")

Mary Whitely	Set in Stone	69.500	1
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Class: 5P - USDF Introductory Test B Pro - (K Petty "r")

Carrie Woost	Greatest Hit	68.438	1
Kris Ropp	Burning Diamond	65.938	2
BJ Hartmann-Sasak	He's the One	61.563	3

Class: 3J - Novice Introductory Test c Jr/YR - (K Petty "r")

Annie Stewart	Zips Magic Cowboy (Applejack)	62.000	1
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October 7, 2017 NODA Schooling Dressage Show at Chagrin Valley Farms

Show Results (continued)

Class: 6A - USDF Introductory Test C AA - (S Hughes "r")					Class: 11P - Training Level Test 2 Pro - (K Petty "r")				
Bitsy Gascoigne	CLF Foreign Currency	69.750	1		Patrick Tompkins	Romantic Hit TF	66.346	1	
Suzanne Carlton	CJ Shadrah	66.750	2		Michelle Tyner	Sir Joe Cool	62.692	2	
Amy Craig	Handsome Jack	63.000	3		Jennifer Krajcer	Regal Chex	62.500	3	
Kim Shepard	Big Bundle	62.500	4		Class: 12A - Training Level Test 3 AA - (S Hughes "r")				
Gale Browning	Syzygy	54.750	5		Diane Jackson	Arthur	65.227	1	
Class: 6J - USDF Introductory Test C Jr/YR - (S Hughes "r")					Amanda Musarro	Slews Resurrection	62.500	2	
Amanda Franko	Shelbys Easy Lark	72.500	1		Heidi Miller	Merlin	62.045	3	
Class: 6P - USDF Introductory Test C Pro - (S Hughes "r")					Class: 12.01A - Training Level 3 AA - (S Hughes "r")				
BJ Hartmann-Sasak	He's the One	71.000	1		Colleen Welder	MCF Classic Harley (Abby)	70.909	1	
Kris Ropp	Burning Diamond	62.750	2		Nicole Rader	Aim High	70.455	2	
Carrie Woost	Greatest Hit	56.500	3		Bitsy Gascoigne	CLF Foreign Currency	70.227	3	
Class: 7J - Novice Training Level Test 1 Jr/YR - (K Petty "r")					Danielle Bolm	Jimmy	69.545	4	
Brooke Fronk	RB Magic Chant	65.652	1		Lea Wojtkiewicz	Winter Sky	66.591	5	
Class: 9J - Novice Training Level Test 3 Jr/YR - (S Hughes "r")					Pam White	Flash in the Knight	61.818	6	
Brooke Fronk	RB Magic Chant	62.727	1		Class: 12J - Training Level Test 3 Jr/YR - (S Hughes "r")				
Class: 10A - Training Level Test 1 AA - (K Petty "r")					Diana Shale	Spot on Doolittle	73.864	1	
Lea Wojtkiewicz	Winter Sky	66.739	1		Miranda Akins	Income Statement	70.682	2	
Burton Sally	Foster	64.130	2		Annie Mackin	Koko Kisses	64.773	3	
Lisa Suhrie	Zippin On Cue	63.478	3		Maria Sandy	Hall's Creek Hot Chocolate	62.045	4	
Megan Healy	I See A Shark	60.652	4		Class: 12P - Training Level Test 3 Pro - (S Hughes "r")				
Molly Reeves	El Dorado (211)	58.913	5		Michelle Tyner	Sir Joe Cool	69.091	1	
Pam White	Flash in the Knight	52.826	6		Patrick Tompkins	Romantic Hit TF	66.818	2	
Class: 10J - Training Level Test 1 Jr/YR - (K Petty "r")					Sarah Freeman	Kiva	63.636	3	
Julie Mackin	Koko Kisses	51.522	1		Class: 13A - First Level Test 1 AA - (K Petty "r")				
Class: 10P - Training Level Test 1 Pro - (K Petty "r")					Nicole Rader	Aim High	56.111	1	
Jennifer Krajcer	Regal Chex	63.696	1		Class: 13J - First Level Test 1 Jr/YR - (K Petty "r")				
Kris Ropp	Syzygy	63.478	2		Diana Shale	Spot on Doolittle	62.222	1	
Class: 11A - Training Level Test 2 AA - (K Petty "r")					Class: 13P - First Level Test 1 Pro - (K Petty "r")				
Colleen Welder	MCF Classic Harley (Abby)	62.115	1		Rachel Jelen	Strategys Calico Gal	48.519	1	
Bitsy Gascoigne	CLF Foreign Currency	61.346	2		Class: 14P - First Level Test 2 Pro - (K Petty "r")				
Nicole Rader	Aim High	60.769	3		Rhonda Pearce	Flying Instructor	59.688	1	
Danielle Bolm	Jimmy	60.385	4		Rachel Jelen	Strategys Calico Gal	50.781	2	
Amanda Musarro	Slews Resurrection	57.692	5		Class: 15A - First Level Test 3 AA - (S Hughes "r")				
Class: 11.01A - Training Level Test 2 AA - (S Hughes "r")					Susan Horst	Alix	67.206	1	
Lisa Suhrie	Zippin On Cue	72.692	1		Patti Valencic	Fox Meadow Dancer	60.000	2	
Lea Wojtkiewicz	Winter Sky	72.308	2		Class: 15P - First Level Test 3 Pro - (S Hughes "r")				
Sally Burton	Foster	70.577	3		Anne McClintock	Jericho	68.676	1	
Diane Jackson	Arthur	68.269	4		Rhonda Pearce	Flying Instructor	63.088	2	
Molly Reeves	El Dorado (211)	62.692	5		Class: 16.1 - Second Level Test 1 - (K Petty "r")				
Megan Healy	I See A Shark	61.731	6		Peggi Ignagni	MRF Bello di Notte	62.424	1	
Class: 11J - Training Level Test 2 Jr/YR - (K Petty "r")									
Miranda Akins	Income Statement	65.769	1						

October 7, 2017 NODA Schooling Dressage Show at Chagrin Valley Farms

Show Results (continued)

Class: 16.2 - Second Level Test 2 - (K Petty "r")			
Anne McClintock	JC Ivy League	61.795	1
Anne McClintock	She's a Spitfire	56.282	2
Class: 16.3 - Second Level Test 3 - (S Hughes "r")			
Anne McClintock	JC Ivy League	61.707	2
Anne McClintock	She's a Spitfire	60.976	3
Class: 16.6 - Third Level Test 3 - (S Hughes "r")			
Linda Cooley	KnightHawke	64.103	1
Ashley Warner	Kanook	60.256	2
Class: 16.7 Fourth Level Test 1			
Ashley Warner	Kanook	60.811	1
Class: 16.9 - Fourth Level Test 3 - (S Hughes "r")			
Sarah Freeman	Adante	66.333	1
Class: 19 - Dressage Seat Equitation - (K Petty "r")			
Kim Shepard	Big Bundle	65.000	1
Class: 20 - USEF Rider Test-Test Training Level - (K Petty "r")			
Pam White	Flash in the Knight	55.000	1
Class: 23 - Western-Intro Level Test 3 - (S Hughes "r")			
Desirea Gadel	Larry's Shally Hour	59.750	1
Class: 24 - Western Intro Level Test 4 - (S Hughes "r")			
Desirea Gadel	Larry's Shally Hour	60.476	1
Class: 25 - Western Basic Level Test 1 - (K Petty "r")			
Desirea Gadel	Larry's Shally Hour	63.958	1
Class: 26 - Western Basic Level Test 2 - (K Petty "r")			
Skylar Young	La Bella Luna	66.522	1
Halle Clause	Master the Art	58.478	2
Class: 26.1 - Western Basic Level Test 2 - (K Petty "r")			
Judy Jacobsen	Modige	62.826	1
Class: 27 - Western Basic Level Test 3 - (S Hughes "r")			
Skylar Young	La Bella Luna	70.500	1
Class: 28 - Western Basic Level Test 4 - (S Hughes "r")			
Skylar Young	La Bella Luna	69.400	1
Halle Clause	Master the Art	59.400	2
Class: 28.1 - Western Basic Level Test 4 - (S Hughes "r")			
Judy Jacobsen	Modige	66.600	1
Class: 44 - USEA Eventing - Novice Test A - (K Petty "r")			
Sue Hines	Excommunicator	65.652	1
Class: 47 - NODA Prix Caprilli Test 2 - (K Petty "r")			
Maria Sandy	Hall's Creek Hot Chocolate	61.923	1
Class: 45.5 - Eventing - 2015 FEI Two Star Test B - (K Petty "r")			
Jane Papke	Norman	65.833	1
Class: 45.51 - Eventing - 2015 FEI Two Star Test B (S Hughes "r")			
Jane Papke	Norman	Hors Concour	



**Skylar Young & La Bella Luna competing
Western Dressage Basic Level**



**Costume Lead Line Class Fun!
Princess Dahlia Freeman & Bailey (above) and
Giraffe, Lexi Mooney & TatorTot with Leigh Mooney**



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October 8, 2017 NODA Schooling Show Series Championship at Chagrin Valley Farms
Show Results Judge at C: Sue Hughes (r) Judge at M: Kerry Petty (r)

**Congratulations NODA Member
Championship competitors!**

Novice USDF Introductory Test B AA

Mary Whitely	Set in Stone	70.469	CH
Barbara Gantz	Touch of Jazz	60.781	Res CH

USDF Introductory Test C AA

Bitsy Gascoigne	CLF Foreign	66.500	CH
Kim Shepard	Big Bundle	65.000	Res CH
Amy Craig	Handsome Jack	64.625	3
Gale Browning	Syzygy	63.250	4
Jennifer Cooper	Arwen's Arrow	60.000	5
Agatha Smithers	Fizzical Therapy	57.625	6

USDF Introductory Test C Jr/YR

Brooke Fronk	R B Magic Chant	69.000	CH
Amanda Franko	Shelby's Easy Lark	67.875	Res CH

USDF Introductory Test C Pro

Kris Ropp	Syzygy	68.375	CH
Barbara Hartmann-Sasak	He's The One	65.250	Res CH
Kris Ropp	Burning Diamond	58.750	3

Novice Training Level Test 3 AA

Agatha Smithers	Fizzical Therapy	62.727	CH
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Novice Training Level Test 3 Jr/YR

Brooke Fronk	R B Magic Chant	63.182	CH
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Training Level Test 3 Pro

Ronald Kohlhoff	Fiente L	71.477	CH
Sarah Freeman	Kiva	63.977	Res CH

Training Level Test 3 AA

Bitsy Gascoigne	CLF Foreign Currency	70.909	CH
Colleen Welder	MCF Classic Harley (Abby)	69.886	Res CH
Nicole Rader	Aim High	68.636	3
Danielle Bolm	Jimmy	68.523	4
Katie Delaney	Nova	68.068	5
Rob Stone	Mingo	66.477	6
Janice Hoover	Its Now or Never	61.705	7
Pam White	Flash In The Knight	53.977	8

Training Level Test 3 JR/YR

Diana Shale	Spot On Doolittle	71.250	CH
Marena Bates	My India Queen	70.909	Res CH
Miranda Akins	Income Statement	66.818	3
Maria Sandy	Halls Creek Hot Chocolate	61.705	4
Annie Mackin	Koko Kisses	61.023	5



October 8, 2017 NODA Schooling Show Series Championship at Chagrin Valley Farms
Show Results Judge at C: Sue Hughes (r) Judge at M: Kerry Petty (r)

First Level Test 3 Jr/YR

Alayna Stephens	Gunsmoke	65.735	CH
Marena Bates	My India Queen	62.132	Res CH
Noelle Ignagni	MRF Bello Di Notte	60.221	3

First Level Test 3 Pro

Anne McClintock	Jericho	66.029	CH
Rhonda Pearce	Flying Instructor	63.088	Res CH

First Level Test 3 AA

Jerri Chuey	Lees Little Pockets	67.059	CH
Susan Horst	Alix	64.191	Res CH
Elizabeth Bodnovich	Sixes or Better	62.647	3
Rachel Caracci	Anikan	59.706	4
Patti Valencic	Fox Meadow Dancer	59.412	5
Janice Simon	Vision PE	58.382	6

Class: 16.3 - Second Level Test 3

Anne McClintock	She's A Spitfire	62.317	CH
Anne McClintock	Jericho	60.915	Res CH
Rachel Caracci	Anikan	58.049	3

Third Level Test 3

Linda Cooley	KnightHawke	63.974	CH
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Fourth Level Test 3

Sarah Freeman	Adante	64.222	CH
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Dressage Seat Equitation

Kim Shepard	Big Bundle	75.000	CH
Gale Browning	Szygy	62.000	Res CH

Western Intro Level Test 4

Connie Kelling	LC Rockstar	70.595	CH
Marlene Heinen	Montana Vibrant	62.619	Res CH

Western Level One Test 4

Jerri Chuey	Lees Little Pockets	71.538	CH
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Western Seat Equitation

Jerri Chuey		74.333	CH
Judy Jacobsen		71.000	Res CH
Halle Clause		68.500	3

Western Basic Level Test 4

Skylar Young	La Belle Luna	72.000	CH
Judy Jacobsen	Modige	66.300	Res CH
Halle Clause	Master The Art	57.500	3

Western Dressage Level 2 Test 4

Niki Sackman	Mercedes Colortyme	67.097	CH
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NODA Shows & Clinic Photos

Professional Show Photos by Erich Linder
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Above Ron Kohloff & Fiente L
Champion, Training Level/Professional

Below Marena Bates & My India Queen
Reserve Champion, First Level/Junior



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Brain Training for Riders

Book Review by Jessica Harriman Austin

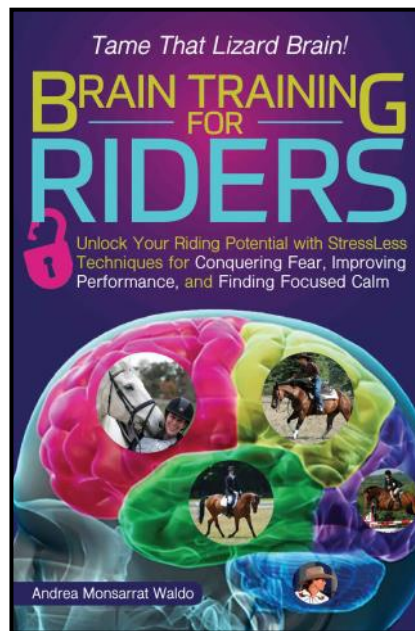
“Riding is 90% mental, and the other half is physical.” - Yogi Berra.

Andrea Monsarrat Waldo's book, *Brain Training for Riders*, summarizes her StressLess Riding technique. She considers humor to be one of her best tools, in her experience fear and laughter don't coexist.

A basic understanding of brain anatomy helps to understand why we struggle with control of our brains when riding. The amygdala controls your basic emotions, and the hippocampus which is located close by is your memory center. These two together form what Waldo calls the "Lizard brain." In opposition to the lizard brain, the prefrontal cortex forms your "Rational brain." Waldo's goal is not "relaxed" riding, her explanation being that relaxation is an emotion and does not happen on command. Calm, suppleness and focus however, while they require effort to develop, can be brought to heel.

The fight or flight response (FOFR) is activated by any perceived threat, whether it is real or imagined, resulting in the rational brain ceasing activity. The FOFR refuses to be ignored, it will escalate its alarm just like an adult who sees a child running across the street will yell louder if the child ignores them. Waldo's advice is to first recognize that those feelings exist. Everyone has their own way of exhibiting the FOFR, some choose to run, others choose to fight, and some just plain freeze like a deer in the headlights. Waldo recommends at this point making a list of your internal and external signs of worry so that you recognize them. Her second step is to breathe, because often when our FOFR kicks in, we stop breathing effectively. Once you are breathing, you must accept the presence of those feelings. Take this time to ask yourself, what are you really afraid of? Often your first answer isn't the true cause of your fear. Once you have figured out that core worry, you need a plan. What skills, abilities or knowledge makes this worst case scenario unlikely to happen? How will you prevent your fear from occurring? If your fears begin to come true, how will you

solve them? If you are unable to answer those 3 questions with a legitimate plan, you don't have a fear problem, you have a training or skills problem. Waldo's next exercise is to make a list of 10 of your riding skills. She believes that owning your abilities is not the same as bragging. Being able to do something and being able to do it perfectly are not the same thing. You do not have to be the best at a skill, that just means you still have something to strive for. The best riders never stop working to develop their riding skills. For a horse to respect us as their herd leader, they need to use to be confident about our skills, then they can feel safe and confident.



The next topic is negative self-talk. As Waldo states, the inner chatter of many riders "sounds like a script for Mean Girls go to the Horse Show." When someone hears the same thing over and over, they believe it, whether it is an external or an internal voice. Repeating thoughts wear a well-worn path in the brain, just as a tire leaves a rut in mud. A rider who engages in negative self-talk will also often attribute any of their successes to some external cause, but for any failures they blame themselves fully. However on the flip side, positive self-talk without a concrete basis is not helpful. Whenever you make a mistake,

describe it in specific terms recognizing that it is a temporary state, and at the end of your rides write down 3 things that you did well, weren't bad, or could have been worse to practice recognizing your strengths. Remember that people are not problems, instead the problem is the problem and can be solved. A trick is to describe your problem in the past tense, and the solution in the present or future tense.

Non-riders consider riding a risky undertaking. Riding is a calculated risk, but you can take steps to minimize that risk by developing your riding skills. The riders who stand out from the crowd decide what needs done to get better and then they do it again and again. They do not waste time speculating whether someone else has an advantage.

Focused Calm is described by Waldo as a behavior that can be learned, rather than an emotion like relaxation, a

Brain Training for Riders (continued)

Book Review by Jessica Harriman Austin

talent, or an inborn personality trait. Exercise your focus by starting out with 1 minute of thinking only of the feeling of the reins in your hand, gradually building up to spending 2 to 4 minutes focusing on just one body part. Whenever other thoughts intrude, say “delete” or some other short word which allows you to refocus your attention quickly. Another mental trick which Waldo suggested was to have a 2-beat word/phrase which you can repeat in rhythm with your horse that cues your mind to do what it knows how to do. This is much more effective than telling yourself what not to do, that is like saying don’t think about a purple elephant.

New research has discovered that human beings learn best by trial and error. Developing the pathways in your brain to streamline activity is a process of trying, failing, figuring out what went wrong, then trying again and failing better. Repeating the same mistake, however, does not lead to improvement. In order to make a change, try doing the exact opposite of your mistake. For example, if you are a tense rider, try being so loose that you feel like you might slide off the side of the

horse. Adults are not comfortable with feeling awkward, unlike children who are beginners at most things and are not embarrassed by their process of learning. People who become successful are resilient, as many times as they are knocked down, they get up one more time. “Become comfortable with being uncomfortable.”

At the end of her book, Waldo cautions to choose goals consistent with your true desires, not based on what other people believe you should do with your horse. She suggests having “outcome” goals such as winning a competition, as well as “process” goals for example being able to do a competent flying change. A final exercise that she recommends is to stand in a “power pose” for 2 minutes, whether that is standing as a superhero with your hands on your hips, or in a victory pose with your feet apart and arms over your head. These poses are used to decrease stress hormones and increase your feeling of power as the name suggests. “Don’t let the fear of future failure stop you from reaching for your dreams right now.”




Dear Anonymous Donor,

NODA wants to shout out a big ***“Thank You”*** to you for your generous **one time** donation offer to NODA to help the final schooling show weekend fill all its volunteer spots.

Through your generous donation offer, the shows were fully staffed with volunteers and NODA received some always needed extra cash to apply to next year’s schooling show series.

Thank you,
Northern Ohio Dressage Association



A Benefit for Leg Up for Cleveland's Kids & the Cleveland Mounted Unit

Harnessing Horsepower

Saturday, Nov. 4, 2017 at Historic Kirtland Park in Cleveland
 2 – 4 p.m. Community Tailgate
 3:30 – 5 p.m. Mounted Unit & LUCK demos, wagon rides to tour Cleveland Mounted Unit Stables & Happy Hour with the Horses
 5 – 6 p.m. Meet & Mingle for Dessert




Pony rides! Horse-drawn wagon rides! Tour the Cleveland Mounted Unit Stables! Meet the LUCK participants and the CMU horses! Training demo by the CMU officers! Meet Cinnamon the Mini Therapy Horse!
 Silent auction featuring one-of-a-kind Cleveland experiences plus a raffle for an exciting trip.
 Catered by Cleveland Food Trucks: Jackpot Chicken, Barrio and Off the GRIDdle

Sponsorships
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Tickets
 Beer & wine included in ticket prices.
 \$255 table for 6 (12 beverage tickets; \$45 tax deductible)
 \$135 Champion ticket (6 beverage tickets, 2 raffle tickets; \$95 tax deductible)
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Raffle tickets
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Kirtland Park: 1140 E. 39th, Cleveland Sponsored by: The City of Cleveland, The Cleveland Mounted Unit, Leg Up for Cleveland's Kids, The Rose Foundation, Hudock Moses Marketing


Contact: Laura Hammel
 216-224-5383
drLaurahammel@gmail.com

For Immediate Release

Harnessing Horsepower Welcomes Community; Benefits Program for Cleveland Teens & Mounted Unit Horses

Harnessing Horsepower: A Benefit for Leg Up for Cleveland's Kids (LUCK) and the Cleveland Mounted Unit horses is Saturday, November 4 at historic Kirtland Park, 1150 E. 49th St. The community is invited to a FREE open house and tailgate from 2 – 4 p.m. The event includes complimentary refreshments, pony rides, meet and greets with the police horses, a training demonstration by the Cleveland Mounted Unit officers and LUCK participants (beginning at 3:30), and a chance to pet Cinnamon the Mini Therapy Horse. Cleveland Food Trucks will be selling additional food.

From 3:30 – 6 p.m., ticket holders will enjoy happy hour with the horses, including hearty appetizers and beverages, wagon rides and tours for the Cleveland Mounted Unit stables, and an exciting silent auction and raffle.

The event raises program and operating funds for LUCK and the Cleveland Mounted Unit horses. Event tickets range from \$45 to \$135 for single tickets. A table for 6 is \$255 and sponsorships are available at \$1000 and \$750. Proceeds are split between the two organizations. For more information, call 216-224-5383. Benefit tickets can be purchased through EventBrite at <https://www.eventbrite.com/e/harnessing-horsepower-tickets-38338868588?aff=efbeventix> or by check to LUCK, 1471 Arthur Ave., Lakewood, OH 44107.

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NODA Board Meetings

The next NODA Board Meetings is November 13, 2017

7:00 - 9:00 PM Panera Bread, Kruse Road, Solon, Ohio

Mark Your Calendar! Members are always welcome to attend

Be sure to check the **MEETINGS** page of the NODA website
www.nodarider.org for any meeting changes or updates.

NODA welcomes all comments and opinions
regarding NODA activities, shows and policies.

Questions or Concerns?

Please contact NODA Member Liaison,
Kathy Kirchner at MemberRep@nodarider.org

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It All Started with NODA

by Sally Burton, NODA Schooling Show Manager

A few years ago, when I restarted riding, I decided I needed to get back into Dressage. I had taken 20 years off to raise kids and I wanted to ride, and ride correctly. So I went online and found NODA (I had been a member years before) and found a show. I arrived at Chagrin Valley Farms ready to volunteer and I was instantly hooked, again!

At the show I ran into Dale Lappert, who had been my instructor years back, and started taking lessons with her again. I signed up to volunteer at every show that summer and could not wait to head down the centerline myself. That August I leased a wonderful small horse named Oreo and started thinking about competitions. I entered the last two shows of the season and had some success. The winter after my debut, Dale mentioned that NODA needed a schooling show manager. I thought about it for a few minutes and decided “why not!”, and took the plunge. And a plunge it was. Having no idea what I was getting into, I bravely called President Dee Liebenthal, and she gave me the final push.

I found myself attending monthly board meetings, arranging showing venues, making travel plans for judges, and basically getting the show season ready with almost no knowledge of how this was all going to work out. I learned on the fly with the help of so many people and especially Jennifer Tulleners, the Show Secretary that season. NODA work filled my free time, and quickly became my hobby and my passion.

The summer of my first season as Schooling Show Manager, I decided I was going to do as many horse related activities as I could. Many doors opened because of my connection to NODA. Generous horse people let me watch lessons or ride school horses. By the end of that summer, I had taken jumping and cart driving lessons, gone on trail rides, participated in clinics, took obstacle course training, and much more. Meanwhile, Oreo and I had a blast together earning many ribbons. By the end of the NODA Schooling Show Championship, however, I knew I needed to move on. Thanks to little Oreo, I now had the confidence to ride taller horses with bigger movement.

My next step was riding with Sarah Freeman at Piccolo Pines. This led to a partial lease on a Friesian named Dak. We worked super hard to get as far as we could, went to a clinic, figured out his saddle needs, found a good bit, got him fit, and were ready to tackle this new season of

shows. Sadly Dak went lame and I had no horse for the summer show season.

The summer was not lost, however. Because of my NODA connections, many professionals and friends filled the summer with lessons and equine adventures! I rode schoolmasters who taught me a great deal about “feel” and body position. Despite lacking a horse to show, I learned a lot.

My next adventure was just around the corner. I traveled to Alliance to hang out with another NODA member, Leigh Mooney, who happened to have an extra horse for me to ride. I fell in love with this beautiful draft mare named Foster. With the end of summer coming and the impending start of school, I knew my time with the lovely Ms. Foster was ending. Then came the question. Do you want to lease her and move her closer to you? Ummm-YES! I am now boarding Foster at Piccolo Pines and working with Sarah Freeman. We have been trail riding at local parks, participated in a clinic with Danielle Menteer, and very successfully competed in our first show together at the October 7 NODA Schooling Dressage Show.

There is a saying that we make our own destiny, but mine has been so much easier to find as a NODA member and volunteer.

My association with NODA helped me arrange rides with many trainers and owners, making numerous new friends in the process. My dreams of years ago are coming true. These opportunities are available to all NODA members. You just have to be brave enough to take the initiative and devote the time. I am so happy that I did.



Noda Schooling Show Manager, Sally Burton and Foster successfully compete together for the first time at the October 7 Show. Photo by Erich Linder Photography

NODA Website Calendar of Events

www.NodaRider.org. Add your event by
e-mailing Webmaster@nodarider.org

(**) Show scores eligible for
2018 NODA Year-End Awards

November 5, 2017 ()**

Chagrin Valley Farms Schooling Dressage Show

www.ChagrinValleyFarms.com

Chagrin Falls, OH

November 9 - 12, 2017 ()**

USDF Dressage Finals

Kentucky Horse Park, Lexington, KY

Rich Bradshaw's Trail Obstacle Challenge

[Obstacle Challenge Event](#)

Geauga County Fairgrounds, Burton, OH

November 19, 2017

NODA Year-end Awards Banquet

Holiday Inn-Cleveland South, Independence, OH

November 26, 2017 ()**

Chagrin Valley Farms Schooling Dressage Show

www.ChagrinValleyFarms.com

Chagrin Falls, OH

November 29 - December 2, 2017

2017 USDF Annual Convention

Lexington, KY

January 7, 2018 ()**

Chagrin Valley Farms Schooling Dressage Show

www.ChagrinValleyFarms.com

Chagrin Falls, OH

February 4, 2018 ()**

Chagrin Valley Farms Schooling Dressage Show

www.ChagrinValleyFarms.com

Chagrin Falls, OH

March 17 - 18, 2017 ()**

Lake Erie College Dressage Winter Show

www.LEC.edu/Equine-Events

LEC Equestrian Center, Concord, OH

April 7 - 8, 2017 ()**

Lake Erie College Dressage Prix de Villes

www.LEC.edu/Equine-Events

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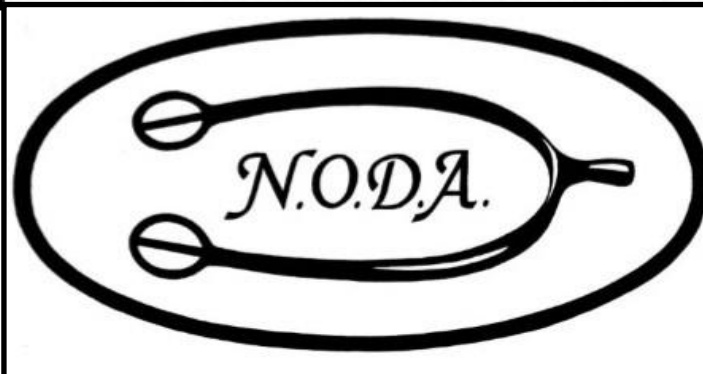
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USDF Congratulates 2017 GMO Award Winners These annual awards will be presented during the Board of Governors General Assembly at the 2017 Adequan®/USDF Annual Convention, in Lexington, KY. They recognize outstanding achievement within the USDF's GMO community. Recognition is given in the following categories: GMO amateur photograph, website user experience, newsletter first person experience and general interest articles, and creative GMO-sponsored program. USDF also recognizes outstanding volunteers at the regional level along with the recipient of the Ruth Arvanette Memorial Fund grant.

Congratulations Northern Ohio Dressage Association

(GMO 175 to 500 Members Category)

Website - Best User Experience Honorable Mention (2nd Place)

Congrats NODA Webmaster, Linda Cooley

Newsletter - First Person Experience Article Honorable Mention (2nd Place)

Congrats NODA Member, Rachel Caracci "A Better Horse than I Started With", 2017 NODA News, Issue 1

USDF Region 2 Volunteers Needed for 2017 USDF Convention to help with registration of attendees and at the various education sessions. You can volunteer from 2 to 4 hours on Thursday 11/29, Friday 11/30, or Saturday 12/1 and perks are available. Contact Kathy Grisolia at KGrisolia@aol.com or 631-338-6340.

2017 Adequan®/ USDF Annual Convention- Advance Registration and Hotel Deadlines Keep these important dates in mind as you plan your trip to this year's annual convention! In order to guarantee your room at the discounted USDF rate, make your reservation by November 7, 2017. After that, it is subject to room availability. The deadline for the Member Advance Registration Discount is November 24, 2017. For more information about registration and hotel reservations, visit www.usdf.org/convention.

Salute Gala & Annual Awards Banquet Champions and reserve champions (champions only for Musical Freestyle Challenge) may receive their awards on stage at the USDF Salute Gala & Annual Awards Banquet, held at the [2017 Adequan®/USDF Annual Convention](#), in Lexington, KY. If you wish to receive your award at the banquet, you must purchase your banquet ticket and complete the required information by November 3, 2017. [Questions?](#)

USDF Announces Instructor/Trainer Certification Exams Applications are now being accepted for two Instructor/Trainer Certification Exams. The first exam will be held December 8-10, 2017, at Folly Farm in Chapel Hill, NC. The second exam will be held on April 20-22, 2018, at River Ridge Stables in Potosi, WI. Candidate [applications](#) are due approximately eight weeks prior to each exam. For more information, and for specific deadlines and details on each exam, please visit the [website](#), or click [here](#).

We want to hear about your Great American Insurance Group/USDF Regional Championship Experience! Please complete the [competition evaluation](#) on the regional championship you attended. Your input is very important to USDF and will help us create an even better Great American/USDF Regional Championship experience.

Register Today for the USDF Apprentice Technical Delegate Clinic The USDF Apprentice Technical Delegate Clinic will be held on Wednesday, November 29, 2017, during the Adequan®/USDF Annual Convention, in Lexington, KY. This clinic is required for apprentice technical delegates, but is open to all, and is an excellent resource if you are interested in learning about what a technical delegate does. Topics to be covered will include: how to become a technical delegate, dressage attire, tack, and equipment, and USEF and USDF forms and publications. [Registration](#) for this event will only be available through November 24. [Questions?](#)

Are You Ready for an Extreme Weather Disaster? Tune into [USDF Episode 165: Dealing with Extreme Weather Special](#) for vital information for all horse owners.

Classifieds

Classified Ads

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NODA Member News
by Fran Cverna, NODA Membership Chair

You will be receiving your **2018 NODA Membership Form** in the mail.
The 2018 form is also included in this newsletter.

Renew before or at the Banquet Celebration Brunch
and you will be entered in a drawing for a Free 2019 Membership!

Renew NOW to continue receiving *USDF Connection* magazine,
NODA NEWS Newsletter, and *NODA E-News*.



**Watching for your membership to arrive
in the mail is a family affair!**

Here is one of my dogs who insists
on checking the mail delivery
every day looking for
YOUR Membership!



P.O. Box 32 • Lodi, Ohio 44254
Phone (330) 948-1753
www.thehorsemenscorral.com

Club _____

\$10 Discount for Year _____

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

☐ **Check** ☐ **Visa/MC#** _____

Signature _____ Exp. Date _____ CVC _____



**Northern Ohio Dressage Association
2018 Membership Form**

NODA membership runs
12/1/2017 through 11/30/2018

**NODA is a United States Dressage Federation
Group Member Organization (GMO)**



A portion of your NODA membership dues go towards your group membership in USDF. A USDF Group Membership (GM) makes you eligible for USDF Rider Awards. Group Members may participate in recognized shows without the payment of USDF non-member fees, are eligible to earn university credits, receive member discount rates for USDF events, and receive the *USDF Connection* magazine. (Supporting Family members do not receive a subscription to the *USDF Connection* – one magazine per "family.") See www.nodarider.org or www.usdf.org for eligibility to qualify for USDF regional and national championships. Note that Participating Membership in USDF is needed to compete in USDF Regional Championships.

Important INFORMATION:

- Join by December 31 to get the USDF Yearbook and to enjoy the printed NODA News and E-News all year long!
- The printed Schooling Show Prize List which includes the Year-End Awards Program details is mailed to members who join before May 1, 2018.
- NODA information, shows, awards, newsletters, and events are available at www.nodarider.org.
- The printed Handbook containing By-Laws and club information will no longer be printed and mailed; all of the information is available on the NODA website www.nodarider.org.
- A Member Directory with current member names and contact information will be mailed to current members by June 1.
- The NODA Directory of Professional and Equine Services is available at www.nodarider.org.
- Golden-Ager reduced dues (\$20) are offered to those 75 years old and older as of December 1, 2017.

Date _____ ☐ Renewal ☐ New

Name _____ USDF # _____

☐ Adult Amateur

☐ Professional

☐ Youth, birth date required: _____

Youth is a NODA membership category that includes both Juniors (JR) and Young Riders (YR). Sign up for YOUTH membership unless you turn 22 or older in 2018. If you turn 22 or older in 2018, you must sign up for Adult Amateur or Professional membership.

Address _____ City, State _____ Zip _____

Phone _____ E-mail _____

If you do NOT want your email printed in the NODA Handbook, check ☐ here

Additional/Supporting Family Name _____ USDF # _____

(Must live at same address; includes ALL benefits except for USDF magazine and NODA newsletters)

☐ Adult Amateur

☐ Professional

☐ Youth, birth date required: _____

Phone _____ E-mail _____

Additional/Supporting Family Name _____ USDF # _____

(Must live at same address; includes ALL benefits except for USDF magazine and NODA newsletters)

☐ Adult Amateur

☐ Professional

☐ Youth, birth date required: _____

Phone _____ E-mail _____

To add more family members, use other side of form, or contact membership@nodarider.org

Newsletter subscription without membership Fill out this section for a Newsletter subscription without membership. This is not a membership and excludes USDF GMO Membership, discounts, eligibility for NODA awards or Schooling Show Championship.

Name _____ E-mail _____

Address _____ City, State _____ Zip _____ Phone _____

Membership Dues

Adult Amateur or Professional \$45.00 \$ _____

Youth \$35.00 \$ _____

Golden-Ager (at least 75 years old) \$20.00 \$ _____

Family Member (Amateur, Professional or Youth) \$20.00 \$ _____

Family Member (Amateur, Professional or Youth) \$20.00 \$ _____

Newsletter subscription only (not membership) \$24.00 \$ _____

TOTAL ENCLOSED \$ _____

Please make checks payable to NODA. Mail to:

Fran Cverna
NODA Membership
12212 Snow Rd
Burton, OH 44021

QUESTIONS?

Membership questions: Contact Fran Cverna
440-834-1774 or Membership@nodarider.org

Other questions: Contact Kathy Kirchner
330-995-6010 or MemberRep@nodarider.org

NODA News
12121 Princeton Road
Huntsburg OH 44046

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Novelty, OH 44072

NODA Newsletter and Web Advertising

Deadline: 10th of each month

Ex: Submissions received by the 10th of the month will publish in the NEXT ISSUE of NODA NEWS.

All Ads will be placed on the NODA website for the same period they are in the NODA NEWS.

E-mail Layout in ".jpg" or ".tif" format (high resolution, 300 dpi or higher) to Jill at Advertisers@nodarider.org

ADVERTISING RATES

(width x height)	One ISSUE	Six ISSUES
Full Page (7.5 x 10):	\$75.00	\$375.00
Half Page (7.5 X 5):	\$40.00	\$200.00
Quarter Page (3.75 x 5):	\$20.00	\$100.00
Business Card (3.75 x 2):	\$15.00	\$75.00

Please complete form & enclose payment in full.

Make Check Payable to: **NODA** Mail to:

NODA News, 10021 Station Road, Columbia Station, OH 44028

Please note **payment for ads** must be received **by the newsletter deadline of the 10th** for your ad to be placed in the next issue.

For Classifieds Ads, E-Mail to Classifieds@nodarider.org (See information in the classifieds ads in this issue.)

Date: _____ Number of issues ad will run: 1 issue ____ 6 issues ____ full year ____

Issue/year ad will run: _____ Ad Size: _____ Amount enclosed \$ _____ USD

Name: _____ Company: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: (_____) _____ E-mail: _____