



## **PRESIDENT'S MESSAGE    Happy Fall Everyone!**

The 2017 executive is very pleased with what our club has accomplished over the past year, as you will see in our Fall Newsletter. We have hosted or supported a number of events and, to this date, our membership has grown to 122 members! Here is a brief summary of what to expect for 2018 and the future of our club.



### **THE FUTURE**

It is time for all of us to start thinking about 2018 and what that will look like for our club and its members. The EAADA has secured the 2018 provincials at Amberlea with the blessing of our Calgary sister club which is busy organizing a CDI this year. All the area groups join me in hoping to share the responsibility of hosting a provincial competition around our province. We are fortunate to be working with Amberlea to bring you a provincial show we can all be proud of.

### **THE PROVINCIALS**

Our 2017 EAADA executive meets on an average of once a month. We would welcome any new people to the 2018 EAADA Executive. Our next AGM will be held in the new year, date and venue to be announced. Working on the Executive team has been a very rewarding experience. We have met new friends and have become reacquainted with some friends from our past. 2018 will definitely bring us some new challenges in terms of raising sponsorship money to fund our show. Our 2018 Sponsorship committee is comprised of: Suzanne Le Gars, Donna Tribe and Jayne Worthington. They have already met and our Sponsorship Package has been printed by the time you read this newsletter.

### **EAADA WEBSITE, GST NUMBERS AND MORE...**

The 2017 EAADA is also in the process of being able to offer its members and show competitors the ability to charge membership and show fees through Visa and Master Card. Caroline Locke is currently creating our very own EAADA website. As well, the EAADA will look at applying for a GST number.

### **YOUR ROLE**

I am pleased to say we have had a record number of members step forward to volunteer for The Mane Event as well as the Casino. The casino brings us valuable funds which support our show financially and the Mane Event brings recognition to the benefits of all of the Dressage Area groups in Alberta.

A majority of the Executive wish to come back to work on a new year. We really need more people willing to work on committees or take an active role in the 2018 EAADA Executive.

**Are you willing to help us?**



## The EAADA List of Ambassador Opportunities...



**Get involved: 2018 EAADA Memberships available!**

Join, encourage a friend or a barn mate to join the EAADA

**Sponsor**—every dollar or equine item helps!

**Donate** a basket for our raffle or get together with a few people and donate an item for a basket for our Raffle

**Come to a Roving Lecture**— bring a friend

**Audit a clinic, watch a show, cheer on your peers Alicia Pitts November 3 and 4 Jess Havey November 24– 28 at The Dressage Studio November**

**Give us *constructive feedback*** let us know how we are doing

Let us know what you want our club to offer August

**Volunteer a few hours or just one!**

**At our 2018 EAADA Sparkle and Spurs Gold Show and Provincials** hosted at Amberlea

**Write** an article for the newsletter

**Volunteer** at our Casino

**Organize** a clinic or an event—we will help!

**Suggest Roving Lecture Ideas**

Let us know where you would love to help.





## **EAADA Sponsored Clinic with Jaimey Irwin at High Thorn Equestrian Centre**

**By Donna Tribe and Sylvia Rapaj-Albi**

Alberta skies were blue and sunny while one half of Canada's Dressage Duo, Jaimey Irwin, put local horses and riders through their paces on July 29 & 30 at High Thorn Equestrian Centre. Jaimey and Tina Irwin operate Stoney Lake Equestrian Centre in Ontario, and were profiled in Dressage Today as Canada's Dressage Duo. You can read the full Dressage Today article at <https://dressagetoday.com/lifestyle/canadas-dressage-duo-jaimey-and-tina-irwin>

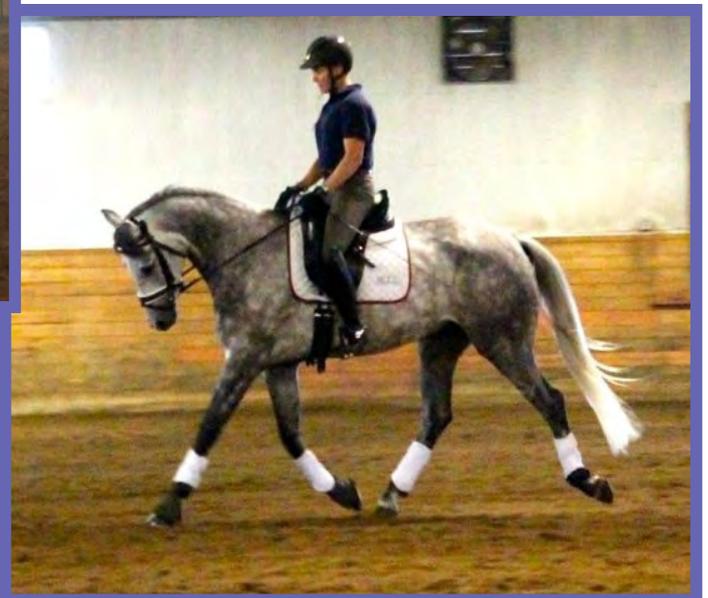
Nine dressage riders and horses participated in the clinic. The horses ranged from promising 5-year olds to FEI mounts, and the riders from juniors to adult amateurs to professional trainers. Jaimey's keen eye was quick to identify areas where he could assist each rider. His approach was to explain the riding principles behind his instructions, all delivered in a positive and encouraging way. This allowed each rider to understand how Jaimey's instructions would advance their ability to effectively communicate with their horse. Jaimey's relaxed but professional approach allowed open discussion between clinician and rider. This approach also benefited the clinic auditors as they watched each horse and rider combination develop over the lesson.

A big thank you to Jaimey for a fantastic learning experience for both riders and auditors, Helen Parker for organizing the clinic, Jenneke Hoogenboorn for use of her wonderful facility, and EAADA for supporting the clinic.

**Sanna Mac Farlane and Jaimey (below)**



**Jenneke Hoogenboorn (below)**





## WHY JOIN THE AEF?

You will notice that we have asked you if you are a current member of the AEF on our 2018 EAADA Membership Form. I personally have learned a great deal in speaking with Sonia Dantu from AEF and also in speaking with trainers as well as our ADA President Lorraine Hill about the importance of personal AEF Membership. We fail to realize the importance of coverage—myself included.

Read the information that was shared to me by Sonai Dantu and Norma Cnudde.

**Consider that an AEF Club membership is only \$75 a year and AEF approves club funding applications for \$500 - \$1,000; this doesn't leave much to cover those applications.**

We ask the question if your club requires your members to be AEF members for a few reasons, but also helps to ensure AEF is being accountable for funding (money comes directly from AEF membership revenue). We would assume that many of your members in Alberta are AEF members, but if not, we would ask you to consider the following.

**All AEF members have the following benefits included with their individual or family membership:**

- \$5M personal liability insurance
- \$30k accidental, death & dismemberment
- Legal liability cover for non-owned horses
- The opportunity to earn a free membership (by referring new AEF members); this is also available to your club
- Opportunity to apply for individual AEF member funding
- And more!



### In addition:

- While clubs have their own Directors and Officers policy, this does not extend to individual members
- If your club policy is with Capri (this appears to be the case as it was submitted with your AEF club application), a condition of the Capri Club Liability Insurance is to ensure that all your club/group members (individuals) who are actively riding or driving members are also AEF members. This does not apply to social or honorary members who no longer ride or drive in club/group associated activities. If a loss were to occur involving one of your active riding or driving club members, and it is found that they are not an individual member of the AEF, then your insurance may become null and void.
- The club has the ability to appoint one member to have access to the AEF membership verification system to ensure your members are in fact, AEF members.
- There are many benefits to the AEF club membership and you will be receiving your 2018 club renewal shortly. An [AEF individual or family membership](#) has many great benefits:
  - Membership automatically includes \$5,000,000 personal liability insurance; \$30,000 Accidental Death & Dismemberment insurance; legal liability for the non-commercial care, custody, control or transport of non-owned horses
  - [Optional insurance](#) available to our members at great rates
  - The opportunity to earn a free membership by referring new AEF members
  - [Funding opportunities](#)– including scholarships for post-secondary education
  - Access to [AEF events and clinics](#) throughout the year
- Member only reward programs – [Ride and Drive](#) - earn great prizes for simply riding your horse; [Live Outside the Box](#) which is a free program for AEF youth members encouraging active healthy living
  - Alberta Bits sent to members four times per year
  - And so much more!

### What does this mean for our EAADA members?

We will require you to have AEF Insurance to participate in any of our clinics. All competitors in Alberta carry this insurance and when you participate in an equestrian activity as you well know—anything can happen. We all need to be mindful of the consequences and be prepared accordingly. If you have further questions please feel free to contact Sonia Dantu.

### *Sonia Dantu*

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## SADDLE FIT CLINIC Marjorie Phillips



August 11, 2017, the evening before the Sparkle and Spur Dressage Show Donna Marie Bassett of Precision Saddle Fitting and her apprentice Amber Dudley gave a well attended lecture on saddle fit in the Amberlea indoor arena.

Trudy a lovely 3 year old Friesian was the beautiful model exhibiting patience, cooperation and seemed for the most part to enjoy the attention. Trudy's rider, Darlene Kuzek, showed Trudy off to perfection. Throughout the lecture there were many questions.

Donna Marie had brought several saddles to look at and if one wished one could sit in one or all saddles. The two I sat in felt comfortable and certainly would ensure you were going to have a secure seat. Donna Marie showed where the point of a tree should sit at the horse's shoulder and showed 3 trees.

There are many points to fitting a saddle and these were covered and the importance of a rider's weight distribution was discussed.

Flocking and the various types used today was covered along with how often a saddle should be checked for equine comfort. Donna Marie feels every 6 months is a starting guide. Of course young horses or out of shape horses are going to change faster than mature horses that have been and are being ridden correctly.

Where the saddle should sit on a horse was discussed. Different disciplines prefer a saddle more forward or back. However for optimal comfort the saddle should sit just behind the shoulder, neither too far back or too far forward,

Billets can contribute so much to how a saddle stays in place along with the shape of the girth. String girths tend to hold a saddle in place better if the horse is shaped so as to cause the saddle to want to slide forward or back.

I learned a lot from Donna Marie because of her in depth knowledge of this topic.

A few of us remarked among ourselves how times have changed when one saddle fit every horse on the place! We said it was fortunate we weren't doing a lot to demand a good fitting saddle.

As always the EAADA board had worked hard to make everyone feel welcome and of course there were snacks and beverages to be enjoyed.





## The Joys of Horse Non-Ownership - By Sylvia Rapaj

About a year and a half ago, in a moment of temporary loss of reason, I made a series of efforts to purchase a horse (any horse), after some years of very limited riding and “horse stuff.” Don’t get me wrong. I have had horses over the years – mostly very happily – but for a number of reasons, this would have been a very bad move at the time. Fortunately, I was referred to my former trainer and friend who steered me towards the idea of leasing (thank you, Betty, and my husband REALLY thanks you). That is how I came to part lease Rocket, a Morgan / Appaloosa cross who is nothing like the horses I have seen in dressage over the years.

Now, this is not a technical article on the practical and legal aspects of this type of arrangement. I think there are resources for that on the ‘Net’ and it is a good idea to check them if you do consider a lease arrangement. I have the good fortune of having a very generous, flexible and reasonable owner to deal with but there may be times when you would find a more formal arrangement to be helpful. That said, there are many benefits to a lease or partial lease. In my case, I had not ridden consistently for years after retiring my last horse prematurely due to an injury (his). I also spent long hours at my work which was not always in my control. Plus, I hate to admit it, but I am not as young as I used to be and my body does not always keep up to my mind or intentions. Especially in sub-zero temperatures when the horse still needs to be exercised and I would prefer to loaf on the couch and watch Game of Thrones or Walking Dead episodes. So, the advice I got – find a horse to lease and see if you can go out three times a week or so, no matter what the weather or circumstances - turned out to be very wise. And, much to the surprise of my horsey friends, I actually followed it instead of rushing out and adding more responsibility to my then hectic life.

Since last summer, Rocket (or Rock Star as I sometimes call him) has turned out to be a delightful surprise. He is as sensible a horse as you can reasonably expect but has plenty of “go” in spite of his mature years. He came from somewhere in northern Alberta and his full history is a bit of a mystery but it is very clear that he has had some English / dressage training which I am finding fun and challenging to try and bring out. He makes me think and he makes me try to be as clear and correct in my riding as I can. We have recently started taking regular lessons with a knowledgeable trainer at his barn and I see progress in both of us - maybe not as fast in me as I would like but I am an optimist. That is one of the advantages of this arrangement for me. There is no pressure or agenda right now. It is just riding for the pleasure of it and bonding with a horse who is fundamentally good and really smart. He has taught me more than I have taught him in so many ways. Also, although Rocket is pretty and has very decent conformation, he is not your classical “dressage horse.” He has made me expand my horizons and I love him for it – and for himself. I may yet go back to horse ownership some day but this works for me and may be something for others to consider.





## RIVER CITY HORSEWEAR



**Custom Clothing for Horses!  
Horsewear Laundry and Expert Repair Service! Custom Clothing for Dogs!**

**Shirley Tkachuk  
Phone: 780-245-6877  
rivercityhw@shaw.ca**

### **River City Horse wear can help!**

If your horse is like so many others out there who seem to think their mission in life is to destroy their blankets, our expert repair services can restore them to use again. We try our best to match the fabrics and colours so your blankets look as close to original as possible, and all at a reasonable cost! Ask for an estimate!

### **Custom Horse Clothing**

What if there is just nothing off-the-rack that fits your horse or looks good on him? Want to demonstrate just how special he is? We can come measure your horse to fit him for his very own blanket. We have myriad fabrics and colours from which to choose. Worried about the cost? Ask for an estimate – it's less expensive than you think! And don't forget your pooch – why not a matching set?



### **Blanket Alterations**

Did you buy a beautiful new blanket only to get it home and discover it doesn't fit your horse? We can help with that, too! We can come to your horse and look at his blanket fit and measure for alterations, and provide you with an estimate of the cost.





## ATTENTION: JUNIOR EA/ADA MEMBERS

We braved the blustery wind and had our season wind-up party (prix caprilli and pizza) on October 1<sup>st</sup> at Dressage Studio, with **Kim Aasman** coaching. We had 9 members turn out to enjoy some camaraderie, dressage/cross poles with an emphasis on “fun” and some great food.

We would like to give a special “thanks” to Kim Aasman, who unexpectedly donated her coaching time to the club.

### Our Youth Ambassador goals for 2018:

- Increase junior interest and membership in both dressage and our club.
- Increase camaraderie among juniors in the club – it doesn’t matter who we train with and where, it would be nice to be able to know each other when we see each other at shows.
- Create learning opportunities especially directed towards kids in the club.

**We see juniors as the future of dressage in Edmonton! Please help us reach our goals...**

### Barn Owners:

Any donation of arena time for our clinics would be greatly appreciated.

### Coaches:

We welcome hearing from you with clinic ideas that fit within our budgets!

### JUNIOR MEMBERS:

This is about you! Please feel free to text or email with any ideas/suggestions for clinics or learning opportunities in the new year.

**Your EA/ADA Youth Ambassador,**

**Claire Robinson**

Prix Caprilli Fun Day Pictures on the next two pages





**PRIX CAPRILLI FUN DAY!**





## SPARKLE AND SPURS CHAMPIONSHIP RESULTS

Walk / Trot		
<b>AA/Open</b>		
Elizabeth Fletcher 7	65.40	Champion
Kim Scott Palomine	62.998	Reserve
<b>Junior</b>		
Gabrielle Desmarais/ Gitano	65.00	Champion
Summer Cossey / Uncle Kracker	62.995	Reserve
<b>Western Dressage</b>		
Karen Nelson/Elegant Dancer	65.556	Champion
Kim Sokil/Palomine	64.444	Reserve Champion
<b>First Level</b>		
<b>Junior</b>		
Emerson Kristel/Furst Phantasie	67.610	Champion
Claire Robinson/Zorro	64.977	Reserve
<b>Open</b>		
Allegra Hohm/Venice SR	70.533	Champion
<b>AA</b>		
Fiona Carlstrom/Allegra	70.299	Champion
Sandy Wallin/Diego	64.710	Reserve
<b>Second Level</b>		
<b>AA</b>		
Debbie Brennan Majestic	60.421	Champion
Kimberly Acorn Goldie GP	58.025	Reserve
<b>Second Level</b>		
<b>Junior</b>		
Jamie Teppan Gina W	55.72	Champion
<b>Third Level Champion</b>		
<b>Junior</b>		
Emerson Kristel/Bella Centro	64.295	Champion
<b>AA</b>		
Julie Canning / Wjuan	59.167	Champion



**PRIX CAPRILLI FUN DAY!**



**EMADA PRIX  
CAPRILLI AND  
PIZZA PARTY!**

**JUNIOR  
MEMBERS** JOIN US FOR A  
FUN-FILED  
PRIX CAPRILLI  
CLASSY END PARTY!

**TOWNSHIP  
405**

BEHOLD THE  
MIGHTY  
MOUNTAIN  
MOUNTAIN

**EMADA PRIX  
CAPRILLI AND  
PIZZA PARTY!**



## SPARKLE AND SPURS CHAMPIONSHIP RESULTS

<b>Fourth Level</b>		
AA		
Caroline Locke Dante SGS	61.361	Champion
<b>Junior</b>		
Kathryn Robinson/Windwalker	60.778	Champion
<b>Prix Caprilli</b>		
Claire Robinson/Zorro	76.20	Champion
Claire Robinson/Theodore	67.50	Reserve
<b>FEI Young Horse</b>		
Suzanne LeGars/Irondale	77.6	Champion
Stephen Forbes/Falcao	67.97	Reserve
<b>FEI Youth</b>		
Courtney Aasman /Wishman	63.733	Champion
<b>FEI Advanced</b>		
AA		
Amanda Kuzek/Brooklyn	60.592	Champion
<b>Junior</b>		
Claire Robinson/Theodore	61.414	Champion
<b>OPEN</b>		
Jennifer Winkler/Blackjack	66.579	Champion
Colleen Dickson/Jasper	60.789	Reserve





**Summer Cossey with Uncle Kracker. Junior Walk Trot Reserve  
Champion**

<b>Freestyle Champion</b>		
Kimberly Alcorn / Goldie GP	63.465	Champion
Carol Robinson / Cleopatra	61.743	Reserve
<b>Robinson LLP Award of Excellence for AA \$1000</b>		
Fiona Carlstrom	Allegra	
<b>\$1000 EAADA OPEN AWARD</b>		
Jenneke Hoogendoorn	Hampton	
<b>The Rising Star Award \$1000</b>	Donated by J. Laughlin	
Emerson Kristel	Furst Phantasie	
<b>Junior High Point</b>		
Kendra van Lersberghe	Diamond Dash	
<b>Karren Harries Award for AA</b>		
Fiona Carlstrom	Allegra	
<b>Colin Crone Open Award</b>		
Jenneke Hoogendoorn	Hampton	
<b>Judges Seat Award</b>		
AA Amanda Kuzek		
Open Jennifer Winkler		
Junior Claire Robinson		
<b>Coach's Award</b>		
Jennifer Winkler		



## A DOUBLE WINNER By Jan Simmonds



The “**Award of Excellence in Dressage**” for outstanding show results, open to Amateur and Junior competitors, is offered by Robinson LLP, Personal Injury and Medical Malpractice Lawyers. The winner has earned the highest average of any 3 Equine Canada sanctioned Gold Level shows, including the EAADA Sparkle and Spurs Show.

The “**Karen Harries Adult Amateur Award**” is based on two of the highest averaged scores calculated from qualifying tests ridden by Adult Amateur Competitors. It is presented by EAADA in memory of Karen’s commitment to our community as well as her passion for dressage.

At the EAADA Sparkle and Spurs Show at Amberlea Meadows on August 12 and 13, 2017, these two special rider Awards were presented to Fiona Carlstrom and her talented horse Allegra. They competed at First Level AA and won the Karen Harries Award with an average score of 70.3%.

A horse lover from an early age, Fiona grew up in Australia in a non-horsey family. On graduating from university, she purchased her first horse with her first pay cheque from working at an accounting firm. Now a Sherwood Park resident, she and “Allie” train with Norma Jean Clayton Dressage. Allegra, a locally bred Percheron/Draft X Thoroughbred, has been her partner for two and a half years.

Fiona is an admirable representative of our dedicated amateur enthusiasts. “Thank you for sponsoring this award, recognizing Amateur Dressage riders, and what a great way to remember Karen! Many Amateur riders like myself work a full-time career, while maintaining our 5 times a week riding schedules to be successful, so it’s really great to be recognized for achievement in this category. This award also shows great support for our local EAADA Show.”

On behalf of Robinson LLP Personal Injury and Medical Malpractice Lawyers, congratulations to Fiona on her deserving and hard-earned win. We wish Fiona (and Allegra) much success in all their future endeavours.





## EAADA RIDER PROFILE JAN BAGOT

### PLEASE TELL US ABOUT YOURSELF AND YOUR CURRENT HORSE

*I had waited 30 years between the times I had my first horse to my current horse. I did not start out looking for a 3 year old, as I had no experience with a young horse. I am grateful to the people I purchased from because they provided him a good home and he came with a good mental and emotional start.*

*He is now 9 years old, a Friesian crossed with a black and white tobiano paint. He is my Rock Star and simply amazing, in my opinion.*

### WHAT IGNITED YOUR INTEREST IN DRESSAGE?

*It was probably from the inside out. Curiosity of equine anatomy lead me to Deb Bennett's articles and website that described the ring of muscles and an ideal way of moving for each horse that has balance, suppleness and supports building soundness. That helped me comprehend that dressage was a foundational tool to train my horse to be athletic, balanced and free in his movement. I believe dressage training can help my horse use his body, in a way best suited to him, so that we can go out and play at all sorts of activities.*

### WHAT ARE YOUR GOALS AS A RIDER?

*To continue building a partnership where my horse wants to be engaged in our activity. My goal is to help my horse find a purpose for what we are doing and to train him to seek the place of comfort. I realize that I need to train myself as much as him so we find the moments of balance and harmony. I have goals to challenge our partnership, from groundwork to liberty, to under saddle. I want to expand the moments of physical and mental freedom while we play. In the little moments or big moments, to recognize and reward the smallest try. To have a healthier horse because of my time with him.*

### WHAT HAVE YOU LEARNED ABOUT YOURSELF AS A PERSON THROUGHOUT YOUR YEARS OF RIDING?

*That I can learn feel and timing.*

*That patience and humour are great tools to always have on hand.*

*To always be aware of and tame my self-talk.*

*That I don't need to know anything or everything at any given time. I do need to gather information to make a decision that sits well with me.*

*I can make mistakes and enjoy the learning that comes from them. I can say that I look forward to making mistakes and exploring different actions to get other outcomes.*

*All these learnings have greatly assisted my life in general, not just with my horse.*

### HOW DO YOU MANAGE TO JUGGLE YOUR WORK, HOME LIFE SCHEDULE AND RIDING?

*Manage the juggling? Ha! That's funny. My biggest wish is to eliminate the work and replace it with golf and then juggle those balls. I think the best picture of time management is the story about the professor with his class and a jar with golf balls, marbles, pebbles, sand and a beer. It is a great story! [If you don't know the story, you must ask her! Ed.]*

### WHAT PIECE OF ADVICE WOULD YOU GIVE SOMEONE STARTING DRESSAGE?

*Strive to be your own best trainer. Take complete responsibility but that does not mean you go it alone. Work with people that build and support you and your knowledge, so you can identify issues and become a problem solver. It is only what you have built with your horse that matters to him at any given moment.*

*Make a pledge or oath to yourself and your horse of what is at your core. Identify your beliefs and build yourself a foundation that is solid so when the winds whirl around and the storms of opinions, fads, pressures, and stress come, you are better prepared to make choices and take actions that sit well with you.*

*As you look further into dressage, it attempts to challenge you to address the mental and emotional pieces of the whole picture but I believe it falls short. Cross train physically and cross train mentally and emotionally with your horse. Do more than just dressage. For example, groundwork such as online work and liberty: as supplemental training this has mentally and emotionally benefited our partnership, not to mentioned how it has influenced my under saddle time.*



## EAADA RIDER PROFILE JAN BAGOT

### **WHAT RESOURCES HAVE MADE THE MOST IMPACT IN DEVELOPING YOUR KNOWLEDGE AND EXPERIENCE?**

*Jonathan Field book and DVD home study, clinic, camps.*

*Karen Rohlf DVD, book and web study.*

*Trainers that inspire me and support me with knowledge to be able to identify issues and problem solve.*

*Observing the people that take responsibility*

*Finding a community that allows growth of ideas and good people to enjoy the journey*

*Thoughtful people; I have found the wisest people answer or comment with "well, that depends" and then support their opinion or idea. I have found this has had the most impact in developing my knowledge. After gathering the information, I can decipher beliefs, tradition, common sense, science and take my action from there.*

### **WHAT DO YOU DO IN YOUR SPARE TIME?**

*Golf if it is summer. Winter, probably have a knitting project or more reading time.*

### **WHAT ADVICE WOULD YOU GIVE RIDERS LOOKING FOR A GOOD FACILITY?**

*A checklist really helps me. Prioritize what will make my horse happy and healthy and go from there.*

### **HOW DO YOU STAY FIT FOR RIDING?**

*I have found Pilates really helps me.*

### **HOW HAS YOUR HORSE HELPED TO DEVELOP YOU AS A RIDER?**

*He is willing and engaged in us: what great attributes for a partner to have! With him I can enjoy making mistakes. Exploring the question is more valuable sometimes than having the answer.*

### **WHAT QUALITIES DO YOU WISH TO DEVELOP IN YOUR HORSE?**

*Confidence built through curiosity.*

*Expression built through trust in our partnership.*

*Lightness built through comfort and clarity of our conversation.*

### **HOW CAN EAADA BEST SUPPORT MEMBERS?**

*I have been involved in a voluntary member association within my working profession for 20+ years. First as a member, then as a volunteer and President of the Board and now employed as part of the staff.*

*Through my experience I have seen that a voluntary member association supporting members' growth through knowledge and skills will always retain members. However, I believe a voluntary association that finds a way to ignite a sense of community and support the diversity of membership is one that can thrive.*

*I believe being a voluntary member association is one of the toughest types of organization you can be a part of and yet, probably one of the most rewarding when it goes well.*

### **HOW CAN MEMBERS BEST SUPPORT THE ORGANIZATION?**

*Involvement. As much or as little as a member is able to do. Read the communications, use your voice and give. It all comes back.*

### **WHAT IS YOUR FAVORITE MOTTO?**

*"What happened before what happened, happened?" (Tom Dorrance)*

*This is a life lesson of action and consequences but you need to add the next level of what happened. It is seldom the first next thing, look further.*

*"Freedom within the harness." I heard this at a Jonathan Field camp and it really stuck for me and I continually find meaning in it. To me it speaks to the root of dressage, having relaxation throughout the training and your horse's physical frame and frame of mind. It also reflects a simpler time of slower living and having that great harnessed work horse that knew the parameters of his harness and easily worked within it.*



## EAADA RIDER PROFILE JAN BAGOT

### GOLF BALL AND SAND PRIORITIES

A professor stood before his philosophy class and had some problems in front of him. When the class began, wordlessly, he picked up a very large and empty glass jar and proceeded to fill it with golf balls. He asked the students if the jar was full. They agreed that it was.

So the professor picked up a box of pebbles and poured them into the jar.

He shook the jar lightly, the pebbles rolled into the open areas between the golf balls. He then asked the students if the jar was full. They agreed it was.

The professor picked up a box of sand and poured it into the jar.

Of course the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous yes.

The professor then produced two bottles of wine and poured one into the jar, effectively filling the empty space around the sand. The students laughed.

As the laughter subsided, the professor said, I want you to recognize that this jar represents your life. The golf balls are the important things, your family, your children, your health, friends, favorite passions, things that if everything else was lost and only they remained your life would still be full.

The pebbles are the other things that matter, your job, your house, car, etc. The sand is everything else, all the small stuff.

If you put the sand into the jar first, there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff you will never have room for the things that are important to you.

Pay attention to the things that are critical to your happiness. Take care of the golf balls first, the things that really matter. Set your priorities. The rest is just sand.

What about the two bottles of wine ? Well, it just goes to show that no matter how full your life may seem, there is always time for a couple glasses of wine! Unknown"

Photo courtesy Angie Field"





## A brief look at what it takes to run a show!

As I have mentioned and you may know by now, the EAADA along with hosts Amberlea meadows have taken on the rewarding task of not only putting on The Sparkle and Spurs Show for the 6th year but for also hosting the 2018 Provincials!

Countless hours of meeting, negotiations, paper work , began in August ! We have a Show Committee consisting Of Ellen Ortlieb, Gerlad Drews, Caroline Lock and Deb Meraw Our Sponsorship Committee is comprised of Suzanne Le Gars Committee Chair, Donna Tribe and Jayne Worthington.

In terms of what we have accomplished to this point, we have applied for Provincials through Equine Canada, secured officials such as judges, stewards , scribes, medics, veterinarian service, photographer, announcer farrier and have booked a venue. Each month both the 2017 EAADA Executive meet and vote on any items that require financial decisions to be made. Later accommodations must be booked as well as flights for our officials. Darlene Kuzek, our Show Secretary works long hours with her office crew ensure the office runs smoothly and efficiently. The executive focus on setting up stall cards , arranging flowers in the dressage rings, organizing the hospitality room for judges, booking a lecture, as well as a sponsors wine and cheese for Saturday afternoon.

Brian Donegan is host and chauffeur to our judges. Jan Simmonds creates gift bags for our judges as a welcoming gift her gifts are that of legends! Dawn Fahl creates the wonderful rider bags and organizes the Raffle which has allowed us to offer clinics at very reasonable prices throughout the year.

Arrangements have been made to create an EAADA Website (under construction- thanks to Caroline Locke), apply for a GST number -saves the club money in the long run—daunting for our treasurer Susand Hughes who is always up for the challenge! The prizebook is under way thanks to the efforts of our Show Secretary Ms. Darlene Kuzk.A sponsorship brochure and new 2018 membership form is underway.

My personal passion is securing membership yes, I know some of you try to hide from my AGE OLD QUESTIONS “Are you a member?” “Why not?” “What can we do to bring you back?”

This is just a snapshot of what organizing a show looks like. We need a strong organization to help us bring our Sparkle and Spurs Gold Show and 2018 Provincials the dignity and participation it deserves—in other words ...**we need you and your gift of time.**





## **TRAINER PROFILE INTRODUCING INTRODUCING RHIANNON WILLIAMS**

**RW Dressage  
Dressage Coach & Trainer up to 3<sup>rd</sup> level  
Coleman Farm, Sherwood Park, AB**

### **HOW WERE YOU FIRST INTRODUCED TO DRESSAGE?**

I actually didn't start riding until I was 14. My best friend took dressage lessons and took me out to the barn a few times. I fell in love with the horses instantly and was lucky enough to have very supportive parents who got me in the show ring within a year.



### **YOU HAVE RIDDEN A FEW HORSES IN YOUR TIME. CAN YOU TELL US ABOUT A FAVORITE OF YOURS AND WHY THAT PARTICULAR HORSE BECAME A FAVORITE?**

My little grey gelding, Don Royale, was by far my favorite horse. Donnie was the first horse that I took from training level to FEI, but unfortunately we were never able to compete at the FEI due to a fetlock injury. He was an all-star whether we were out on a trail ride, galloping around the field, or training in the arena. His sensitivity completely changed me as a rider; I had to develop tact and feel that all my subsequent mounts have appreciated!

### **WHAT WORK GOES INTO ONE OF YOUR TRAINING SESSIONS. (I KNOW IT DEPENDS ON EACH HORSE, BUT TYPICALLY WHAT QUESTIONS ARE YOU ASKING EACH HORSE BEFORE YOU MOVE ONTO THE MORE ADVANCED WORK?)**

The main focus of each session, whether riding or teaching, is always the classic training scale. Sometimes this means a very basic session, focusing on something as 'simple' as rhythm, so that we can have a more exciting ride tomorrow. A typical session usually starts with lots of circles and changes of direction to feel out the horse. It takes a village to maintain a sport horse, so I am also very conscious of keeping my horse happy mentally and physically so that he can perform his best in the ring.

### **WHAT IS A HORSE PRODUCT/TACK/CLOTHING YOU CANNOT LIVE WITHOUT?**

My DK saddle! It is so comfortable, supports my seat and leg, puts me in a great position and fits every horse I ride (from 13.1 to 16.3hh!). I've owned DK saddles for over 10 years.

### **WHAT HAS BEEN YOUR FAVORITE DRESSAGE BOOK TO READ?**

When I first started teaching, Norma-Jean Clayton gave me *The Complete Guide to Dressage* by Jennie Loriston-Clarke. It has classical roots and focuses on some of the difficulties you may run into while training the dressage horse, along with the alternative methods to use in those cases. It's great to have a manual that guides the rider through training the not-so-perfect horse.

### **WHAT KIND OF STUDENTS DO YOU PREFER TO TEACH?**

I have been lucky enough to teach an array of students, and appreciate every one of them! I currently instruct dressage, western dressage, western pleasure, flat work for jumping, and general horsemanship. My students range from



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Above all, I enjoy sharing my passion for training and competing Dressage with students who have the same ambitions. I am looking forward to taking a team of riders through show season next year.

**WHAT CAN A RIDER LOOK FOR IN A WORKING BARN?**

Personally, the most important criteria is horse care. It's imperative to stable my horse at a facility whose everyday standards fit my horse's needs. That being said, having barn staff that are willing to work with you is also a must! Training a dressage horse is hard enough; having a supportive barn can make that journey easier. I've been fortunate to find a barn that suits my students and me quite perfectly.

**WHAT ADVICE DO YOU GIVE YOUR STUDENTS WHEN THEY ARE SEARCHING FOR A HORSE?**

It is always important to shop for the horse you need, not necessarily the horse you want. For example, it doesn't matter that you can afford the high level schoolmaster or the well-bred 3-year-old, when what you need is a horse to teach you the basics. I have learned this lesson first-hand.

**WHAT PIECE OF SHOWING ADVICE CAN YOU SHARE WITH OUR READERS?**

Show as much as you can! It gets easier each time: the nerves lessen, you can master your pre-test routine, and better understand how your horse performs away from home. Before the show, ride through your tests as much as possible. If your horse is the type to anticipate, ride your tests in pieces. Most importantly, try to keep everything the same as it is at home. A show is not the time to try out a new coach or to push for more from your horse.

**WHAT DO YOUR STUDENTS DO TO STAY FIT AND HOW DO YOU KEEP YOUR STUDENTS MOTIVATED TO TRAIN?**

Working out is always a good idea, but nothing keeps you fit for riding like more riding! I always encourage my students to ride as much as possible and keep it interesting by cross training – we have great trails, a field, and a lake around Coleman Farm. A few of my students also take jump lessons with Lauren Yearwood. As for myself, I work out, trail ride, and train in the arena at least five days a week.





**It's RENEWAL and JOINING TIME FOR 2018!**

Our USDF GMO memberships expire every November 30<sup>th</sup>. The new year begins December 1<sup>st</sup>. To retain our group status, we must enroll at least 19 members. **More** is better!

**WE WELCOME NEW MEMBERS TO SHARE THE BENEFITS**  
The only requirement is that you be an ADA member, of any provincial group.

**The EA/ADA Group Member Organization is the only International Group  
of the United States Dressage Federation  
We are GMO Group #1001, active since 1998**

**USDF GROUP MEMBERSHIP (GM)** is obtained by joining a local dressage club called a USDF Group Member Organization (GMO). Each GMO sends a roster of members along with appropriate dues to USDF. This membership allows full educational benefits and partial competition benefits.

**Benefits include:**

- E-TRAK**, providing unlimited online access to articles and videos on equine health care, training and much more!
- Annual booklet of **USDF DRESSAGE TESTS**, awards and glossary of judging terms
- Login to the award-winning online **USDF Connection**, our exclusive member magazine
- Discounted rates for USDF educational events**, including the annual convention, national symposium, adult clinics, Jr/YR clinics, and the Trainers' conference
- Discount in the USDF store – online and in HQ in Lexington**
- Eligible to earn USDF University Program credit
- Discount on memberships with USDF's educational partners
- Free one-year basic subscription to Barnby Notes
- Monthly USDF Connection** online or by mail, and the Yearbook issue of **USDF Connection**. (A \$15 postage fee applies to members outside the U.S.)
- Eligible to compete at USEF-licensed/USDF-recognized competitions**
- Eligible to participate in the USDF Rider Award Program**

**Basic Membership Fee: \$20.00 US**

**Membership WITH ONLINE MAGAZINE \$25.00 CAD**

If you decide to take the magazine **online** only – (for which your computer has to have Adobe Flash Player 10 which can be downloaded) – and **NOT** get the **printed** magazine, your USDF membership fee would be **\$20 US** – at this time (October) the exchange rate converts to **\$25.00 CAD** (includes registration costs).

**Membership WITH PRINTED MAGAZINE \$44.00 CAD**

If you prefer the **printed** magazine, then you would have to pay the **\$15 US postage fee**. Your USDF membership fee would then be \$20 US + \$15 postage fee = **\$35 US**. Adjusting for the exchange rate this month (October), **our fee for 2018 will be \$44.00 CAD** (includes registration costs). When the exchange rate fluctuates, we'll have to adjust again.

If you join later in the year, you have access to the earlier magazines online.

**For info about membership, contact Jan Simmonds: [jansim@telus.net](mailto:jansim@telus.net) Tel. 780-434-8052  
Fax: 780-431-0715 and browse through [www.usdf.org](http://www.usdf.org)**

*please go to next page for registration*





*By putting the fees through my bank, we can send a US bank draft for the fees without having to pay the extra \$7.50 to cover the bank fees for each draft! That's why you send the \$ to me....*

Please make out your cheque in Canadian funds to: **J. Simmonds** and send it to  
**Jan Simmonds**  
 5611 - 115 Street NW  
 Edmonton, AB T6H 3P5

**PLEASE SEND THIS INFO WITH YOUR FEE: (renewing members please update with any changes!)**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
 \_\_\_\_\_

TELEPHONE: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

YOUR ADA AREA GROUP: (circle one)

**Edmonton Parkland Cold Lake Peace Region Calgary Chinook Country**

**Juniors only: Birth date: D/M/Y** \_\_\_\_\_

**FEE ENCLOSED** \$ \_\_\_\_\_

printed magazine  online magazine (check one)

**Renewals only: GMO MEMBERSHIP NUMBER if you know it**

# \_\_\_\_\_

**GMO #1001MEMBERSHIP 2018**





## SHELLEY MALBEUF TRAINER PROFILE

**Editors note: Shelley is a rider and trainer based in Calgary. Shelley is available to travel to Edmonton to teach. She has joined the EAADA and has kindly shared her experience and thoughts with us.**

**I was first introduced to Dressage when I was 6 years old at Donsdale Stables.**

My Parents signed up both my brother and me for riding lessons. My brother quickly decided riding was not for him, but I was hooked. Under both Bonny and Mona Bonnelo I had an amazing beginning to my Dressage education. There was a group of ladies who were also my mentors for many years, including Betty Seidel, Jo Harrison, Heidi Schultz and Helen Parker. My parents never had to worry about what I was doing for hours at the stable, as I had multiple moms looking out for me! My experience at Donsdale Stables lasted over 20 years and I had many amazing experiences. I went twice to Germany with Bonny; the first time I rode with George Theodorescu and then with Jo Hinneman. I also competed in the North American Young Riders Championship when I was 17, and won the Gold Medal on Friar Tuck.

### **Your favorite horse?**

I think one of my favourite horses was Frederik. Betty and Charles Briggs found a lovely 5-year-old gelding at Holger Munstermann's in Germany. I immediately flew to Germany to try him, and ended up staying in Germany for over 3 years. Freddy was my best friend while I was so far away from home. He was also the first mount I trained to Grand Prix, under Holger's tutelage.

**If I had my choice to ride any horse, I would choose Valegro. His power and suppleness are unmatched.**

What goes into each training session? Well, I quoted Jaimey Irwin and got a sign made up which hangs in my arena: "Refined repetition with Relaxation." For me these elements are necessary before moving on to more advanced work. Often you can begin a new exercise and your horse gets confused or worried which then requires you to simplify the exercise or go back until you have the relaxation again. I find that simplifying and trying a different approach makes a huge difference in your successful training sessions. It is important to me that the horses have fun in their work!

### **My favorite things...**

My favourite breeches are Pikeur. I find they are most comfortable and have durability.

I think my favourite Dressage book would be *Real Life Dressage: Training advice from Novice to Grand Prix*, written by Carl Hester. I enjoyed reading about the journey Carl experienced with many of his horses.

### **Who has inspired you during your career?**

I feel there are many people who have influenced me in my riding, but Holger Munstermann would be the biggest influence. During my stay in Germany, he spent hours every day teaching me and helping me develop into a better rider.

**Which international rider inspires you?** Carl Hester, I think he is an amazing trainer and coach.

### **Please describe the kind of student you enjoy teaching.**

My favourite students to teach are those who really want to learn and to develop their training. It doesn't matter to me if they want to compete or not as long as they are enjoying their riding.



## SHELLEY MALBEUF TRAINER PROFILE



### **What have you been doing lately?**

I love to learn, so I continue to travel and train. I am monthly in California, both teaching a very special group of students, and training with Stephen Peters at Arroyo Del Mar. Presently I have been having Jaimey Irwin to Freedom Farms every month for clinics. Since my time in Germany with Holger, I find Jaimey the most inspiring and helpful coach to assist me with the training of my two young horses. Avro is 6 years old, and Jackson is 3 years old – both very talented, and completely different. My goal is to join Jaimey and Tina in Florida next winter. (I haven't quite released that information to my husband yet.) I also love to participate in and audit the symposiums Scott Hayes puts together. In 2016 I rode in the Adeline Cornellisen symposium in Vancouver, and then travelled to Holland to spend 2 weeks training with Adeline in October. This April I attended the Carl Hester symposium, which was truly inspiring.

### **Please describe the kind of student you enjoy teaching.**

My favourite students to teach are those who really want to learn and to develop their training. It doesn't matter to me if they want to compete or not as long as they are enjoying their riding.

### **Do you have a preferred breed you like to ride?**

Today's bred-for-Dressage horses I find are more sensitive and sometimes a little hot. I find the breeders have incorporated a lot more Thoroughbred blood into the Warmblood bloodlines.

### **Can you describe a tough training issue and how you handle these issues?**

I find one of the toughest issues to correct are contact issues. I had an older 13-year old horse that came to me for training. He was very tight in his neck carriage and would often be behind the vertical. To correct this, I rode him forward to the contact and worked on lengthening his neck. I found it quite amazing how he lightened in the bridle and began to move more through his body.

### **Over the years you have had many career highlights . Can you share one of these highlights with our readers?**

A highlight for me was riding in the Young Horse Bundeschampionate in Aachen, Germany, while I was training there. It was an overwhelming experience, but one I will never forget. Another experience was travelling with my Prix St. Georges horse Walter to California and competing in his first Prix St. Georges in L.A. He was 5<sup>th</sup> in a very large open class.

### **What should a rider look for in a trainer?**

Well, Holger told me once, "All you need, Shelley, is a coach who is truly interested in you." He was so right!!



## SHELLEY MALBEUF TRAINER PROFILE



### What training and show advice can you offer our members?

The best piece of training advice I have is to enjoy your journey! Enjoy your horse and enjoy working and improving together.

In terms of showing advice, I would have to stress that you need to feel comfortable at home at your level before attempting to compete at a show. Also: concentrate on your own personal goals at a competition, and, most of all, breathe and have fun!

### We know how important physical exercise is what do you do personally to keep in shape?

In Europe, all the International riders have personal trainers. While I was in Holland last October visiting Adelinde, she sent me to her trainer. It was an incredible experience. I boxed, did trampoline exercises, balanced on balls and on the high beam. The trainers really stressed athletes' breathing, and the importance of continuing to breathe whilst competing and training. An unforgettable experience!!

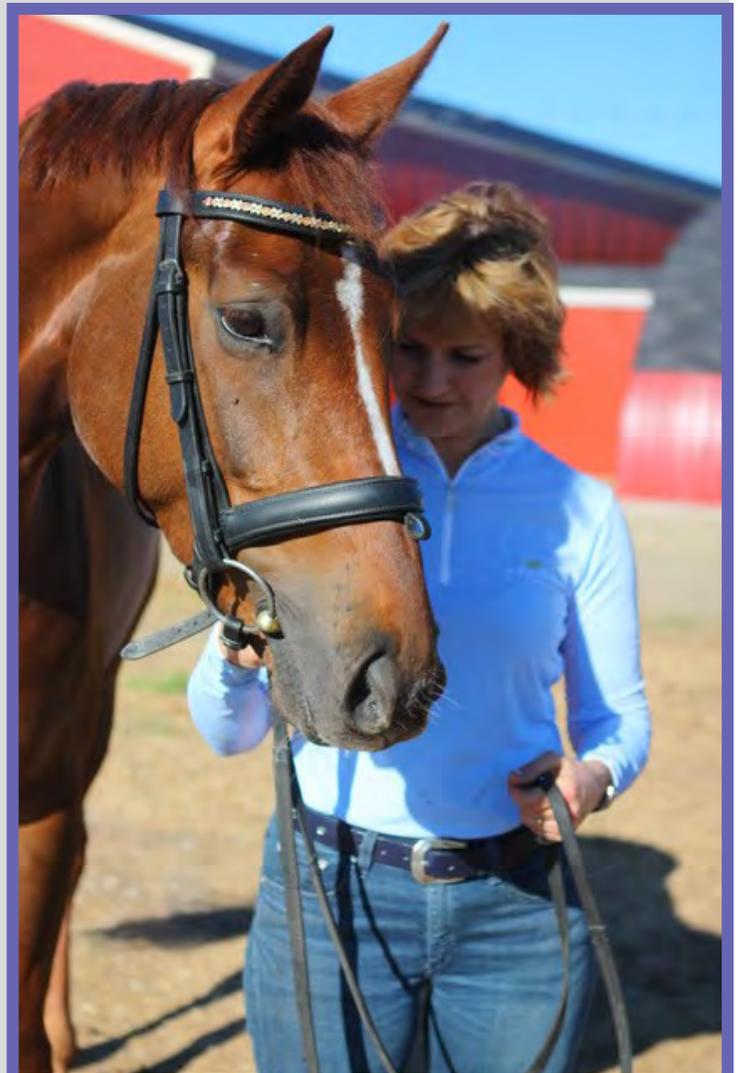
### What can the EAADA do to continue to improve its profile in the equestrian community?

I think EAADA should bring in a big profile international trainer as Scott Hayes does. I feel this would open riders' minds and knowledge. Possibly working with CAADA might make this a possibility? Just please let me ride!!

### Words to live by:

***"Life is either a daring adventure or nothing at all."***  
**Helen Keller**

***"EVER TRIED? EVER FAILED? NO MATTER. TRY AGAIN. FAIL BETTER."***  
**Samuel Beckett**





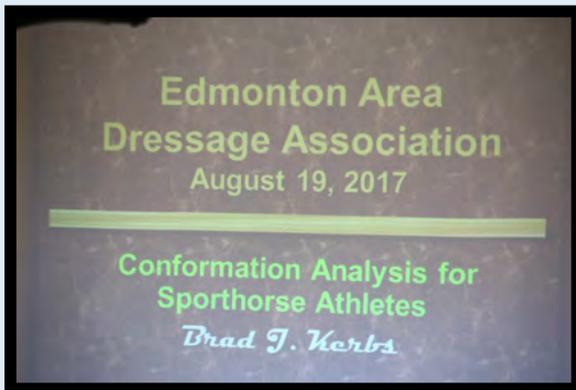
# THE INGRID SCHULZ CLINIC “A TASTE OF DRESSAGE”

To learn more about Ingrid go to: [www.ingridshulz.com](http://www.ingridshulz.com)





## MEADOWVIEW CONFORMATION CLINIC By Marjorie Phillips



On August 19, EAADA held a conformation clinic at Meadowview Farms, the home of Eileen Poole and Wally Cullen. Driving onto this lovely “estate” is enough to put one in a wonderful mood for the day.

Brad Krebs had arrived from the U. S. A. to judge the conformation of the farm’s Trakehner mares for the Trakehner registry. About twenty participants started the sunny morning with coffee on the patio, as Brad gave an overview of the conformation of a horse which is fairly standard for all breeds, but one does look for certain traits in the various breeds. There is a list of

ten points for judging Warmblood horses. 10 is excellent and 1 is very poor. Brad was insistent we use *the words* to describe a horse, *NOT the numbers*.

The lecture engaged the participants, some of whom Brad knew. He asked them for their experiences in the subject at hand. There were even some prizes for correct answers. The three books listing the standards needed to be in the U. S. Trakehner registry book were soon gone.

Brad also mentioned that although he had grown up on a ranch he did not really know how to ride. Following their marriage, his wife, who is a dressage rider, taught him to ride properly. Someone asked if he were still married. He said he was not, “but that was a different story.” I imagine it would also have been interesting!

Following the lecture everyone convened at the barn. The six candidate horses were led out three at a time.

Everyone had to write what they saw in each horse in each group of horses – if it was good or bad and why. He also stressed that one can criticize in a positive way and encouraged us to do that.

It reminded me very much of judging 4H beef steers: I place #4 first because: ... I place #2 over #3 because: ... and #3 over #1 because: ... and #1 last because: ... Fortunately, the cards to write on were small so we didn’t have to go into a lot of detail. After this most useful exercise we adjourned for lunch.

Immediately following lunch, we went to the jumping ring and watched two horses over jumps. Ingrid Schultz and a working student from Germany were the riders. Sebastian Rhode, also from Germany, who is known on the European jumping circuit as a rider, judge and trainer, coached the two riders.

I liked Sebastian’s very calm way of teaching and helping the horses come back to balance. Nothing was hurried.

Following this we returned to the barn where the mares to be rated for registration were brought out one at a time. Each was measured for height. Then their gaits were studied in hand at a walk and trot away and toward Mr. Krebs.

Brad complimented Ingrid on her excellent job of showing these mares to full advantage. Then the mares were taken to the outdoor arena and allowed to run free.

Following this Brad gave his opinions on each horse and why he marked them the way he did. He practiced what he preached about being very positive about any mare he marked down.

This was an extremely positive day absolutely brimming with information.

What did I take away? Stand well back when you first look at a horse to get an overall picture and don’t take riding lessons from your spouse!

**MEADOWVIEW CONFORMATION CLINIC  
PICTURES COURTESY OF TERRY ARMSTRONG**





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## NORTHERN LIGHTS EQUESTRIAN BOUTIQUE



By Rebecca Stubbington

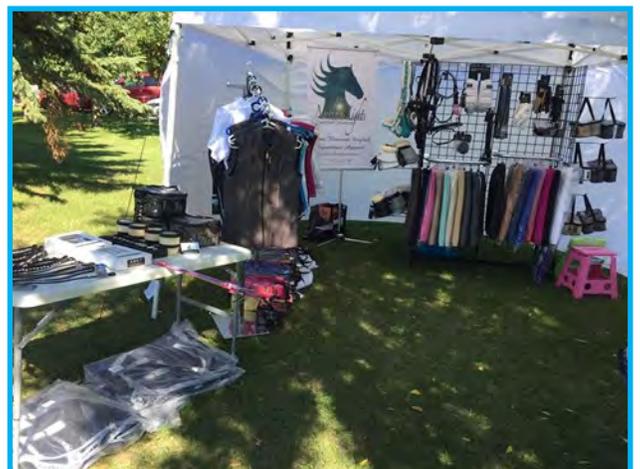
Owned by Rebecca Stubbington, an avid dressage rider based out of Ardrossan, Northern Lights Equestrian Boutique was born out of my love for all things matching for my horse. Usually saddle pad and wrap sets, I've always been on the hunt for interesting new brands with unique colours and designs. Sadly, I quite often found that the fabulous brands I was after weren't carried by Canadian retailers or were very difficult to find if they were. I would resort to ordering out of Europe (or even Australia) to

get these products I so badly wanted to add to my collection and the more I looked the more I found a need for someone to stock these products in a shop. It even seemed as though our American counterparts would find themselves with the same problem. I figured I couldn't be the only one with this issue... so what does any reasonable matchy addict do? Start up their own business of course!

At Northern Lights my aim is to bring in unique, high quality tack and apparel to my fellow equestrians at the best prices I possibly can. Some of the brands in the shop are ones you'll already know and probably love, like BR and Arista. Others can be more difficult to find in Canada such as QHP, ANKY, and LeMieux (which will be in stock soon!) but are still of great quality; I've grown to love them and I'm sure you will too.

I keep a close eye on trends within Europe and Australia to see which brands are popular and which aren't, giving me a good idea on both quality and popularity, especially when these items are hard to come by here in Canada. I'm always bringing in seasonal items from the brands I do carry in the shop, keeping the stock fresh and up-to-date. For those who like a more classic wardrobe, I keep a wide range of core colours as well. As Northern Lights grows, I plan to bring in other brands so that I may offer a wider range of products and price points.

Though right now I don't have a store front, I do have a website showcasing all of the shop's stock and I offer pick-up and appointments to view items at my office location in Sherwood Park. As well, I'm pleased to offer free delivery within Sherwood Park and delivery to Edmonton and surrounding areas for a small fee. Of course, I do offer shipping at a flat rate of \$15 within Canada and orders over \$150 ship for free. I also hope to have a mobile trailer in the near future so I can serve local riders to the best of my ability! You can check out the website at [www.nlequestrian.ca](http://www.nlequestrian.ca), find us on Facebook, or contact us at [nlequestrianboutique@gmail.com](mailto:nlequestrianboutique@gmail.com).





## **Edmonton Area Alberta Dressage Association MISSION STATEMENT**

Provide a supportive community of like minded people  
Promote and encourage a high standard of accomplishment in dressage  
Offer educational opportunities to develop skills  
Connect members with local national and international events

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### **JAYNE WORTHINGTON**

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### **HELEN LAGACE**

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