

# Northeast Florida Dressage Association

NFDA is a Group Member Organization and our members are automatically USDF Group Members  
November 2011

USDF Region 3

## FROM THE PRESIDENT

I'm writing what will be my last column as president of NFDA, although since most past presidents tend to repeat in a few years, I may be back.

Not to scare off any future candidates, but the job entails way more time than one would ever imagine. I think that the job of the officers and Board is to take care of the details so that everything runs smoothly and the general membership never sees a hitch. To that end, I feel I've been successful. I think my proudest moment as president of NFDA was our successful hosting of the USDF Convention and Symposium, with Dressage on the First Coast running concurrent with the Symposium – a feat that has never been done by any other GMO.

I want to thank Michelle Velasco, who has been my “right hand man” while running the club. She has provided tireless help and valuable long term knowledge of NFDA history. Also: Mary O'Brien who has devoted many hours to Dressage on the First Coast; Janet Royce for all of her cheery volunteer efforts; Kathy Daly for all of her work to improve my dressage skills; and Mary Ann Callahan and Marge Savage for just being so much fun to be around.

In my first column, I explained that I am a converted barrel racer and western rider; a rodeo devotee. When I started riding dressage, I was tired of my cowboy boots and wanted to pull on a pair of dress boots.

My conversion from Western to English riding coincided with the opposite turn for my friend and show groom, Rebecca. You may have seen her with me at nearly every show. We met when she answered an ad to buy my Billy Cook barrel saddle: she was in high school and leaving behind the hunter jumper world to be a cowgirl. Last weekend, I attended her wedding, a happy affair where everyone wore boots and denim with plaid shirts de riguer for the gents. We sat on hay bales, ate BBQ and line danced. It reminded me that that it's okay to “go home” again.

This in no way means that I'm quitting dressage but rather that I'm going to look beyond the white rails to additional pursuits to keep my horses and myself happy and balanced. Happy Trails to all.

Martha



## NFDA Meeting on December 11<sup>th</sup>

It's time for NFDA members to get physical! At the suggestion of long time member Mary Ann Callahan, our next meeting will be at the Body Balance Institute on December 11<sup>th</sup> at 1:30.

We will have a demonstration of Gyrotonics and Gyrokenesis, as well as Pilates equipment, to learn how this type of exercise can help riders improve their core strength, develop balance, and strengthen and stretch our muscles.

You do not have to participate in the exercises to attend. Please wear comfortable clothes, similar to that for yoga.

The Body Balance Institute is located at:

4776 Hodges Blvd  
Suite 204  
Jacksonville, FL  
904.223.4079

[www.jaxpilates.com](http://www.jaxpilates.com)

For more information on Gyrotonic® and Gyrokenesis® methodology, visit the official headquarters website at [www.gyrotonic.com](http://www.gyrotonic.com)

## DRESSAGE FOUNDATION NEWS

This year's edition of *The Dressage Foundation News* is now available. Take a moment (or two) to read about some of the wonderful programs and funding opportunities. This issue includes many reports from grant recipients, so you can hear about their experiences from their perspectives.

<http://www.dressagefoundation.org/upload/TDF%20Newsletter%202011%20Web.pdf>

## CALENDAR OF EVENTS 2011-2012

December 3 – 4, 2011  
Dressage on the First Coast  
Jacksonville Equestrian Center

December 11, 2011  
NFDA Meeting  
Body Balance Institute

February 18, 2012  
NFDA schooling show  
Jacksonville Equestrian Center

March 10, 2012  
NFDA schooling show  
Jacksonville Equestrian Center

April 28 – 29, 2012  
Dressage on the First Coast  
Jacksonville Equestrian Center

May 19, 2012  
NFDA schooling show  
Jacksonville Equestrian Center

September 15, 2012 (tentative)  
NFDA schooling show  
Clay County Ag Center

October 20, 2012 (tentative)  
NFDA schooling show  
Clay County Ag Center

November 17, 2012 (tentative)  
NFDA schooling show  
Clay County Ag Center

## DEAN GRAHAM CROSS COUNTRY CLINIC

NFDA is hosting a cross country clinic at The Oaks Equestrian Center in Lake City on Saturday, November 26, 2011. NFDA will pay the clinic fee for the first ten NFDA members; participants will still be responsible for grounds fee and stabling (if requested). Riders will be taken on a first come, first served basis.

- Grounds fee (mandatory) – \$45
- Stabling fee (if requested) – \$30

Please contact Pam prince ASAP (904.335.1309 cell; [pamprince@ki-lin.com](mailto:pamprince@ki-lin.com)) to sign up. Non-NFDA members are welcome but must pay full price.

Please state your level of training so that you can be matched with 2 or 3 other riders at the same level. Please be sure your horse is fit enough for x-country training.

It's important to get our horses outside of the dressage ring to give them a mental break. The Oaks is a gorgeous facility and you will enjoy a day spent hacking around with fellow horse enthusiasts. You DO NOT have to be an expert at jumping to participate ☐

Learn more about Dean Graham at [www.avalonstables.net](http://www.avalonstables.net)



Horses for sale:  
[www.anniebfarm.com](http://www.anniebfarm.com)

