Piaffe & Passage

VADA/Nova, Inc. Newsletter

Winter 2023

Volume 52

Issue 4

Hello Members!

I get the honor of wishing you all a Happy New Year! Hopefully the winter will be mild, the rings won't freeze, and you will all come out swinging for our spring events. In the meantime, we are working hard on end-of-year projects, like our Above and Beyond Volunteer program, Year End Awards for competitors, and some fun winter events.

For Above and Beyond Gifts, you need to go online (it's not scary) and check your Member Profile. In the top corner, drop down to "Profile", then under "Histories", you will find "Volunteering". If your hours are not correct, you need to email Volunteers@ VADANova.email to get them corrected. You will get an email with the link to order some great items with our fabulous new logo! For Year End Awards, please keep an eye on your email, we are still working out some bugs, and will send detailed instructions when the kinks are unkinked. The basics of our awards program can be found on our website (where have we heard that before?). Under "About Us", drop down to "Awards." There is a lot of information, and you should familiarize yourself if you plan to submit for awards. Be sure to click on the "Schooling," "Licensed," and "Additional Special Awards" drop down menus, there is a lot of information there. We also encourage nominations for the Nancy Stover Distinguished Service Award.

Thank you to all our amazing volunteers, we had over 75 volunteers put in over 1200 days of volunteer time in our 2023 season. Three schooling shows, four licensed shows, a summer camp, clinics, and all sorts of fun were had, and we truly could not do any of it without you. We look forward to seeing you again in the new year. Shameless plug that our volunteer opportunities will be on the website by the end of January, so sign up for your favorite jobs early! You should go to our website (I'm getting déjà vu now) and look under "Volunteering" for "Opportunities." Make sure you check out the "Bucks Store" to redeem your volunteer bucks, they are already credited to your account, and if you have any issues, just email Treasurer@VADANova.email with questions.

If you haven't attended one of our Judges' Roundtables, you are really missing out. They are fabulous events with superstar judges and lots of questions, answers, and participation. Check out our website (sensing a theme yet?) for a sign up in mid -January. Everyone is welcome, non-judges are auditors, but we encourage everyone to bring their notebooks and questions.

We will be hosting a Member Party, again this year, the date for it is March 3rd at 2 pm, and we will see everyone at the Ida Lee Recreation Center. Please bring significant others, barn friends, and fellow equestrians, we want to celebrate your wins and successes for the 2023 season!

Thank you all, have a safe and fun winter!

Rachel Rice

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WEBSITES TO CHECK OUT

VADA/NOVA www.vadanova.org

VADA State www.virginiadressage.org

Region 1 www.USDFREG1.org

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vnboard@vadanova.email

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MEMBERSHIP

membership@vadanova.email

VOLUNTEER

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SPONSORSHIP

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VADA/NOVA IS HAPPY TO WELCOME THE FOLLOWING NEW MEMBERS:

A big VADA/Nova welcome to all of our new members! We hope to see you at one of our upcoming events either as a competitor, volunteer, or just to support friends and family.

Courtnie Graybill Judith McDonald Jamie Pantel



Gressage Dressage

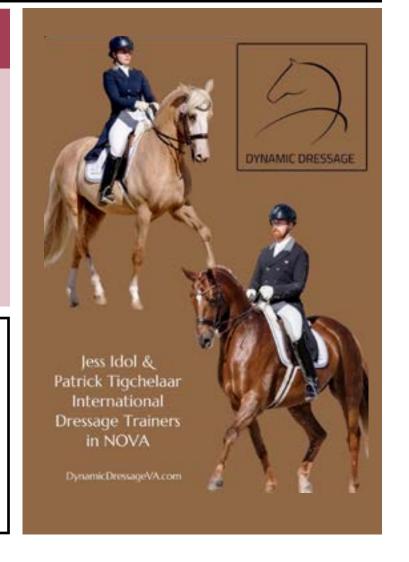
BHS Intermediate Instructor IGEQ International Level 2

- * Novice to FEI Training
- * Lessons
- * Boarding
- * Indoor 215 x 90

CWDressage1@gmail.com

39483 Charles Town Pike

Tel 703 626 6660





Congratulations to our High Score Winners!

AWARD	RIDER	HORSE	SCORE
Training	Jessica Idol	Obydale	70.600%
First	Emily Nielsen	Stiletto	70.278%
Second	Judith Weber	Bhulgari	68.333%
Third	Alex Robertson	Limocello	73.250%
Fourth	Kmarianne Campano	Burunda Harvey	68.194%
MFS Combined	Kelly Rose	Hinojosa CDF	74.375%
PSG	Regan Walsh	Hot Potato	68.088%
FEI(I-1,I-A, I-B, I-2, GP)	Jessica Idol	Fantom	65.735%
Jr/Yr	Juliana Klapper	Kahlua & Kreme	68.182%
AA	Susan Ralston	Lady Stark	70.625%
Open	Alex Robertson	Limocello	73.250%
VADA/Nova Member – AA	Kristin Ortt	Vesterdams Hestia	68.750%
VADA/Nova Member – Open	Jesical Idol	Obydale	70.600%
VADA/Nova Member – JR/YR	Kyleigh Woodrick	Poker Face MH	63.939%





REGIONALS WRAP UP

The United States Dressage Federation/Great American Insurance Group USDF Region 1 Championship and Virginia Dressage Association, Inc Fall Show was certainly one for the books. Let's add it up!



Countless memories, awards, and accomplishments!

Congratulations and thank you to all!



SUMMER WIND DOWN II

Congratulations to our High Score Winners!

AWARD	RIDER	HORSE	SCORE
Training	Dominique Carson	FCF Midnight ENC	73.800%
First	Nancy Sulek	Quallentino H	71.250%
Second	Lisa Hall	Secret Agent	67.976%
Third	Kelli Temple	De Sandros Ruby	71.184%
Fourth	Audrey Sims	Stenagers Sirius	63.389%
MFS Combined	Lynn Sadler	What's Happening	70.250%
PSG	Regan Walsh	Hot Potato	64.853%
FEI(I-1,I-A, I-B, I-2, GP)	Jessica Idol	Fantom	65.882%
Jr/Yr	Julianna Klapper	Kahlua & Kreme	65.909%
AA	Nancy Sulek	Quallentino H	71.250%
Open	Dominique Carson	FCF Midnight ENC	73.800%
VADA/Nova Member – AA	Christina Haferman	Chica KS	70.417%
VADA/Nova Member – Open	Patrick Tigchelaar	Eponas Rose of Tralee	66.216%
VADA/Nova Member – JR/YR	Lindsay Lamken	A Wizards Spell Kensingtons ER	63.704%
GMO Team 1st	WPDA - 1		63.520%
GMO Team 2nd	WPDA - 2		60.154%







Mords of Misdom

Debbie Marriott

For those of you who know me, you know I have a passion for musical freestyles! I have been professionally creating freestyles since 1997 and my business has grown from creating for members of Pony Club into designing freestyles for FEI International riders.

For this article, VADA/Nova has asked me to speak specifically on things to consider when choosing music for a musical freestyle. USDF provides its members with wonderful guidance on designing a musical freestyle on their website, so I will let the readers utilize that information for the technical aspect of freestyle creation. What I will discuss are things to remember when searching for your music. Here is my advice:

- Find music that is fun! Judges want to be entertained. Tell your story. Whether you are selecting music from a movie or play that touched your heart, an artist or band that you are passionate about, or a genre of music that moves you, you want to relate and "feel" the music.
- Choose music that enhances the horse. The tracks of music you select should neither undermining the strength the horse nor overwhelm its movement.
- Make sure the music is all the same style/genre. You do not want to mix classical with jazz or rock with big band. You get the idea.
- Choose "attention grabbing" music for your entrance and find an impressive ending. And, never end on a long fade!
- Decide whether you want music to play during your halt, salute or do you prefer "dead air"
- Decide whether you prefer instrumental pieces of music or vocal selections. Both are available to us to use although editing vocal selections is a bit more challenging to the novice music editor.
- Think outside the box! Ride to many styles and genres of music before you make your final selection. Have your trainer, friend or a freestyle designer help you with your music options. But, most of all, enjoy the dance!







SCHOOLING SHOW CHAMPIONSHIPS

Congratulations to our High Score Winners!

AWARD	RIDER	HORSE		SCORE
Intro AA	Claudia Yates	Red Redemption	Intro B	66.25
Training AA	Heidi Wardle	Cold Spice	Training 2	71.897
Training JR	Teagan Niles	Quiet Wildcat	Training 2	63.103
Training O	Michele Wellman	Kalasar	Training 2	68.276
First AA	Erin Hart	Legal Buzz	First 2	70.152
Second AA	Rita Trimarchi	Looking Good FLF	Second 2	62.949
Fourth AA	Liberty Seaford	Marco Polo GS	Fourth 2	57.368
FEI TOC O	Jennifer Mutchler	Elation KF	Intermed I	62.206
MFS AA	Lori LaFave	Spring Ducatti	First MFS	65.111

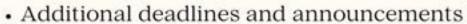




AWARDS DEADLINE JANUARY 10, 2024 www.vadanova.org/awards

Visit the website for all the following information:

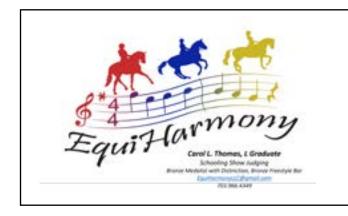
- Awards requirements
- · How to submit awards
- · Schooling Show Scoreboard
- · Volunteer hour requirements and standings

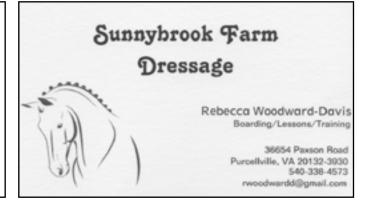




Save-the Date Member Party March 3, 2024







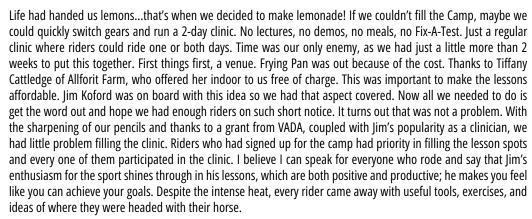






Making Lemonade By Mary Callan

VADA/Nova was excited to offer its 3rd annual Dressage Camp this past July. The Camp was to be held at Frying Pan Park, with the ever popular Clinicians Jim Koford and Debbie Rodriguez. Each day was to be jam packed and included 2 lessons per day, lectures, demos, meals, a barbecue, and the finale of a Fix-A-Test. It was to be an intensive but inspirational few days. Unfortunately, the Camp was not to be. Despite being a very popular activity for those who attended (myself included), the Camp did not fill. Whether it was the financial commitment, the time commitment, or a combination of both, without a full roster of campers, it was just financially impossible to run the event.







There were several common themes to Jim's instruction over the 2 days. First, he encouraged every rider to make sure their horse was supple in the neck by asking for willing bend in each direction, with frequent changes of bend on a circle to ensure that the horse was soft, obedient, and supple in both directions and on both reins. He also emphasized the need to bring the horse's shoulder's up, bringing them off their forehand and achieving greater engagement of the hind end. It was interesting to see how these exercises applied to horses from training level to almost Grand Prix. And in addition to breaks when necessary to deal with the extreme heat, Jim also utilized exercises at the walk to continue the training while being mindful of the conditions. Working on turns on the haunches or walk pirouettes, depending on the level of training, fit right into the other exercises Jim was using to ensure the horses were supple, off the forehand and on the rider's aids. He also worked with each rider to address individual concerns or problems as they arose. For example, my one horse tends to be nervous, hot and spooky at times. She had never been to this farm and despite the heat, was spooking/bolting at every opening. Rather than fight with her, Jim had me overbend her to the inside and release the outside rein, while insisting that she move past the openings. This gave the horse a place to go without having to look directly at it, and soon enough, she was over the spooking and we went on to have a very effective lesson. This is something I will definitely be using at the horse shows. With both horses, Jim was great at getting me out of my "Comfort Zone," i.e., getting the horses more up in the bridle than I am used to, with the poll the highest point. He explained that by keeping my own shoulders back, I would help the horses keep their own shoulders up and therefore everything was easier for the horse to accomplish.

We are so happy that we were able to turn lemons into lemonade and have a successful event, but there is both good news and bad news about this situation. The bad news is that it is unlikely that VADA/Nova will attempt to hold another Camp in the foreseeable future. The good news is that we believe we have come up with a more popular model which, while not the immersive Camp experience we were hoping to provide, is more economical and time-friendly. So, be on the lookout for more clinics in the future!

Four by Four 16 CAVALETTI EXERCISES FOUR PATTERNS USING FOUR POLES

By Michele Wellman

WHY CAVALETTI?

Using Cavaletti is a great way to improve horse and rider fitness and communication. Exercises, when used appropriately, can increase a horse's coordination, balance, and strength, improve stride length, regulate tempo and sharpen reaction time. For riders, cavaletti work can help timing of aids, increase focus, and improve understanding of consistent tempo and stride length. These are just a few of the benefits of consistent use of cavaletti in a training program.

MATERIALS...

For the four exercises in this article, you will need four 12-foot poles, a roll of brightly colored duct tape and a measuring tape. If you are lucky to have a few poles with stripes already painted on them, you won't need the duct tape. 10-foot poles or 8' landscape timbers are also reasonable options. Poles should be made of heavy weight materials. For safety, I prefer wood poles/timbers over hollow plastic "PVC" poles because they don't move as easily when a horse taps them, and they won't shatter if a horse steps on them. What's the duct tape for? I like using striped poles as often as possible because the stripes give the rider a target. These exercises can help hone a riders accuracy which can improve both dressage test riding as well as jumping. As we all know, better accuracy increases safe jumping, but also gains you points in the dressage arena! If your poles don't have stripes, use the duct tape and measuring tape to mark your poles from the middle outward in 3 foot increments as shown in **Figure 1**. If you don't have a 12-foot pole, you can leave off the end tape. For the purposes of these exercises, I'll call those spaces between the duct tape "slots". We will also assume you are using 12' poles and that 1 meter is roughly 3.3 feet.

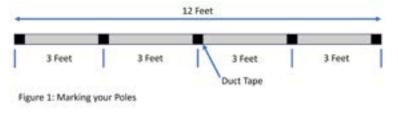
EXERCISE SET UP #1

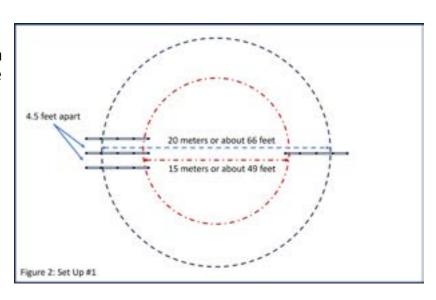
See **Figure 2** for basic set up details. If you have a ring that is only 20 meters (66 feet) wide, then you can place the end of your poles against your arena wall. In that case, your circles will be shifted a "slot", and you will have about a 13 meter circle right to the inside of your poles.

The 3 poles in set in sequence are intended as trot poles in this series of exercises. Most average horses can negotiate these poles easily when set at 4½ feet apart. If you have a shorter striding horse, you can set these poles to 4 feet apart. For longer striding horses, these poles can be set to 5 feet apart. This exercise is not intended to shorten or lengthen your horse's natural stride length so you'll want to set the exercise as best you can to what feels "easy" for your horse.



Warm your horse up according to your normal routine. I encourage people to at least do a walk and trot warm up. If your horse usually trots better after cantering, then definitely canter before starting the exercise.





If you set up your poles according to **Figure 2**, then your outermost circle shown in **Figure 3** will be approximately 20 meters. Pick up a trot tracking your easier direction and start a circle aiming for the first duct tape mark on that outer circle. Your goal is to ride

a regular trot hitting that mark across all 3 trot poles and the single pole on the opposite side of the circle. You'll want to focus on maintaining a consistent tempo through the entire circle and enough bend to keep your horse nose to tail along the circle line. When that feels easy for you and your horse, start to spiral in one mark at a time. Spend enough time on each circle size to feel comfortable, balanced and regular before moving to the next smaller circle. Following the marks will move you from about a 20 meter circle to about a 15 meter circle. Only go as small as you can while maintaining balance and a consistent tempo.

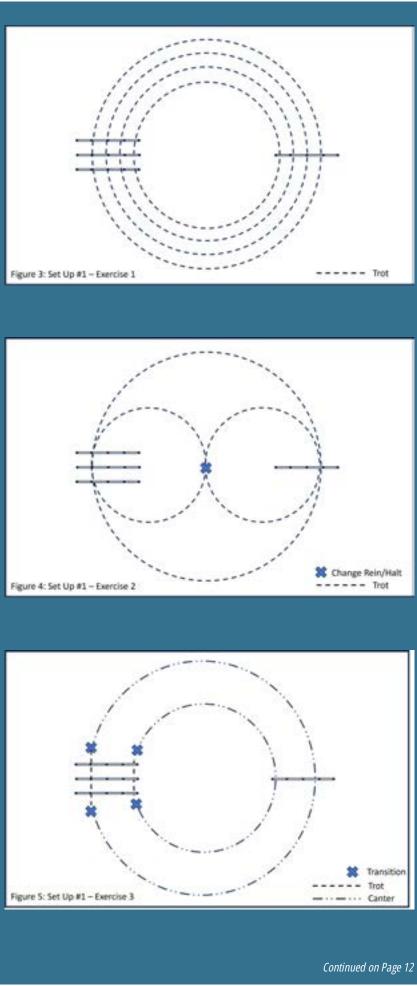
Depending on you and your horse's fitness level and how long it takes for you to move down to the smallest circle, you can stop for a break, or progress back out one mark at a time to the largest circle. Once you have completed the first direction, give your horse a walk break and change to your harder direction. Proceed through the exercise the same way. This exercise is a great spin on the common spiral in and out exercise. Throughout, you should be thinking about your accuracy over the poles, consistent tempo and increased bend as the circles get smaller. This should help improve balance and ultimately the connection in the trot.

EXERCISE 2, SET UP 1

This exercise is a great way to practice your centerline turns and changes of direction. If you have cones or something similar available, you can set up two cones on either side of the "X" in **Figure 4.** We will assume that you have warmed up as recommended in Exercise 1.

Start out trotting your 20 meter circle marks either direction. Once you have found the consistent tempo, balance and bend you felt in Exercise 1, start a half circle turn after crossing the single pole and pass through the cones while changing direction. Then, pass over outermost mark on the trot poles and continue on the 20 meter circle. Again, you are working to maintain consistency of tempo, balance and bend throughout the path. After crossing the single pole again, start a half circle and pass through the cones while changing direction. Continue this pattern until the half circles are easier and you can maintain your accuracy on the turns, over the poles and through the cones.

Once the trot pattern becomes easy, you can add a trot-walk-trot transition between the cones, working up to a trot-halt-trot transition. This exercise builds on the









VADA/NOVA PRESENTS A

Clinic with Debbie Rodriguez

May 9 & 10, 2024

Windswept Farm Waterford, VA

Cost TBD

Check www.vadanova.org for more details in 2024.



A VADA/Nova member favorite, Debbie Rodriguez, is a USEF 'S' dressage judge, FEI 3* judge, 'R' Level eventing judge, and USDF Bronze, Silver, & Gold medalist.



ABOUT THE AUTHOR: MICHELE WELLMAN

Michele is a USDF Bronze and Silver Medalist and USEA ECP Level III certified eventing coach. She has competed multiple horses through Intermediate level dressage and Preliminary level eventing. Michele owns By Chance Farm where she teaches and trains, hosts cavaletti clinics monthly and holds 8 dressage schooling shows and 4 Licensed shows each year. Her goal is to make riding and showing a fun and accessible experience for all.

Photo: Michele Wellman and Korazon at Devon Horse Show

balance, bend and temp from Exercise 1 by adding an additional accuracy component as well as improves your horse's response to the aids by requiring more forethought and preparation for the turns and transitions.

EXERCISE 3, SET UP 1

The last two exercises focused on the trot and in this exercise, we will add canter. I stress this at my cavaletti clinics, but I will also stress it in this article. Trot poles are for trotting!!! Please do your very best to refrain from cantering over the trot poles. If you cannot get your downward transition from canter to trot, go around the trot poles.

Start out trotting your 20 meter circle marks in the direction of your easier canter lead. Once you find that great trot we've been working on, pick up a canter at the "X" after passing over the trot poles as shown in **Figure 5**. You'll canter over the single pole and downward transition to trot at the "X" before going over the trot poles. In the canter, your focus should be on the tempo, balance and bend, just like the trot exercise. If your horse is green to cantering poles, it's very important to focus on the quality of your canter and maintaining that quality throughout the circle. If your horse breaks to trot over the canter pole, make sure you come with a more forward-thinking leg aid as you approach the pole. Your job is to ride the best, most consistent canter you can and let your horse figure out how to negotiate the pole.

Your goal for this exercise is to make your trot to canter transition and canter to trot transition as close to the trot poles as you can. Only make them where you are comfortable and get closer as you feel like your horse becomes more on your aids. It is possible to make the transition one step after and one step before the trot poles! However, your goal at the beginning is to make the transitions as balanced and seamless as possible, ride the best quality canter you can manage and work on improving your tempo, bend

and balance. When the 20 meter circle is easy each direction, you can move the circle down to the 15 meter mark and work at that circle size. Regardless of how you feel about your success doing this exercise, make sure to do each lead evenly. And remember, you don't have to conquer this entire exercise in one session!

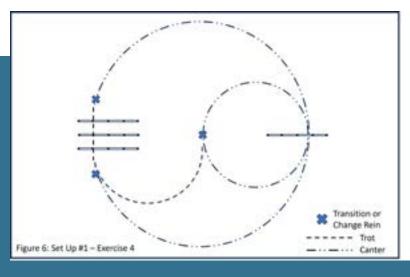
EXERCISE 4, SET UP 1

In this last exercise, we will combine the elements from Exercises 2 and 3. Depending on the level you are currently riding, you may only do pieces and parts as a challenge. More advanced riders can increase the difficulty. **Figure 6** shows one variation of the pattern which we'll go through in detail.

Start out trotting your 20 meter circle marks tracking left. As in Exercise 3, pick up a canter after passing over the poles and continue to the single pole over the 20 meter mark. After crossing the single pole, begin a 10 meter circle at canter, go through your cones, cross the single pole again and continue to the trot poles along the 20 meter circle. Perform your downward transition to trot, trot the poles and then an upward transition to canter. This time after crossing the single pole, you will do a 10 meter half circle and transition to trot between your cones and change direction. Trot the trot poles and pick up your right lead canter performing the same pattern.

There are MANY variations to this exercise and it is a test of all the things we've worked on in the simpler patterns. Use your imagination and have fun with different transitions and circle sizes; anything from canter-walk-canter and flying changes to 8 meter voltes. It really can be very versatile if you get creative!

Stay tuned for another pole set up and exercises using four poles! ■





Find VADA/Nova on Instagram at @vadanova_dressage



Visit our Website vadanova.org

- If you are looking for Year End Awards information, check under the **About Us Tab!**
- If you want to make a difference as a volunteer, make sure you log in as a member, then go to the **Volunteering Tab!**
- Looking for information on our Licensed Show? Make sure you visit our **Calendar Tab**, for complete information, click on the event you are interested in!

TREASURER REPORT 3RD QUARTER 2023 FINANCIAL ACTIVITY

Full reports available in the Document Library at www.vadanova.org

Lisa Rice

The third quarter of 2023 included a revamped Summer educational activity in late July, along with our regularly scheduled August schooling show and the final, two-day Summer Wind Down I and II licensed shows.

This year we were unable to attract enough participants to our annual Summer Dressage Camp at Frying Pan Park in late July. However, with a bit of redirecting and retooling of resources, a 2-day clinic with Jim Koford at Allforit Farm in Hamilton, VA was offered in its place and was a great success. Despite the last-minute changes, we saw a full schedule of rides on both days, even with the 100+ degree heat. The facility usage was generously donated by Tiffany Catledge of Allforit Farm, and along with the \$1,000 grant received by VADA in 2023, we were able to cover the bulk of the costs for this clinic, realizing a small loss of \$58.66.

Our August 5th Schooling Show at Morven Park was one of our biggest, with close to 100 rides in 2 arenas. The show attracted a wide range of levels, along with a few Musical Freestyles and a good number of eventers practicing for their Fall eventing season. We were able to post a net profit of \$2,354.07.

And to finish our successful 2023 season, the August Summer Wind Down I and II licensed shows were well attended with 4 full rings both Saturday and Sunday. Many riders were able to earn their qualifications to compete at the Regional Championships in October. These shows posted a net profit \$18,520.93

The reports contained in this newsletter are the condensed versions, and the expanded versions may be viewed on the VADA Nova website under Resources/Documents Library/Financial Reports.

Please feel free to address any specific questions to treasurer@vadanova.email

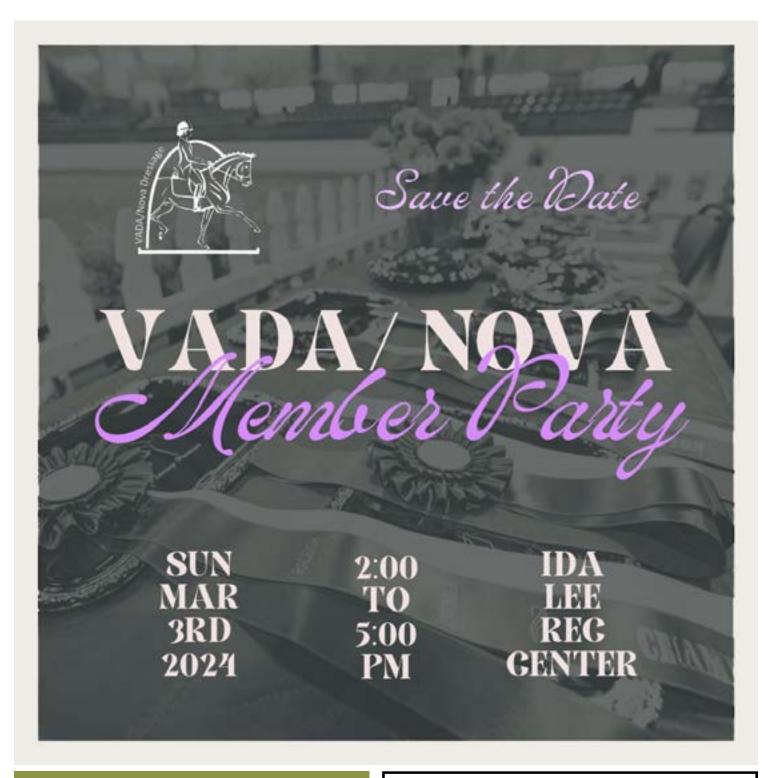
July - September 2023

2ND QUARTER 2023 ACTIVITY LICENSED SHOWS ORGANIZATIONAL TOTAL CAMP CLINICS MISC ORG-ADMIN TOTAL ORGANIZATIONAL SCHOOLING SHOW Revenue \$726.52 \$1,000.00 \$65,288,00 \$1.00 \$967.22 \$0.00 \$967.22 \$6,000.46 \$73,983,20 **GROSS PROFIT** \$726.52 \$65,288.00 \$1,000.00 \$1.00 \$967.22 \$0.00 \$967.22 \$6,000.46 \$73,983.20 \$751.00 Expenditures \$2,640.00 \$1,063.99 \$67,779.95 \$0.00 \$3,572,36 \$4,323.36 \$4,265,56 \$80,072.86 NET OPERATING REVENUE \$-1,913.48 \$-63.99 \$ -2,491.95 \$1.00 \$216.22 \$ -3,572.36 \$ -3,356.14 \$1,734.90 \$ -6,089.66 Other Revenue \$0.00 \$0.00 \$0.00 \$0.00 \$28.52 \$0.00 \$28.52 \$0.00 \$28.52 \$116.00 Other Expenditures \$0.00 \$4.67 \$0.00 \$0.00 \$0.00 \$0.00 \$120.67 NET OTHER REVENUE \$0.00 \$ -4.67 \$0.00 \$28.52 \$28.52 \$0.00 \$-92.15 \$-116.00 \$0.00 NET REVENUE \$-1,913.48 \$244.74 \$-3,327.62 \$ -68.66 \$ -2.491.95 \$ -115.00 \$ -3.572.36 \$1,734.90 \$ -6,181.81

January 1 - November 16, 2023

JIM KOFORD CLINIC JULY 2023

Revenue	
Grants	1,000.00
Total Revenue	\$1,000.00
GROSS PROFIT	\$1,000.00
Expenditures	\$1,053.99
NET OPERATING REVENUE	\$ -53.99
Other Expenditures	\$4.67
NET OTHER REVENUE	\$ -4.67
NET REVENUE	\$ -58.66



DO YOU HAVE BIG NEWS TO SHARE?

We want to celebrate all your triumphs, big & small. Email communications@vadanova.email to share.



SCHOOLING SHOW JUDGE

www.grayhorsedressage.com info@grayhorsedressage.com

January 1 - November 16, 2023

AUGUST 2023 SCHOOLING SHOW

 Revenue
 \$6,000.46

 GROSS PROFIT
 \$6,000.46

 Expenditures
 \$3,646.39

 NET OPERATING REVENUE
 \$2,354.07

 NET REVENUE
 \$2,354.07

January 1 - November 16, 2023

AUGUST 2023 SUMMER WIND DOWN I AND II

 Revenue
 \$66,034.16

 GROSS PROFIT
 \$66,034.16

 Expenditures

Licensed Show Expenses
 47,455.90

 Postage
 57.33

 Total Expenditures
 \$47,513.23

 NET OPERATING REVENUE
 \$18,520.93

 NET REVENUE
 \$18,520.93





Your goals. Our strategy."



West Financial Services (WFS) is proud to support VADA/Nova as a Platinum Sponsor.

For over 40 years, West Financial has put client relationships first with their financial planning approach.

More than just a process or colorful charts, getting to know clients and helping them realize their goals and aspirations comes from creative solutions, personal attention, and honest communication.

WFS provides financial services on a feeonly basis, acting as fiduciary for clients, offering financial planning, investment management, and retirement plan consulting services.

Best of luck to all competitors!



Abby E. Just, Senior Portfolio Manager



Brian J. Horan, CPWA®, Senior Relationship Manager

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BITS & PIECES





CONGRATULATIONS
to Kate Hall & Splenda

for their spectacular success at USDF National Finals!

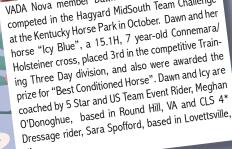
Congratulations

to Jon Kreitz on becoming a USEF 'r' Dressage Technical Delegate!











congratulations

to Lisa Rice on her new partner!

"Earlier this year, I welcomed a new partner, Sternlicht's Shadow, into my life. Shadow is a 2018 16.1 bay warmblood mare by Sternlicht out of a Drachen Herz/TB mare. After unexpectedly losing my 17 yo mare last year, starting over again with a 5 yo has been an adventure. I am thankful to be at such a supportive barn in Delaplane, VA. This makes all the difference as I navigate the young horse roller coaster for the first time in well over a decade. I aim to earn my bronze medal one day, but for now, we are happy working on the basics to build strength and confidence."



- Nominations for the Shel Gafford Memorial Award are open until December 8. "Excellence in sportsmanship" Learn more about Shel Gafford and how to nominate at www.virginiadressage.org/vada-state-year-end-awards.
- VADA/Nova Board Elections will run in December. All members are welcome to run for the board! Keep an eye on your email for voting instructions.



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VADA is a
USDF Group Member Organization.
Their members are automatically
USDF Group Members.

VADA/Nova website www.vadanova.org

For other questions or issues, please check our website