

## Mídwest Dressage Association August 2016

### Six Habits That Are Blocking You From Success

Most of us want to live a successful life, right? Whether success for you is achievement in the saddle or achievement in other aspects in your life. It's only natural that we want to become the best version of ourselves and create something we can look back on thinking we have done ourselves proud and worked hard. For some, success is much more attainable and for others it takes a little more grunt to get there.

But what if I told you that you might be the giant hurdle standing in your own way of success? You may have developed habits that are stopping you have achieving the goals and living the life you have been envisaging for so long.

Often there habits have unconsciously created over time. The key to success and breaking those habits begins with noticing them. Once you know what habits are blocking you from success, you can reach the potential you have always known was there.

Here are 6 of the top habits that maybe standing in your way of conquering your goals.

### 1. You let people define you and what you want

Many people enter into professions or create lifestyles that others have almost decided for you. Your parents perhaps pushed you to study law or you moved to a suburb where everyone else was living. You married the guy everyone said was perfect for you or you took up a job offer that all your friends said was too good to refuse. Or you bought a horse that everyone said you should, but it just wasn't the right one for you. It's time to stop letting others influence your decision and take back control so that you can head down the path that is right for you.

### 2. You don't let yourself fail

Nobody becomes successful without experiencing failure. Often people are scared to fail for fear of a setback or disappointment for themselves and others. The truth is success only comes through failure and that is all part of life's journey. When you do get to your end goal, think of how much richer and amazing it is going to feel when you can look back at all the mistakes and hurdles you have had to overcome. Successful riders have had there fair share of failures and to often we put off getting out there and giving it a crack for the fair of what others will see. Be ok with failing, be okay with bad marks, its all part of the journey and provides you with a base to improve upon.



The Midwest Dressage Association is a 501(c)3 not-for-profit

### August 2016

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#### 2016 MDA Board and Committees

Officers

### President

Will Davis II willdavisi@aol.com

#### Vice President

Ingrid Baranski ingridbaranski@gmail.com

### Secretary

Lisa Machala MichiganEquineTherapy@gmail.com

### Treasurer

Lisa Pinkos Howle mlphowle@gmail.com

### **Board Members**

Julie Fleming judgejulie33@aol.com

Allison Gaughan-McNab FGFsporthorses@yahoo.com

Denise Gentile dar-den@comcast.net

Tonya Grant Tonyagrant@visualequestrian.com

Shawn Ragsdale shawnragsdale@comcast.net

Barbra Reis barb@midwestdressage.org

Beth Schaub beschaub@frontier.com

#### **Committees**

The Board welcomes members to assist on these committees. Please contact the Committee Chairperson.

Awards - Beth Schaub
Banquet - Denise Gentile
Directory -Barba Reis
Education
Barbra Reis/Ingrid Baranski

Historian - Will Davis

Membership

Julie Fleming/Allison McNab Newsletter/Website- Barbra Reis MDA Wearables

Tonya Grant/Allison McNab
Nominations

Ingrid Baranski/Tonya Grant Denise Gentile

> **Professional Advisors** Shawn Ragsdale

Marketing & Sponsorship
-Lisa Machala

Video Library - Julie Fleming Volunteers - Will Davis

Classified Ads must be submitted to the newsletter editor via email and in Word format.

Advertisments must be submitted via email in either PDF or JPEG format.

Deadline for Advertising AND Classified ads is the 15th of the previous month. All ads MUST be prepaid prior to publication.

	MDA Newsletter Advertising Rates							
	Advertising Submissions are due to the Newsletter Publisher by the 15 <sup>th</sup> of the month preceding the publication date.  Payment must be made in full prior to placement of the ad. All member rates reflect at 20% discount of retail price.							
	1 mo	nth	3 Month Rate		6 month		12 Month	
	Retail	Member	Retail	Member	Retail	Member	Retail	Member
1/4 page	40.00	32.00	90.00	72.00	150.00	120.00	240.00	192.00
1/2 page	60.00	48.00	120.00	96.00	210.00	168.00	360.00	288.00
full page	90.00	72.00	150.00	120.00	390.00	312.00	660.00	528.00

# Midwest Dressage Association

## **Dressage Boot Camp**

Octobe 1 & 2, 2016 Rattlewood Farms, Oxford, MI

What is a boot camp you ask?

Well this will be a weekend packed with all things Dressage!

Participants will arrive Friday evening to settle in and get their schedules.

Weekend participants will be working in groups of two, three or four in mounted and unmounted sessions.

### **Session Topics:**

Correct rider position

Every thing lateral

Mind – body- spirit

Ask the Vet

Lunging

Am I insured? Do I need it?

Improving my Test Scores

MDA is very pleased to offer this fun educational weekend thanks to several highly qualified equine professional trainers, instructors and business owners from around southeastern Michigan donating their time for the weekend.

Cost is \$100.00 includes all sessions, lunch both days and stabling.

Pre-registration is required. Limited RV hook ups available for \$30.00 per night.

Registration forms may be found on the MDA website

Closing date is September 1, 2016

This event is open to MDA Members only!

# Midwest Dressage Association Dressage Boot Camp

October 1 & 2, 206

Closing date September 15, 2016

Riders Name			Date of Birth					
Address			City					
State	Zip	Phone#_(	`					
Email:			<u></u> @					
Name of Hors	se		Age	Sex				
Brief History	<b>7</b> :							
Please provide and weakness	-	on of your riding	level and abilities.	What are your strengthens				
Tell us about	your horse,	his/her show expe	erience, training le	vel and or issues.				

# Meeting Minutes MDA Board of Directors June 7, 2016 Comeback Inn, Milford MI

Meeting Called to order at: 7:05

In attendance:

Shawn Osker Ragsdale, Denise Gentile, Beth Schaub, Julie Fleming, Ingrid Baranski, Lisa Howle, Lisa Machala, Will Davis, Tonya Grant

**President's Opening Remarks**: Many thank you notes to MDA for scholarship recipient, Foy Clinic, and boot camp. Thanks to all of our board members and volunteers for supporting MDA and helping make events successful.

### Secretary's Report

• Secretary presented May meeting minutes. No edits or corrections were requested. Lisa Howle made a motion to approve the May minutes as submitted by the Secretary. Beth Schaub seconded the motion. Approved unanimously by voice vote.

### Treasurer's Report

Treasurer provided

Ending 5/31/2016 \$16,902.06

Treasurer brought our 2015 form 990. Passed around for review by board members. Problems with the bank. We do not receive notification of whose checks bounce, so we cannot recover fees from offender.

Discussion to change banks. 5/3 bank does not offer good customer service. Majority of board supports changing bank. President and Treasurer agree to go to 5/3 Bank to request improved service with better terms, or we will change banks. This will happen week of 6/13 go to bank.

Treasurer recommends that we have committees' submit budgets for expected expensed relataed to MDA business and events.

Motion by Ingrid to accept treasurar. Second by shawn. Approved by vice vote.

### Committee Reports:

- Education
  - Boot Camp
    - Spring Boot Camp Results

- Major success. Increased new membership. The event was revenue positive.
   Details to follow.
  - Proposed Fall Boot Camp Oct 1-2. Discussion of lessons learned from Spring event. Modifying format, include kids, promote that kids are welcome. Proposal for Fall Camp at Rattlewood. Lisa Howle moves Oct 1-2 be the fall dates. Ingrid seconds. Approved by voice vote.
  - Proposal for Professional's Clinic Oct 14-16
- Closed door sessions no auditors or spectators or students.
- 2 day format. Midweek. Must be invited MDA member and a Pro.
- Invite via letter. Not publically advertised. First 10 people who pay in full to hold space.
- Board approves in principle doing this event. One no vote.
- Membership / Video Library 273 total members 152 aa 3 life 30 jr 88 pro. Up from last year.
- Video library half obsolete sold thru MDA store. No desire to restock. The service isn't used. By the end 2016 end video library, only a few will be around for expo purposes.
- Professionals Advisory The boot camp was amazing. Super reasonably priced. Participants got way more than they paid. Excellent camaraderie.
- Newsletter/ Website no report enewsletter
- Marketing /Sponsorship
  - Amazon Smile Program active today
  - Tribute Feed Program collecting
- Wearables / MDA Store Square account to accept. Motion is \$5.00 fee for membership
  to be paid by credit card. Motion by Ingrid. Second by Beth. In person only. One
  opposed. Tonya to donate iPad Mini to MDA store. Need volunteers for store for this
  weekends show at Rattlewood.
- Volunteers 6 volunteers walkie talkies would have been helpful
- Nominations no report
  - Banquet no report Sydney Collier for 2016?
  - Historian no report
  - YE Awards 25 saddle pads instead of coolers . changing vendors.
  - Sport horse offered market price. Toms western store good price for us. Low bid.support state/ local msrp \$39.99 and we're for \$20.00 same brand as those donated by SportHorse for Foy.
  - Ribbons 22 inch size

### **OLD BUSINESS**

- 1. Ability to take credit card payments (need this for wearables, membership, etc...) In person / by mail / On line
- 0. By Law Changes for 2017 tabled to next meeting
- 0. Determine MDA's 2017 plans for 'approved shows' rules for year end awards / Assign Committee with parameters and deadlines? (Beth and Bonni Hazen) need a board member to volunteer to assist Beth with recognized show rules. Beth to reach out to Allison to get help.

Motion to adjourn - Lisa H. Beth second. Approved meeting adjourned 856pm

### White Horse July 5 at 6:30 next meeting



Honoring Senior Pressage Riders and Horses

THE CENTURY CLUB was formed at The Dressage Foundation in 1996, at the suggestion of noted dressage judge and instructor, Dr. Max Gahwyler (CT). The Century Club recognizes dressage riders and horses whose combined age totals 100 years or more. Horse and rider perform a dressage test of any level at a show or event, and are scored by a dressage judge or professional.

The intent of the Century Club is to encourage senior dressage riders to remain active in the sport. Since its formation, the Century Club has grown into a meaningful and popular endeavor for equestrians across the country. This is a wonderful group, not only experienced in horsemanship, but in various and unique life experiences.

The Dressage Foundation is very proud of each Century Club Team and is pleased to present a ribbon and plaque to each new member.

Riders interested in joining the Century Club should submit an application to The Dressage Foundation prior to the ride. The Century Club application can be found at www.DressageFoundation.org, or contact Jenny Johnson, Administrative Director, at (402) 434-8585.

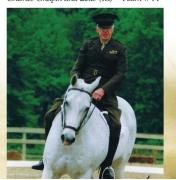


Carole Nuckton and Zeb (OR) - Team #52



Marion Julier and Schaeferin (MD) -

Charles Chapin and Zeus (IL) - Team #11





THE DRESSAGE FOUNDATION 1314 'O' Street, Suite 305 \ Lincoln, NE 68508 \ 402-434-8585 info@dressagefoundation.org \ www.dressagefoundation.org Donations of all sizes are greatly appreciated!

### **Midwest Dressage Association Professionals Grant Program**

This Grant program has been established to assist those who are professional members of the Midwest Dressage Association meeting the following requirements in furthering their education in the following area's teaching, training, and judging.

The MDA board of directors shall set aside from the general fund the sum of \$1,500.00 (three grants of \$500 each) at the beginning of each calendar year for the sole purpose of being awarded in the form of Qualified Grant Money to those Applicants meeting the following requirements:

A minimum of 2 years consecutive membership (in good standing) with the Midwest Dressage Association

4 hours of volunteer time documented with the MDA with in the 12 months preceding the filing of a grant application

A letter of recommendation from one student

A letter of recommendation from a professional horseperson - (Trainer, Instructor or Judge)

Approved educational opportunities would include the following:

All clinics, seminars, and educational programs offered and or sponsored by the following Midwest Dressage Association, the United States Dressage Federation, United States Equestrian Federation. And those educational opportunities brought before and approved by the MDA Board of directors on a case by case basis.

Maximum grant to be awarded to any one person shall be limited to \$500.00

\* Board may approve any grant request for less then the applied for amount.

No one person can receive more then one grant per calendar year.

Should said recipient fail to attend specified event all grant moneys are to be refunded to Midwest Dressage Association with in 30 days after the date said event.

Additional funds may be placed and or added to the Professional Grant Fund through donations, fund raisers, etc.

• Terms & Conditions subject to change on an annual basis.

### Midwest Dressage Professional Grant Work Sheet

Applicant Name:			
Address:			
City:	State:	Zip:	
Phone #	E-Mail:		
Membership Years:			
Volunteer Hours:	Event:	Date:	
A letter of Recommendation Students contains	ct information Name		_
	Contact #		-
A letter of recommend	lation from a professional Ho	rseperson	
(Trainer- Instructor or Sponsors Nam	Judge) ne:	•	_
Contact #:			_
Event Location:			
Please describe the ed	ucational event:		
	elp you achieve your riding g	goals?	
<ul> <li>All requests sh review request</li> </ul>	ould be filed 60 days prior to s. Thank you.	the event date, to ensure the	e MDA Board has time to
Please Mail completed	l work sheets / requests to:		

Goodrich, MI 48438

Contact # 810 287 2011

9518 Brookway Ct.

Will Davis II

# MIDWEST DRESSAGE ASSOCIATION ESSAY CONTEST

This essay contest is open to all current MDA members.

One \$50.00 cash prize will be awarded to one winner in each of the following categories.

Jr./Young rider Adult Amateurs Professional Members

All submitted essays will be published in the MDA Newsletter.

Winners will be announced and awarded at the 2016 MDA Awards Banquet.

### **Essay Guidelines:**

Submissions may be made Dec 1-2015 through Nov 1, 2016

### **Essay Topic:**

How Has Your Relationship with Horses Shaped Your Life?

### Judging Criteria:

Originality, Creativity, Correct use of language, vocabulary, structure and spelling.

Appropriateness to essay topic

### The Judge:

Is an established horse person who has worked with a broad range of ages, types and styles of horses, but has been mainly concentrated in the world of Dressage.

In addition to being highly respected in the dressage community, they are well spoken and well written.

### Submitting an Essay:

you may E-mail to Barb Reis at barb@midwestdressage.com or mail a hard copy to Barb Reis 490 Rissman Lane Ortonville, MI. 48462

### MIDWEST DRESSAGE ASSOCIATION 2016 YEAR-END AWARDS RIDER REPORT FORM SCHOOLING SHOWS

**Due BY OCTOBER 1, 2016** 

NAME:				MDA#	
ADDRESS	•			· · · · · · · · · · · · · · · · · · ·	
CITY:			STATE:	ZIP:	-
TELEPHO	NE:(day)		_(evening)		
EMAIL AD	DRESS:			·	
HORSE'S	NAME:				
LEVEL (Inte FORM)	ro, Nov. Horse, Nov	Rider, Training, 1s	t. 2 <sup>nd</sup> •)	(ONE LEVEL PR	R
DIVISION:	OPEN	Jr/Yg Ride	r A	dult Amateur	
	Show name	Date	% age	Judge	
FROM <b>3 DIF</b> I <u>THE LEVEL</u> .	FERENT SHOW THIS ALSO INC SCORES MUST I	S. <u>ONE SCORE</u> LUDES THE IN	MUST BE FROM TRO., NOVICE	DIFFERENT JUDGES, THE HIGHEST TEST OF RIDER & NOVICE HORS ER 1, 2015 THROUGH	
PLEASE PRI	INT NEATLY! FO	ORMS DUE BY	OCTOBER 1, 2	2016	
THE TEST A		TAPE/SHEET. A		COPY OF THE <u>FRONT (</u> A <u>COPY OF YOUR MD</u> A	
IF YOU WON <b>S M L XL</b>	N AN AWARD AN	ND IT WAS FOR	R YOU, WHAT S	IZE WOULD IT BE? (M	F)
	N AN AWARD AN			, WHAT SIZE WOULD IT Example: 72" small horse	

OWOSSO, MI 48867

### The Midwest Dressage Association &



### Are joining together in a Partners Program

The Midwest Dressage is participating in the fund raising program developed by Tribute Feeds. To get involved collect Tribute proofs of purchase from Tribute feed bags and mail them to us. We will receive:

- \$.25 for each bag proof of purchase
- \$10 for each ton of bulk feed purchased



Please forward your Tribute Horse Feed proof of purchase (off of the bags) or photocopies of invoices for bulk Tribute purchases. If you are submitting photocopied invoices, please black out any sensitive information like name, phone, and credit card info.

Submit proof of purchase tags to:

Midwest Dressage Association C/O Michigan Equine Therapy 29193 Northwestern Hwy #540 Southfield MI 48034

MDA, NEWS AND VIEWS

### MIDWEST DRESSAGE ASSOCIATION 2016 YEAR-END AWARDS RIDER REPORT FORM RECOGNIZED SHOWS

**DUE BY OCTOBER 1, 2016** 

NAME:				MDA#	
ADDRESS:					
CITY:					
TELEPHONE: (day) _		(evening	)		_
EMAIL ADDRESS:_					_
HORSE'S NAME:					
LEVEL (Intro, Training, 1s					
DIVISION: OPEN	Jr/Y	Yg Rider	Adult	Amateur	
Show name	Date	0/0	Jud	ge	
PLEASE SUBMIT THE TH FROM <b>3 DIFFERENT SHO</b> <u>THE LEVEL</u> . THIS ALSO I	OWS. <u>ONE (</u> NCLUDES '	<u>SCORE MUST BE I</u> THE INTRO. DIVI	F <i>ROM T</i> SION. S	<u>HE HIGHEST TES</u> SCORES MUST B	ST OF
DATED BETWEEN OCTO	BER 1, 2015	THROUGH SEPT	EMBER	30, 2016.	
PLEASE PRINT NEATLY	!				
FOR EACH SCORE SUBM THE TEST AND THE SCO LISTING. ALSO INCLUDI	RE TAPE/SI	HEET OR A PRINT	TOFF O	F THE USDF SCO	
IF YOU WON AN AWARD S M L XL	AND IT W	AS FOR YOU, WE	IAT SIZ	E WOULD IT BE	' (M F)
IF YOU WON AN AWARD BE?		AS FOR YOUR HO		VHAT SIZE WOU Example: 72" smal	
SUBMIT COMPLETED F MDA SCHOOLING SHOV C/O BETH SCHAUB 2415 LYONS ROAD		5			

**OWOSSO, MI 48867** 

### Support the Midwest Dressage Association by shopping at AmazonSmile.com

### What is AmazonSmile?

AmazonSmile is a simple and automatic way for you to support your favorite charitable organization every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization. You can choose from nearly one million organizations to support.

### How do I shop at AmazonSmile?

To shop at AmazonSmile simply go to smile.amazon.com from the web browser on your computer or mobile device. You may also want to add a bookmark to smile.amazon.com to make it even easier to return and start your shopping at AmazonSmile.

### Which products on AmazonSmile are eligible for charitable donations?

Tens of millions of products on AmazonSmile are eligible for donations. You will see eligible products marked "Eligible for AmazonSmile donation" on their product detail pages. Recurring Subscribe-and-Save purchases and subscription renewals are not currently eligible.

### Can I use my existing Amazon.com account on AmazonSmile?

Yes, you use the same account on Amazon.com and AmazonSmile. Your shopping cart, Wish List, wedding or baby registry, and other account settings are also the same.

### How do I select a charitable organization to support when shopping on AmazonSmile?

On your first visit to AmazonSmile (smile.amazon.com), you need to select a charitable organization to receive donations from eligible purchases before you begin shopping. We will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation.

### Can I change my charity?

Yes, you can change your charity any time. Your AmazonSmile purchases after the change count towards your newly selected charity. To change your charity, sign in to smile.amazon.com on your desktop or mobile phone browser and simply select "Change your Charity" in "Your Account."

### What charities can I choose from?

You can choose from almost one million eligible 501(c)(3) public charitable organizations.

What if my selected charity does not register to participate in the AmazonSmile program or becomes ineligible?

If an organization does not register to participate or becomes ineligible, you will have a chance to select a different organization and we will reallocate the donations accrued to other organizations receiving donations.

### How much of my purchase does Amazon donate?

The AmazonSmile Foundation will donate 0.5% of the purchase price from your eligible AmazonSmile purchases. The purchase price is the amount paid for the item minus any rebates and excluding shipping & handling, gift-wrapping fees, taxes, or service charges. From time to time, we may offer special, limited time promotions that increase the donation amount on one or more products or services or provide for additional donations to charitable organizations. Special terms and restrictions may apply. Please see the relevant promotion for complete details.

### **Classified Ads**

MDA Member
2 issues - FREE - 60 words or less: \$10.00 - 60-80 words
Non-member/ per 2 issues \$20.00: -60 words or less

Free member ads will run for two issues only.
One free ad per member at a time.
Submit Ad and payment by 15th of the month.
Website posting included.

Free Stable Listings: include contact info, city and three lines. Ads subject to editing.

Newsletter/Website Editor: Barbra Reis barb@midwestdressage.org or 248-670-9031

Check payable to MDA and send to:

Barbra Reis, 490 Rissman Lane, Ortonville, MI 48462

Email ad to: blondmane@gmail.com

### **Horses for Sale or Lease**

Ever wish you could raise your own foal? I have a great opportunity to by now, in utero. No worries or expense of getting a mare in foal. The work has been done for you. I have 4 mares available bred to Irish sport horses. A Hanoverian (Main Verben stud book): a Trekahner, warmblood X, and a Thourghbred. LIVE FOAL GUARANTEE. No vet bills until the foal is born. Call for details!!!! Contact Bo'Valie Farm 810-664-0058

### **Instruction and Training**

Your Ad Here!

Tack for Sale

**Help Wanted** 

Your Ad Here!

### **Stable Listings**

Brilliant Reflection Farm Brian & Barbra Reis 490 Rissman Lane Ortonville, MI 48462 248-670-9031

blondmane@yahoo.com www.brilliantreflectionfarm.com Lessons, Boarding, Rehab for equine, Schooling Shows, Turnout, Indoor/Outdoor arenas.

High Point Farm
Alison Allen
2394 Noble Road
Oxford, MI
248-410-0684
www.highpointdressage.com
All day turnout and quality
feed, stalls cleaned daily
Lesson plans available

Deisig Dressage Janelle Deisig 7330 E. Curtis Road Frankenmuth, MI 48734 989-598-6850 Janelledeisig@yahoo.com

www.deisigdressage.com
Dressage training, sales, trailer
in lessons

Far Gone Farm Allison Gaughan-McNab 9923 Sharon Hollow Road Manchester, MI 48158 734-276-8967 fgfsporthorses@yahoo.com Boarding, Lessons Training, Breeding, Sales

> Freestyle Farm Lisa Caloia BHSAI 1730 N. Oxford Rd. Oxford, MI 48371 248-462-2949

Boarding, Lessons, Clinics Oversized stalls, large grass pastures, ndoor and outdoor arenas, heated groom room, climate controlled observation room. Lone Willow Farms Ingrid Baranski 5781 Hessen Road Casco, MI 48064 586-306-6275 www.lonewillowfarms.net

Reflection Arabians Jim & Nancy Lapeer 3332 Lake George Road Dryden, MI

Sky High Farm 1759 Smith Road Lapeer, MI. 48446 248-890-2426 jenmaull@yahoo.com http://skyhighfarm.vpweb.com. Boarding & Dressage Training

Summerwood
Teah Weyers Bankes
3589 Fenton Road
Hartland, MI 48353
248-887-3819 or 248-4087842.
Training - GP dressage. Work
with pony clubbers.

The Levy Farm
Shawn Ozker Ragsdale
2915 Casey Rd, Metamora,
MI 48455
248 318 0725
Training/ Lessons/Clinics,

Novice- FEI

Visual Equestrian LLC
Tonya & Carole Grant
5390 Pleasant Hill Drive
Fenton, Michigan 48430
248-219-0410
Dressage training, Sale horses

Dressage training, Sale horses and ponies, Pony program, Clinics ,Trailer in lessons welcome

Will Davis Training Center
@Rattlewood Farms
Oxford, MI
810-287-2011
Boarding, Training, Lessons,
Clinics with international
trainers, home to MidMichigan
Dressage shows

### **Calendar of Events**

### August 2016

- 6-7 MidMichigan Dressage Schooling Shows at Rattlewood Farms, Oxford, MI. http://midmichigandressage.webs.com/
- 6-7 Wyn Farm Dressage Schooling Show. All prize lists and entry forms can be found at http://www.wynfarm.com/showing.html . 3100 Noble Road Williamston, MI 48895, Contact Person: Ilaria Elli (734-883-4500)
- 7 Justamere Equestrian Center schooling shows, Contact Kathy Biondo at 586-489-3020,kathys-day@wideopenwest.com, www.justamere.info
- 14 Dressage Schooling Show at Rattle Run Farms, 7103 Gratiot Ave, St. Clair, Mi 48079, 810-367-6471,email: rattlerunfarms@gmail.com. All paper work and info is on web site: www.rattlerunfarms.com
- 14 Great Lakes Dressage Club Schooling Show at Fulton County Fairgrounds, Wauseon, OH, Sue Hughes, "r" judge. www.greatlakesdressageclub.org & GLDC Facebook for entry form & class list. Contact Vivian Townsend bdtk2s@gmail.com 734.652.0972.
- 28 Woodbine Dressage Summer Series, 9976 Liberty Rd. Chelsea, Mi. Intro through Second Level plus Test of Choice and Western Dressage. Three show arenas (2 Large, 1 Small). Champion and Reserve awarded at each show (for each level) and Year End Awards Dinner in October. For more information please go to www.woodbinefarms.com or call 502-314-3411.
- 28 Justamere Equestrian Center schooling shows, Contact Kathy Biondo at 586-489-3020,kathysday@wideopenwest.com, www.justamere.info
- 31 Inspection at Bo-Val Farm. 810-664-0058

### September 2016

- 3-4 MidMichigan Dressage Schooling Shows at Rattlewood Farms, Oxford, MI. http://midmichigandressage.webs.com/
- 10-11 Wyn Farm Dressage Schooling Show. All prize lists and entry forms can be found at http://www.wynfarm.com/showing.html . 3100 Noble Road Williamston, MI 48895, Contact Person: Ilaria Elli (734-883-4500)
- 11 Dressage Schooling Show at Rattle Run Farms, 7103 Gratiot Ave, St. Clair, Mi 48079, 810-367-6471,email: rattlerunfarms@gmail.com. All paper work and info is on web site: www.rattlerunfarms.com
- 15 GOV and Foal German Oldenbug Inspection at Visual Equestrian, Fenton, MI. For more information contact visualequestrian@gmail.com.
- 18 -Woodbine Dressage Summer Series, 9976 Liberty Rd. Chelsea, MI. Intro through Second Level plus Test of Choice and Western Dressage. Three show arenas (2 Large, 1 Small). Champion and Reserve awarded at each show (for each level) and Year End Awards Dinner in October. For more information please go to www.woodbinefarms.com or call 502-314-3411.
- 28 -Will Davis Training Center will be hosting the ISR Oldenburg inspection at Rattlewood Farms, Oxford, MI. Contact Will at 810-287-2011.

### October 2016

- 1 & 2 MDA Fall Boot Camp. Contact Will at 810-287-2011.
- 9 Dressage Schooling Show at Rattle Run Farms, 7103 Gratiot Ave, St. Clair, Mi 48079, 810-367-6471, email: rattlerunfarms@gmail.com. All paper work and info is on web site: www.ratt-

### lerunfarms.com

16 - Justamere Equestrian Center schooling shows, Contact Kathy Biondo at 586-489-3020,kathysday@wideopenwest.com, www.justamere.info 22-23- Musical Freestyle Design Clinic with Karen Robinson of Applause Dressage at Pepper Ridge Equestrian Center, Holly, MI. www.michigandressageclinics.com,www.greatlakesdressageclub.org & GLDC Facebook. Contact Gail Anderson 810.229.2694.

November 2016

20 - MDA Annual Awards Banquet, Addison Oaks County Park, 11:30am - ?

### **Continued from Page 1**

### 3. You're not taking advantage of opportunities

Fear, apprehension and anxiety are usually the reasons people don't take advantage of opportunities when they come their way. Maybe you have the chance to do a clinic that will aid in your personal development, but you use the excuse of limited time to not do it. You need to find ways to get around your excuses and start taking up more opportunities even if you don't feel you want to. Opportunities lead to growth and the opening of doors. Nothing changes if you don't put yourself out there.

### 4. You proceed with procrastination

It's way too easy to get into the trap of thinking and questioning things before you go out and do them. If you spend too much time procrastinating, opportunities will pass by or someone else will achieve what you wanted before you do. Take a chance on yourself, get things done and stop your thoughts from being your hurdle.

### 5. You let negativity consume you

There is that saying that you become like the five people you spend most time with so choose carefully. This is so true, particularly when you are trying to make a go at something and live out a dream. Negative people have the power to squash your dream. They don't seek the best out of life, instead drain others with their negativity. Don't let negativity hold you back, cut it out of your life and put the focus back on yourself and your goals. Start to find people who inspire you and surround yourself with them. Get lessons from people you admire, offer to help those you can learn from and start creating a supportive environment for you to grow from.

### 6. You're not investing in yourself

When you set out to conquer a dream or follow your passion, it is often hard to invest in yourself. And I'm not just talking making a financial commitment to getting your goals off and running, but also time and belief. In order to be successful you need to invest in yourself and your dreams on an emotional level. You do deserve to be successful and to live the life you have always wanted. You deserve to shine and become the dressage athlete you desire to be. Start believing it. If you don't who else will.

Success doesn't come overnight, but if you eliminate these 6 habits that are blocking you from success you will be one step closer to making it. I would love to hear from you; have you any habits that have gotten in your way of conquering your dreams?



### Midwest Dressage Association Membership application

December 1, 2015—November 30, 2016

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