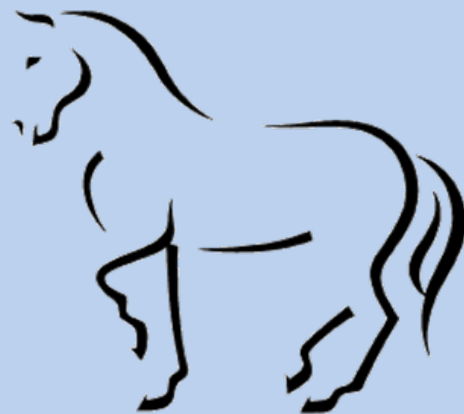


Pandora's Post

The Parkland Area Alberta Dressage Association Newsletter - Edition #12



September 2024

P.A.A.D.A. Presents
CONDITIONING AND YOUR HORSES CORE

HOW YOUR WELLNESS TEAM COMES TOGETHER TO ENSURE LONG TERM SOUNDNESS

This in person lecture will be an insightful look at your horses core tissue's function and mechanics. How to strengthen this region, and how dysfunction in this key area of the body can create difficulties during locomotion. It takes a keen eye to pinpoint a skeletal issue that is contributing to lameness. Equine sport demands continue to increase but the core is often under strengthened for the level of sport and can become the culprit for many motor function issues.

26 OCTOBER
12:00-3:00

- Contact, Calee Dufva
- PAADAinbox@gmail.com



DR CHAD HEWLETT
SPEAKER



TINA WATKINS
SPEAKER



Thank you to
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If you are a PAADA Member and you would like to contribute content to Pandora's Post, or if there is some information you'd like to see, please email your ideas to

[PAADAinbox@gmail.com.](mailto:PAADAinbox@gmail.com)

For general inquiries, please email:
PAADAinbox@gmail.com

For more info, please see our website:
<http://www.albertadressage.com/parkland>

THANK YOU to all the volunteers who helped with the Step Into Dressage Show. We can't do it without you!

**ADA Casino
Volunteers Still
Needed for
Nov 30 and Dec
1, 2024**

**Remaining
volunteer shifts
are listed in the
[Casino Volunteer
Form](#)**

Western Dressage Association of Southern Alberta

WDASA was pleased to run a very successful show in conjunction with Dressage Show Online. The extreme heat in July was a detriment, but DSO very kindly allowed us to extend the show date. In the end there were 19 Different Horse/Rider combinations with 40 tests ridden from Intro to Level 4, along with 9 Western Dressage Seat Equitation patterns.

The Team Challenge with it's 10 teams of 3 or 4 is still in fierce competition for year end prizes. Members continue to access online shows as well as searching out and attending in person shows that offer western dressage classes.

If you, or anyone you know that rides western and might have an interest or questions about western dressage, you are invited to check out the Western Dressage Association of Southern Alberta Facebook page and/or their website www.WDASA.ca

**Get to know your
friendly PAADA
Member: Ashley
Radtke**



Q: What motivates you to keep riding?

A: Being surrounded by an amazing group of ladies! You can always guarantee a laugh when you are at the barn! The way that we support each other in our horse journey is inspiring. I find the most comfort and peace when I am riding and around horses! It's an opportunity to disconnect from the chaos of the world and just be present in the moment with my horse.

Q: Who has been/is the most influential person in your riding career?

A: This would be my coach/trainer Rebecca Cade. She took me in under her wing as a young, timid 13-year-old girl and has continued with me on this journey for nearly 16 years! My gratitude for her skill, education, and mentoring is endless! She really does go the extra mile for her students on and off the horse. Rebecca is much more to me than just a riding coach! She is a true friend and mentor to me. An excellent role model!

Q: What is on your horse/riding bucket list?

A: To attend camp with Jonathan Field! Being out on the trails and in the open field working to apply the skills we work on in the arena, would be a true test. As a dressage rider, this puts me and my horse completely out of our comfort zone! A goal for me and my horse Reco to accomplish... together!

All PA/ADA members are welcome at our Board Meetings

Contact Rececca Cade at pcade@telusplanet.net for details