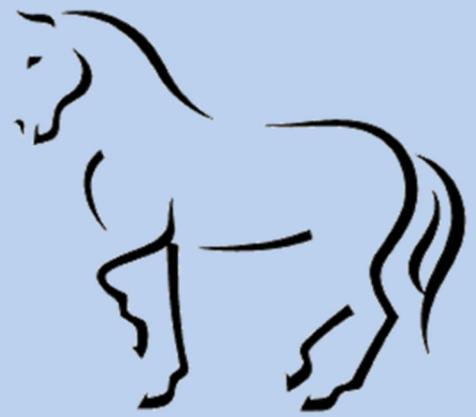


# Pandora's Post

The Parkland Area Alberta Dressage Association Newsletter - Edition #4



December 2021

## Dressage Show “Whoas”

### Tip #4: Learn, Support Each Other and Have Fun!

Showing can seem intimidating, so if you're still trying to beat your show nerves, consider doing some homework to prepare yourself for competition. There are many resources available about positive thinking, visualization and good mental preparation for showing. I personally recommend Jane Savoie's books ([janesavoie.com](http://janesavoie.com)), or check out April Clay's website [ridingoutofyourmind.com](http://ridingoutofyourmind.com) (Bonus: April is a chartered psychologist in Calgary!) Both ladies provide lots of info to build your confidence and help make adult amateurs feel good about their horses and their riding.

Congratulations! You've finally made it to the show, but now you have a question and/or need a hand with something. Don't be afraid to ask! Show officials, volunteers and other competitors have been in your shoes. Most people are happy to help if they can and if they can't, they will likely be able to point you to someone who can.

Remember, other riders are nervous too! Make a point of watching other people ride their tests and help them feel good about putting themselves “out there”. Sometimes horses have their own opinions about how things should go in the ring. If someone has had a tough ride, encourage them with some applause anyway, just for getting through it!! Maybe they'll do the same for you one day.

*Written by Jean Duckering*

**For general inquiries, please email:**

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

**For more info, please see our website:**

<http://www.albertadressage.com/parkland>

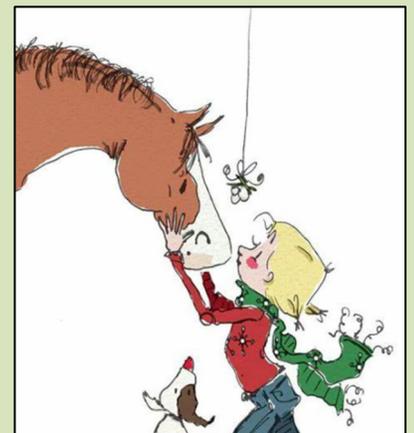
## Virtual Ride-a-Test

We had 3 participants submit their entries by the Nov 15 deadline who were entered into a draw for door prizes.

Congratulations to Carly Jamieson who won a PAADA boot bag, Brynn Jamieson who won a PAADA bucket and toque and Diane Luxen who won a PAADA bucket and headband.

**Renew your 2022 PAADA membership by Dec. 31 and be entered to win a set of PAADA Drinking Glasses!**

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



**HAPPY HOLIDAYS AND  
BEST WISHES FOR 2022!**

# PAADA Annual General Meeting February 5 at 11:00 AM by Zoom

## PAADA Board of Directors – Nominations

PAADA members may vote for the Board of Director positions at the AGM. The Board is comprised of the following positions, each of which is nominated for a 1-year term:

- Chair
- Secretary
- Directors at Large (2 positions)
- Communications Director
- Membership Director
- Vice-chair
- Treasurer
- Communications Director
- Promotions/Marketing Director
- Schooling Show Director

In addition, PAADA has the following non-voting representative positions:

- ADA Representative
- Event Representative
- Youth Representative (2 positions)
- National Show (Festival) Representative

**For details on attending the AGM, or if you are interested in volunteering for any of these positions, please Contact Kim Aasman at [willowmistfarm@me.com](mailto:willowmistfarm@me.com).**

## Get to know your friendly PAADA Member: Diane Luxen



Long term PAADA member, Diane Luxen, has been a PAADA member since 2009 and serving on the Board since 2012!

Q: Tell us a little about your horse and his/her personality.

A: Silver, now 16, was a surprise package out of a very colorful Paint mare by a Saddlebred X Friesian sire. He is very much a family member with a strong sense of ownership (a nice way of saying that he is always pushing his boundaries!). He makes me laugh when he's not driving me crazy. All in all, a good boy who is continually teaching me and a pleasure to have around.

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

A: There have been many influences but have to say I wish I had met Lisa Wieben earlier in my life. She has improved my confidence and made riding fun. Lisa is always learning and willing to pass it on to her students.

Q: Any 'adventures' in the dressage ring that you look back on and laugh about?

A: It was at Amberlea Stables, Silver and I were first on the morning schedule. As we headed to enter at 'A', realized the ring was gated and seeing no one around to open it, felt a little panicky...do I dismount and open it, step over it, or take a run at it and hope we don't trip! In the last seconds the ring steward came flying down the road to my rescue. To this day I chuckle to envision the various scenarios!

**Next PAADA Board Meeting**

**January 17, 7:00 PM by Zoom - All PAADA members welcome!**  
Contact Kim Aasman at [willowmistfarm@me.com](mailto:willowmistfarm@me.com) for details.