



1st Quarter 2020

## Hub Club Officers

President: Lydia Gray

Vice President: Emily Berendt

Secretary: Krista Ziec

Treasurer: Sue West

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# Wheel To Wheel

## President's Perspective

### January 2020

I had a beautifully written President's Message all ready to go, and then I remembered that nowadays people are busy and don't have time to read. So here's just the important things:

1. The HUB Club Annual Meeting is Saturday January 18<sup>th</sup>. Please let me know by Friday January 10<sup>th</sup> if you will be coming and what you will be bringing. The main dish will be Italian beef so appetizers, salads, hot side dishes, breads, and desserts are all welcome!
2. The HUB Club Annual Spring Clinic will be with Trish Demers at the Fox Valley Saddle Association May 30 - 31. Driver and auditor sign-up forms are included in this newsletter. There will be 8 slots each day ~ first come first served ~ so **bring your check-book to the meeting if you want to guarantee yourself a lesson.** We'll do a potluck dinner Saturday evening and **I'm taking suggestions now for the topic of her presentation!**
3. It's time to renew your HUB Club membership! You can do this online at [www.hubclubdriving.com](http://www.hubclubdriving.com) or in person at the meeting.

This will be my last President's Message as I am stepping down and handing Krista Ziec the reins to lead the club into the next decade (you may hear from me on occasion in other capacities, such as clinic organizer or veterinarian).



## 1st Quarter Dates

Not a lot going on this first quarter.

January 18, 2018 Annual Meeting. Potluck starts at 12:00 p.m. At the FVSA Clubhouse in Hampshire. Perfect time to sign up for the clinic.

### Upcoming Dates:

DDC Annual Meeting (2/16), Live Oak International (3/4-3-8), Midwest Horse Fair (with Suzy Stafford (4-17-4/19), Spring Fling (4/30-5/3) and of course our clinic on May 30 and May 31. More info in next quarters newsletter on all of this stuff.



# HUB CLUB ANNUAL MEETING

Saturday January 18, 2020  
Fox Valley Saddle Association,  
44W300 Rohrsen Road, Hampshire, IL 60140

Potluck lunch starts at 12:00pm with a catered main dish of Italian Beef.

Please bring a dish (appetizer, salad, bread, side, or dessert)

Meeting at 1:00pm followed by awards and silent auction  
(bring your new or gently used items to set out for bidding)

We'll be signing up for the Spring Clinic at the meeting as well as renewing memberships if you haven't already done so already so bring your checkbook!

RSVP to Lydia Gray  
[lydiagraydmv@gmail.com](mailto:lydiagraydmv@gmail.com)  
home 630-557-0241,  
or cell 630-701-5903  
by Friday January 10





## 2019 National Drive Sept 30<sup>th</sup> - Oct 6<sup>th</sup> Hoosier Horse Park

Krista Ziec

I had the pleasure of attending the National Drive's Spring Fling sans Lily and had such an awesome time I had to come back in fall with her! They are incredibly well organized and have wonderful educational opportunities for every level and driving type. They have horseless classes, demo's and clinicians as well as full access to the 200 acre park. This time they left the FULL Indiana CDE course up!

Following in the Spring Fling's footsteps, the fall ND had so many amazing learning opportunities. Myrna



filled our brains with how to measure for a harness (Lily's first modeling job!), harness fit and maintenance and all about bits. Myrna and IVC Carriage are beyond amazing. I brought Lily over to the IVC shop and Myrna helped me fit her fat lipped, large tongued, low palate mouth! Mary Ruth brought her 4 in hand down and gave multiple demos such as harnessing and putting to, hitching a four in hand, multiples rein handling and driving hazards with multiples. We saw her and her stunning team all over the park. She let a bunch of lucky people take the four in hand for a spin. It was so pleasurable to see the ear-to-ear smiles every time her carriage went by.

Amy Neary gave a de-spooking device clinic which Lily and I participated in on the way back from schooling the cones course. She had "monsters" attached to trees, jack-o-lanterns hanging from branches at different heights we could drive through, she had a caution tape maze, a pool noodle chute and poles on the ground in a horse shoe. She talked us through each scenario and slowly introduced changes. Lily obliged as she put the pool noodle chute a little tighter together by jumping over the lower noodles like she was going a cross-rail jump. Always the class clown making the audience and Amy giggle. There were many more topics, clinicians and speakers that we were not able to attend such as Leslie Cashion with horse show anxiety and ground work. Amy and emergency preparedness. Joanna Wilburn and how to walk a cones course. Lenny and trailer maintenance. Sherri Lower did presentation turnout. Bob and Ray did so you wanna be a navigator.





When Lily and I weren't attending the educational opportunities we were driving the property with friends. We schooled in the dressage ring, did our first water obstacles, schooled most of the CDE course in chunks, ran the cones course multiple times along with or first on course bridge and enjoyed the social activities that were offered as well. They had a tack swap, chili bar, trivia and movie night, pooch parade, tacky turnout, safari drive, mimosa drive (Lily enjoyed goodies being brought to "her" on a silver platter) and wine and cheese party. When we weren't eating well under the tent, the group of us were grilling and cooking fiends. We even enjoyed fishing in our down-time as the park has a pond on site and another a quick drive away.

We did have a scare on Friday as one of our friends carriage wheel caught on a post and flipped the carriage and her out. The horse took

off and the cart righted as Lily spooked in the other direction. The Sadler's made sure we had all emergency numbers in our phones and that we knew the emergency protocols prior to hitching. Even though I was scared, I knew what I needed to do. As I got Lily redirected I called Linda to let her know there was a horse and carriage running back to the barn from the fort obstacle. Driver was up and I was picking her up to go after the horse. She hopped on my carriage next to my navigator and off we went to find her horse. Just around the corner at the water obstacle was a husband in the carriage and the wife heading the loose horse. He went straight for help and stood like a gentleman, bless his heart.



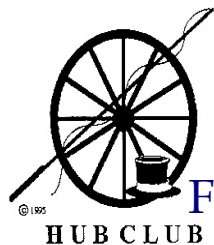
The ND Crew and medic met us quickly and we unhitched the horse. The driver was bruised but had her helmet on and had no major injuries. The horse had a laceration to his hock that required the clinic for Xrays, debriding, closure and wrapping. Reason I'm bringing up this scare is that even though I've never been through a carriage accident, because of the safety debrief in the drivers meeting we knew exactly what to do. The only thing that I should have thought of was to not put my tent in the grass by the hitch of my trailer. I didn't leave myself a way out! I had to untie and un-stake my tent to hitch quickly so we could get him on the trailer and to the clinic. Pre-Planning what to do in an emergency is paramount in how to keep everyone calm and safe in an emergency and I know it's not required but

**PLEASE WEAR YOUR HELMETS!**



Emergency aside, we had an incredible time. Want to join us?! A few of us are going to the Spring Fling in April/May. We are a fun and can cook! If anyone is interested, please don't hesitate to reach out. I highly recommend to anyone interested in driving or actively driving with or without your horse. The National Drive and Spring Fling is such a relaxed, safe and encouraging atmosphere for horse and driver. Hope to see you there!





*The HUB Club Presents*  
**Patricia "Trish" Demers**

**May 30-31, 2020**

**Fox Valley Saddle Association, Hampshire, IL**

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**DRIVER**      Name \_\_\_\_\_ E-mail \_\_\_\_\_  
Street Address \_\_\_\_\_ Cell Phone \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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**GROOM** Name \_\_\_\_\_ E-mail \_\_\_\_\_  
Street Address \_\_\_\_\_ Cell Phone \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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**EQUINE** Name \_\_\_\_\_ \_Mare      \_Gelding      \_Stallion  
Breed \_\_\_\_\_ Age \_\_\_\_\_ Height \_\_\_\_\_ Color \_\_\_\_\_ \_Single      \_Pair  
Level of training: \_\_\_\_\_

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**FEES**

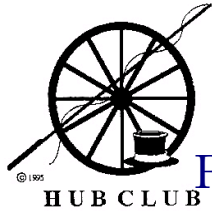
1. Per private lesson	\$120	_____	Indicate preferences:	AM	PM	Either
				Sat	Sun	Either
2a. Day stall fee <u>per horse, per day</u>	\$25	_____				
--if want to bring in horse the night before, add \$10		_____				
OR 2b. Haul-in fee <u>per horse, per day</u>	\$10	_____				
OR 2c. Camping (ask Lydia)	\$	_____				
3. Non-member fee	\$25	_____				

**TOTAL** \_\_\_\_\_

**PLEASE CIRCLE WHAT YOU WOULD LIKE TO FOCUS ON:**    dressage      cones      obstacles  
Other (please indicate): \_\_\_\_\_

**Mail this registration form, a check made out to "Hub Club," and a copy of your horse's current Coggins to:**  
Lydia Gray, 43W991 Oakleaf Drive, Elburn, IL 60119

**QUESTIONS?** Contact Lydia Gray for more info at [lydiagraydvm@gmail.com](mailto:lydiagraydvm@gmail.com), text 630-701-5903, or phone 630-557-0241



*The HUB Club Presents*

## Patricia “Trish” Demers

A two-day clinic May 30-31, 2020

Fox Valley Saddle Association, Hampshire, IL

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*Patricia “Trish” Demers owns and operates Carpe Diem Farm in Prescott Valley, Arizona, the home of the “happy horse.” Trish is a trainer, clinician, judge, evaluator, instructor, course designer, and can appraise carriage, harness, and turnout.*

*Working with beginning drivers (and riders) is her specialty, whether the discipline is combined driving, pleasure driving, or recreational driving, for show or for fun. In fact, she stresses SAFETY and FUN when she educates, and the farm motto is: “Try Hard, Win Humbly, Lose Gracefully.”*

*Trish works with everything from minis to drafts, equine to mules to donkeys, and singles, pairs, tandems, and more. Her philosophy in training corporate natural horsemanship methods which make a horse look forward to willingly working and understanding his job with gentle, quiet ob-*

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The clinic will be held at the Fox Valley Saddle Association, 44W300 Rohrson Rd., Hampshire, IL, which has an indoor arena, outdoor arena, and outdoor grass field for cones and obstacles, weather permitting.

All levels of horses and drivers are welcome as are all disciplines. Drivers are asked to indicate beforehand what the lesson should focus on, such as dressage, cones, obstacles, rein or whip handling, halt and stand, and so on.

Private lessons are \$120, payable to The HUB Club. Refunds for cancellations will only be given if the slot can be filled.

Participants may show and clinic out of their trailer for a daily haul-in fee of \$10 per horse or out of a permanent stall for a daily stall fee of \$25. Electrical hook-ups for overnight camping are also available upon special request. Bedding is not included and is NOT available for purchase on-site.

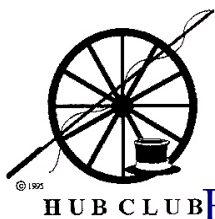
Anyone riding on a carriage must wear properly fastened protective headgear which meets or exceeds current ASTM/SEI standards for equestrian use.

A negative Coggins test dated within one year of the event is required. Out-of-state horses must present a Veterinary Health Certificate dated within 30 days of clinic.

**\*\*Join us for a potluck dinner and presentation with Trish on Saturday after the clinic\*\***

### **QUESTIONS?**

Contact Lydia Gray for more info at [lydiagraydvm@gmail.com](mailto:lydiagraydvm@gmail.com), text 630-701-5903, or phone 630-557-0241



*The HUB Club Presents*  
**Patricia "Trish" Demers**

**May 30-31, 2020**

**Fox Valley Saddle Association, Hampshire, IL**

Auditor Name \_\_\_\_\_ Cell Phone \_\_\_\_\_ Home Phone \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Email \_\_\_\_\_

How did you hear about the clinic? \_\_\_\_\_

There are bleachers but you may want to bring a comfortable chair  
No dogs please (but cats, rabbits, and hedgehogs are welcome)  
FREE parking! REAL bathrooms! GREEN grass!

**\*\*Join us for a potluck dinner and presentation with Trish on Saturday after the clinic\*\***

**FEES**

Circle one:    Saturday    Sunday                      Single day audit (\$25)    \_    \$ \_\_\_\_\_

Both days audit (\$35)    \_    \$ \_\_\_\_\_

*Please make check payable to "The HUB Club"*                      **TOTAL:**    \_    \$ \_\_\_\_\_

**PLEASE MAIL THIS COMPLETED REGISTRATION FORM AND CHECK to:**

Lydia Gray, 43W991 Oakleaf Drive, Elburn, IL 60119

**QUESTIONS?**

Contact Lydia Gray for more information at [lydiagraydvm@gmail.com](mailto:lydiagraydvm@gmail.com) or text 630-701-5903

## Trish Times Two: Double the Driving Fun with Demers...by Lydia Gray

*This is a reprint from the 3rd quarter last year. As Trish is coming back, you get a preview of what you can expect! Make sure you sign up.*

What's more fun than one day of lessons with Trish Demers? Two days of lessons, that's what! The HUB Club of northern Illinois/southern Wisconsin invited Patricia "Trish" Demers from Prescott Valley, AZ back to the Chicagoland area for a carriage driving clinic the weekend of May 18 and 19. Despite the weather – which ranged from 40 to 80 degrees and from bright and sunny to dark and stormy – drivers, auditors, and horses of all levels delighted in her natural horsemanship methods-approach to driving.



Photo by Krista Ziec

Trish uses analogies, catchy phrases, and simple memory devices to help drivers understand and remember the concepts she is trying to get across. For example, when Kelly Chuman driving her own Bert, a 19-year-old black Percheron/QH gelding, was having trouble keeping his head down during walk-trot transitions, Trish used the bucket-in-the-well analogy. She explained: the head coming up is like a bucket in a well on a rope so before you ask for the trot from the walk, get the head where you want it using your "rope" by giving a tiny bit in the fingers to lower it.

With Chet Thompson and Dafne, a 5-year-old brown dun Norwegian Fjord mare just getting started in her driving career, Trish shared her famous train analogy. As some of us heard last year, think of the driving turn-out as a train. The first car is the horse's head and neck, the second car is the shoulders and withers, next is the barrel or ribcage, followed by the hindquarters, with the carriage as the caboose. The driver's job is to keep all the cars (ie parts of the horse) in alignment otherwise they jam up, bulge out, or even jump the tracks. In combination with the reins, drivers use the whip like riders use their legs to ask their horses to yield their bodies and maintain straightness or bend.



Photo by Krista Ziec



Photo by Tammy Carlo

When Krista Ziec drove the 5-year-old black Morgan gelding "Bucksnot's Special Dark" owned by Tammy Carlo, she was instructed to stroke his inside hind and barrel to ask him to yield, soften his body, and shift his barrel to the outside in the corners. "Hershey," as he is known, can also be quite forward especially at the beginning of a drive, and to encourage him to relax and settle in to the work Trish suggested Krista "sing a little song in the rhythm" such as the A,B, C's; Twinkle, Twinkle, Little Star; or Row, Row, Row Your Boat.





Photo by Krista Ziec

After the “girls” came the “boys,” a pair of 14-year-old mini geldings named Pippen (the roan) and Bilbo (the chestnut) owned by Cathy Brock that she graciously allowed me to borrow for the clinic. Because I had never driven a pair before, I spent the weeks up to the clinic getting to know the boys by grooming, ground driving, and driving singly. However, I wanted to wait and have Trish walk me through pair harnessing, hitching, and starting off so my lesson was the first time that I actually drove a multiple!

The “Linda’s” rounded out the weekend:

- Linda Fidler with “Northern Lights Reign,” an 11-year-old black warm-blood mare, was encouraged to “shallow the corners” by not going so deep into them, which many drivers do
- Linda Sweeney practiced single rein handling with her 13-year-old bay Arab/Hanoverian/Welsh mare
- Linda Holzrichter used her time to have Trish help her start her 2-year-old bay TB cross gelding in long lines using the facility’s round pen



Photo by Linda Fidler



Sue and Kahua hiding from the rain. Photo by Krista Ziec

The lovely tandem pair of “Starline Rhianna” and “Starline Rhona,” two 6-year-old UK Shetland Pony mares, needed no music with a bell on their harness and a bell on the cart for trail driving. Driven by the experienced whip Grace Frejlach-Grubb, the “girls” had only been hitched in this configuration for a week before the clinic. The focus of this lesson was in keeping the wheeler (Rhona) opposed to the leader (Rihanna). This meant having the wheeler’s head to the leader’s outside hip on turns, circles, and corners. Also as part of this lesson, we were treated to an excellent description and demonstration of the correct use of the whip by Trish when driving tandem.

Finally, Kelly Chuman took a second lesson with her husband Mike’s 17-year-old chestnut Belgian cross mare “Sugar” while Sue West brushed up on her Intermediate Level dressage before the Metamora CT and CDE in June with “Kahlua,” her 18-year-old bay Morgan mare.

Take a breath and roll your shoulders” was a phrase heard often during the two days of the 2019 Trish Demers clinic and one that hopefully many drivers will be reminding themselves of throughout the year!

## Playing With the Big Boys

By Mike Chuman

*I wrote this for a local magazine "The Midwest Equestrian," as they were doing an issue on minis and the photographer was interested in what they can do. Seeing more and more VSEs at shows, I'm surprised that a lot of the drivers have no idea what kinds of fun stuff they can do with their minis and she thought it would be neat to bring the combined driving world to the minis, so that's what this is. It's a complicated sport to explain in 1,000 simple words, and while most people reading this know all this, I thought you might enjoy.*



When you look at the international horse sports, such as eventing, show jumping or dressage, you tend to see big thoroughbreds or warmbloods dominating. On the western side of the sports, such as barrel racing or reining, the quarter horse is king. What you almost never see are minis competing in those sports. A 38" horse is going to have a real struggle jumping a 5 foot fence and can you imagine a team of gymnasts doing a vaulting routine on the back of a mini? Where you do see minis competing at the same level as the big horses is driving. While most driving shows divide the equines by horse, pony and VSE (Very Small Equine—

what we call minis in the driving world), the international sport of combined driving includes minis. Those minis will do the same courses and tests as the big horses and, for the most part, the only difference is time allowed.

Seeing a mini pull a cart is a fairly common scene at many county fairs and local horse shows and many people with minis will show at breed shows, drill teams or just drive for fun. For those who may want more of a challenge and a definite adrenaline rush, combined driving may be something to try. Combined driving is the carriage driving equivalent to the ridden sport of eventing—basically a triathlon for the equine. It was created in the early 1980s by HRH Prince Philip (who still drives his teams of four ponies). Over the decades, due to many reasons such as an aging population of competitive riders and smaller personal farms, the VSE has found a welcome home at CDEs (combined driving events).

Like eventing, a CDE has three phases. The first phase is dressage. Yes, you can do dressage with your mini! While rules allow a smaller ring for minis, most events have them compete in the same 40 x 80 or 40 x 100 meter ring as the horses. They will do the same tests as the horses and will be judged by the same criteria. Like a ridden dressage test, the judge will look for harmony, precision of movements, and suppleness, among other things. The driver will also be judged on how his/her turnout (mini, harness, carriage and outfit) looks... it's a fantastic way to show off your hats ladies!

At a lot of shows, the second phase will be cones. It's much like the jumping phase of eventing, but instead of jumps there are sets of cones that have to be driven through. The width of the carriage gets measured and spacing between the two cones is based on the width of the carriage. The driver has to drive with precision and speed and not hit a cone or they will be penalized.



The third phase is the marathon phase, which is similar to the cross country phase of eventing and the most fun part of combined driving. Like the name suggests, the marathon phase is a test of fitness and endurance, but also teamwork. At the highest levels, the minis are required to do the same course as the full size horses which can be up to 18 km long. At the lower levels~ still an 8 km minimum, the mini may do a shortened course, although in most instances it is not offered by the organizer. The marathon itself is divided into two parts, Section A and Section B. Section A can be 4-8 km in which the



mini will have a 2 minute time window with which to finish without penalty. The pace for a mini is 9 km/h; a good long trot for such little legs. At the end of Section A, there is a rest period with a vet inspection to ensure safety for the mini. It's also a time to cool the horse down and get ready for the best part of combined driving: the obstacles.

Section B is the obstacle phase. It can be from 5-9 km and about every km, the driver will come to an obstacle. From the moment the team enters the obstacle, timing starts and penalty points are accrued for each second the driver and mini are in the obstacle. The object is to get through the obstacle the fastest way possible. What makes it fun, and where the mini really shines, is figuring out the best way to get through it. There are gates the turnout has to pass in the correct order and in the correct direction. Lowest levels have an A, B and C gate. So you have to go through A before B and B before C and so on (up to F at the highest level) but there is no set way to do it. If your mini turns left better than it turns right, you might drive it differently than a person whose mini is better at right turns. If it takes a long time for your mini to build up speed you are going to drive it differently than a mini that can make sharp turns and accelerates fast. Having a strong relationship and a good understanding of each other is so important in driving and practicing for a CDE will only help strengthen that relationship.



If you're interested in learning more about combined driving you can visit the website of The American Driving Society ([www.americandrivingsociety.org](http://www.americandrivingsociety.org)), which is the governing body of driving in the US. They have lots of great information on their website with links to videos, a calendar of events and their official rule book. Visiting a show is another great way to learn more about the sport. Shows are all over the country, and while there are not a lot in the Midwest, they do have events in Iowa, Wisconsin, Indiana, Michigan and Kentucky. You can also find a local driving club that will put you in touch with other drivers that have a wide variety of interests and experiences. Undoubtedly, you will find someone who loves combined driving and will tell you all about it.

Over the past 15 years minis have become more and more popular at driving shows. At Fox Valley Saddle Association's last CDE, there were more minis than horses! For a long time minis seemed to be found only at breed shows or halter classes, but there is a bigger world out there for minis so get out there and compete with the big boys.



## Contact List

President	Lydia Gray	630-701-5903	<a href="mailto:lydiagraydvm@gmail.com">lydiagraydvm@gmail.com</a>
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Secretary	Krista Ziec	815-342-4819	<a href="mailto:Kristat40@gmail.com">Kristat40@gmail.com</a>
Treasurer	Sue West	815-482-2747	<a href="mailto:jswestwindfarm@aol.com">jswestwindfarm@aol.com</a>
Newsletter	Mike Chuman	630-723-7648	<a href="mailto:farmawesomemike@gmail.com">farmawesomemike@gmail.com</a>

### ADS Representatives:

Midwest Region Rep	Katy Rhinehart	641-485-7821	<a href="mailto:katy.rhinehart@lennoxinc.com">katy.rhinehart@lennoxinc.com</a>
Central Region Rep	Lynn West		<a href="mailto:lynnwest@realtor.com">lynnwest@realtor.com</a>

### Some Useful Websites – Just click on them!

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

[www.facebook.com/HubClubDrivingClub](https://www.facebook.com/HubClubDrivingClub)

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

[www.facebook.com/Dairyland-Driving-Club-208530719222156/](https://www.facebook.com/Dairyland-Driving-Club-208530719222156/)

[www.facebook.com/Indiana-Whips-and-Wheels-191131624240376/](https://www.facebook.com/Indiana-Whips-and-Wheels-191131624240376/)

<https://www.facebook.com/carriagedrivingfestival/>

<https://www.facebook.com/carriageclassic/>

[www.americandrivingsociety.org](http://www.americandrivingsociety.org)

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

[www.usef.org](http://www.usef.org)

Hub Club

Email:  
farmawesomemike@gmail.com

We're on the web!  
[www.hubclubdriving.com](http://www.hubclubdriving.com)

## 'Lil Bits

- It's a new year. What do you have planned? I'm sure all sorts of exciting things. Make sure you bring your camera (sometimes even your phone has a camera) and take some pics, then send me some stuff to put in the newsletter. It's a win win.
- A huge thank you to Lydia for all she's done to keep the club going. She's been the president for pretty much as long as I've been in the club and as members, we should be thankful. Also...thanks to those stepping up into new roles and responsibilities in the coming year.
- Speaking of new roles...the annual meeting will have some opportunities for everyone. Think about helping out. You'll get to know people better and some of my very best friendships have happened over horses and working.
- There's lots of info in this newsletter and if you would like any attachments sent separately, please let me know and I'll be happy to send you anything you want, or just print right from the newsletter.

### From The Editor (FarmAwesomeMike@gmail.com)

So can you believe it's 2020? It's hard to see the future, even with perfect vision. (That pun is such a stretch. I apologize.) Already this year there is lots of exciting stuff planned in the area: shows, clinics, recreational drives, the national drive....all sorts of fantastic stuff. When you go to these things, please do consider taking some pictures and writing about it for the newsletter.

I love getting stuff from people and if I like reading it, I can totally guarantee you that other people love it as well. We like seeing what our friends and driving family is up to with their equine, so share it. Have you learned something new? Share it. Did you do something amazing? Share it. Did you do something that wasn't all that amazing to some people, but was amazing

to where you are in your life journey? Share it.

You can email or text me or call me if you want to send anything. Or if you are thinking about wanting to write something, email me and we can chat about it. Also...if there's something you want to see in the newsletter, let me know. I'm more than happy to put it in there.