

# Collected



# Notes

**March 2010**

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**CDCT, Inc., is a Group Member Organization of the USDF;  
therefore, CDCT members are automatically USDF Group Members.**

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## **Next Meeting**

The next meeting will be on March 13, 10 a.m., at A-1 Restaurant, 151 North Street (Route 13), Dryden, NY; 607-844-4436.

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## **2010 CDCT Committees**

If you would like to join a committee, please contact Carol Morris. This is an ideal way to fulfill the volunteer hours that are required for year-end awards. Following are the committees you might want to join. The chairs of the committees are the first person listed.

### **By-Laws Update**

Carol Morris  
Ginny Grove  
Kerry Manzell

### **Publicity**

Lorrie Butcher  
Claudia Wheatley  
Chris Kropf  
Sue Swart  
Amy Alnutt

### **Show Program**

Kate Ward

### **Budget**

Carol Morris  
Ginny Grove

### **Newsletter**

Sandy Su  
Lorrie Butcher  
Kerry Manzell

### **Sponsorship**

Kathy Thode  
Kathy Hefferon  
Lorrie Butcher  
Jane-Marie Law  
Sue Swart  
Amy Alnutt

### **Education**

Kathie Garnsey  
Kathy Thode  
Maribeth Absi  
Rachel Berryman  
Joanne King  
Barbara Knoblauch  
Connie O'Hearn  
Jennifer Swindon  
Mary Beth Adams

### **Awards**

Ed Machak  
Cathy Zappala

Kathy Thode

### **Dressage (show, clinic, camp, etc.)**

Donna Young  
Ed Machak  
Ginny Grove  
Maribeth Absi  
Michelle Blade  
Dinah Guarino  
Cathy Halm  
Christine Hand  
Barbara Knoblauch  
Tina Matejka  
Tracy Durham  
Susan Mulvey  
Connie O'Hearn  
Anne Ward  
Claudia Wheatley  
Cathy Zappala

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## **Please Contribute to Your Newsletter**

Do you have an idea for a story, poem, or article? Dates for the Calendar of Events? Photos of CDCT events? Please send contributions to Sandy Su. Contact information can be found in the box on the next page.

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Horse sense is the thing a horse has which keeps it from betting on people.

W. C. Fields

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## Minutes of CDCT Meeting of February 20, 2010

*Submitted by Dinah Guarino*

**Members Present:** Sandy Su, Kathy Thode, Carol Morris, Dinah Guarino, Kathleen Heffron, Donna Young, Ed Machak, Kate Ward, Kathie Garnsey, Carol VanEpps, Christine Kropf, Karen Steffy, and Mary Beth Adams.

**Minutes of previous meeting:** Were read and approved.

**Treasurer's Report:** Savings acct. \$4033.74, checking \$517.15.

**Old Business:**

**Committee Reports:**

*Dressage:* The Omnibus should be out in March. Joan Humphrey and Carter Bass will be the judges. Chris Kropf will notify NEDA and other breeders including C. Collier at Cornell about the Breed Show.

*Publicity:* It was discussed that publicity about the Breed Show would be important. L. Butcher and C. Wheatley will work on an ad for Horse Bits. K. Thode will talk with Sue Swart and Amy Alnutt about publicity. Sue had hoped to do a press release for *Dressage Today*.

*Education:* C. Kropf will be doing a two-part clinic on doing an in-hand class. CDCT and CNYCTA will be involved in this clinic. She will do a classroom session followed by a demonstration with her horses for the first part. Then two weeks later, participants will bring their horses to practice in-hand technique. The second part will be done at two separate locations to accommodate both CDCT and CNYCTA. Locations for the clinics will be determined. Tentative dates are April 11 and April 25.

**New Business:**

*Web site:* C. Morris, K. Steffy, P. Wedemeyer, and Bill Overbaugh met about the Web site. It was decided that the domain name will be whoever is president, technical advisor will be K. Steffy. A calendar page and addition of pictures are future thoughts for our site. P. Wedemeyer is still interested in presenting a computer program. C. Morris will contact her about this.

*Nonrenewed members:* A list was divided for members to contact these people for renewal.

*Resignation:* A Ward has resigned from Horse Council. C. Morris will contact P. Ross and C. Hand about replacing her.

*Committee Chairs:* It was recommended that we name chairs so we know who to address with questions, etc. Those named were: Awards, Ed Machak; By-laws and Budget, C. Morris; Show Program, K. Ward; Sponsorship, K. Thode; Dressage, D. Young; Publicity, L. Butcher?; Education, K. Garnsey.

*Casual Show:* Tentative date is August 14 at Oxley.

*Camp:* Should we have it or not? This will be discussed at the next meeting.

*Newsletter:* D. Moose is considering the position.

**Next Meeting:** Will be Mar. 13, at A-1 in Dryden, NY.

**Adjournment:** Meeting was adjourned at 12:10 p.m.

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Ah, steeds, steeds, what steeds! Has the whirlwind a home in your manes? Is there a sensitive ear, alert as a flame, in your every fiber? Hearing the familiar song from above, all in one accord you strain your bronze chests and, hooves barely touching the ground, turn into straight lines cleaving the air, and all inspired by God it rushes on.

Nikolai V. Gogol, *Dead Souls*, 1842, translated from Russian (above is combination of translations by Bernard Guildert Guerny, Richard Peaver, and Larisa Voloklonsky)

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*Collected Notes* is published monthly by Cayuga Dressage and Combined Training (CDCT), Inc. Classified ads free to members, \$5 for nonmembers; full-page and half-page ads, rates available on request. Submit news items, letters, and advertisements by the 15th of the preceding month to: Sandy Su, 67 South St., #1, Trumansburg, NY 14886; e-mail <SSU668@twcny.rr.com>.



## CALENDAR OF EVENTS



- March 27:** Houghton College Ride-A-Test, Jump-A-Course Jump Clinic, Houghton, NY. Contact: Jo-Anne Young, 585-567-8142, e-mail <joanne.young@houghton.edu>.
- March 30–31:** Houghton College Walter Zettl Dressage Clinic, Houghton, NY. Contact: Jo-Anne Young, 585-567-8142, e-mail <joanne.young@houghton.edu>.
- April 3–4:** Gymnastic Jumping Clinic with Carol Kozlowski, Mothersfield, Geneseo, NY. Contact: Carol, 585-226-6287.
- April 10:** High Standards Stables Barn Sale, Dansville, NY. Contact: Amy Becker, 585-905-9955, e-mail <amy@highstandardstables.com>, Internet <<http://www.highstandardstables.com/Calendar/week.php?date=20100404>>.
- April 17:** Western New York Dressage Association—Challenge Series, Dressage Schooling Show, Houghton College Equestrian Center, Houghton, New York. Contact: Jo-Anne Young, 585-567-8142, e-mail <joanne.young@houghton.edu>, Internet: <<http://www.wnyda.org/>>.
- April 24:** Houghton College Spring Hunter/Jumper Show, Houghton College, Houghton, New York. Contact: Jo-Anne Young, 585-567-8142, e-mail <joanne.young@houghton.edu>, Internet <<http://www.gvrdc.org/calendar.htm>>.
- April 24:** Obstacle Clinic: Versatility Challenges—Mounted Police Style, Joann Long, National Mounted Police and Toronto Police Mounted Services Certified, Wild Side Ranch, Bloomfield, NY. Contact: Joann, 585-738-7477, e-mail <jklong@rochester.rr.com>, Internet <<http://www.gentledovefarm.com/>>.
- May 7–9:** Thomas Ritter clinic, Fortress Farm, Castle Creek, NY. Contact: Donna Young, 607-669-4156, <dcanfiel@binghamton.edu>.
- May 8–9:** Pam Goodrich Clinic, Asbury Hill Farm, Freeville, NY. Pam works with all levels of riders, including H/J, equitation and event riders, to improve your flat work and athleticism of the horse. Contact: Betsy Keller, 607-387-5113; e-mail <Keller@Ithaca.edu>. See more info about Pam Goodrich at <<http://fostermeadow.com>>.
- May 19–21:** Houghton College Adult Dressage Camp, session 1 (with FEI trainer Eddo Hoekstra), Houghton, NY. Contact: Jo-Anne Young, 585-567-8142, e-mail <joanne.young@houghton.edu>, Internet <[http://www.houghton.edu/equestrian/summer\\_camp.htm](http://www.houghton.edu/equestrian/summer_camp.htm)>.
- May 22:** Western New York Dressage Association—Challenge Series, Dressage Schooling Show, B&B Equestrian Center, Henrietta, NY. Internet <<http://www.wnyda.org/>>.
- May 29–30:** Dressage at Saratoga Race Course, Saratoga, NY. Contact: Regina Cristo, e-mail <rcristo@nycap.rr.com>, Internet <<http://www.enydcta.org/events.html>>.
- May 28–June 2:** Houghton College CHA Riding Instructor Certification Clinic, Houghton, NY. Contact: Jo-Anne Young, 585-567-8142, e-mail <joanne.young@houghton.edu>.
- May 29:** GVPC Spring Horse Trials (Intro, Beginner Novice and Novice levels), Wheeler Green, Geneseo, NY. Contact: Internet <[www.geneseevalley.ponyclub.org](http://www.geneseevalley.ponyclub.org)>.
- June 4–5:** Houghton College and WNYDA USDF/USEF recognized Dressage Show, Houghton, NY. Contact: Jo-Anne Young, 585-567-8142, e-mail <joanne.young@houghton.edu>.
- June 5:** Trail Trial, High Standards Stables, Dansville, NY. Contact: Amy Becker, 585-905-9955, e-mail <amy@highstandardstables.com>, Internet <[www.highstandardstables.com](http://www.highstandardstables.com)>.
- June 6:** GVRDC USEA recognized Horse Trials, Geneseo, NY. Levels are Intro, BN and N with a TN (training D and SJ with novice x-c). Contact: Wezo Pierson, 585-509-5691, e-mail <piersonlouisa@yahoo.com>.
- June 9:** GVRDC XC schooling at horse trials grounds. Contact: Carol, 585-226-6287 or 585-317-6906, e-mail <mothersfield@aol.com>.
- June 22:** Twilight Dressage Schooling Show, Genesee Valley Riding and Driving Club, Paduka Run Farm, Geneseo, NY. Internet <<http://www.gvrdc.org/twidres.htm>>.
- June 12:** Obstacle Clinic: Versatility Challenges—Mounted Police Style, Joann Long, National Mounted Police and Toronto Police Mounted Services Certified, Niagara County Cornell Cooperative Extension Horse Show Arena, Lockport, NY. Contact: Joann, 585-738-7477, e-mail <jklong@rochester.rr.com>, Internet <<http://www.gentledovefarm.com/>>.
- June 27:** GVRDC Firecracker Derby, Hideaway Farm, Geneseo, NY. Contact: Jim or Farley Wagner, 585-924-1866, e-mail <JFarFarm@aol.com>.
- July 6:** Twilight Dressage Schooling Show, Genesee Valley Riding and Driving Club, Hideaway Farm, Geneseo, NY. Contact: Lisa Nadeau, 585-230-3176, e-mail <lisanadeaulegge@gmail.com>, Internet <<http://www.gvrdc.org/twidres.htm>>.
- July 10–11:** Genesee Valley Hunt, USEA recognized Horse Trials, Geneseo, NY. Levels are Beginner Novice thru Preliminary. Contact: Billie Hill, 585-350-8029, e-mail <billie.hill309@gmail.com>.

*Continued on next page.*

**July 14–16:** Houghton College Adult Dressage Camp, session 2 (with FEI trainer Eddo Hoekstra), Houghton, NY. Contact: Jo-Anne Young, 585-567-8142, e-mail <joanne.young@houghton.edu>, Internet <[http://www.houghton.edu/equestrian/summer\\_camp.htm](http://www.houghton.edu/equestrian/summer_camp.htm)>.

**July 15–18:** Stuart USEA recognized Horse Trials, Victor, NY. Contact: Wezo Pierson, 585-509-5691, e-mail <piersonlouisia@yahoo.com>.

**July 18:** Western New York Dressage Association Challenge Series, Dressage Schooling Show, Butternut Brook Equine Center, Kennedy, NY. Internet <<http://www.wnyda.org/>>.

**July 23–25:** USEF/USDF Recognized Dressage Competition and Dressage Sport Horse Breeding Division USDF Recognized Breeders Championship Qualifier, Paduka Run Farm and Hideaway Farm, Geneseo, NY. Contact: Katja Eilers, 203-217-6011, Internet <<http://www.wnyda.org/>>.

**July 28–29:** Walter Zettl Dressage Clinic, Houghton College, Houghton, NY. Contact: Jo-Anne Young, 585-567-8142, e-mail <joanne.young@houghton.edu>.

**July 31:** Unrecognized Horse Trials and Dressage Show, High Standards Stables, Dansville, NY. Contact: Amy Becker, 585-905-9955, e-mail <amy@highstandardstables.com>, Internet <[www.highstandardstables.com](http://www.highstandardstables.com)>.

**July 31:** Obstacle Clinic: Versatility Challenges—Mounted Police Style, Joann Long, National Mounted Police and Toronto Police Mounted Services Certified, Ford City, PA. Contact: Joann, 585-738-7477, e-mail <jklong@rochester.rr.com>, Internet <<http://www.gentledovefarm.com/>>.

**August 7:** Western New York Dressage Association Challenge Series, Dressage Schooling Show, Chestnut Ridge Equestrian Center, Gasport, NY. Internet <<http://www.wnyda.org/>>.

**August 14:** Obstacle Clinic: Versatility Challenges—Mounted Police Style, Joann Long, National Mounted Police and Toronto Police Mounted Services Certified, O'Brien's Farm and Stables, Moravia, NY. Contact: Joann, 585-738-7477, e-mail <jklong@rochester.rr.com>, Internet <<http://www.gentledovefarm.com/>>.

**Aug. 24:** Twilight Dressage Schooling Show, Genesee Valley Riding and Driving Club, Hideaway Farm, Geneseo, NY. Internet <<http://www.gvrdc.org/twidres.htm>>.

**August 28–29:** GVRDC USEA recognized Horse Trials, Geneseo, NY. Levels are Intro, Beginner Novice, Novice, Training and Preliminary. Contact: Wezo Pierson, 585-509-5691, e-mail <piersonlouisia@yahoo.com>.

**September 1:** GVRDC XC schooling at horse trials grounds. Contact: Carol, 585-226-6287 or 585-317-6906, e-mail <mothersfield@aol.com>.

**September 9–10:** Eddo Hoekstra Dressage Clinic, Houghton College, Houghton, NY. Contact: Jo-Anne Young, 585-567-8142, e-mail <joanne.young@houghton.edu>.

**September 15–16:** Walter Zettl Dressage Clinic, Houghton College, Houghton, NY. Contact: Jo-Anne Young, 585-567-8142, e-mail <joanne.young@houghton.edu>.

**September 25:** Houghton College Horse Trials, Combined Test and Dressage Competition, Houghton, NY. Contact: Jo-Anne Young, 585-567-8142, e-mail <joanne.young@houghton.edu>.

**Sept. 25–Oct. 10:** World Equestrian Games, Kentucky Horse Park, Lexington, KY. Internet <<http://www.feigames2010.org/>>.

**Sept. 28–Oct. 3:** Dressage at Devon, Devon Horse Show Grounds, Devon, PA. Internet <<http://dressageatdevon.org/cms/>>.

**Oct. 14–15:** Eddo Hoekstra Dressage Clinic, Houghton College, Houghton, New York. Contact: Jo-Anne Young, 585-567-8142, e-mail <joanne.young@houghton.edu>, Internet <<http://www.gvrdc.org/calendar.htm>>.

**Nov. 6:** Houghton College Ride-A-Test, Jump-A-Course Jumping Clinic, Houghton, NY. Contact: Jo-Anne Young, 585-567-8142, e-mail <joanne.young@houghton.edu>, Internet <<http://www.gvrdc.org/calendar.htm>>.

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## Classified Ads

### For Sale:

Albion Dressage saddle- 18 inch seat, SL model with a wide tree, \$1250. I also have an Albion jumping saddle 17.5 inch seat, MW tree \$950. Both are in excellent condition. Dinah Guarino, 315-497-9922 or [dinahguarino@yahoo.com](mailto:dinahguarino@yahoo.com).

15 year old, registered Saddlebred mare. Chestnut. Rides/drives. This mare was put through the ringer in a few "saddleseat" barns and showed quite a bit. We spent a long time showing her that we could work without all the whips and chains. She has since learned to love her new life, and has shown at training level 3 or 4 times quite successfully. She also is very reliable on the trails, and have had several of my students on her. Her owner has a severe illness that forces her sale. All tack and "accoutrements" are also for sale. Asking \$3000, ALL offers considered.

3 year old black TrakehnerX gelding. "Tea" stands 16.1H, and is a pleasure to deal with. He ties, loads, clips, bathes, and is green broke to drive, will start U/S late spring. Very sensible young man. He is by Tzigane\*Pb, who was recently shipped to Germany to stand, and can be checked out at [www.twingatesfarm.com](http://www.twingatesfarm.com). Asking \$5000.

5 year old OldbgX mare by L'Andiamo (Cornell bred). Bay with star, 16.2H. Vets clean. She is out of a HanxTrak mare by Macht—last known showing Prix St. Georges. This mare is an elegant, expressive mover, and very athletic. She will make an excellent dressage prospect, but would also excel as an event horse, or super fancy hunter. Asking \$10,000.

Both of the younger horses are for sale due to pregnancy (mine!) and have not been worked for the last three months. A trial may be possible. Please contact Jillian at (315) 662-7436, (315) 263-1198, or [wetruckntrot@aol.com](mailto:wetruckntrot@aol.com)

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## A Simple Statement (aka I Ride)

By Julia Edwards-Dake

*Author's Note: I wrote this essay in 2006. It was originally e-published in the American Trail Horse Association E-newsletter. Since then it has been e-published all over the net (with some well-meaning changes) and in Hoofprints, the newsletter of the NATRC. It was read before the Michigan legislature with a letter of support in an effort to help the powers that be understand the connection with our horses and the need to preserve trails and horse camps and continue to allow equestrians on the very trails that we created. I hope it helped.*

*Here it is in its original form.*

### A Simple Statement

I ride. That seems like such a simple statement. However as many women who ride know it is really a complicated matter. It has to do with power and empowerment. Being able to do things one might have considered out of reach or ability. I have considered this as I shovel manure, fill water barrels in the cold rain, wait for the vet/farrier/electrician/hay delivery, change a tire on a horse trailer on the side of the freeway or cool a gelding out before getting down to the business of drinking a cold beer after a long ride.

The time, the money, the effort it takes to ride calls for dedication. At least I call it dedication. Both my ex-husbands call it "the sickness." It is a sickness I've had since I was a small girl bouncing my model horses and dreaming of the day I would ride a real horse. Most of the women I ride with understand the meaning of "the sickness." It's not a sport. It's not a hobby. It's what we do and, in some ways, who we are as women and human beings.

I ride. I hook up my trailer and load my gelding. I haul to some trailhead somewhere, unload, saddle, whistle up my dog and I ride. I breathe in the air, watch the sunlight filter through the trees and savor the movement of my horse. My shoulders relax. A smile rides my sunscreen-smearred face. I pull my ball cap down and let the real world fade into the tracks my horse leaves in the dust.

Time slows. Flying insects buzz loudly, looking like fairies. My gelding flicks his ears and moves down the trail. I can smell his sweat and it is perfume to my senses. Time slows. The rhythm of the walk and the movement of the leaves become my focus. My saddle creaks and the leather rein in my hand softens with the warmth.

I consider the simple statement: I ride. I think of all I do because I ride. Climb granite slabs, wade into a freezing lake, race a friend through the manzanita all the while laughing and feeling my heart in my chest. Other days just the act of mounting and dismounting can be a real accomplishment. Still I ride, no matter how tired or how much my seat bones or any of the numerous horse related injuries hurt. I ride. And I feel better for doing so.

The beauty I've seen because I ride amazes me. I've ridden out to find lakes that remain, for the most part, unseen. Caves, dark and cold, beside rivers full and rolling are the scenes I see in my dreams. The Granite Staircase at Echo Summit, bald eagles on the wing and bobcats on the prowl add to the empowerment and joy in my heart.

I think of the people, mostly women, I've met because I ride. I consider how competent they all are. Not a weenie among the bunch. We haul 40-foot rigs, we back into tight spaces without clipping a tree. We set up camp. Tend the horses. Cook and keep safe. We understand and love our companions: the horse. We respect each other and those we encounter on the trail. We know that if you are out there riding, you also shovel, fill, wait, and doctor. Your hands are a little rough and you travel without makeup or hair gel. You do without to afford "the sickness" and probably, when you were a small girl, you bounced a model horse while you dreamed of riding a real one.

Julia Dake © 2006

*Continued on next page.*



Julia with her quarter horse gelding, Dakota, near Echo Summit in the Sierra Nevada. His story, "The Auction," was her first piece published in *Equus* in 2007. On some Internet sites and in e-mails, "A Simple Statement" was attributed to an 87-year-old woman. Julia says, "I am now 54 years old. Eighty-seven ... very interesting ..."

## **ABOUT JULIA EDWARDS-DAKE**

I've been riding since I was ten. I wanted a horse the first time I saw one on the black-and-white TV. I begged for a pony from the day I could think *pony*. My mother and father succumbed and purchased me a mean Shetland pony, very mean, in the hopes, I believe, of changing my mind.

Most of my life has been lived in California, but now I find myself living in Camden, South Carolina, also known as horse country, where if the bugs don't get you, the humidity will! I live in a rich environment when it comes to women and horses ... "When I ride it irons out the wrinkles in my soul." Those are the kinds of words I hear every day. But my heart is in the Sierra foothills of California.

I have been published many times in *Equus* magazine, most recently, in the Case Report for my article on equine canker, but my very best was "Tea with Miss Em," published in March 2009. I am presently working on a new piece for *Equus*.

(See Julia's blog at <<http://voiceforhorses.blogspot.com>>.)

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## **Schleese Saddlery Signs on to Sponsor USDF Programs**

USDF is pleased to announce that Schleese Saddlery Service Ltd. has signed an agreement to provide prizes and support for various USDF programs. Schleese has donated a saddle to benefit the USDF Youth Executive Board Silent Auction, and provided a tack award for selected nominees from the nine USDF regions who were considered for the USDF national nominee for the USEF Youth Sportsman's Award sponsored by Breyer Animal Creations. They will also work with the USDF to supply educational content on saddles and saddle fitting. The 2009 nominees for this award include; Jessica Kuc of Kinkletown, PA, for USDF Region 1; Rachel Fischer of Oshkosh, WI, for USDF Region 2; Jordon Schulz of Stuart, FL, for USDF Region 3, McKinley Harvey of Castle Rock, CO, for USDF Region 5; Paige Haas of Eagle, ID, for USDF Region 6; Marina Riker of Haiku, HI, for USDF Region 7; and Taylor Noonan of Portland, ME, for USDF Region 8.

"Because of Schleese Saddlery's and USDF's dedication to providing education, this partnership is a great match. In addition to providing product to support a number of programs, Schleese will also be with us to provide educational opportunities through podcasts, videos, and clinics related to saddle fit," stated USDF Director of Marketing Linda Schultz.

"Schleese's commitment to educating riders and professionals on the importance of maintaining optimal saddle fit not only protects horse and rider from long-term damage, but positively affects improved comfort, performance, and communication for horse and rider," states Graham Wood, VP, Sales and Marketing. "We teach the Saddlefit 4 Life philosophy to Bereiters and Reitlehrer at the German National Riding School in Warendorf, and are excited to bring these concepts to the U.S. through partnering with the USDF."

For more information about Schleese or USDF programs, visit their respective Web sites at <<http://www.schleese.com/>> or <<http://www.usdf.org/>>, or contact the USDF office at <[usdressage@usdf.org](mailto:usdressage@usdf.org)>.

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## **Ravel Named Adequan/USDF Grand Prix Horse of the Year**

The 11-year-old, 16.3 hand, Dutch Warmblood gelding, Ravel, owned by Akiko Yamazaki of Woodside, CA, and ridden by Steffen Peters of San Diego, was named 2009 Adequan/USDF Grand Prix Horse of the Year. Ravel's median score of 75.574% made him the top horse in the United States competing at this level and the recipient of USDF's highest honor. Also, Ravel is the recipient of the Colonel Thackeray Award and will have his name engraved on a silver trophy to be on permanent display in the Roemer Foundation/USDF Hall of Fame housed at the USDF National Education Center, located at the Kentucky Horse Park.

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## **4 Steps of Conscious Competence**

1. Conscious Incompetence: This is the stage that you know you don't know what you are doing. The frustration level is low at this stage because the self-expectations are also low.

2. Unconscious Incompetence: This is the stage where you think you know what you are doing, but you don't. Here too the frustration level is low because you are oblivious to the fact that you are not performing appropriately.

3. Conscious Competence: This is the stage that you understand what it is you are supposed to be doing and can perform well with guidance. Either a coach or total mental focus is necessary. This is where the frustration level can go through the roof. You have been there and felt the correct responses but duplication is very elusive.

4. Unconscious Competence: This is the stage where you no longer need guidance to perform appropriately. Your responses are impulsive rather than coached. The frustration level is again nonexistent. We need only to remember that our and our horses' performance must proceed through all of these steps each time we endeavor to learn a new skill.

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**CAYUGA DRESSAGE AND COMBINED TRAINING CLUB, INC.  
ANNUAL MEMBERSHIP APPLICATION**

PLEASE PRINT: Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Home phone (area code first): \_\_\_\_\_

Business phone (area code first): \_\_\_\_\_

Fax (area code first): \_\_\_\_\_ E-mail: \_\_\_\_\_

Is there information above that you do not want published in our yearly membership list, which is distributed to members? If so, please specify: \_\_\_\_\_

Birth date: \_\_\_\_\_

Are you an instructor or trainer?  Yes  No

Dues renewed each Nov. 1 ensure you will receive newsletters and be included in the Annual Membership Roster. *Membership benefits:* Dues cover your USDF group membership, newsletters, and discounts at club-sponsored events, except as limited by USDF and United States Equestrian Federation (USEF).

Enclosed is my payment for:

- Individual Membership (\$35)  
 Family Membership (\$45)  
 Junior Membership (\$25)

***Please make checks payable to CDCT, Inc.***

Activities sponsored by CDCT include a variety of shows, mounted and unmounted clinics, films, speakers, and social events. These are produced by volunteer work from our members. Please indicate below the ways in which you could contribute to the success of YOUR club:

- Dressage Show: Planning, paperwork, grounds preparation, help on show day, etc.  
 Education/Clinic Committee  
 Awards  
 Newsletter  
 Other: \_\_\_\_\_

***Please mail application and dues to:***

**CDCT, Inc.  
c/o Kate Ward  
4431 Rockefeller Road  
Auburn, NY 13021**





CDCT, Inc.  
c/o Ginny Grove  
5807 Serrine Road  
Trumansburg, NY 14886

## WHO TO CONTACT FOR MORE INFORMATION

### OFFICERS:

President: Carol Morris (607) 753-7256, cmorris1050@gmail.com  
Vice President: Kathie Garnsey (315) 364-8889, garnsey@baldcom.net  
Past President: Dinah Guarino (315) 497-9922, dinahguarino@yahoo.com  
Treasurer: Ginny Grove (607) 387-9253, vs24@cornell.edu  
Recording Secretary: Dinah Guarino (315) 497-9922, dinahguarino@yahoo.com  
Membership: Kate Ward (315) 784-5434, monkies@localnet.com

### MEMBERS AT LARGE:

Donna Young ('08) (607) 669-4156, dcanfiel@binghamton.edu  
Sandy Su ('09) (607) 387-6004, SSU668@twcny.rr.com  
Ed Machak ('09) (607) 754-3442, ed.machak@att.net  
Anne Ward ('09) (570) 297-4819, eaward1986@gmail.com  
Lorrie Butcher ('10) (315) 497-2603, lorrieb7@gmail.com  
Kathy Hefferon ('10) (607) 387-6304, kathleen.hefferon@alumni.utoronto.ca

### NEWSLETTER:

Sandy Su (607) 387-6004, SSU668@twcny.rr.com

### WEB PAGE:

<http://www.cayugadressage.org>

**WEBMISTRESS:** Karen Steffy (607) 342-8144, wonderpony92@gmail.com



