

COLLECTED NOTES



FEBRUARY 2022

FROM CDCTC'S CO-PRESIDENT:

Happy February! We're gaining a little more light every day as we move closer to spring. Hopefully the temps are more stable than last month and we maintain some degree of snow/mud balance.

Our first virtual show of the year is now complete! Our Between the Woods and Frozen Lake schooling show via dressageshowonline was during the second half of January. I hope everyone who entered got good scores and good feedback to start fine tuning their rides for the season...or just had a bunch of fun (or both!). We hope to have more virtual show opportunities in the coming months. If you took any nice photos, please be sure to send them our way.

Last month a survey was sent out to the membership in order to sign up for 2022 committees. Thank you so much to everyone who has responded so far! There is still plenty of time to add your name to any committee, just let me know. The new list will be included further down in this newsletter as well as posted on our website.

Speaking of which, I have started redesigning our website! Since I am no longer show secretary for our recognized shows, I decided to invest some energy into our website and updating some of our forms. If anyone has anything they would like included on our website - photos, videos, information, anecdotes, equestrian services, etc., please send me a message! I hope to *(continue)*

UPCOMING EVENTS

February 18: Monthly meeting: 7 pm. A zoom link will be sent prior to the meeting.

February 10: Book club: 7:30 pm. A zoom link will be sent prior to the meeting.

June 19: Casual Show, Asbury Equestrian Center, Ithaca, NY.

August 27 & 28: Dressage in Wine Country I & II, Chemung County Fairgrounds, Horseheads, NY.



Please send photos of riding, showing, volunteering, doing CDCT-y things, etc. to [Shannon](#) for use on the website.

finish that soon while things are quiet and cold.

There is a second Intro to Masterson Method Clinic at Healing Rein Farm this month and I wrote a small article about the January clinic further down in this newsletter. I highly recommend attending, even as an auditor. You'll learn a lot of cool things and the people and horses at Healing Rein are top notch. Be sure to check out the local events list regularly to see what else is happening in our region this year.



Lastly, we need to welcome our two newest, littlest members of CDCT, Emily and Ciro's new baby girl Juliana, and Skye-Anna and Cole's new baby girl Autumn! I can't wait to see them both riding adorable ponies!

Ride all the ponies and jump all the things,

Shannon

CDCT COMMITTEES FOR 2022
PLEASE LET [SHANNON](#) KNOW WHICH
COMMITTEE YOU WOULD LIKE TO BE ON!

<p>RECOGNIZED SHOW: Jane-Marie Law (Chair) Dinah Guarino Sarah Hepler Norm Johnson Tina Matejka Carol Morris Shannon Ryan-Dinmore Jana Wagner</p>	<p>COMBINED TRAINING: Jennifer Hagadone Sarah Hepler Shannon Ryan-Dinmore Emily Urban</p>	<p>EDUCATION: Carol Morris (Chair) Prin Furst Shannon Ryan-Dinmore Jana Wagner</p>
<p>SPONSORSHIP: Shannon Ryan-Dinmore Kathy Thode</p>	<p>CASUAL SHOW: Tina Matejka (Co-chair) Norm Johnson (Co-chair) Dinah Guarino Jennifer Hagadone Marlie Lukach Kathy Thode Jana Wagner</p>	<p>PUBLICITY: Shannon Ryan-Dinmore (Chair) Karen Steffy</p>
<p>SWAG: Prin Furst (Chair) Shannon Ryan-Dinmore</p>	<p>AWARDS: Prin Furst Jan-Marie Law</p>	<p>FUN: Shannon Ryan-Dinmore</p> <p>YOUTH ENGAGEMENT: Emily Urban (Pony Club Liason)</p> <p>WESTERN DRESSAGE: Tina Matejka (Chair)</p>

Meeting Minutes:

Attendance: Shannon Ryan-Dinmore, Norm Johnson, Jana Wagner, Jean Foley, Jane-Marie Law, Kathy Thode, Tina Matejka, Carol Morris, Emily Urban, Dinah Guarino, Karen Steffy

Began at 6:14PM

- November Minutes approved. Kathy moved, Norm seconded.
- Treasurer's Report:
 - Submitted dues to-date have been paid to USDF.
 - Insurance for 2022 was renewed with three events listed.
- Between the Woods and Frozen Lake Virtual Show:
 - Submission of videos from January 14-31st.
 - National show that offers year end high points.
 - Rules are on the website and we make 10% of the proceeds.
 - www.dressageshowonline.com
 - Asbury is looking at hosting a trailer-in day to use their ring.
- Ithaca Equestrian Virtual Education Series:
 - Hosting a 2 hour Zoom session with Meredith Brisson on February 9th. She is an equestrian and sports psychologist covering anxiety and riding. Special discount to CDCT members for attending. Please RSVP to Ithaca Equestrian Center by February 2nd.
- CDCT Business Membership Proposal:
 - In addition to individual, family, and junior memberships.
 - No GMO perks or USDF membership included.
 - Allows businesses to advertise goods and services with us while providing sponsorship money.
 - Currently \$10/ad for non-members.
 - Will distribute fliers locally.
- 2022 Committees:
 - Shannon will send out a survey to self-nominate after this meeting.
- Dressage in Wine Country 2022:
 - Judges/TD hired - Cindy Canace "S," Robin Brueckmann "S," and Anite Jaffe, "r"
 - Manager and secretary can be the same person.
 - There have been some calls made to area secretaries for hire.
 - Will be submitting Chemung contract shortly.
 - Thoroughbred Incentive Program awards have been approved for both days.

- Keeping It Casual Show 2022:
 - June 19th at Asbury Equestrian Center.
 - Work party prior to the show to help set up.
 - Tina and Norm want to be co-chairs again.
 - Casual Show entry form needs to be overhauled.
 - Thoroughbred Incentive Program awards have been approved.
- Youth Engagement:
 - Proposal to wave casual show entry fees for Pony Club members in return for volunteering for either an AM or PM session during our recognized shows.
 - Language inserted into entry form; first year based on honor system.
 - “If you can’t make it you must find a replacement volunteer.”
 - Norm motioned, Jane-Marie seconded. All approved.
- The Rising Equestrian Pro - Emily Urban
 - A new six week course for high school/college students coming in April.
 - How to create a thriving equestrian business; providing tools to prepare and set you up for success.
 - Covering management, finances, how to succeed in business while providing a network of support, resources, and community.
- CDCT Book Club Revival:
 - Will go over the 3rd section of “Where Two Spines Align” on January 13th at 7:30PM via Zoom.
 - Will try to meet every two weeks.

Next meeting - February 18th at 7PM.

Meeting adjourned at 7:13PM. Norm moved, Dinah seconded.

REMEMBER!

USEF Safesport training is required for all show officials, as well as competitors. Please complete or update your training at the USDF’s [Safesport](#) training site.

Dressage in Wine Country



INTRODUCTION TO MASTERSON METHOD WITH FREDERICKA WARREN

by Shannon Ryan-Dinmore

The Masterson Method is a style of integrated bodywork that uses soft touch and intention to elicit releases in horses. Healing Rein Farm, now owned and operated by the wonderful Colleen Price, hosted its first clinic of the year on January 9, 2022. The Intro to Masterson Method class was led by Fredericka Warren, a long time Masterson practitioner and amazing bodyworker.

I had the pleasure of being able to participate and learn during this clinic alongside some fellow CDCT members. It was an icy, cold morning but the hospitality and welcome at Healing Rein was very warm! We started the day in the beautiful new community room, a large gathering space overlooking the indoor arena decked out with a full kitchen, beautiful antique furniture and decor, and a delicious breakfast.



At first, we went around and did brief introductions. We were then given Fredericka's background and history with Masterson as well as an overview of the course and all of the material's available to us online and in book form. Fredericka explained two types of touch, air gap and egg yolk, and came around the room demonstrating them to each participant. We were each given an information card on the horse we would be working with and then it was then time to start working with the horses!



Six horses were brought into the beautiful indoor arena and each of us was given one to start with. I was first given Max, a 20+ year old Clyde cross whose background included fox hunting, dressage, and trails. Additionally, there were two thoroughbreds, a quarter horse, a warmblood, and the cutest mini pony ever, all different ages and from different backgrounds.

We were first taught the Bladder Meridian technique and went to work practicing. It is a very neat way to hone in on areas of tension along each side of the horse. Fredericka came around to each group and helped with technique and touch. As the clinic progressed, we got to see and try an accordion technique of fascia release, upper and lower tongue releases, and even some tail releases. It was very hands-on and informative. At one point, some of us rotated horses so I got paired with the sweetest thoroughbred mare, Ziggy. She had some HUGE releases, full mouth opening *(continued)*

yawns and head lowers. Both Max and Ziggy were super great at expressing themselves, telling me where tension was and when it was released, which made working with both of them very rewarding. Thank you Colleen for not only hosting this experience but for letting me work with these fabulous horses! We wrapped up the day with a hearty lentil stew (courtesy of Jane-Marie) and some other delicious snacks.

Overall, I had a blast at this clinic despite the frigid temps. I had looked into Masterson when I lived in TN after college but didn't feel like the timing was right. Being able to start the year off learning and practicing something that I considered doing almost a decade ago really felt good. I cannot wait to be able to practice what I learned on my horses at home and look forward to learning more and maybe doing the weekend course in the future. There are two more Intro to Masterson Clinics planned at Healing Rein, one in February and one in March, and I hope you will attend and learn something cool! Thank you so much to Colleen, Sarah, and Fredericka for hosting such a rewarding experience, I can't wait until the next one!

USDF REGIONAL SCHOOLING SHOW AWARDS PROGRAM

All non-USEF-licensed/non-USDF-recognized competitions are invited to participate in this program. To participate, simply submit the [online application](#) and \$25 participation fee to USDF at least 30 days prior to the start of the competition. The program year will be December 1 through November 30.

An online competition calendar will list participating competitions on the USDF website. Participating competitions must submit a copy of their prize list to USDF no later than 14 days prior to the competition and competition results must be submitted to USDF within 21 days of the end date of the competition.

Feel free to contact [Cristen Brown](#) if you have any questions. Complete [program rules](#) are available on the USDF website.

Cayuga Dressage & Combined Training Club welcomes horse enthusiasts from all walks of life, all religions, ethnicities and races, creeds, and sexual orientations. We are a club where differences are respected and appreciated, where we come together to affirm our common love of the horse and the arts of horsemanship.

We disavow discrimination and intolerance.

CLASSIFIEDS

Dressage saddle for sale: Custom Wolfgang Constanze, monoflap, buffalo hide with grey piping. 18" seat, 17" flap, set at MW but can be adjusted. Newer tree. Good condition, small rip under panel is concealed by tape and does not affect use. Asking 1800. Local trial can be arranged. Please contact Carol at cmorris1050@gmail.com



CALENDAR

CDTC Events:

February 18: Monthly meeting: 7 pm. A zoom link will be sent prior to the meeting.

February 10: Book club: 7:30 pm. A zoom link will be sent prior to the meeting.

June 19: Casual Show, Asbury Equestrian Center, Ithaca, NY.

August 27 & 28: Dressage in Wine Country I & II, Chemung County Fairgrounds, Horseheads, NY.

Other local events: <https://bit.ly/31Ry1ZS> . ***This list is a work in progress and will be updated as dates are announced. Event dates, times, and locations are all subject to change. Please visit the host's website for the most current information. This list focuses on dressage, eventing, and jumpers.***

Additional Local Dressage and Combined Training Groups

[Carriage House Arena](#)

[Central NY Dressage and CT Association](#)

[Eastern NY Dressage and Combined Training Club](#)

[Endless Mountains Dressage & Combined Training Club](#)

[Genesee Valley Riding and Driving Club](#)

[Western New York Dressage Association](#)

CAYUGA DRESSAGE & COMBINED TRAINING CLUB, INC.

ANNUAL MEMBERSHIP FORM

Name: _____

Address: _____

Phone (area code first): _____

E-mail: _____

Birth date: _____ (requested by USDF) Are you an instructor or trainer? Yes No

Do you give permission for your pictures and/or name to be used for publicity? Yes No

May we include your name and email address on the Membership List that's distributed to members? Yes No

Current Members: Please submit your Membership form and dues by Nov. 15th. This ensures that you will receive the USDF magazine and other GMO benefits without interruption.

New Members are welcome to join year-round!

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 (\$45)

Family Membership (\$50)

Junior Membership (\$25)

Activities sponsored by CDCT include a recognized show, a schooling show, mounted and unmounted clinics, films, speakers, and social events. These are made possible by volunteer work from our members. Please check your interests below to indicate the ways in which you would like to contribute to the success of the club:

Dressage Shows: Planning, paperwork, grounds preparation, help on show day, etc.

Western Dressage

Combined Training

Education/Clinic Committee

Awards

Publicity

Other: _____

Signature: _____ Date: _____

(Member's signature or parent/guardian signature if under 18. Typed signature is fine.)

Electronic submissions: Please complete form and email to Jen Hagadone at joo4@cornell.edu.
Paypal link: dressageithaca@gmail.com

For hard copy submissions:
Please make checks payable to CDCT, Inc and send to:
Jennifer Hagadone
405 Shaffer Rd
Newfield, NY 14867



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WHO TO CONTACT:

Officers:

Co-Presidents: [Skye-Anna Nye-Smith](#) and [Shannon Ryan-Dinmore](#)
Vice-President: [Sarah Hepler](#)
Past President: [Norm Johnson](#)
Treasurer: [Jana Wagner](#)
Recording Secretary: [Marlie Lukash](#)
Roster manager: [Jennifer Hagadone](#)

Newsletter and Website: [Karen Steffy](#)
Members at large:
Meghan Crout ('22)
Prin Furst ('22)
Anna Redmond ('22)
Jane Marie Law ('23)
Tina Matejka ('23)
Norm Johnson ('23)

Our Sponsors

**Please join us in thanking all of our supporters!!
Our club and activities could not happen without you!**

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