

COLLECTED NOTES



JANUARY 2019

FROM CDCTC'S PRESIDENT:

I wish every one of you a very happy and fulfilling New Year and look forward to seeing everyone at our January meeting ready to stretch and release!! I am sitting here in the dark on this solstice morning, listening to the rain. We have a flood watch in effect and a forecast for 60 degrees today with thunderstorms and snow to follow tomorrow. Winter is changing. The blankets will come off today and go back on tomorrow. The rocky, frozen ruts are mud once again today and promise to be mud for a few days yet, but will surely be frozen ruts again soon enough. Winter, I will endure you and be happy for those days when I can get a ride in. Tomorrow will be special because I will truck Mz Marquez to our weekly lesson indoors! All this does put me in mind of winter rides when I was a teenager. My horse-friends and I would meet up on the center strip of the new four-lane highway and ride the several miles south where we would cross onto the potato fields and come out on the beach. That highway center strip was an amazing gift to us, allowing us level, mowed footing to access areas we would never visit if we had to get there on the blacktop. Winter was great for beach riding because no-one would chase us off. We would use the snow fence used to divide beach properties as our jump course and let the horses run flat out on the harder mud at the waters edge. None of us ever gave a second thought to the salt damage our gear would suffer. My hands and toes were *(continued)*

UPCOMING EVENTS

Next Meeting: January 13, 2019

Join us at 10:30 am for a Yoga for Riders session followed by a Planning Meeting accompanied by a healthy brunch at 11:30 am. The meeting will be held at Jane Marie Law's house, 16 Muriel St., Ithaca, NY. Please contact [Jane Marie](#) for more information.

IT IS TIME TO SUBMIT YOUR ANNUAL MEMBERSHIP DUES!

PLEASE SEE THE INFORMATION ON PAGE 4.



Shannon Ryan-Dinmore and L.C. Sleepy

always numb because our one requirement was the sun had to be out. Fifteen degree days were no barrier to our adventures.

Well, now I insist on usable fingers and toes I can feel. The idea of racing any car passing by is out of the question and concern for the depth of the footing and my horse's tendons informs my decisions as to where and when I will ride. All these memories of my teenage years puts me in mind of a training "progression" I found in a dressage magazine a few years back. I often wonder if it would have gotten my attention back then when I was a teenage rider: it sure has my attention now. I used this "map" with my acting students for my final few years of teaching and it made their approach to their work so much more focused and allowed them to forgive themselves a bit when coaching got challenging or a performance was not quite what was hoped for. I'll share it here now with you all, though, given its source, I am sure many of you are familiar with it, and, because I am a student once again.

Stage One: Unconscious incompetence

Stage Two: Conscious incompetence

Stage Three: Conscious competence

Stage Four: Unconscious competence

So, you see, it takes a person full circle. I see stage one as my teenage years. I had a blast and only now am beginning to see how much I did not know. "Unconscious incompetence" isn't necessarily a bad thing. Sometimes a ride on the beach is everything and my intentions towards my horse were positive and pure.

Stage two, "conscious incompetence" awakened for me during my first dressage lesson after a forty year hiatus from riding. My teacher asked me ride a 20 meter circle around her. Metrics has never quite settled in my mind, but I was lucky that day; apparently my circle was about twenty-some meters. That was just the beginning of becoming conscious of how much I didn't know. I finally even had to ask what "backed" meant. In 1969 we "broke" horses. The exciting part was knowing how much there was to learn.

Stage three, "conscious competence," is what keeps me excited about training and is the challenge I welcome every time I enter a competition. I am really only competing with myself. I finally understand what another coach meant when she came out of the arena and commented "I really wish I had been riding my horse during that test." I'll admit, that discovery came only this fall for me. How many half-halts do you expect me to use in a seven-minute test, along with everything else and remember my test at the same time? I have to ride every corner consciously??? OMG!! This seems to me, by far, the most exciting and challenging step on this journey: remaining present and actively engaged moment-to-moment (we use that term a lot in acting too) while doing everything I intend to do at the right moment.

Yes, and finally, the greatest source of pleasure and satisfaction: "unconscious competence," that moment, usually realized afterward, when something I've been focused on for months actually happens between my horse and me, in the moment it needed to happen! Back in 1969 I clearly remember the day when I became aware that Diamond Rose, my first OTTB, seemed to be reading my mind. I had no words to describe that phenomenon then, but I am glad I do now.

What I wish for you all in 2019 is a pleasurable, joyous journey through these four stages! Remember, no matter whether we are riding an intro test, teaching a foal to lead or pick up its feet or mastering one-tempi changes, we are all "riding the dream."



Cheers,
Norm

A TRIP TO OTTAWA, FOR THE RCMP HORSE AUCTION

by *Dinah Guarino*

Did you know that every 2-3 years the Royal Canadian Mounted Police, whose headquarters are in Ottawa, auction off horses that they deem not suitable for the world famous musical ride? Well neither did I, until I overheard our clinician Gina Smith discussing it. Gina, a past Olympic dressage rider was asked to be the commentator for this event. The horses, while not suitable for the musical ride due to their size, color or temperament, are nonetheless beautiful animals, quite suitable for other careers such as dressage. They are all Hanoverians, bred there in Canada for the RCMP.

I just happened to be in the market for a new partner in dressage. So I went about the task of creating an account and signing up as a bidder for the live auction to be held October 13, 2018. There was also the first ever online auction which ended in September. As one entered the site online, you were able to view the horses going to auction. Eventually videos were added to assess your potential mounts. During this time, a lot of studying the videos, the veterinary comments and the radiographs were being done. At long last I had narrowed it down to my list of favorites.

Now during this time I had commandeered a group of horse enthusiasts to go along. Kathy Thode signed up as a potential bidder and was allowed one guest as was I. Jane Marie Law and Carol Morris agreed to come along after much arm twisting. LOL. In addition I had never been to Ottawa, but Jane Marie had been several times, so it was perfect to drag her along as our guide.

We arrived on Friday, October 12th, but unfortunately I could only ride one of the horses I had chosen- Jolie a 6 y.o. mare. I have to admit that when she came out and she bucked a little as the warmup rider was mounting and then later spooked when she asked for the canter, I was rethinking this test ride. However I prevailed and she was just fine. Nervous, I could tell, but she was fine.

When done we checked in to our motel and proceeded to investigate the city, going to a Museum and later to the Castle Laurier for afternoon coffee/tea and a shared cheese plate. High tea at \$50/person was a little over the top.

The next morning before the auction we found a lovely park to walk along the River as it was a cool, but sunny day. We arrived at the auction about noon to be wine and dine with hor d'oeuvres. Our table was right in the front row (Yikes!) And then the auction began. The horses began to roll in one by one. Beautiful animals. I bid on three, but alas was outbid on all. But what an adventure. And great friends to tag along and spend time with them.

PHOTOS NEEDED!

We need photos for the newsletter and for the website! Please send whatever you have to [Karen Steffy](#).

Lauren Ostergren & Carriage House Dirk



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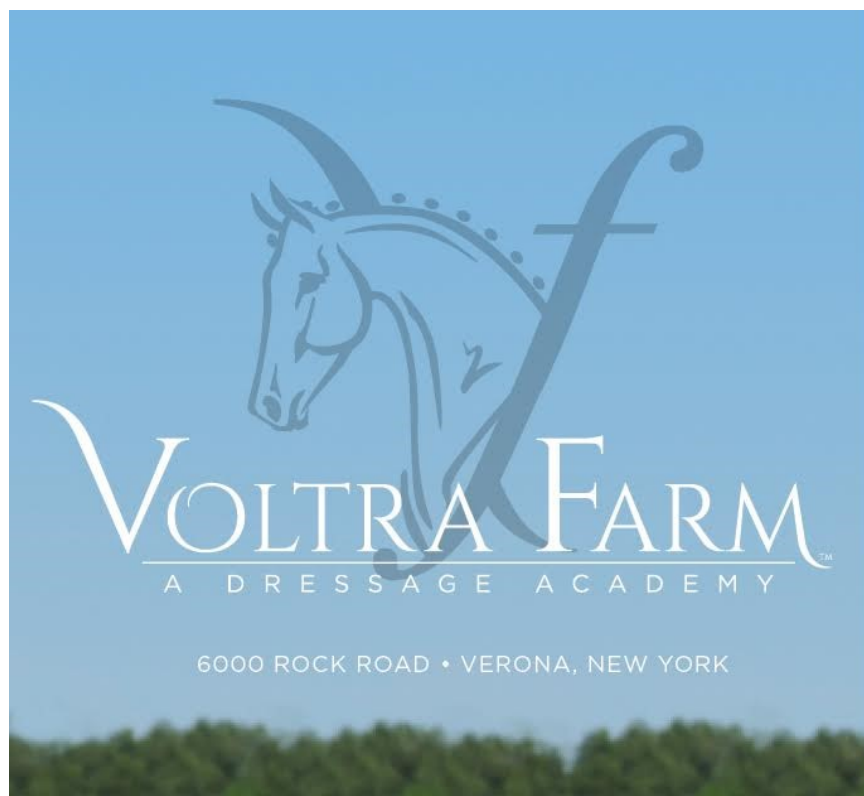
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CALENDAR

- January 13** Monthly meeting. Join us at 10:30 am for a Yoga for Riders session followed by a Planning Meeting accompanied by a healthy brunch at 11:30 am. The meeting will be held at Jane Marie Law's house, 16 Muriel St., Ithaca, NY. Please contact [Jane Marie](#) for more information.
- June 8** CDCT's Dressage in Wine Country I. Chemung County Fairgrounds,. Contact [Jane Marie Law](#) for more information.
- June 9** CDCT's Dressage in Wine Country II. Chemung County Fairgrounds,. Contact [Jane Marie Law](#) for more information

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CLASSIFIEDS

For sale: Frank Baines 18" seat, black, MW, wool flocked dressage saddle that has been well cared for and had light use. It was purchased new three years ago. There are swinging stirrup bars that allow for quick on/off of stirrup straps as they can be rotated up and away from the leather panels. The girthing system can be changed from the regular position to the point position depending on the horses fitting need. Also there is adjustment with a "V" billet strap. The only flaw is on the tips of two billet straps where a puppy put a few teeth marks in the leather. This does not affect their use in any way. Asking \$1700. Contact Kathy: 315-497-2002, kthode3@gmail.com



For sale:

Navy blue SmartPak Classic 75" waterproof turnout blanket, med. weight (220 gram fill), excellent condition. 640 denier ripstop, 100% polyester, \$75. (See <https://www.smartpakequine.com/pt/b/7374> for details.)



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For Sale: Ansur Classic treeless saddle, black, excellent condition. Seat size "small" according to Ansur, but it's approx. an 18" English saddle seat size, which is med./large, IMHO. Stirrups and leathers included. \$700 OBO.

Contact Sandy, (607) 387-6004, ssu668@twcny.rr.com



CLASSIFIEDS

For sale:

17" Albion SL Ultima extra wide dressage saddle. It fits both my wide (said with love) QH mare and her Trak cross son to whom she passed her size along to. Super comfy and balanced. Beautiful condition with stirrups and girth. Will send more pictures if desired and willing to loan out for a test run.

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Mary Beth Adams
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315-515-9556



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