

COLLECTED NOTES



DECEMBER 2018

FROM CDCTC'S PRESIDENT:

December Musings from the President

Seasonal greetings to everyone as we enter this darkest part of our year! In no time the days will start to get longer again and we can all start to make our plans for the warmer season into realities. Winter is a great time to fantasize about horse camping in the Adirondacks, focusing on making that new score goal for the show season, (learning those new 2019 tests) attending clinics or pouring over the stallion catalogues to decide the perfect mating for our next dressage prospect. I wish I could say I was more excited about winter than I actually am, but I do get through the winter busying myself with those plans for spring and summer. Speaking of the warm season, planning for the sanctioned show appears to be well under way. Over the Thanksgiving holiday Jane-Marie seems to have recruited an impressive number of sponsors for various divisions and there is still plenty of room for more.

There are two thoughts that I want to share right from the start in my first newsletter message: First of all, I would like to extend a heartfelt "thank you" and congratulate Jane-Marie on a job well done. Although I have only been an actively participating member of the club for the last year or so, it certainly strikes me that she has energized our organization and set me up to succeed if I 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!**

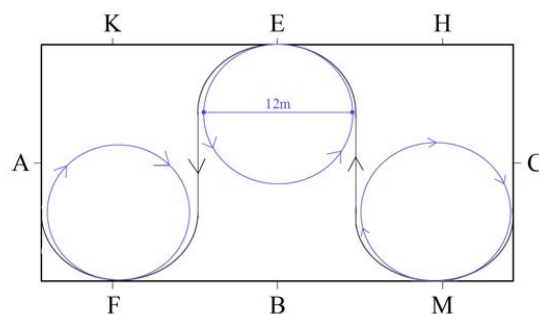
**PLEASE SEE THE
INFORMATION ON PAGE 7.**

so inclined. I am. With that said, I encourage everyone one of you who is reading this to let me know what you would like to see happen in the next two years. I have no interest in dropping the ball, yet I have no big plans to change the direction things have been going in the recent past either. I am particularly interested in continuing the outreach towards young riders and finding ways to make dressage more compelling to them. I feel I see a pull in that direction from the folks who are excited about eventing, which makes perfect sense to me. That was where I first encountered dressage all those years ago before my theatre career took me away from horses for forty years. I envision developing a mentoring program for young riders. Since the youth initiative seems well under way, I wonder if a “big sister” program might be a possibility. Those of you who have students might have some thoughts on the ways young riders might need mentoring beyond their actual lessons and coaching sessions and possible ways the rest of us might be of assistance.

My second item concerns gender. It may not be an issue, but I want you all to know it has been on my mind. I spoke briefly to Jane-Marie when I was first nominated that I had no desire to invade what seemed like a very comfortable and high-functioning women’s circle. I encourage any of you to speak to me about this as well. I am sure there will be moments when the absence of the interloping xy chromosomes might be welcome. For me, this dynamic is rather familiar. As president of my 4-H horse club for the last couple of years of high school, horse activities with “the girls and me” was standard procedure and it seems like a homecoming of sorts. I am comfortable with folks who are passionate about horses, and, in particular, I enjoy being part of a team. Quite simply, I am always happier when there are plans agreed upon and a task to be completed regardless of the mix of ages or genders.

I am quite comfortable with this circle of folks who seem to be able to do business without drama (I definitely prefer my drama to remain in the theatre) and competitiveness. CDCT has always been welcoming to me and I hope I can be a part of passing that energy along to our members both old and new. My interactions with this group have always been fun and, more than anything else, I hope we will all continue having a fantastic time together over the next season. I look forward to “finding my seat” in this new role and getting to knowing all of you just a little bit better.

Cheers,
Norm



ANNUAL AWARDS 2018

Cayuga Dressage and Combined Training Club held its awards banquet on November 4, 2108. Recognizing that some club members don't compete, CDCT focuses its awards on honoring club members for various achievements. The awards committee takes great pleasure in coming up with new awards to recognize individual achievements. The banquet is a time for us to come together and celebrate whatever progress we have made, with good food and lots of fun.

This year's awards are as follows:

Members receiving USDF Medals:

Gale Wolfe: Gold - scores earned on Tequila Voila as well as Beike

Kathy Thode: Silver - Scores earned on Brookside Patch and Thomasina

Connie O'Hearn: Bronze - Scores earned on Thomasina and Revelation



You Make Us Proud Awards:

Sue Mulvey: Competed at USDF Regionals

Bettina Wagner: Competed at USDF Regionals and Nationals (Second Level and Second Level Freestyle)

Other members who competed

Jean Foley, Carol Morris, Dinah Guarino, Norm Johnson, Jane Marie Law, Skye Anna Nye Smith, Claudia Wheatley, Ruby Fowler, Shannon Ryan, Prin Furst, Janice Lobdell, Nikki Lund, Anne Marshall, Evelyn Miller, Janet Youse, Lauren Ostergren, Sarah Hepler

The WOW! Award: Goes to Sarah Hepler and "Flat Leaver", aka Fletcher.

Fletcher is truly a magical unicorn. He raced under the name Flat Leaver and was his race trainer's favorite (Amber Cobb). Amber messaged Sarah and said she wanted her to have him after Sarah had previously taken a horse from her. He came off the track in May and officially became her RRP TB Makeover mount at the end of July. This put him at 60 days of training before the Makeover. He is 7 years old, had 38 career starts and \$118,980 in earnings, and last raced 11/29/17.

For his 7th and 8th post-track rides, Fletcher did a two day clinic with Raul de Leon. He then competed at our casual show for his 10th post-track ride. He obviously did extremely well. Sarah and Fletcher have been training under the fabulous Holly Parker (now my trainer too! <3) for most of their retraining and Holly even went with them to the Makeover.

At the Makeover, Fletcher and Sarah were 3rd out of 182 in Dressage. Every horse rode Training Level Test 2 and then did a freestyle demo of skills in Rolex Arena. Because they were in the top 5, Sarah and Fletcher had to come back on Saturday and perform a 4 minute demo to music in the covered arena which could alter their place within the top 5 (in this case, they stayed in 3rd). Their Training Level Test 2 score

was 75.962, their initial demo was 48.30, and with the finale demo their total overall score was 168.86 (the winner was 171.99).

In the Freestyle division, Sarah and Fletcher performed (for the first time ever) FEI Para Equestrian Grade V Intro Test A to the song Rise Up by Andra Day. This was the performance with the Lift Your Sister inspirational message attached, Sarah wearing a shirt with hurtful quotes received by her friends (yes, I had one on there) and Fletcher dressed as the magical unicorn that he is. They placed 8th overall out of 52 riders and received Best Turned Out award for the whole division! And everyone was crying.

Sarah was also third place in the Ambassador Award, voted on by fellow Makeover trainers.

What Was I Thinking Award?

Runner up: Jane Marie Law – for buying a young horse!

Runner up: Bettina and Jana – for buying a farm in Cincinnati and planning to breed Icelandic horses.

Winner: Norm Johnson – for having a four-year-old and a three-year-old, and for being CDCT president!?! What a way to start your retirement!

What Was I Thinking Revisited?

Ginny Grove and Mr. Sunshine. Mr. Sunshine has turned out to be a fabulous horse, competing in dressage and combined tests. Go Ginny and Mr. Sunshine!

Kathy Thode and Kazimir

The Akhal Teke, Kazimir, was purchased to help a friend downsize her herd, and has turned out to be a mighty nice dressage horse!

That Turned out better than I thought:

Winner Dinah Guarino:

“There’s nothing better than nominating oneself for an award. Well, I am going to pat myself on the back for this one. I have raised my 13 year old Morgan from the time she was a weanling. It was the first time I have trained a horse from that age. And it’s been a fun, if not sometimes frustrating journey. But I’d be a liar if I didn’t say I really like this energetic mare, who likes to take control when I’m on her back because she knows the game plan better than I do.

So we have been working on First Level for about three years now, and I think we are finally getting it! I put together a First Level freestyle two years ago, but when I thought I finally had it perfected and planned to show it at the Morgan show in 2017, I bagged it because it didn’t feel right.

However, undaunted, I resurrected it this year again. But where would I show it? Not every show has a sound system, so finding the right venue was a problem. CNYDCTA and hostess Diane Brandow held the first dressage show at the Coliseum at the Syracuse Fairgrounds. Now if you’ve ever been there, you might know that this could be a bit overwhelming to a horse. Or at least that’s what I suspected for my sometimes spooky, ever alert Laurel. Plus when you walk in to that arena and there is no sign of any other horses around- yikes! But this is it folks. It’s my last chance to show off this freestyle that I have worked on for so long.

Well, we did it. When that trot music came on and we started our pattern, I smiled to myself and started singing with the music. I could feel my little mare settling in to it. Now I’m not saying it was

perfect, but when we finished I could not have been prouder of her than if I had just finished a ride at the Dixon Oval at Devon. So even though I felt a lot of angst going in to it, it definitely turned out better than I thought.”

Significant other of the year:

Bill Millier for putting up with clinic attendees moving into the house and holding pajama parties at Brookside Farm.

Norm Foley: for actually spending time at the shows where Jean and Clifford competed

Wade Wykstra: for trailering Lauren and “**their**” horse, Matchbox, everywhere and maintaining the trailer. Also, for cheerfully holding their horse and insuring that he would get onto the trailer when it came time.

Winner: Mike: Jana’s best buddy who is the world’s greatest dog trainer and who spent endless hours at the casual show doing all manner of jobs from early in the morning till the bitter end of the day. He also entertained us with his dog’s amazing repertoire of tricks!

Instructor of Distinction:

Gale Wolfe. Gale continues to teach classical dressage, bringing new students to the sport of dressage and has even offered to pay students’ entry fees so they can show. Gail goes above and beyond to support her students in their pursuit of riding. We are honored to have her as part of our club!

Pluck Award: (not that word you use in the barn when the horses get out.)

Awarded to Jana Wagner for living her dream of working with horses, having already survived almost a year as a working student. She has realized she needs a back up plan so is pursuing an agriculture business degree while helping Bettina start a breeding farm.

Good Egg Award:

Ginny Grove for her continued involvement in CDCT and beyond! Ginny went with Tina Matejka to volunteer as jump judges at WEG. Ginny is also a fixture when it comes to setting up the dressage arenas at all the CDCT shows. Ginny has been the club’s Treasurer since time began. Having retired from managing Oxley Equestrian Center last spring, she now has even more time for horses and CDCT! Thanks for giving back to the sport!!

Emily Post Award:

Jean Foley, for her work doing the minutes for the newsletter and the program for the club’s recognized show. She has also spearheaded the Eventing Committee activities and has generated enthusiasm for the activities that CDCT has sponsored.

Sportsmanship Award:

Prin Furst. Prin is always quick to support other CDCT members in their effort; whether offering her facility to help out a young horse who needs miles; or sharing her wheelbarrow to help out other competitors as they unpack at a show. Prin has also been very gracious and appreciative when attending our shows. She is the first one to congratulate other riders when they have completed a test and is also there to encourage those who are struggling with their horses. She has helped with making our shows

more competitor friendly by arranging to have wine glasses and t-shirts made up. This award carries with it a \$100 cash prize.

New Member of the Year

A TIE!! This award goes to Shannon Ryan-Dinmore and Sky-Anna Nye-Smith, who jumped in with all four feet this past year, being major contributors to the success of our recognized show. Skye Anna and Shannon will receive 50% off club activities in 2019. If you have had anything to do with the club this year you will have run into these two dynamos! They well deserve our praise for rejuvenating this old group of horse lovers.

Miss Universe

There were many nominations for Miss Universe. The Runner up is Dinah Guarino.

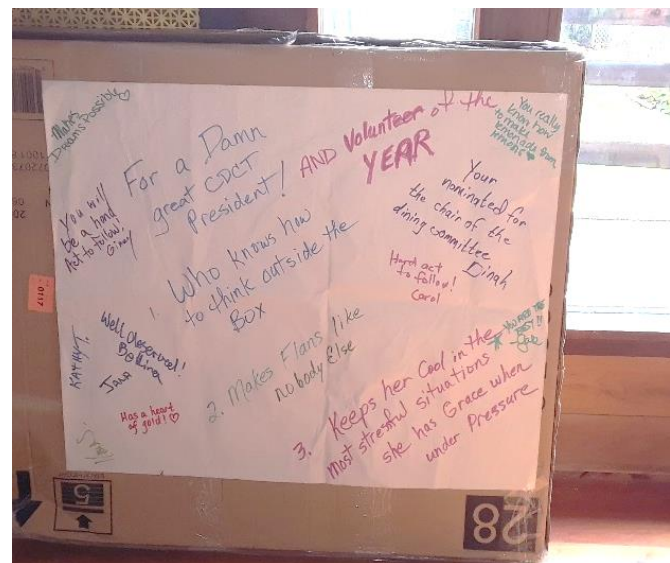
This year's Miss Universe Award goes to Carol Morris. Carol is a consistent volunteer at the club show and attends meetings to help organize events for the membership. She is the Alan Greenspan of CDCT. Yes, he was the chairman of the Federal Reserve from 10 years ago! But she has been at this awhile (and I don't recall who it is now). She travels the universe looking for prospective horses in the cyber sphere and also travels the world taking photos of horses in all the counties she travels to. She also travels to the USDF Annual Convention fairly often and always speaks her mind when the majority of attendees would rather just sit back and let things happen, afraid to stir the pot.

2018 Region 8 Volunteer of the Year:

Karen Steffy received the 2018 USDF Region 8 volunteer of the year award. Karen has been instrumental in upgrading our website, has ordered reusable water bottles for the volunteers at our shows, and continues to do that most thankless of all jobs – maintaining the club's ribbon inventory! Thanks Karen!

2019 Volunteer of the Year:

This year's volunteer of the year goes to someone who has consistently thought outside the box and gone out of her way to break tradition, in a good way. We have many new members, new names for our shows and have shaken up the old CDCT to let it morph in to a new club that is supportive and welcoming of new members. This extraordinary volunteer also exhibits grace under pressure when it comes to keeping her cool. She handled the stress of running a 2 ring dressage show with only one judge. Therefore, we award this year's volunteer of the year award, also known as the "Thinking Outside the Box" Award to Jane Marie Law.



CAYUGA DRESSAGE & COMBINED TRAINING CLUB, INC.

ANNUAL MEMBERSHIP APPLICATION

PLEASE PRINT:

Name: _____

Address: _____

Phone number (area code first): _____

Email: _____ Birth date: _____

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

Are you an instructor or trainer? ☐ Yes ☐ No

Dues renew each Nov. 1 to 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)

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 Shows: Planning, paperwork, grounds preparation, help on show day, etc.
- ☐ Western Dressage
- ☐ Combined Training
- ☐ Education/Clinic Committee
- ☐ Awards
- ☐ Publicity
- ☐ Newsletter
- ☐ Other: _____

Signed _____ Date: _____

Please make checks payable to CDCT, Inc.

Please mail application and dues to:

CDCT, Inc.

c/o Lauren Ostergren

205 Warren Place

Ithaca, NY 14850

607-227-4535

lauren.ostergren@gmail.com



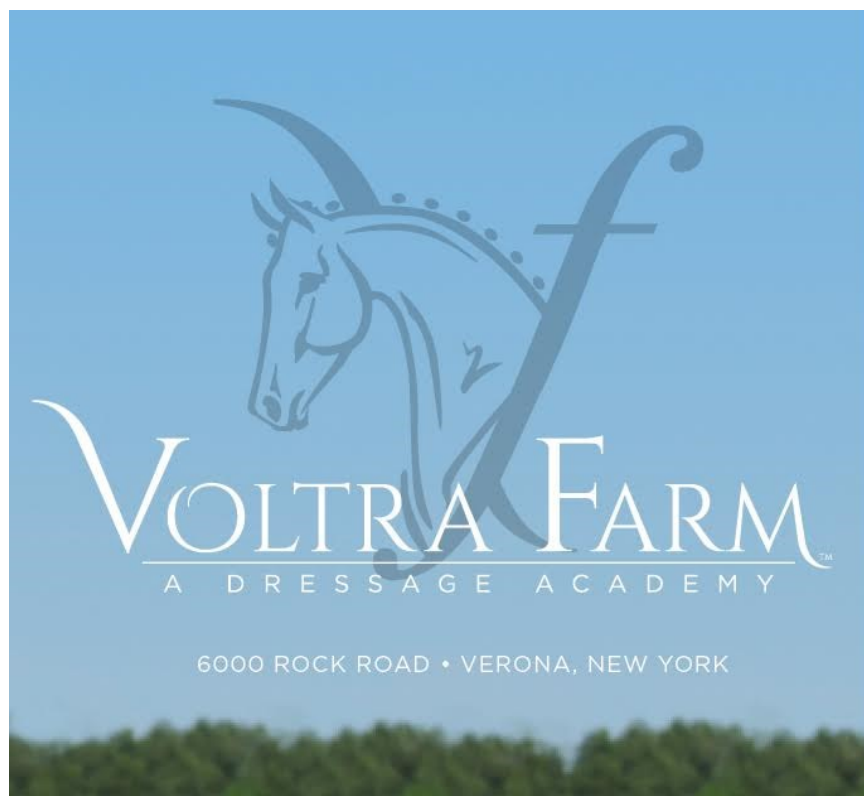
CDCT, INC. IS A GROUP MEMBER ORGANIZATION OF THE USDF;
CDCT MEMBERS ARE AUTOMATICALLY USDF GROUP MEMBERS.

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

Additional Local Dressage and Combined Training Groups

[Central NY Dressage and CT Association](#)
[Endless Mountains Dressage and Combined Training Club](#)
[Genesee Valley Riding and Driving Club](#)
[Western New York Dressage Association](#)



VOLTRA FARM PRESENTS

DEVELOPING YOUR FEEL

This series will break the rider's body down into parts - the seat and back, the upper and lower leg, and the rein, hand and arm - in order to allow participants to narrow their focus and develop a deeper understanding of what goes on in each of these *aid giving* regions. Michelle LaBarre will offer insights into rider biomechanics as well as conformation and how it affects the *aid giving* in this interactive and movement oriented series. Expect to think about your body in new ways and to feel your horse with increased refinement thanks to a better understanding of how your body can best interact with that of your horse.

A SEMINAR SERIES WITH **MICHELLE LABARRE**

THE SEAT AIDS

Sunday, November 11

THE LEG AIDS

Sunday, January 27

THE REIN AIDS

Sunday, March 24

10:00AM - 3:00PM LUNCH PROVIDED

6000 ROCK ROAD • VERONA, NEW YORK 13478

\$55 PRE-PURCHASE • \$65 WALK-IN

TO PURCHASE TICKETS, VISIT **WWW.VOLTRAFARM.COM**
CALL: **315-794-6469** OR EMAIL: **INFO@VOLTRAFARM.COM**

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.)



Green SmartPak Classic 75" waterproof turnout blanket, heavy weight (360 gram fill), excellent condition except one small rip in lining approx. 2" long. 840 denier ripstop, 100% polyester, \$75. (See <https://www.smartpakequine.com/pt/b/7374> for details.)



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.

Asking a firm \$1,200.

Mary Beth Adams
bhorse@mac.com
315-515-9556



Springfield Equine Retirement Farm

At Springfield Farm, we cherish a horse's individuality and appreciate his history. Each is cared for and loved as one of our own. Springfield Farm is a sixty-five acre farm located in the beautiful Finger Lakes Region of New York and just minutes from downtown Ithaca and Cornell University's Large Animal Hospital. Our care is based on the premise that each animal deserves the best quality of life, including one-on-one attention and focus on individual dietary, physical and emotional needs. Springfield Farm horses enjoy the maximum turnout that weather allows and individual stalls for those days that aren't so nice.

Boarding fees include feed, blanketing and plenty of individual attention. Veterinary and farrier services are billed to the owner at cost. As the owners of Springfield Farm, we live onsite and provide direct, personal care for all horses. The size of our operation is small by design. Our combined experience and education will give you complete confidence in your decision to retire your horse at Springfield Farm. Please feel free to contact Lori Elrod at 607-351-1499 or lori.elrod@gmail.com for additional information, request photos or arrange a visit. Visit us online at www.sfetech.net/equineretirement

For sale:

Rolling saddle rack - great for shows or to keep everything in one place \$80.00

Hard sided boot case \$25.00

Full size heavy duty shipping boots \$40.00

Black dressage pads \$10.00 each

For more information and additional photos, contact Sue Mulvey 607.343.2701 or piperhill589@gmail.com



CLASSIFIEDS

EQUINE SPORTS MEDICINE: performance enhancement through neurologic re-integration

Dr. Karen Gellman has practiced equine chiropractic and acupuncture for over 20 years, has an advanced degree in equine locomotion biomechanics, is an internationally recognized equine researcher and a featured speaker on posture and locomotion all over Europe and North America. She can help you and your horse become a more functional, integrated team.

Dr. Gellman is the only full service holistic veterinarian between Albany and Buffalo, offering acupuncture, chiropractic, homotoxicology, medical ozone, Chinese herbal formulas and nutraceuticals for horses and for companion animals. She specializes in Postural Rehabilitation, an integrative treatment that resets the postural control system, restoring neutral stance for healing, and relieving physical and emotional stress. PR helps your horse stretch forward, move more freely and connect more effectively with the rider. This modality is highly effective for long term injury rehabilitation, horses that have been rescued from neglect or abusive situations, and those who are sound, but not quite right, not as good as you think they could be.

Common problems helped by Dr. Gellman include:

- Neck or back pain
- Hind end pain
- Resistance to training
- Poor performance
- Uneven gait
- Chronic or recurrent lameness
- Slow injury healing
- Uneven foot size
- Poor foot quality
- Irritability/Anxiety

Contact to schedule an appointment at equinesportsmed@mac.com, or phone (607) 227-5406. More information, including downloadable educational materials at equinesportsmed.com. Happy Horse = Happy Rider workshops available for your facility! Check out Maximum Horsepower Research on Facebook.





Gale E. Wolfe

USDF Silver and Gold Medalist

USDF L Graduate

USDF Masters Challenge FEI Award

**Available for Lessons,
Clinics & Judging**

**ARIA Certified to Instruct Dressage
through USEF Third Level.**

**ARIA Certified for Hunt Seat,
Eventing, Western, Carriage Driving
and Recreational Riding.**

One of ARIA's Top 50 Instructors!



Distributor for Ansur Saddles

Rode all my FEI Level Tests in an Ansur!

www.galesequinefacility.com

Big Flats, NY 607-796-9821



Gale's Equine Facility

**Full Care Boarding and
Lessons based on
Classical Dressage**

WHO TO CONTACT:

Officers:

President:	Norm Johnson
Vice-President:	Skye-Anna Nye-Smith and Shannon Ryan-Dinsmore
Past President:	Jane-Marie Law
Treasurer:	Ginny Grove
Recording Secretary:	Jean Foley
Membership:	Lauren Ostergren
Newsletter and Website:	Karen Steffy
Social Media Manager:	Jane-Marie Law
Members at large:	Tina Matejka ('19) Dinah Guarino ('19) Bettina Wagner ('19) Janna Wagner ('20) Gale Wolfe ('20) Connie O'Hearn ('19)

Our Sponsors

[B and G Trailer Sales](#)

[Brookside Lumber & Brookside Farm](#)

[Carriage House Saddlery](#)

Cornerstone Wealth Management 585-623-5982

[Dryden Agway](#)

[Dryden Wine and Spirits](#)

[Early Winter Equine Medicine & Surgery](#)

[Finger Lakes Equine Practice](#)

[Gale's Equine Facility](#)

[HorseTech](#)

[IPM Laboratories Inc.](#)

[Jason Turk, Farrier](#)

Kirk Smith, Farrier 607-351-0125

[Mitchell's Western Store](#)

Thomas J. Martin, Farrier 315-729-3390

[Triple Crown Feeds](#)

[Voltra Farm](#)

Please send any additions for the newsletter to [Karen Steffy](#). Thanks!

CDCT, INC. IS A NON-PROFIT ORGANIZATION PROMOTING
DRESSAGE AND COMBINED TRAINING.

CDCT, INC. IS A GROUP MEMBER ORGANIZATION OF THE USDF;
THEREFORE, CDCT MEMBERS ARE AUTOMATICALLY USDF GROUP MEMBERS.