

COLLECTED NOTES



JANURARY 2018

FROM CDCTC'S PRESIDENT:

Dear Friends,

Let me take this opportunity to wish everyone a very good, healthy, and happy New Year. I have always been one to enjoy rituals of renewal, and the New Year is just that: a chance to drag out some tried and true rituals for starting over, improving the self, and revitalizing our lives. It is easy to get cynical about New Year's resolutions, but I have always felt that even if resolutions only improve your year by a few percentage points, over the course of a lifetime, one is headed in the right direction. We all must do what we can, even if it is in half measures. So, as club president this year, I am taking this chance to make some resolutions about things I will be striving to do this year for the club, and I hope you will join me.

1. I will be striving to make the club more inclusive of people with horses of all breeds. It is not just verbiage to say that dressage is good for every horse. Let's make that a reality and have this year be one where we see the greatest diversity of the equine athlete enjoying our club events. (Make sure those equine athletes bring their riders.)

2. I will be striving to make meetings more accessible to people from outlying areas. Many people have mentioned wanting to Skype into meetings. As a cardcarrying technophobe, this is a daunting proposition, but I will do my best.

(continued)

NEXT MEETING

January 7 at 10:00 a.m. , 16 Muriel Street, Ithaca, NY, jml16@cornell.edu

Pilates with a roller, taught by Johanna Goehner. Cost is free to club members. This one hour session will explore methods of fascial release for equestrians. We will have an extra roller, but those who are interested can purchase a roller in advance. https://www.optp.com/PRO-ROLLER-Soft?cat_id=204#.WhxoH_4VDct This meeting will be followed by a dish to pass brunch and our annual meeting to get the year started off. We will be rolling out events for the first half of the year and discussing our recognized and casual show.



**IT IS TIME TO SUBMIT YOUR
ANNUAL MEMBERSHIP DUES!**

**PLEASE SEE THE
INFORMATION ON PAGE 8.**

3. I will strive, with every fiber of my being, to make events in our club inclusive of and welcoming to young people. We need young people. Across the board, equestrian sports are losing the future generation and we need to regard this not as an inconvenience but as an animal welfare crisis.

4. I will strive to recognize excellence in our members, old and new, and showcase it as an inspiration to others. There are many hard working equestrians in our region whose work and talents go unnoticed. We need to help them feel validated and rewarded and nurture them so they can be successful.

5. I will be striving to make all club events as much fun as possible. I reserve the right to resort to shameless tactics such as costume themes, raffles, and food. It was determined a long time ago by my family that I suffer from a lack of social shame and this may be my year to draft that character trait into action for the common good.

6. I will be striving to make our recognized show a wild success, building on the long history of this show as a solid offering in our region. I intend to have fun with this and need your help, wisdom and good energy. My list could go on. I think you get the point. Let's work together to make 2018 a great year for us all, and make CDCT a club whose activities all allow us to say, at the close of 2018, "What a time! What a civilization!"



Warm regards,

Jane Marie Law

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MEMBER BIO: *KAREN STEFFY*

I guess it is my turn, after so many willing victims, er... volunteers, have written about themselves. I am your friendly neighborhood newsletter editor. The more cool stuff you send me, the better our newsletter is. Please send it to wonderpony92@gmail.com. Thanks!

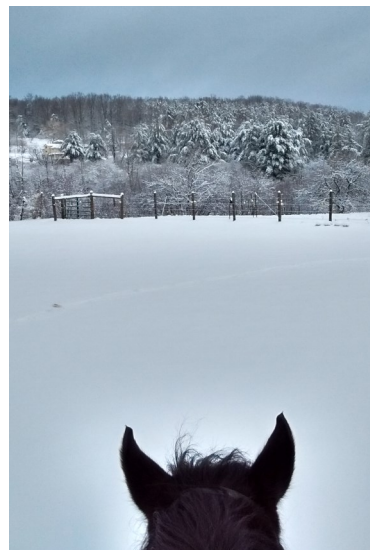
The photo to the right is one of my favorite morning views. I don't have an indoor, but I ride most mornings for 30-40 minutes before work. I love riding in the snow, and find it an excellent place to discover exactly how egg-shaped my 20m circles are. (Except this morning, when it was 4. Lazy, lazy, lazy.) Those ears belong to Draco, my 9 year old Connemara/TB cross. I have had him since he was 2.

Pre-Draco history: I rode my first pony at 10. Carmel belonged to a friend, and I was hooked. Sorry, Mom and Dad, not outgrowing the horsey phase. I started lessons at 11 and rode English and Western, and showed some 4-H, including a dismal showing at the NYS 4H show in which my beloved Spot Commander (Appaloosa, in case you didn't guess), stopped at the first fence three times and we were done. Spot became my high school graduation present, and shortly thereafter gave me the dent on top of my head and the ding in my right forearm, but I loved him dearly.

Fast forward to Katie, aka McEireBrook Lady Kathleen, aka Katie the WonderPony. Katie was three when I met her and fell instantly in love. A Greystone Connemara, she was out of my price range. Every once in a while, the stars align. Her owner was getting out of horses, and sold her to me for \$1. That was the best dollar I ever spent. Katie and I learned dressage and eventing, did many hunter paces with Ginny Grove and spent lots of happy hours exploring the woods and trails wherever we were. 21 years ago, I brought her back to the farm where she was born, and although we didn't have an indoor, we had 300+ acres of trails to play on. I promised her I would never take her back to a boarding barn. I kept that promise when I had her buried at one of our favorite spots this past spring. She was just shy of 28.

Back to Draco. Draco is an expert at teaching me about myself. I came off him when he was 3. He went sideways when a bird spooked him. I "sat down hard", as my son put it. I knew I was hurt, but figured an Advil or two and some ice would take care of it. I grabbed Draco, who was staring at me (Crazy Lady!), undid my saddle because it was hanging underneath him, let it fall to the ground (because I couldn't lift it), put him in his stall (no carrots, bad pony), and walked the 1/4 mile home. After a shower, an Advil and ice, my back was no better. My son cleverly pointed out that you can break your back and not be paralyzed. That led to a ride to the local ER, an ambulance ride to Syracuse, and screws and pins in my back for a fractured L1. It was six weeks before I could on again. I still remember that first ride. I was on for maybe 5 minutes and thought I would throw up. The next day, I tried again. And again, and again. Every day, I got up and got on, even though all I could stay on for was maybe 10 minutes, and all I could do was walk around the water trough. But, I was on.

I went back to having lessons with Cindy Bradley, who actually had to ride Draco for the first part of our lessons when he was four. Now, I am usually relaxed on Draco, almost every ride. We are expanding our territory. I still have moments where I get scared, but they are fewer and farther in between. My goals for this year are to refine our canter transitions, jump some bigger crossrails, and to make it to the top of the hill where Katie is buried.



CALENDAR

CDCT Shows and Events

- January 7 Monthly meeting, 10:00 a.m. , 16 Muriel Street, Ithaca, NY, jml16@cornell.edu
Pilates with a roller, taught by Johanna Goehner. Cost is free to club members. This one hour session will explore methods of fascial release for equestrians. We will have an extra roller, but those who are interested can purchase a roller in advance.
https://www.optp.com/PRO-ROLLER-Soft?cat_id=204#.WhxoH_4VDct
This meeting will be followed by a dish to pass brunch and our annual meeting to get the year started off. We will be rolling out events for the first half of the year and discussing our recognized and casual show.
- June 9 & 10 CDCT Recognized Shows, Chemung County Fairgrounds, Horseheads, NY
jml16@cornell.edu
- August 11- 12 CDCT Schooling Show and Clinic, John T. Oxley Equestrian Center, Cornell
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Other Area Shows and Events

- January 12 - 14 Clinic with Felicitas von Neumann-Cosel, Canterbury Stables,
www.canterburystablesny.com
- January 13 Being Present with our Horses: Using Meditation Techniques to Enhance our Enjoyment, Improve our Focus, and Get the Most out of our Barn Time; a clinic by Jane Marie Law, Professor of Japanese Religions, Cornell University. Professor Law has generously donated her time and the proceeds from the seminar will be donated to The Root Farm. www.voltrafarm.com
- January 27 Developing Your Eye: Rhythm, Balance and Conformation; a seminar with FEI Dressage Trainer and FEI International Judge, Carel Eijkenaar. www.voltrafarm.com
- February 17 Developing Your Eye: Straightness and Collection; a seminar with FEI Dressage Trainer and FEI International Judge, Carel Eijkenaar. www.voltrafarm.com
- March 10 Developing Your Eye: Perfecting Performance; a seminar with FEI Dressage Trainer and FEI International Judge, Carel Eijkenaar. www.voltrafarm.com
- April 23—27 Clinic with Arthur Kottas Heldenberg, <http://www.waltzinghorsesdressage.com/>
- August 5 Tanglewood Dressage Schooling Show, <http://www.cnydcta.org/calendar.html>
- September 25 - 30 Dressage at Devon, <https://www.dressageatdevon.org/>

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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.

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- Neck or back pain
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- 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.



CLASSIFIEDS

For Sale

Konig Semi-Custom Dressage Boots, German calf-leather and lining, leather sole and heel and spur rest. Stiff upper leather shaft on outside and stiffer up the back with outside Spanish-cut higher than inside for longer elegant leg appearance. Inside full-length custom zippers.

These boots are immaculate - worn 5 times for shows with no inner calf rubs, no heel rubs or scratches whatsoever. Never seen any rain. Heel is perfect and not worn down. Ankles are all broken in. Leather has been kept conditioned, stored with premium cedar boot trees and always kept inside my home in heated area.

Stamped numbers inside: #9679 (model), 4-1/2 European size/7-1/2 US, 48cm/18-57/64" (highest outside dimension to the floor), 38cm/14-61/64" (widest calf dimension). The tape measurements I took off the boots are as follows: 19-1/2" top of highest outside topline to floor, 17-1/2" inside lower topline to floor, boot fits naked calf size 13-1/4". My shoe size is 7-1/2 and boot easily fits with a light sock.

Cost of new Konigs is now between \$800-\$1000.00+. Asking \$700.00 which includes the cedar boot trees (new trees are \$50.00) plus any shipping cost. Accepting cash (preferred), certified bank check or money order only. No personal checks. Call 607-274-7445, Ithaca, NY.



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:

Charles Owen helmet: Style JR8, Size 7, gently used. \$75.

Field boots: Ariat, black, regular height, woman's, medium calf, used. 45\$.

Thermal half-chaps, Ariat, black, size, medium, used, \$5.

Two pair brown half-chaps, Ariat, size small, used, free.

Britches, woman's pair, tan, Devan Aire, size 32H, free.

Britches, woman's pair, dark gray, Goode Rider, size 32, free.

Dressage saddle pad, Dover, 25" long, 46" wide, unused, \$10.

Zippered padded tack bag, 18" tall, 26" long, 26" wide, \$15.

Contact Ed Machak at emachak@stny.rr.com



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PLEASE PRINT:

Name: _____

Address: _____

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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 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: _____

Please make checks payable to CDCT, Inc.

Please mail application and dues to:

CDCT, Inc.

c/o Lauren Ostergren

205 Warren Pl.

Ithaca, NY 14850

607-227-4535

lauren.ostergren@gmail.com



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WHO TO CONTACT:

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Vice-President:	Norm Johnson, njohnson@ithaca.edu
Past President:	Andrea Chamberlain, 6acham479@gmail.com
Treasurer:	Ginny Grove, vs24@cornell.edu
Recording Secretary:	Jean Foley, jpfoley34@gmail.com
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Please send any additions for the newsletter to
Karen Steffy, wonderpony92@gmail.com, by the first of each month. Thanks!

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