

# COLLECTED NOTES



NOVEMBER 2022

## FROM CDCTC's CO-PRESIDENT:

November marks the final month of another great year for our little club. As a Group Member Organization (GMO) through USDF, we follow their calendar year of December 1-November 30. Being in the northeast, this means that show season is pretty much over, the days are getting shorter, and that dreaded snow is just around the corner. But it also means that it's finally time for another CDCT Annual Meeting!

I would like to welcome you all to attend our Annual Meeting on November 13, 2022 from 3:30-6 PM at Healing Rein in Freeville, NY. It is a casual yet fun event with heavy libations and plenty of delicious food to snack on. All members are encouraged to attend and can even bring guests, just be sure to let us know so we can plan food accordingly. Our Annual Meeting is also our Awards Gala where we give our membership fun and creative awards and a couple performance-based ones too. Most importantly (to the club at least), the membership votes on approving new board members. Please make plans to attend, you won't regret it!

2022 may almost be over but we have done a ton this year! We started the year off with a virtual dressage show. We held another successful CDCT Keepin' It Casual Show at Asbury Equestrian. Our annual CDCT Dressage in Wine Country I and II recognized shows were well-attended and made a profit again (yay!). We've even already *(continued)*

**CONGRATULATIONS TO  
SHANNON RYAN-DINMORE,  
USDF REGION 8 VOLUNTEER  
OF THE YEAR!**

## UPCOMING EVENTS

November 13: Annual Meeting, 3:30-6 PM,  
Healing Rein Farm, 330 W Dryden Rd, Freeville,  
NY 13068

## IT'S TIME TO PAY YOUR DUES!

Dues for 2023 are due November 15, 2022.  
Dues can now be done completely electronically. A fillable pdf of the membership application is included in each month's newsletter.

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

started working on next year's shows! Thanks to a grant from The Dressage Foundation, we hosted a Centered Riding Clinic with Susan Kelley that garnered four new memberships and was a ton of fun. We hosted an unmounted biomechanics clinic with Michelle LaBarre and now we all own weighted hula hoops. Our website got an overhaul that's almost done. We bought a used trailer to store everything in one place! Our book club made it through two books and will resume shortly after a summer hiatus. We had in-person and virtual meetings as COVID and the weather continued to wax and wane. But most importantly, we had an action-packed year, spent quality time with friends and our horses, and made new memories while learning new things. I cannot thank everyone enough for making this year such a huge success! Let's bring that energy and make 2023 even bigger and better!

Ride all the ponies and jump all the things,

Shannon



# MASTERTSON METHOD WEEKEND SEMINAR WITH JULIE STEORTS

By Shannon Ryan-Dinmore

Masterson Method is a soft touch integrated bodywork methodology that releases tension in the horse. It is nationally and internationally recognized and requires a very thorough course load and mentorship program in order for anyone to achieve certification. Does this sound familiar? Well maybe you read my article in our February newsletter about attending an Introduction to Masterson Method Clinic at Healing Rein Farm in January of this year. This past month, I was able to complete the Masterson Method Weekend Seminar, also at Healing Rein Farm, which is the first step towards becoming certified.



After the Weekend Seminar, the next step towards certification is a Home Study Course and then an Advanced Five-Day Course. We had two wonderful people helping out who completed the Five-Day Course earlier this year and they couldn't say enough great things about it. You get to spend five days traveling to barns from different disciplines practicing Masterson Method and learning new techniques. After the Advanced Course, there are three Fieldwork Blocks with mentorship and case studies, and an Anatomy Course to complete. The program lets you go as far as you want, even if you don't want to become certified in the end. It sets you up for success and really strives to help facilitate the best learning and practices possible.

Our Weekend Seminar was comprised of two full days of hands-on learning under instruction from the incredible Julie Steorts. Julie is a Masterson Method Certified Practitioner (MMCP) from Arizona who teaches seminars, offers Masterson Method services, and cannot say enough good things about using Masterson on a number of rehab horses in her care throughout the years. She was very enthusiastic, thorough, quick to congratulate successes, and just an overall blast to be around. We were also fortunate to have three wonderful MMCP's on hand to assist all the students, Fredericka Warren (NY), Bernadette Bos (NY), and Devan DeStefano (NJ).

The prerequisite for attending the Weekend Seminar was to have read *Beyond Horse Massage*, the first book on Masterson Method that outlines a number of the techniques. The horses used for the weekend encompassed many breeds and sizes including draft crosses, thoroughbreds, minis, arabians, quarter horses, icelandics, and warmbloods, ranging from 5 years old up to 30! They also spanned a range of disciplines, having performed in hunter/jumpers, dressage, fox hunting, barrels, trail riding, western pleasure, and more. It was a real treat to be able to compare and contrast so many truly unique horses and assess how the bodywork helped them.

Saturday after check-in and introductions, we set off to work on Bladder Meridian and a number of other front end techniques. We got to watch Julie demonstrate everything and then worked in groups of two with a horse to try them out. We also got to switch horses so we were able to see how the techniques worked on a variety of shapes and sizes. Sunday morning we learned how to perform all the hind end techniques before spending the afternoon putting everything together and working on a fresh batch of horses, start to finish.

Having read the book, it was very refreshing to see the techniques performed in real-life while also being able to have instant feedback on my position and pressures. Sometimes translating text into actions is a challenge so being able to get help was really fabulous. I also observed every horse (6 in a session) come into the arena a little nervous, fidgety, and tense, and within minutes, relax, yawn, lick, chew, and really limber up. The first horse I worked with, a beautiful 27 year old thoroughbred mare, came in and just wanted to circle circle circle. After a few techniques were performed she was almost melting into the floor. Seriously, Sunday she came into the arena, picked a spot, and basically fell asleep because she was so relaxed. We also got to see a young horse who relaxed but wouldn't allow anything to be done to his hind end. Being able to listen and interpret what the horse is saying is an equally important lesson so I really appreciated a few instances of "what would you do if that happened?"

Overall it was a fabulous learning experience and gave me a lot of tools and confidence to help my own horses. I cannot thank Colleen Price enough for not only hosting and welcoming us all but also cooking delicious food all weekend. She's the hostess with the mostess and such a wealth of knowledge. Everytime I visit Healing Rein Farm, I'm blown away with the care, the atmosphere, and the amount of amazing people it brings together. I'm excited to continue my Masterson Method learning journey after such an informative, productive weekend. It's a fabulous modality and I just want to learn more!

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## **CDCT Meeting Minutes for October 19, 2022**

Submitted by Dinah Guarino

Attending: Shannon Ryan-Dinmore, Jane-Marie Law, Carol Morris, Norm Johnson, Colleen Price, Prin Furst, Tina Matejka, Karen Steffy, Anna Redmond, Sarah Hepler, Dinah Guarino, Jana Wagner.

Minutes from September meeting approved, motion by Colleen Price, second by Norm Johnson.

Treasurer's Report: The show made a profit and memberships will be rolling in shortly.

Old Business: The dressage ring still needs to be cleaned and the trailer re-organized, Jane-Marie and Shannon will do this. There are two boards that are damaged and it was noted that these arrived like this. Norm notified the company at the time and sent pictures, but got no response. Norm will send off a letter again to the company.

Tina stated that the chain arena does not need any more cones - issue resolved.

There are still 20 bags of shavings left from the show available for purchase. Please contact Shannon if you are interested.

The Centered Riding Clinic with Susan Kelley went well. Attendees were happy with it, and we got four new members. Articles and receipts coming. Thank you Colleen for all your hard work!

Shows for next year have many pieces in place: CDCT Keepin' It Casual Show on June 11, 2023, at Asbury Equestrian Center with Regina Cristo judging. CDCT Dressage in Wine Country I & II on August 26-27, 2023 at the Chemung Co. Fairgrounds with Cindy Canace and Kem Barbosa judging, Anita Jaffe as TD. Contracts are pending.

Book Club will be resuming shortly. Check the book club Facebook page for more info!

CDCT Annual Meeting and Awards Gala was discussed. The voted on date will be November 13, 2022 from 3:30-6 PM. Healing Rein will be the venue, and Jane-Marie will help set up and organize. Budgeting was recommended to be around \$15/person for food and drinks - free to club members, non-members may be charged a small fee. Sarah Hepler will get more wine and we also have some wine left from the recognized show. Jane-Marie will create a reservation form so we can plan food. Awards were discussed and decided that the awards committee will submit award ideas so the club can figure out a budget plan. There will be a vote on approving new board members during our Annual Meeting so please plan to attend!

New Business: Colleen Price would like to pursue having a Western Dressage Clinic in 2023. She would apply for the Lynn Palm Grant from The Dressage Foundation and already has a clinician interested in doing this. Shannon made a motion to move forward with this clinic and Jane-Marie seconded. Motion was heartily approved by the group.

The club wants to open the CDCT Store again soon! Time to buy more swag!

USDF Annual Convention: Jane-Marie is attending as our GMO Proxy Delegate as well as PM Delegate for Region 8. A stipend of \$500 towards expenses has been standard in the past. The club also intends to send a GMO Basket with her with a \$100 budget.

Membership renewals are encouraged by November 15th to avoid GMO benefit interruptions. Please visit our website for more info on renewing or joining.

Meeting was adjourned at 2110. Motion to adjourn by Norm, second by Karen Steffy. Next meeting will be November 13, 2022.

# 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.

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## CDCT COMMITTEES FOR 2022

PLEASE LET [SHANNON](#) KNOW WHICH ONE YOU WOULD LIKE TO BE ON!

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

*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.*

# 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. 15<sup>th</sup>.** 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)

Business 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 [dressageithaca@gmail.com](mailto:dressageithaca@gmail.com)

Paypal link: [dressageithaca@gmail.com](mailto:dressageithaca@gmail.com)

For hard copy submissions:

Please make checks payable to CDCT, Inc and send to

330 W Dryden Rd, Freeville, NY 13068



CDCT, INC. IS A GROUP MEMBER ORGANIZATION OF THE USDF.  
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# CALENDAR

**CDTC Events: Stay tuned!**

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.\*\*\*

## *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](#)



**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.

## 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)

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## Our Sponsors

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

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