

# COLLECTED NOTES

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FEBRUARY 2015

**Nutrena/USDF Adult Clinic Series**

**Adult Amateur  
Opportunity**

## Creating A Winning Partnership With Your Horse



Featuring Kathy Connelly and Betsy Steiner

Region 8—April 25-26, 2015  
at Ard Eevin Stables in Nunda, NY.

Use the online application form located on the  
USDF site at [http://www.usdf.org/education/  
clinics/adult/dates-locations.asp](http://www.usdf.org/education/clinics/adult/dates-locations.asp)

### COMING CDCT EVENTS !

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#### NEXT MEETING

MARCH 7, 2015  
AT JANE-MARIE LAW'S HOUSE  
16 MURIEL ST, ITHACA, NY.

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**Check out the USDF website**



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### Membership Renewals

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*CDCT, Inc. offers 3-year  
membership options!  
Form is included in this newsletter*



## Meeting Minutes January 10, 2015

*submitted by Kathy Thode*

Members Present: Andrea Chamberlain, Carol Morris, Ginny Grove, Karen Steffy, Kathy Thode, Donna Young, Sue Mulvey, Nancy Asher, Jane Marie Law, Dinah Guarino and Connie O'Hearn

**Financial Report:** Ginny Grove, treasurer — Checking Account -5790.71; CD - \$7755.58.

**Membership reports:** There are 40 paid up members with 4 new members for 2015. There are 17 members from 2014 who have not as yet renewed. Donna has sent out reminder emails to them.

### Plans for 2015:

**June 27/28 Schooling Show/USDF Recognized Show:** NYDCTA Pam Wooding, an "S" level judge, is hired for both days. Still working on hiring a small "r" judge for the weekend and a TD. Jacqui Ritchie will again be the secretary. The fees for the Chemung County Fairgrounds now include a \$100. Deposit, to be returned if the grounds are left in good shape. Marlene and Frank will once again do the concession. Karen S. will contact Finger Lakes Equine Practice to be the vet on call. Donna has contacted Randy Ring to be the show Farrier and Marion Boyko will be the show photographer. There was talk once again about having a specific photo area decorated with flowers and the CDCT Banner in order to take some posed shots. Donna will be contacting Mike Kone to handle the EMT duties. Kathy T. will contact the high school riding club at Foxmore Farm for arena set up/take down again this year. All agreed this was money well spent. Nancy A. made a suggestion that we check the insurance coverage on the group especially since many were likely less than 18 years old. Ginny will check with Blue Bridle Insurance. The tent company will be hired to put a tent over the bleachers at the show.

The notes from the 2013 CDCT show were reviewed. One of the suggestions was that a list of show duties and jobs be written down and Donna agreed to do this.

Connie O. and Sue M. agreed to work together as the volunteer coordinators. Jane Marie L. will donate her time as Announcer and Dinah G. will do the Wine and Cheese party. Several members offered to contact some show sponsors for Kathy T, the sponsorship committee chair.

A suggestion was made that a ribbon box be provided for competitors to recycle their ribbons if they so choose.

**Casual Show:** Date is planned for August 15<sup>th</sup> at Oxley Equestrian Center. The judge will be a small "r". Jane Marie L. volunteered to house the judge if needed in her B&B located nearby.

**Desensitization Clinic:** Due to the wide appeal of the first clinic, the hope is to have Mary Hogencamp back for another weekend clinic, possibly Oct.

**Wendy Murdock clinic Proposal:** The board discussed the proposal to host this clinic. The costs seemed a bit steep and there were questions as to whether there was enough interest to cover the costs. Also the venue was a concern. The Education Committee will review the proposal and report back to the board.

**Awards Committee:** Alternate venues were suggested. They will be looked into by Jane Marie L. and Donna Y.

**By Laws Changes:** It was decided that there was no need to have term limits on the CDCT officers at this time.

**Summer Camp/Clinic:** Sue M, Carol M, and Nancy A. agreed to work on ideas for a camp or clinic.

**New Business:** Dinah G. talked about a new magazine called New York Horse. Nancy Asher passed around fliers for two clinics to be held at Canterbury Stables: Gary Rockwell Jan 30<sup>th</sup>- Feb 1<sup>st</sup>; Niall Quirk Feb 27<sup>th</sup> – Mar 1<sup>st</sup>.

Carol M. talked about the possibility of offering another fall schooling show.

Next Meeting: March 7<sup>th</sup> at Jane Marie Law's home: 16 Muriel St, Ithaca. Sue M. made the suggestion that we have a Pilates/yoga instructor come to the next meeting to work with us and Jane Marie L. offered her living room floor.

## Report from the 2014 USDF Convention

*submitted by Kathy Thode and Carol Morris*

We were glad to be able to attend 2014 USDF Annual Convention. For the first time, it was held in Region 8, in the lovely city of Boston.

Over the course of the three days, we attended both business and educational meetings. The educational topics were mostly very interesting and pertinent for the attendees. It was good to be able to hear the latest research on feeding, saddle fit, and biomechanics and to have the chance to ask questions. The business meetings were kept moving along and it was good to hear how the organization is doing financially. The organization is continuing to develop programs that fit the needs of all the members.

Each morning (before the coffee was ready!) Conference attendees were invited to spend time with fitness trainer, Lisa Carusone. Lisa is also an upper level dressage rider so she is familiar with what is needed for rider fitness and how posture and structure are affected by it. Each day of the fitness class had a different focus. The first day was Body Reading, the next day was Movement Awareness and the third day was Reaching the Next Level in Your Personal Fitness. This final day was with Lisa's personal trainer who runs several boxing gyms in the Boston area. He was disabled from a gunshot wound in his neck and had been able to return to walking and exercising when his doctors had told him he never would. It was a real workout by an inspiring individual.

**Betsy** Steiner and Kathy Connelly presented program that was a preamble to their upcoming Adult Clinic series "How to develop a winning program and partnership with your horse". A few of the highlights:

The whip amplifies; the spur refines.

Dressage (any riding!) requires infinite patience.

Long-lining is a useful tool to teach contact.

Channel energy from the lower leg to the thigh to the hand.

Betsy and Kathy have developed an interesting chart, describing the rider's and horse's requirements for each building block in the training scale. Several of the USDF e-Trak videos discuss these ideas, especially ID # 291 (Core values), 945 (Through the levels in pictures), 289 (The willing horse), 366, (Turn, Turn, Turn), 422 (Grand Prix lesson), and 1752 (The crooked horse). The two women had a great rapport between them and they did a grand sales pitch for their upcoming clinic.

Dr. Hilary Clayton presented "Going in Circles: Biomechanics of working your horse in circles". She explained how they tested the weighting of the horse's legs on special equipment. The horses trotted over the device and they could determine which muscles are strengthened by exercising on a circle and which structures are at risk of injury. Her research and many of the educational topics were videotaped so they will eventually be on the USDF website. A few of her points included:

The horse should ideally travel with the head and neck on the circle, not bent inwards.

The propulsion comes from the hind legs, although there is greater weight on the front legs.

"There are no shortcuts to dressage, only to lameness".

Some of the educational topics were in fact put on by the various vendors and sponsors of USDF. The presenters expounded on Saddle Fit (Schleese Saddles), Equine Ulcers (Succeed), Performance Horse Nutrition (Nutrena), Joint Health Therapy (Adequan), and The Importance of Premium Forage (Standlee Premium Western Forage). We received a complimentary copy of the Schleese DVD, Beyond the 9 points of Saddle Fitting. This will become part of the CDCT educational library.

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The topic “The Good the Bad and the Ugly” presented by **Kristi Wysocki and Bill Solyntjes** was very informative in helping to discern good conformation from bad. They provided lots of photos to help explain how to determine good conformation with an array of plumb lines on a photograph. They suggested doing a photo of our own horses and drawing the plumb lines on it to see how suitable our horse’s conformation is for dressage. This might be a fun activity for a future meeting.

The two Region 8 Meetings were well attended. Our Regional Director, Debra Reinhart led the group in making the decision of where to hold the USDF clinic with Betsy Steiner and Kathy Connelly. With about nine stables wanting to host the clinic, our area fortunately won the vote and will be hosting this noteworthy clinic in our area. The Region 8 Nutrena/USDF Adult Clinic will be at Dan Mar Stable in Nunda on April 25-26, 2015. More information and applications can be found at <http://www.usdf.org/education/clinics/adult/index.asp>

We received a nice thank you note from the riders who participated in the Dressage Finals for our \$100 contribution to the purchase of saddle pads and caps. Cayuga was one of only 3 GMO’s in Region 8 who contributed.

The next Region 8 meeting will be April 11, at the Amherst Brewery. It was suggested that arrangements be made to attend via Skype or similar.

The **Freestyle Committee Meeting** was mostly a discussion of some changes that have been made to the test sheets. The Committee talked about the importance of riders keeping the tests shorter rather than longer. For instance, the winning freestyle tests at the National Dressage Finals were all the most straightforward and concise tests rather than the tests that incorporated endless circles and too much repetition of movements.

If the music in a freestyle ride fails before or during the test, the rider can, with the permission of the judge at “C”, leave the arena or start at a later time. The rescheduled freestyle can be restarted during a scheduled break or at the end of the competition. The marks already given will not be changed and the judging will restart at the point of the interruption.

Of note to our show competition management, the show program must publish a time when competitors can do sound checks of their music either the day prior to the competition or prior to the scheduled class.

The **Group Member Organization Committee** talked long and hard about the effectiveness and the lack of participation in the various awards categories, the most troubling void being the volunteer awards. It really is a sorry situation that we as members fail to nominate members year after year when there are so many members in our clubs that do so much and deserve to be recognized. The winner of the Region 8 Volunteer of the Year received a lovely glass trophy and a Gift Certificate for a future Annual Convention- a very nice recognition. The committee admitted that they were seldom contacted by GMO’s for any assistance or help.

One item on the GMO Committee agenda was the requirement to have a minimum of 25 members annually in all the USDF GMO’s. The number of members required to start a GMO is twenty-five and there are about 9-12 clubs that have fallen below this number. The consensus was to begin by writing the clubs and offering to help in any way possible to increase the club’s membership but to also point out that they need to get up to the minimum number within the next three years.

The **Adult Programs Committee** discussed the upcoming Clinic series, as well as issues related to professional versus amateur participants. The consensus was that the Adult Clinics are focused more on professionals than on amateurs. 5 of 9 clinics did not get 8 applications from Adult Amateurs. It turns out that USDF has no way to know what percentage of the membership is adult amateurs. This is something that may be researched in the future.

There is an AA page on the USDF website. This includes the application for the upcoming Adult Clinic to be hosted in Region 8 by DanMar Farm, near Rochester. Groups of 6 or more auditors will receive \$10 off the fees. Each Region has a representative on the AA committee of USDF.

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The **Board of Governors** (BOG) meetings stretched over 2 days. Thankfully, George Williams runs a nice, tight meeting, and we got through the agenda in a timely manner. Much of the meeting was given over to statistics from the past competition year.

The Dressage Finals, in its second year, had 404 entries from 39 states, with a total of 959 rides. All regions were represented, with 50 riders from Region 8. About half of the riders were AA's.

The Dressage Foundation (TDF) has \$200,000 available on an annual basis to support a variety of activities. All USDF members are encouraged to apply.

**President's Report:** In general, membership levels are stable or increasing. Increases in participation were seen especially at FEI, GAIG's, and Regional Championships. USDF horse registrations are also up.

**Executive Director's report:**

Website offers more for AA's, a pony page, and USEF rule changes.

eTrak has been revamped to add additional links.

Score sheets for the new 2015 tests are available free online.

Dressage Extensions is a new USDF partner. Member perks may be used for marketing, increasing GMO membership, etc.

There are a number of podcasts available at the USDF website.

Marketing materials for use by GMO's are available on the website as well.

Upcoming conventions: 2015 Las Vegas; 2016 St. Louis

**Treasurer's report:**

Income: 54% from membership dues

Expenses: 34% Member services

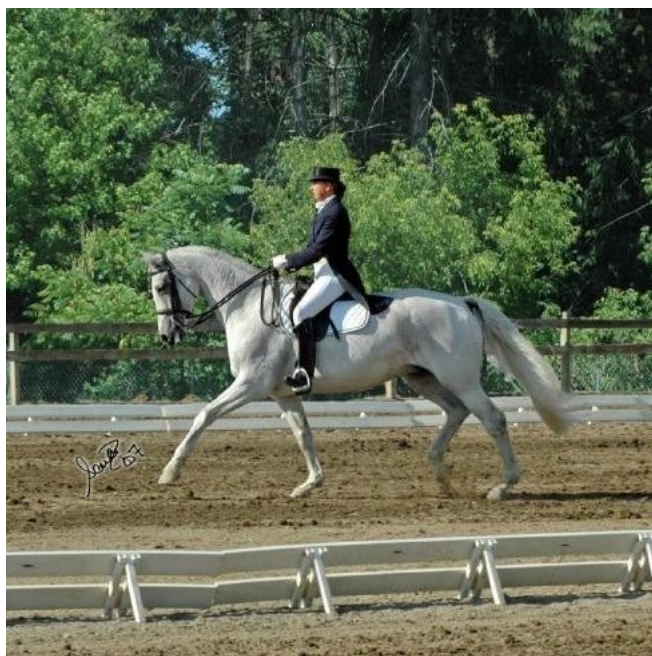
24% competitions, marketing, programs, and education

The USDF Convention is a great opportunity to see USDF in action, meet old friends and make some new ones, and have a bit of fun on the side. We would encourage CDCT members to try to attend in the future.

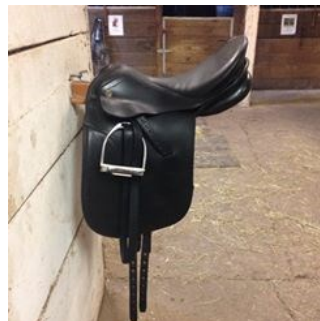


## CLASSIFIED ADS

**Dressage Instructor** - Donna Young, USDF Gold, Silver and Bronze Medalist and USDF Certified Instructor. Available for lessons and training in Classical Dressage to dedicated horse lovers, for competition or pleasure. Personally trained three sister Trakehners to Grand Prix, and coached 5 students to Silver Medals, and 5 students to Bronze Medals. Owner/operator of Crooked Creek Farm in Binghamton, NY since 1984. Manager of the Cayuga Dressage & CT annual USEF/USDF recognized Dressage Competition. Contact information: 607-669-4156 or email [dyoung@binghamton.edu](mailto:dyoung@binghamton.edu).



**For Sale:** 17" Niedersuss Dressage Saddle: MW Tree. This saddle is in good condition with only some minor stretching of billet straps (still plenty of life in them before needing to be replaced). I love riding in this saddle and am only selling because it does not fit my horse. \$650 contact [enew-ton2@mail.naz.edu](mailto:enew-ton2@mail.naz.edu)



## CLASSIFIED ADS

**Dressage Instructor** - Cynthia Bradley welcomes new clients in the Central NY region for riding instruction and training in classical dressage.

Cindy is a USEF "r" Eventing judge and is a USDF Silver & Bronze Medalist, graduate of the USDF "L" program; she attained her USPC "A" rating, and has taught riding for nearly 20 years. She has experience with Warmbloods,

Quarter Horses, TB, Draft breeds, Arabians, and ponies and is currently competing her own horse, a Canadian Warmblood named Lawrence at Prix St George. She trains regularly with Lauren Sammis International Dressage competitor and Pan American Gold and Silver medalist as well as USDF Gold, Silver & Bronze Medalist. Cindy believes that riding should be a positive, enriching experience for both horse and rider, and she works enthusiastically with novices as well as upper level dressage students.

Cindy is happy to travel to students' own farms or boarding barns and can teach on a range of excellent school horses in the Ithaca area.

Call 607-222-8814 or email [cindymancini2@aol.com](mailto:cindymancini2@aol.com).

Fully insured & references available.



Photo by Centerline Event at Saugerties 2013 4th Level Test 2



Photo taken at NEDA Fall Festival 2013 Prix St George

**For Sale:** 17" Albion SL dressage saddle for sale. Cost new is currently \$3500.00. Selling for \$2400.00. Gently used, wide tree. Lovely saddle to ride in. Contact Mary Beth Adams at 315-515-9556 for a trial.



# CAYUGA DRESSAGE & COMBINED TRAINING CLUB, INC.

## ANNUAL MEMBERSHIP APPLICATION

PLEASE PRINT:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Home phone (area code first): \_\_\_\_\_

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)

☐ Individual 3 - Year Membership (\$100)

☐ Family 3 - Year Membership (\$125)

☐ Junior 3 - Year Membership (\$70)

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

☐ Education/Clinic Committee

☐ Awards

☐ Newsletter

☐ Other: \_\_\_\_\_

Please make checks payable to CDCT, Inc.

Please mail application and dues to:

CDCT, Inc.

c/o Donna Young

11 Cline Road

Binghamton, NY 13903



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



## WHO TO CONTACT:

### Officers:

President: Andrea Chamberlain (907) 342-0076 [acham479@gmail.com](mailto:acham479@gmail.com)

Vice-President: Connie O'Hearn (315) 730-9124 [ohearn3@netzero.net](mailto:ohearn3@netzero.net)

Past President: Carol Morris (607) 753-7256 [cmorris1050@gmail.com](mailto:cmorris1050@gmail.com)

Treasurer: Ginny Grove (607) 387-9253 [vs24@cornell.edu](mailto:vs24@cornell.edu)

Recording Secretary: Kathy Thode (315) 497-2002. [kthode3@gmail.com](mailto:kthode3@gmail.com)  
and Chris Hand (607) 292-6084 [chand2@roadrunner.com](mailto:chand2@roadrunner.com)

Membership: Donna Young (604) 669-4156, [dyoung@binghamton.edu](mailto:dyoung@binghamton.edu)

Web mistress: Karen Steffy (607) 342-8144 [wonderpony92@gmail.com](mailto:wonderpony92@gmail.com)

Newsletter: Diane Moose (315) 729-0383 [meadowsbr@tds.net](mailto:meadowsbr@tds.net)

### Committees:

Education: Sue Mulvey, Jane Marie Law & Chris Hand

Sponsorship: Dinah Guarino & Kathy Thode

Dressage (show, clinics): Connie O'Hearn, Ginny Grove, Barb Knoblauch, & Chris Hand

Publicity: Kathleen Hefferon

Combined Training: Tarene Friedman & Sally Lawrence

Jr/Young Rider: Connie O'Hearn, Kathy Thode, Dinah Guarino & Diane Moose

Awards: Karen Steffy

You can call me if you need me: Molly DeTuri, Diane Moose, Bethanne Beckhorn and Carol Morris



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CDCT, INC. IS A GROUP MEMBER ORGANIZATION OF THE USDF;  
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We're on the web!

<http://www.cayugadressage.org>

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