

# COLLECTED NOTES



NOVEMBER 2021

## FROM CDCTC'S CO-PRESIDENT:

And just like that, we're in the final month of our calendar year (and the start of blanket season)! USDF, and therefore you and your membership, run from December 1st through November 30th. That means that it is time to renew your membership dues! Please try and get those to Jennifer before December 1st; it's best to submit the new roster to USDF at the very start of the year. And to kick off the new year/culminate 2021, the Annual USDF Convention will be held December 1st -4th virtually to be enjoyed by all. Zoom on in and learn about new rule changes and explore some cool seminar topics, all while earning USDF credit! The convention schedule should be on USDF's website shortly.

Our final meeting of the year will take place virtually on November 20, 2021 at 6PM. This is one of the most important meetings of the year because we vote on filling a few board positions, recap how the year went, and plan out new events for next year. Thank you to everyone who submitted survey responses! We will also discuss plans for our January meeting, historically involving a fitness session, that will kick off 2022.

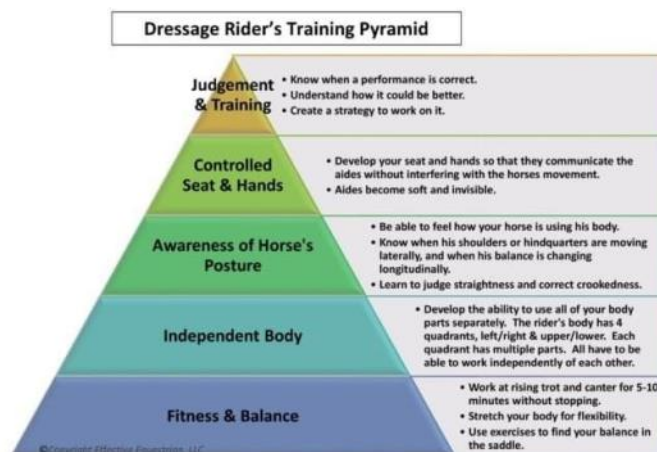
Last year in lieu of the pandemic messing with our already short New England show season, we asked members to submit "awards" for their horses. We got all sorts of fun answers such as the good egg award, most likely to hog all the snacks, Sherlock Holmes, best companion, and more. *(continued)*

## UPCOMING EVENTS

**November 20:** 6 pm. Annual Meeting via zoom. Link will be sent.

## IT'S TIME TO PAY YOUR DUES!

Dues for 2022 are due November 1, 2021. Dues can now be done completely electronically. A fillable pdf of the membership application is included in each month's newsletter.



This year we want an award or musing that your horse(s) would give to you (with photos)! Get creative and get those into [Karen](#) pronto. They may just make it into a future newsletter or a social media post!

As always, this club gets to be what you make it. If you have ideas for new events, want to host something, want to form a new committee, or think something needs to be changed, please let us know! We managed to have two one-day recognized shows, a casual show, a three-day riding symposium, a virtual show, a LRK3DE tailgating party, a book club, and more in 2021. Let's fill 2022 with even more fun, educational opportunities and continue to grow this club! Thank you to everyone who volunteered, offered advice, took on leadership roles, and problem-solved issues this year. Your help and support continues to make this club successful and impactful for our region. Here's to 2022!



Ride all the ponies and jump all the things,

Shannon

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## **USDF REGION 8 REQUEST:**

Good evening. I am running for the position of our Regional Director, and I would love to help you with content for your newsletter. I have sent this email to your president, and hope that you could include it in your next newsletter. I also would be happy to be interviewed to talk about my ideas to represent our region. I think it is important to get the input from everyone in our region!

I grew up in the suburbs of Chicago – hunter-jumper territory – and rode as often as possible, but of course not as much as I would have liked. After college in Massachusetts (riding was a sports credit!), I moved to the Big City – New York. My career started in Investment Banking and I was the recipient of a competitive fellowship from my firm to attend business school and received an MBA. I had the opportunity to travel extensively and even spend a few years living in Hong Kong. Believe it or not, I was actually able to take up my riding passion there, although it was quite the experience! I now work as a consultant, which in addition to allowing me to work from home in the beautiful Hudson Valley of New York, gives me time to pursue other interests in various non-profit organizations. I have served in several *(continued)*

roles on the Board of The Southlands Foundation in Rhinebeck NY, and I am currently the Treasurer of NEDA. For the past ten years I've been the Volunteer Manager for the NEDA Fall Festival and Region 8 Championships, a huge undertaking. This year we had more than 110 volunteers, and I am comfortable managing opinions, people and personalities. I am a very active volunteer at local dressage shows and horse trials. And of course, it goes without saying that I am passionate about dressage! I purchased my first horse 20 years ago, discovered dressage and haven't looked back since. I am the textbook definition of an adult amateur and look forward to representing every dressage rider in Region 8.

I would really appreciate any questions or comments about your experience as a member of USDF, Region 8, or your GMO. I look forward to sharing more about me in the next few weeks, and I hope that you will give me your support as our Regional Director.

Thanks,

Helen van der Voort

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## A DAY AT THE SYMPOSIUM

By Norm Johnson

On October 1, 2 and 3 CDCT finally, after a year's delay was able to realize Jane-Marie Law's passion project, the symposium, "Rhythm and Balance: Riding Through the Dressage Levels." This event came about as a result of a grant Jane-Marie wrote to the Dressage Foundation. The foundation generously allowed the grant to extend another year as we slowly crept out of the "covid cocoon." With Lisa El-Ramey as the clinician, club members and guests gathered at Bettina and Jana Wagner's lovely Easy Gait Farm in Cincinnati for three days of learning, observing, visiting and feasting. In traditional CDCT style a tasty smorgasbord was laid out for lunch, at least on Saturday, the day this writer was able to attend. There were "dish to pass" gatherings on Friday and Saturday after the days' work and some folks continued on into Monday at another location for more intensive work with Lisa.

Although the day started out pretty chilly, the sun prevailed and by mid-afternoon it was T-shirt weather. The stunning arena was light and airy and a wonderfully comfortable place to spend a day - or more - steeped in dressage culture. On the day I attended rides were organized from training level upwards to Intermediate B, so it was a good day to see and hear about the differences expected of our horses as they move up through the levels.

After lunch Mike Marleau gave a brief, yet energizing talk about hydration for riders - and anyone else. Who knew that by the time you feel thirsty you are actually well past the point where you should have been hydrated? So, we all began the afternoon with a group chant of "drink more water." I wish I could get my mare on board with that when we are away from home.

We then proceeded to the parade of breeds represented in the symposium. We had: *(continued)*

an Akhal-Teke, a Lusitano, a Morgan, a Brandenburg, a Hanoverian and a Connemara. Each breed's history was described and the owners offered anecdotal comments about their horses. Lisa then pointed out the advantages of each individual as a dressage horse and the way that dressage training might benefit each. Last, but not least, Bettina talked about the Icelandic horses she breeds while Jana and Mike presented two individuals in the arena. I was surprised to learn that Icelandics can have up to five gaits, though that varies from individual to individual. Then, we were back to work.

On Friday the group had talked about the "agreement" we make with our horses. While there was not an explanation of the background of that discussion, it immediately made total sense. Implicit in the name is the fact that we need to recognize what is possible for a horse at any given stage in its training as well as what our half of the bargain might be as the rider/trainer. In other words, "If we are to develop to grand prix together, this is what I understand you need, dear horse, and in turn, this is how I will ride and train you." This was timely for me as I had just begun the slow rehab process with GG Marquez after her long lay-up with a "laminitic episode" this past summer. I had been thinking that now would be a great time to correct some things (in both of us) and come back better than before: hence, our "agreement" which would sound something like: "If I take the time you need to come back strong - and sound - then we will both do this together." It seems pretty basic, but I had never thought about my working relationship with a horse as an agreement - a two-way street, and I like it.

What follows are some of my notes from the day, in no particular order.

Lisa felt that, in general, many riders are simply not asking for impulsion from their horses. Based on that comment, I spent a good deal of the day watching the stifle and each new horse's use of the back legs and ribcage.

Changing the bend supple the horse and it's not just about the front end.

"The shoulder in and half pass are exactly the same except for the track."

The "Face the bull" exercise asks us to move the horse around a fixed point in front of horse

Rocking the horse back with the hips helps balance him.

Riding the corners is critical, especially for setting up whatever is coming next.

The rider's torso has three sections: shoulder, mid-section (abs) and hips, all of which can be used independently or together.

When talking about accuracy in a test, it is the "seat and legs that do the talking."

There was a great deal of talk about imagining the feeling of dragging a weight from behind us on the ground. That weight would be attached to our hips/waist.

The rider's calf should be lined up with the center of a circle in corners and on all arcs.

Holding the whip on the shoulder can be helpful in getting the horse to stop dropping his shoulder.

"To feel, we need to whisper with our hands, not shout."

Most of us know we have a good side and a weaker side and we know the same about our horses. So, "quieting the strong side" is the solution, not strengthening the weaker side.

All in all, I had a great day. It was energizing to see so many folks in person once again and it left me hungry to be back to work with my own mare.

Looking forward to more events like this,  
Norm

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## **10/7/21 Meeting**

Attendance: Shannon Ryan-Dinmore, Skye-Anna Nye-Smith, Prin Furst, Jane-Marie Law, Carol Morris, Sarah Hepler, Tina Matejka, Emily Urban, Karen Steffy, Kathy Thode, Colleen Price.

Commenced at 7:10PM.

- **September meeting minutes** unanimously approved.
- No **treasurer's report** presented - treasurer not in attendance.

### **2021 DIWC Bonus Payment:**

- Jana sent the show review to Jane-Marie who announced that our shows made over \$12,000 in profit.
- It was suggested that past entry numbers be checked to decide on a new pay rate going forward, ie, 0-50 entries will get x base rate, 50+ adds y bonus.
- Still more discussion needed to solidify a bonus payment for 2021's shows.
- Someone may check what other show staff get paid.
- It was noted that this year's show encompassed two years worth of work since our 2020 shows got cancelled late.
- Our club member staff did not have lodging or travel fees that outside people typically get paid for.

### **DIWC 2022:**

- Anita Jaffe and Stan are interested in being show secretary and manager. Anita will also TD but not charge double.
- Someone from the Western NY show management may also be interested.

## **Riding Through the Levels Symposium with Lisa El-Ramey:**

- It was a great venue choice and the limited stabling worked out well.
- There were some last minute cancellations but gaps were filled with lectures.
- There was a lot of good food - donuts, soups, chili, and beverages.
- Lisa did a phenomenal job and it was a big success.
- Everyone loved the parade of breeds and thought it was neat to hear about differences in horses while they were all present in the ring - Morgan, Icelandic, Akhal-Teke, Brandenburg, Connemara, Hanoverian, etc.
- Our symposium was made possible by a grant from The Dressage Foundation.

## **Twin Tiers Classic Horse Show Series:**

- Stasia Newell and DJ Reed are trying to add Western Dressage to some of the Twin Tiers Classic Horse Shows in 2022 at the Chemung County Fairgrounds.
- Possible grant opportunities to have a Western Dressage Clinic beforehand.
- It was proposed that we let them borrow our chain dressage in exchange for sponsorship.
- Jane-Marie motioned, Kathy Thode seconded. Everyone was in favor.

## **Healing Rein Clinic:**

- Colleen is looking at hosting a clinic at Healing Rein in the coming year.
- Planning to apply for a grant from The Dressage Foundation.
- It will be dressage/Feldenkrais/Franklin Method-centric. Creating a better rider through body awareness.

## **November Annual Meeting:**

- A survey will be sent out to figure out the date and time for our virtual meeting.
- We have three at-large board members up for renewal. A nomination survey will be sent out and nominees will be voted on during the meeting.
- We are doing self-nominated horse awards again. This year's theme is, "**what your horse would say about you.**"
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**Don't forget to renew your dues and start thinking about what committees you want to be a part of in 2022.**

## **USDF Convention:**

- We are doing a GMO basket this year. Jane-Marie will put something together within a \$100 budget.

## **2022 Keeping It Casual Show:**

- Comparable date to this year will be June 19th. Tina, Norm, and Deirdre will talk.

# CALENDAR

## CDTC Events:

**November 20:** 6 pm. Annual Meeting via zoom. Link will be sent.

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. This list focuses on dressage, eventing, and jumpers.\*\*\*

## *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](#)

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## REMEMBER!

**USEF Safesport refresher** is required for all show officials, as well as competitors. Please complete or update your training at the USDF's [Safesport](#) training site.

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## 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.



**CDCT COMMITTEES FOR 2021**  
**PLEASE LET [SHANNON](#) KNOW WHICH**  
**COMMITTEE YOU WOULD LIKE TO BE ON!**

<p><b>RECOGNIZED SHOW:</b>            Skye-Anna Nye-Smith (Manager)            Shannon Ryan-Dinmore            (Secretary) - Cochair            Jean Foley            Dinah Guarino            Sarah Hepler            Norm Johnson - Cochair            Jane-Marie Law            Tina Matejka            Carol Morris            Anna Redmond</p>	<p><b>COMBINED TRAINING:</b>            Jennifer Hagadone - Cochair            Sarah Hepler - Cochair            Meghan Crout            Jean Foley            Madison Hagadone            Marlie Lukach            Skye-Anna Nye-Smith            Anna Redmond            Shannon Ryan-Dinmore            Emily Urban</p>	<p><b>EDUCATION:</b>            Jean Foley            Prin Furst            Jennifer Hagadone            Madison Hagadone            Jane-Marie Law            Carol Morris            Shannon Ryan-Dinmore            Kathy Thode</p>
<p><b>SPONSORSHIP:</b>            Marlie Lukach            Kathy Thode            Karen Steffy</p>	<p><b>CASUAL SHOW:</b>            Norm Johnson - Cochair            Tina Matejka - Cochair            Meghan Crout            Jean Foley            Dinah Guarino            Jennifer Hagadone            Madison Hagadone            Anna Redmond            Emily Urban            Laurie Venuto</p>	<p><b>PUBLICITY:</b>            Karen Steffy            Shannon Ryan-Dinmore</p>
<p><b>SWAG:</b>            Meghan Crout            Marlie Lukach - Chair            Prin Furst            Sarah Hepler            Skye-Anna Nye-Smith            Anna Redmond            Shannon Ryan-Dinmore</p>	<p><b>AWARDS:</b>            Norm Johnson - Chair            Shannon Ryan-Dinmore            Karen Steffy</p>	<p><b>FUN:</b>            Dinah Guarino            Jennifer Hagadone            Madison Hagadone            Jane-Marie Law            Skye-Anna Nye-Smith            Anna Redmond            Shannon Ryan-Dinmore            Laurie Venuto</p>
<p><b>WESTERN DRESSAGE:</b>            Tina Matejka</p>		<p><b>YOUTH ENGAGEMENT:</b>            Jane-Marie Law            Marlie Lukach</p>

*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.

## 2021 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)

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 [Jen Hagadone](mailto:Jen Hagadone) at [joo4@cornell.edu](mailto:joo4@cornell.edu).  
Paypal link: [dressageithaca@gmail.com](mailto:dressageithaca@gmail.com)

For hard copy submissions:

Please make checks payable to CDCT, Inc and send to:

Jennifer Hagadone

405 Shaffer Rd

Newfield, NY 14867



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## 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](#)

Social Media Manager:

Members at large:  
Meghan Crout ('22)  
Prin Furst ('22)  
Anna Redmond ('22)  
Dinah Guarino('21)  
Bettina Wagner ('21)  
Tina Matejka ('21)

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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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