

COLLECTED NOTES



JULY 2018

FROM THE NEWSLETTER EDITOR:

Freedom

While our wonderful president, Jane Marie Law, takes some well-deserve down time and freedom, I am going to write this month's newsletter note.

A few years ago, when I started pushing 50, I decided I wasn't going to get any more flexible than I was. As a rider and light jogger, let's just say that flexibility isn't one of my strong suits. So, I started doing yoga. It should be easy, it's just stretching, right? WRONG. I started with a few 20-minute videos, and then some longer videos, and I was hooked. It was hard, but my back was oh so much better, and I liked the challenge. I also joined a yoga class at work. I am a fan. (Stay with me, here.)

Last summer, for my staycation, I joined a yoga studio. I thought I was in good shape. Fail. After my first one-hour power yoga class, I could hardly walk, but I went back, and I kept going back. I work on my balance, and breathing and exploring my limits, the same things that we do while riding.

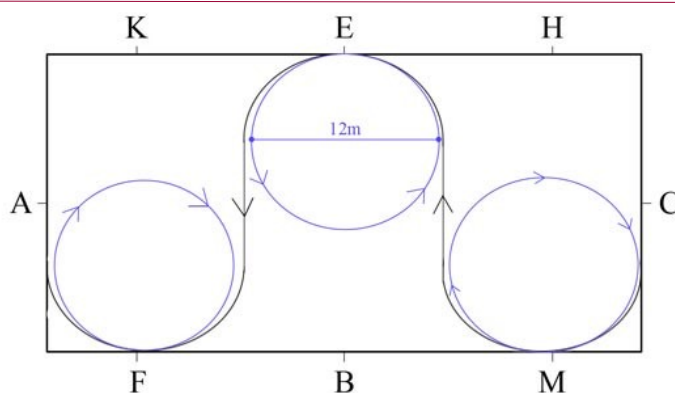
So, how does this all tie into freedom and riding, you ask? In yesterday's yoga class, held on July 4th (Independence Day in the US), our teacher talked about freedom. She talked about being grateful for what we *could* do. Sometimes, things are hard, but if you look at where the
(continued)

UPCOMING EVENTS

Next Meeting: July 11, 6 pm. [Fallen Tree Center for a Resilient Future](#), 128 Muriel Street, Ithaca, New York 14850

August 11-12: CDCT Schooling Dressage Show/Clinic – John T. Oxley Equestrian Center, 220 Pine Tree Road, Ithaca, NY; Contact: [Jane-Marie Law](#), 607-229-3431

[Results from the Dressage in Wine Country Shows!](#) Congratulations to all our members and thanks to our many volunteers!!!

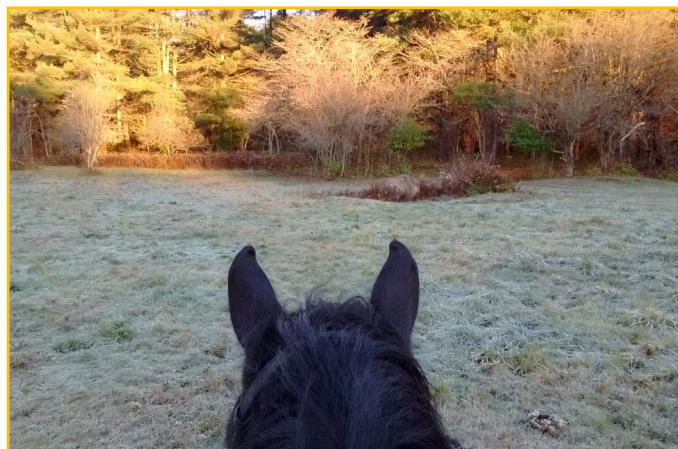


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openings are, you may see space. We look for space and breath in uncomfortable postures in yoga. We try new things. We are grateful for what we can do. Showing up on the mat is a huge step in the right direction.

This morning, I took what she said and applied it to my riding. It was 70 and humid, and had rained the night before, so the ground was slippery. (I don't have an indoor.) The bugs were also annoying. But, Draco and I are better if we do at least a little something every day. My goal was to just walk and let him stretch for a bit. Then, I started thinking about freedom, as it ap-

plies to riding. Where was I not free? In my right hip and seat bone, for sure. My left side was better. So, Draco just kept walking and I kept checking in on my position randomly. It was amazing how often I found my right hip stuck, or my seat not following. The more freedom I gave to my right seat bone, the better he walked. I know this stuff. It's not new. Somehow, I had forgotten it. I rode for half an hour, with him on the buckle and me working on the freedom in my seat. What could have been a wasted morning, turned into one of enlightenment.



So, find your freedom in your riding. Find where there is openness in a stuck situation. Appreciate what you can do. Be grateful that you are able to ride. Honor your horse with love.

Namaste.

Haren

EVENTING CALENDAR

Cayuga Dressage and Combined Training, Inc is supporting its members who are interested in Eventing by assisting to facilitate training and social activities.

**** - indicates a CDCT, Inc organized activity**

July 29, 2018 – Combined Test at Carriage House – 607-280-0225 for details. Not CDCT sponsored, but we support local events!

September 16, 2018 – Fox and Hound Derby – At Carriage House – contact: 607-280-0225 for details.

October 14, 2018 - Carriage House Horse Trials – A good introduction to eventing or to test out moving up a level. Volunteer to help out at Carriage House if you are not riding! It is a good experience for prospective event riders while helping the local eventing community. 607-280-0225 for details. Not CDCT sponsored, but we support local events!

Lots of fun and educational activities are possible. Stay tuned!

FLORIDA 2018 ADVENTURE

by Sue Mulvey

I was lucky to spend three months in Florida this winter on an equine adventure with my 7 year old Hanoverian gelding Beowulff WW (Wulff) and my two Cairn Terriers, Aoife and Rian. Wulff was stabled with Lauren Chumley at Alice Tarjan's beautiful Bramblefields South Farm in White Fences, Loxahatchee. I stayed in an Air B&B near the West Palm Beach Airport. Wulff went to Lauren Chumley in New Jersey in order to ride on the "school bus" with his new friends the week before Christmas. I left several days ahead of schedule due to the ice storms predicted for the East Coast. The pups and I settled in and explored our new neighborhood. There was an inviting town park nearby which had a chipped Parcour Course. We walked or ran there every morning, did the series of exercises and chased all the squirrels away. I was 10 minutes away from the public beach, the City Center with wonderful restaurants and shopping and my favorite place to have a drink, the Breakers Hotel.

Wulff and 24 of his new team mates arrived on the 28th of December having ridden with Kevin Hennessy's Nobody's Business Farm transport. He got his first all over body clip (not happy about it either) along with all the other hairy beasts. Lauren had 25 horses in training that she rides, competes and sells. She has three of the nicest most industrious working students: Jesse Hayes, Jessica Spracklin and Natasha Sprengers- Levine. These four women work far harder than you can imagine. They feed, clean and take care of all 25 horses. The breeds range from Fjord ponies to Warmbloods, Morgans and Connemaras. The horses worked 5 days a week and we hacked around the White Fences Circle on Saturdays. Everyone had Mondays off. Wulff and I had our first lesson on January 30th and we were on our way! It was very exciting to me as I had always dreamed of riding in Florida.

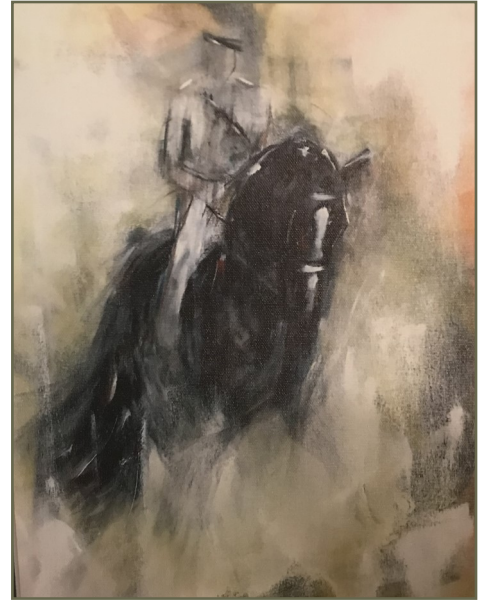
I would spend the afternoon at the barn. I could watch Alice Tarjan ride her amazing string of horses. That was an education in and of itself. Lauren and her working students would be working their horses. I could watch their lessons and training sessions. I saw horses just being started under saddle up to Grand Prix. I had four lessons a week and Lauren rode Wulff one day to start his changes. He had a tendency to

"click his heels" behind his ears when he started so I was grateful to be on the ground for that part of the program. Wulff and I showed three times at White Fences. Lauren has a great system. She would take her four horse trailer with the first ones to show on board. Her two horse trailer would ferry horses back and forth to the farm when it was their turn. I was in awe as she and Jesse would show 8 or 9 horses and never miss a beat. Jessica and Natasha also would come and show their horses and then go right back to work.

On weekends, I would go to the Global show grounds and watch all the different classes. I also enjoyed watching the jumping at WEF. Friday nights at WEF is a big family style party while the Grand Prix jumping goes on. I went to a



series of talks sponsored by Show Chic. I heard Scott Hassler speak about his philosophy of horses and training. Mary Wanless spoke about biomechanics and I won a copy of The New Anatomy of Rider Connection in a raffle. I went to Jessica Jo Tate's Yellow Bird Farm to hear Charles deKunffy speak. I won a Lisa Marie Bishop painting in a raffle. I should have purchased a lottery ticket. Every Thursday there are 20 or more food trucks in Wellington in the park. There is a tribute band so you can sample any kind of food and listen to the music. There is a cupcake truck and they will frost yours any way you like. I attended the KWPN meeting with Jessica Eagles. We visited the VDL stud to see their imported auction horses and heard Laura Graves speak. A few of the KWPN members went to the Renegade Bar for line dancing but that is a story for another time. We toured Andreas Helgstrand's facility and watched their champion young horses go. Trilogy saddlery sponsored a party at the Global Show grounds where you could meet their sponsored riders. Dressage Today sponsored an event at Lisa Wilcox's farm. She rode her stallion in a lesson with Ernst Hoyos. They always kept coming back to basics in his gaits and in her position. Dr. Steve Engle talked about chiropractic work and Gene Freeze of County Saddlery spoke on saddle fit. Gardy Bloomers provided a wonderful lunch for us and spoke about investing. I was lucky enough to get tickets to a tent at the Palm Beach Polo Club Championships. That was an exciting and fun afternoon. The shopping in Wellington is extensive and expensive. Dover has a tent sale where they are handing out garbage bags for you to fill. That was my three month horse camp



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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](#)

CALENDAR

July

July 18-19: Dressage at Stockade Summer Heat – *Stockade Polo and Saddle Club, 505 Sacandaga Road, Glenville, NY; Contact: stockadepolo@gmail.com*

July 22: Stockade Schooling Dressage – *Stockade Polo and Saddle Club, 505 Sacandaga Road, Glenville, NY; Contact: stockadepolo@gmail.com*

July 28-29: Clinic with Courtney King-Dye – *Cazenovia College Equine Education Center, Woodfield Road, Cazenovia, NY; Contact: 800-654-3210*

July 29: Combined Training – *Carriage House Saddlery, 325 Waterburg Road, Trumansburg, NY; Contact: 607-280-0225*

July 29: Cohocton Hunter Pace – *3224 Henry Drum Road, Cohocton, NY; Contact: dlw2@cornell.edu*

August

August 3-5: Dressage at Stockade I/II – *Stockade Polo and Saddle Club, 505 Sacandaga Road, Glenville, NY; Contact: stockadepolo@gmail.com*

August 5: Dressage Schooling Show – *Tanglewood Riding Center, 3340 Lafayette Road, Jamesville, NY; Contact: twood315@aol.com*

August 11-12: CDCT Schooling Dressage Show / Clinic – *Oxley Equestrian Center, 220 Pine Tree Road, Ithaca, NY; Contact: Jane Marie, 607-229-3431*

August 16-17: Heavenbound Farm Dressage and Event Camp – *Heavenbound Farm, 1222 Taylor Hill Road, Rome, PA; Contact: Janet, 570-247-7192*

August 18: Heavenbound Farm Schooling Show and Horse Trial – *Heavenbound Farm, 1222 Taylor Hill Road, Rome, PA; Contact: Janet, 570-247-7192*

August 25: XC Schooling – *Hideaway Farm, 4130 Roots Tavern Road, Geneseo, NY; Contact: mothers-field@aol.com*

August 26: GVRDC Schooling Horse Trials – *Hideaway Farm, 4130 Roots Tavern Road, Geneseo, NY; Contact: mothersfield@aol.com*

September

September 9: Fall Schooling Show – *Tanglewood Riding Center, 3340 Lafayette Road, Jamesville, NY; Contact: twood315@aol.com*

September 16: Fox and Hound Derby – *Carriage House Saddlery, 325 Waterburg Road, Trumansburg, NY; Contact: 607-280-0225*

September 16: Cohocton Hunter Pace – *3224 Henry Drum Road, Cohocton, NY; Contact: dlw2@cornell.edu*

September 16: Stockade Schooling Dressage, Combined Tests – *Stockade Polo and Saddle Club, 505 Sacandaga Road, Glenville, NY; Contact: stockadepolo@gmail.com*

September 25 - 30 Dressage at Devon, <https://www.dressageatdevon.org/>

October

October 6-7: Dressage at Stockade Autumn – *Stockade Polo and Saddle Club, 505 Sacandaga Road, Glenville, NY; Contact: stockadepolo@gmail.com*

October 6-7: Art2Ride Clinic with Will Faerber – *Newell Farm, 4064 Logan Road, Burdett, NY; Contact: dad284@cornell.edu*

October 7: GVRDC Pumpkin Derby – *Hideaway Farm, 4130 Roots Tavern Road, Geneseo, NY; Contact: mothersfield@aol.com*

October 14: Horse Trial – *Carriage House Saddlery, 325 Waterburg Road, Trumansburg, NY; Contact: 607-280-0225*

October 21: GVH Hunter Pace – *Hideaway Farm, 4130 Roots Tavern Road, Geneseo, NY; Contact: hut-tendvm03@hotmail.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.

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



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For Sale: 2009 Hawk 2-Horse Gooseneck Trailer For Sale. Excellent Condition/Lightly Used. \$11,500
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CLASSIFIEDS

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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)
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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
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- ☐ Awards
- ☐ Publicity
- ☐ Newsletter
- ☐ Other: _____

Please make checks payable to CDCT, Inc.

Please mail application and dues to:

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c/o Lauren Ostergren

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607-227-4535

lauren.ostergren@gmail.com



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Please send any additions for the newsletter to
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