

# COLLECTED NOTES

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NOVEMBER 2018

## FROM CDCTC'S PRESIDENT:

### A Swan Song

A little over two years ago, the CDCT Nominating committee came to me and asked me to run for president. Daunted by the specter of endless days on the campaign trail and the general ugliness that always goes with elections, I almost didn't run, but in the end, I managed to squeak out a narrow victory over my opponent: Nobody. It is really hard to beat Nobody. Look at all the things Nobody has done: Nobody has created peace in the Middle east. Nobody can get straight eights on all dressage movements. And more importantly, Nobody really cares!

Seriously, it didn't happen like that. Not one little bit. CDCT is committed to Soviet style elections, which is why you ended up with me as president for two years. And I want to write, in this last missive, a few things I have observed.

1. This is a great club. We need this club. It is small, tight knit, but full of people who, unlike Nobody, really do care about one another. I found this out the hard way, when I was injured and needed help and friends.
2. We need to continue to recruit (aggressively) young people to our club, and when they come in, we need to help them find their place. This is so critical. This was what I set my mind to doing, *(continued)*

## UPCOMING EVENTS

### AWARDS EXTRAVAGANZA!

The Awards Extravaganza will be held on Sunday, November 4 from 10:30 – 1:00 at Jane-Marie Law's House, 16 Muriel St., Ithaca, NY. Please bring a dish to pass.



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

**PLEASE SEE THE  
INFORMATION ON PAGE 3.**

and it is something we must all put our minds to.

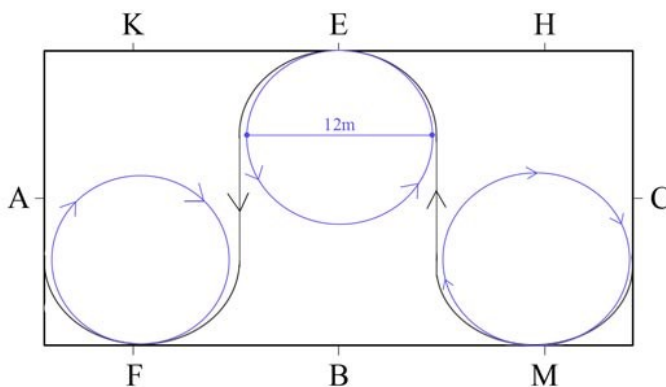
3. We need to recruit more diverse people to the club, and I mean that in every sense of the word. If we recruit people with poor horsemanship but who want to join, we need to remember it is the mission of our club to educate and support those who want to learn and be involved. We need systems of mentorship and welcome.
4. We cannot be too nice. In this day and age, people are hungry for the comfort of kindness and good will. With all the time we spend on this hobby, we need to make it as enhancing as we can. For many of us, our riding and barn time and club activities are a shelter in the storm of the crazy world in which we find ourselves, one which is meaner and more uncivil by the day.
5. We need to always remember that younger riders are watching us. We are all role models for those who will take over from us, and we want them to remember us as supportive and kind to people and horses. If people were rough on us as kids, we fool ourselves if we think it made us better people. It simply made us survivors. Let's not do that to others.
6. We are, all of us, incredibly fortunate to have one another and our lovely horses. The best horse we may ever have is probably the one right in front of us. Let us never forget the gratitude we owe these animals.
7. We must always strive to have wine at our meetings. It gladdens the soul, melts the tension, and makes the food taste even better.



I have had a great time being president. I enjoyed meeting so many new people, being a person who could reach out on behalf of the club, and learning so much about our sport. It was an honor to be a part of this club in that role. I thank you all for the trust and the tolerance.

“What a time! What a civilization!” (with thanks to Cicero)

*Jane Marie Law*



# 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)

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](mailto:lauren.ostergren@gmail.com)



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CDCT MEMBERS ARE AUTOMATICALLY USDF GROUP MEMBERS.

# CALENDAR

## November

**November 1:** Carol Kozlowski clinic, *Carriage House Saddlery*. Contact Lori Elrod: [lori.elrod@gmail.com](mailto:lori.elrod@gmail.com), 607-351-1499

**November 4:** CDCT Awards Extravaganza, 10:30 – 1:00, *Jane Marie Law's House*, 16 Muriel St., Ithaca, NY. [jml16@cornell.edu](mailto:jml16@cornell.edu). Please bring a dish to pass.

**November 10-11:** Jeff Lindberg Clinic, *Brookside Farm*, Moravia. Contact Jane Marie Law, [jml16@cornell.edu](mailto:jml16@cornell.edu)

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## DRESSAGE IN WINE COUNTRY SWAG AVAILABLE!

Did you miss CDCT's Dressage in Wine Country show? Are you afraid you will look out of the loop without your DWC glass or tee shirt? Don't despair! Wine glasses are available for \$5 and T-Shirts are available for \$12 . Contact [Jane Marie Law](mailto:jane.marie.law@cornell.edu) for more information!

Dressage in Wine Country



Cayuga Dressage and Combined Training

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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](#)



# 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



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## 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

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## 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.

Asking a firm \$1,200.

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



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## 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](mailto:lori.elrod@gmail.com) for additional information, request photos or arrange a visit. Visit us online at [www.sfetech.net/equineretirement](http://www.sfetech.net/equineretirement)

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## For sale:

Rolling saddle rack - great for shows or to keep everything in one place \$80.00

Hard sided boot case \$25.00

Full size heavy duty shipping boots \$40.00

Black dressage pads \$10.00 each

For more information and additional photos, contact Sue Mulvey 607.343.2701 or [piperhill589@gmail.com](mailto:piperhill589@gmail.com)



# CLASSIFIEDS

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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.

Common problems helped by Dr. Gellman include:

- Neck or back pain
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- Uneven foot size
- Poor foot quality
- Irritability/Anxiety

Contact to schedule an appointment at [equinesportsmed@mac.com](mailto:equinesportsmed@mac.com), or phone (607) 227-5406. More information, including downloadable educational materials at [equinesportsmed.com](http://equinesportsmed.com). Happy Horse = Happy Rider workshops available for your facility! Check out Maximum Horsepower Research on Facebook.







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## WHO TO CONTACT:

### Officers:

President:	Jane Marie Law, <a href="mailto:jml16@cornell.edu">jml16@cornell.edu</a>
Vice-President:	Norm Johnson, <a href="mailto:njohnson@ithaca.edu">njohnson@ithaca.edu</a>
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Members at large:	Sue Mulvey ('18) Bettina Wagner ('18) Jean Foley ('18) Tina Matejka ('18) Dinah Guarino ('17) Lauren Ostergren ('18)

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### Committees:

#### Education:

Jane-Marie Law  
Connie O'Hearn  
Carol Morris  
Prin Furst

#### Awards:

Karen Steffy  
Kathy Thode

#### Casual Show:

Ginny Grove  
Bettina Wagner  
Dinah Guarino  
Ellie Newton  
Jane Marie Law

#### Recognized Show:

Dinah Guarino  
Connie O'Hearn  
Kathy Thode  
Bettina Wagner  
Jana Wagner  
Jane Marie Law

#### Combined Training:

Ginny Grove  
Anna Detar  
Nicki Lund  
Jean Foley  
Lauren Osetergren  
Bettina Wagner

#### Publicity:

Carol Morris  
Karen Steffy

Please send any additions for the newsletter to  
Karen Steffy, [wonderpony92@gmail.com](mailto:wonderpony92@gmail.com), by the first of each month. Thanks!

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