

COLLECTED NOTES



JANUARY 2015

ANNUAL PLANNING MEETING

January 10 is our Annual Planning meeting at my house, 2449 Gee Hill Road, Dryden NY. We will eat at 10 am, and then think about what we would like to do for 2015. Please let me know by Thursday evening (January 8th) if you are planning to come, and what you are planning to bring. I will provide coffee, tea, dishes, silverware, etc. and whatever else is needed.

Email cmorris1050@gmail.com or 607-753-7256

Thanks, and hope to see you next week,
Carol

Getting ready for the new year? Check out this great online article on saddle fitting. Thanks Carol!

<http://www.trumbullmtn.com/2011/08/saddle-fit-for-the-rider/>

COMING CDCT EVENTS !

NEXT MEETING

*PLANNING MEETING JANUARY 10, 2014
10 A.M. AT CAROL MORRIS'S HOUSE
2449 GEE HILL RD. DRYDEN, NY.
IT WILL BE A DISH TO PASS BRUNCH*

Happy New Year!

Membership Renewals

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



January Planning meeting
January 10, 2015

Treasurer's Report

Planning for 2015

June Dressage Show – Update

- Date – June 27-28
- Judges
- TD
- Advertising Plan
- Other Publicity

Casual Show

- Date
- Venue
- Judge

Education Committee

- New Clinic Applications
- Biomechanics Clinic

Awards Committee

By-Laws Update

- Term Limits for Officers and Board Members

Camp or Clinic in the summer

Tack Swap/Sale

Membership Update – Donna

USDF Convention Update

Other New Business

Next Meeting

Wendy Murdoch Lessons Review

By Lynn Acton

I knew in the first 2 minutes that my lesson with Wendy Murdoch was going to be unique. Her keen eye and multidisciplinary background, including biomechanics and Feldenkrais, help her identify issues that other instructors never see. Going straight to the underlying cause, she uses creative techniques to focus the body's attention on counter-productive habits in a way that invites change. This leads to swift improvements even in long-ingrained habits. My sister was so excited about what she was learning from Wendy that when my annual visit coincided with a clinic, she insisted I borrow her Oldenburg-Appaloosa mare for lessons.

Wendy instantly homed in on my position. Standing on a mounting block to reach me, she put a hand on my back and pushed. I nearly took a nosedive onto Sammie's neck. As I righted myself, Wendy put a hand on my chest and easily pushed me back against the cantle. Yikes! She explained that she used a dramatic way to demonstrate my instability so that my nervous system would recognize it and *want* to change. "Fold in the middle," instructed Wendy, and I was rock solid when she pushed. On a miniature skeleton, she showed me how my old arched back position prevented me from using my core effectively.

Then she sent me off to ride, switching between the old and new positions. Switching helps riders become more aware of the difference, so they can quickly recognize the "old way" and re-find the new. Sammie offered positive reinforcement by moving better when I was correct. While I experimented, Wendy worked with my sister-in-law, though she obviously kept one eye on me at the same time.

In my second lesson Wendy addressed my leg position. The problem was not new news; I struggled constantly to keep my legs underneath me. The solution was new. Turn my knees in slightly, not gripping, just *feeling* the saddle with them. My lower legs not only stayed back, they relaxed!

Could I translate what I'd learned on Sammie the 16.1 warmblood to Bronzz my 14.3 Arab? Yes. Bronzz's canter instantly improved as I followed his back motion better. Turning my knees in not only kept my legs in position, it kept them relaxed. For the first time in my life winter rides didn't mean frozen feet; my feet actually got warmer the longer I rode!

It was over a year before my next clinic opportunity, and this time Wendy spotted an issue so subtle it had eluded all of my previous instructors; I was sitting slightly right of center. No wonder my lateral work was lopsided! I rode that lesson with specially designed platform stirrups that put my weight flat on both feet. This interrupted my usual compensations for imbalance, and showed me where center was. Sammie reinforced the lesson by maintaining a good rhythm when I was balanced, and fading out when I wasn't. When I ducked right on the right lead canter depart, Wendy didn't have to tell me; she had set me up to *feel* it. One ride with the funky stirrups, and my body has a whole new awareness of center. Even off a horse, I'm standing more balanced.

Continued page 4

Murdock clinic continued from page 3

The second day Wendy tuned me in to my seat bones. Off the horse, sit on an exercise ball. I fell off. Good for laughs. Wendy's cheerfully constructive teaching style makes it easy to relax and experiment. After a few tries I found center. Roll the ball forward and back, side to side *without* bracing on my right leg. When I was using my seat bones evenly, I re-mounted, and Sammie helped me apply what I'd just learned. When I got home, Bronzz's lateral work improved like magic! As Wendy points out, when we use our bodies correctly, training and behavior problems often disappear.

Wendy's ingenious teaching aids show the rider at the neuromuscular level what's wrong and what works better. A band holding stirrups back in correct position helped a rider whose legs drifted forward. A piece of foam strategically strapped to the back reminded another rider not to arch. If one approach doesn't work, she tries something else. Once the body feels the improvement, it is ready to let go of the old habit.

Wendy's creative genius applies to horses as well. For my sister-in-law's Quarter Horse whose bunched muscles inhibit shoulder motion, Wendy placed an isometric cushion under each front foot. When Spanky chose to step off the cushions, Vicky took him for a trot before replacing the cushions. Each time he stood on them longer. Each time he moved off with a freer stride. An upper level horse showed improved balance and rhythm after standing very happily with all 4 feet on cushions.

Wendy's teaching style may be disconcerting to those who want an authoritative instructor saying, "Do this, do that." Instead, her goal is to give riders the tools to feel, explore, and work through situations on their own and progress independently. She shares her knowledge generously, with many free tips on her website. <http://www.murdochmethod.com/>

In her own words, "I gleefully enjoy watching you go through the process of self-discovery and recognition of how your body and thoughts impact your horse, then seeing how your horse responds as you make changes. The resulting harmony and partnership is my greatest reward." This makes each lesson with her a wonderful adventure!



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.

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.



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 enewton2@mail.naz.edu



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)

Individual 3 - Year Membership (\$100)

Family Membership (\$45)

Family 3 - Year Membership (\$125)

Junior Membership (\$25)

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

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

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

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

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

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

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

Newsletter: Diane Moose (315) 729-0383 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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We're on the web!

<http://www.cayugadressage.org>



CDCT, Inc.
c/o Diane Moose
8201 Barnes Rd
Port Byron, NY 13140



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