

# COLLECTED NOTES



FEBRUARY 2019

## FROM CDCTC'S PRESIDENT:

Greetings to all of you CDCTC folks and a happy and warm February to one and all. Now all we have to do is get through muddy March and outdoor riding season will be upon us!

We had an amazing turnout for our first meeting of the new year held at Jane-Marie Law's home and the youth representation was both encouraging and exciting. We started the day with full yoga classes in both the house and in the Fallen Tree Center's space. I find it comforting to be able to maintain at least some of the physical conditioning required to ride well in the off season and it seems like many of you reflected similar feelings. As a direct result of the "Yoga Meeting," Darcy Branchini has been inspired to start a regular "Yoga for Equestrians" class at Flourish and Flow Yoga, 2027 Slaterville Road (Route 79) #2, Ithaca, NY 14850. The first class will be on February 11 from 6:00-7:30 p.m. The cost for the first series is \$60 and payment is due prior to the first class. Please see more information on page 3 of this newsletter.

Yoga was followed by a delicious dish-to-pass and then a business meeting. Most of you will be happy to know that the new arena has been ordered and paid for and we will be inaugurating it at our June recognized shows. Sign-up sheets for the various committees that keep things happening for the club were circulated after the meeting and the current membership of *(continued)*

## UPCOMING EVENTS

**Next Meeting: February 10, 11 am, Fallen Tree Center for a Resilient Future, 128 Muriel St., Ithaca, NY.** We will be discussing the upcoming recognized shows. Please bring a vegetarian dish to pass. (Cheese and eggs are fine.) Contact [Jane Marie Law](#) for more information.



Just Plain Partners and Skye-Anna Nye-Smith

those committees is listed here. I have added the folks who contacted me to be added AND, the membership on these committees is by no means closed. So, if you want to join any one of these committees, please let someone from the executive committee know so we can get you on the official roster. Please start thinking about calling a gathering of your respective committees and start to set up a plan for the year ahead.

Here are the committees for 2019 as of today, January 30:

<p><b>YOUTH ENGAGEMENT:</b> Hannah Wilson Katie Hale Anna Velasquez</p>	<p><b>AWARDS COMMITTEE:</b> Dinah Guarino Norm Johnson</p>	<p><b>WESTERN DRESSAGE</b> Colleen Price Tina Matejka</p>
<p><b>RECOGNIZED SHOW:</b> Skye-Anna Nye-Smith * <i>co-chair</i> Shannon Ryan-Dinmore * <i>co-chair</i> Carol Morris Jane Marie Law Kathleen Hefferon Tina Matejka Gale Wolfe Jean Foley</p>	<p><b>COMBINED TRAINING</b> Jennifer Hagadone Megan Crout Sara Hepler Shannon Ryan-Dinmore Skye-Anna Nye-Smith Anna Redmond Jean Foley</p>	<p><b>EDUCATION COMMITTEE:</b> Carol Morris Prin Furst Shannon Ryan-Dinmore Skye-Anna Nye-Smith Colleen Price Jane Marie Law Jean Foley</p>
<p><b>CASUAL SHOW:</b> Annie Marshall * manager Jennifer Hagadone Shannon Ryan-Dinmore Skye-Anna Nye-Smith Jane Marie Law</p>	<p><b>PUBLICITY</b> Jane Marie Law Karen Steffy Shannon Ryan-Dinmore</p>	

Also, We are looking for 2 or 3 folks who are willing to host our table for a few hours at the Schuyler Equine Conference on March 2. We are also looking for materials to populate our table should anyone have framed photos or other club swag you might loan for the day . If you are willing and interested, please contact [Norm](mailto:njohnson@ithaca.edu) at njohnson@ithaca.edu.

Duamond Rose, granddaughter of Man O' War, and Norm



So, I look forward to seeing many of you at the February meeting on Sunday, the 10th at 11:00 a.m. Fear not, in March we will be starting to move our meeting around the multi-county area every other month to give folks a travel break. We will be enjoying another dish-to-pass brunch, as has become our tradition, and the main topic of the meeting will be discussion and planning for the recognized show in June. Stay warm folks!

Norm

# YOGA FOR EQUESTRIANS

Join other riders for a 6-week session of Yoga for Equestrians, taught by Darcy Branchini, beginning February 11. It will be held on Mondays from 6 to 7:15 pm at Flourish and Flow Yoga, 2027 Slaterville Road (Route 79) #2, Ithaca, NY 14850.



Darcy has been riding horses and practicing yoga since the mid 1990s. In 2003, she received her 200-hour teaching certification in Ashtanga Vinyasa Yoga with Larry Schultz of It's Yoga in San Francisco. Subsequently, she opened Buffalo Yoga in Buffalo, NY, which she operated as the primary teacher for six years before moving to Ithaca. In her practice and teaching, she does not align herself with one particular style of yoga instead she explores and draws from an array of traditions and wisdom including Ashtanga Vinyasa Yoga, TKV Desikachar, Baron Baptiste's Power Vinyasa Yoga, Iyengar Yoga and Shiva Rea's Prana Vinyasa. She also draws from unlikely sources, such as her military training and her horse. In fact, Reesie, her OTTB, teaches her a lot about proper alignment, strength, flexibility and breath! In teaching, she sees her role as inspiring students to explore each shape (or pose) by finding their own personal "edge" – the place where you encounter physical and emotional challenge and opportunity for growth with breath, patience and awareness. Darcy's looking forward to teaching yoga again, after a long hiatus, and believes her recent battle with breast cancer, have taught her more about self-care and brought a wisdom to her practice that she's excited to share with the equestrian community. With yoga for equestrians, students will build strength, especially their core, develop flexibility and cultivate more body awareness, making them more fit and ready for the spring riding season!

To sign up, email [Darcy](mailto:Darcy). The \$60 payment is due prior to the first class. Checks should be made out to Darcy Branchini, 11 Eagleshead Road, Ithaca, NY 14850 or PayPal at [paypal.me/darcydylly](https://paypal.me/darcydylly).

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## TDF'S CAROL LAVELL GIFTED MEMORIAL FUND AWARDS \$11,000 TO ADULT AMATEUR RIDERS



The  
**DRESSAGE FOUNDATION**



The Dressage Foundation is proud to announce this year's recipients of the [Carol Lavell Gifted Memorial Fund Scholarships for Adult Amateurs](#). Each will receive a \$1,000 Scholarship to enable them to set aside quality time in concentrated training with their horse, trainer of choice, and away from the daily pressures of job and family.

"Thanks to the generosity of Carol Lavell, her family, and friends, we are pleased to provide this financial support to adult amateurs who not only make time to further their dressage education, but who are tremendous volunteers for their dressage clubs," said Jenny Johnson, Executive Director of The Dressage Foundation. "This year we received a great number of high-quality applications from amateurs across the country, which made the decision difficult for the selection committee. We are thrilled to award all 11 available grants from the Gifted Fund this year, which is the first time that we've been able to do so!"

Up to eleven \$1,000 grants are available each year - one per United States Dressage Federation Region and two wild card grants that can be awarded in any Region.

## TIP HIGH POINT AWARDS



# Thoroughbred Incentive Program

Cayuga Dressage and Combined Training is excited to announce that all three of our 2019 shows will be

offering TIP High Point Awards for eligible thoroughbreds! High Point Awards will be offered for Intro through FEI levels, Freestyle, High Score, Green OTTB (raced within two years of show), Young Thoroughbred (must include date of first show ever), and Junior Rider, etc. Our Keepin' It Casual Show will also offer a Combined Training High Point Award.

The Jockey Club created the [Thoroughbred Incentive Program](#) (TIP) in 2012 as a resource to promote thoroughbreds in new careers following their retirement from racing and breeding. It offers awards (as ribbons, prizes, and monetary earnings) for free to eligible TIP shows and events around the U.S. and Canada. Disciplines include Dressage, Eventing, Hunters, Jumpers, English and Western Pleasure, Barrel Racing, Polo, and In Hand as well as a variety of high point awards based on the horse's age and experience, junior riders, overall show high point, etc. There are annual overall performance awards based on self-reporting. Thoroughbred's shown in TIP classes from August 1, 2018 to July 31, 2019 are also eligible to compete in the 2019 Thoroughbred Championship Show. The Thoroughbred Incentive Program additionally recognizes non-competitive achievements through both its Recreational Riding Program (hours ridden outside an arena) and Thoroughbred of the Year, given to an outstanding thoroughbred in equine-assisted therapy or police work.

In order to compete for TIP eligible awards, a thoroughbred's owner must visit [www.tjctip.com](http://www.tjctip.com) and apply for a TIP number to be included in their entry paperwork. All thoroughbreds registered with The Jockey Club are eligible and an owner can use their registered name or tattoo number to apply for a number. TIP will also assist in identifying a thoroughbred through detailed picture submission or a DNA test can be ordered through The Jockey Club. Thoroughbreds are eligible even if they never raced.

More information can be found on the [Thoroughbred Incentive Program's website](#) and will also be included in our prize lists.

### Dressage in Wine Country



Cayuga Dressage and Combined Training

## 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](#) for more information!

## CDCT MINUTES – MEETING – JANUARY 13, 2019

The January meeting was held at Jane-Marie Law's home and a delicious dish to pass brunch was served. The business meeting was preceded by Yoga for Riders sessions. We had a large group of attendees and so the yoga participants were divided into two groups each taught by a different instructor. Darcy Branchini and Leslie Rosemann each taught a group. As always yoga was very popular, and riders were most enthusiastic about its benefits. Thank you Darcy and Leslie for taking the time to teach.

President Norman Johnson called the business meeting to order at 12:22 PM.

First order of business was to have each present introduce themselves. Attendees were: Shannon Ryan-Dinsmore, Co-VP, Skye-Anna NYE-Smith, Co-VP, Karen Steffy, newsletter, website and Region 8 Volunteer of the Year, Ginny Grove, Treasurer, Lauren Ostergren, membership secretary, Jean Foley, Co-Secretary, Carol Morris, Co-Secretary, Jane-Marie Law, Past-President, Hannah ??, Janet Carrothers, Colleen Price, Cheyenne Whritenour, Gayle Wolfe, Kathy Thode, Katie Hale, Anna Velasquez, Olivia Hepfinger, Kristy Clark, Ashley Wolfe, Darcy Branchini, Tina Matejka, Jennifer Hagadorne, Madison Hagadorne, Megan Crout with Colby, Anna Redmond, Sarah Hepler, Prin Furst, Norman Johnson. It was noted that there is a large group of young riders in attendance which bodes well for the future of the club.

### Announcements:

A group of club members based at Hess Stables will be taking a total of 3 OTTBs to the Thoroughbred Racehorse Makeover in 2019. Club member Sarah Hepler competed last year on her unicorn, Fletcher, and won 3<sup>rd</sup> place in dressage out of 185 entries. CDCT, Inc will be supporting re-purposed races horses by offering Thoroughbred Incentive Program (TIP) awards at all three of the club sponsored shows in 2019. Details: <http://tjctip.com/default>

Karen Steffy urged members to send material to her for the newsletter. Photos and personal stories bring the focus of the newsletter on members.

Norman Johnson announced that committee sign up sheets were available at the meeting. We will be adding more Youth activities this year.

### Old Business

Minutes from the last meeting were read. Two corrections to minutes will be made. Tina Matejka was inadvertently left off the list of Board Members for 2019 and the year in the heading will be changed from 2018 to 2019. Norm Johnson moved to accept the November 2018 minutes with the two corrections. Colleen Price seconded the motion. Ayes passed it.

Purchasing of the new ring was discussed. The ring was not purchased in December but will be purchased in 2019 before the June show.

### New Business

Next meeting will be February 10, 2019, location to be determined.

Colleen Price shared that Lynn Sweeney's Irish Spring Farm in Groton will host a Centered Riding Clinic with Susan Harris, well-known instructor, author and artist. The clinic will be held August 24 & 25. If a GMO sponsors the clinic, the USDF Sally Swift Fund has grants for \$1000 dollars. This money would help defray some of the clinic costs and make it more affordable. This would be an opportunity to get some prerequisites for Centered Riding Instructor certification.

Schuyler Equine conference will be held in Watkins Glen on March 2, 2019. Jane-Marie moved that the CDCT participate by having a table at the conference to promote the CDCT, dressage and eventing. Kathy Thode seconded the motion. We will ask for volunteers on Facebook.

Kathy Thode needs some details for the organization of the Casual Show. She will meet with members after adjournment.

Jane-Marie would like to have a meeting for parents and junior riders about club activities.

### USDF 2018 Convention Report

Jane-Marie reported on the USDF Convention.

The number of club members dictates the number of votes allowed for each GMO. CDCT usually has one vote because we generally have about 50 members. If we had more members we would have 2 votes. Jane-Marie pointed out that for a small rural club we have had an impact at the national level. CDCT made a proposal at the 2017 USDF convention for the USDF to allow schooling shows to be accepted for USDF awards. Another feather in our cap is that in the past few years our small club has twice had the Region 8 Volunteer of the Year. Karen Steffy in 2018 and Carol Morris in a recent previous year. For a small club we are having a positive impact both locally and nationally. There are other awards that the CDCT could achieve.

In 2019, the USDF Convention will be held in Savannah, Georgia. Jane-Marie proposes a road trip with a group of interested members to go to the meeting in support of grassroots riders and make our presence know.

SafeSport – Jane-Marie reminded all members that every competing rider and most show staff will need to have taken the online USEF SafeSport training. This will include competitors, volunteers, vet, farrier, food vendors and other show affiliates. Those who are not a member of the USEF may receive a “guest pass” to access the training. Show management will need to pay \$20 for a background check.

Freestyle controversy – the USDF/USEF passed a new rule which has raised the score for qualifying to perform in a Freestyle from 60% to 63%. This affects some of our club riders. It is felt that this requirement is unfair to riders living in an area with few recognized shows or riders without the financial resources to compete in many shows “chasing points”. The sentiments expressed at the convention influenced the USDF to examine the way this rule was passed but will likely not change it. A motion was presented and passed that this change in rules be rescinded and revisited with a better process. That motion passed.

Jane-Marie wants to make club members aware of several grants available to USDF members. The Dressage Federation (grant arm of the USDF) has grants for training. Often these are not applied for and have too few applicants. Jane-Marie urged members to get the grant forms and apply for training grants.

Motion to adjourn was made by Colleen Price. Kathy Thode seconded the motion.

# CAYUGA DRESSAGE & COMBINED TRAINING CLUB, INC.

## ANNUAL MEMBERSHIP APPLICATION

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

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

Home phone (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: \_\_\_\_\_

Do you give permission for your pictures and/or name to be used for publicity?  Yes  No

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
- Other: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Member's signature or parent/guardian signature if under 18.)

Please make checks payable to CDCT, Inc.

Please mail application and dues to:

CDCT, Inc.

c/o Lauren Ostergren

205 Warren Place

Ithaca, NY 14850

607-227-4535

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



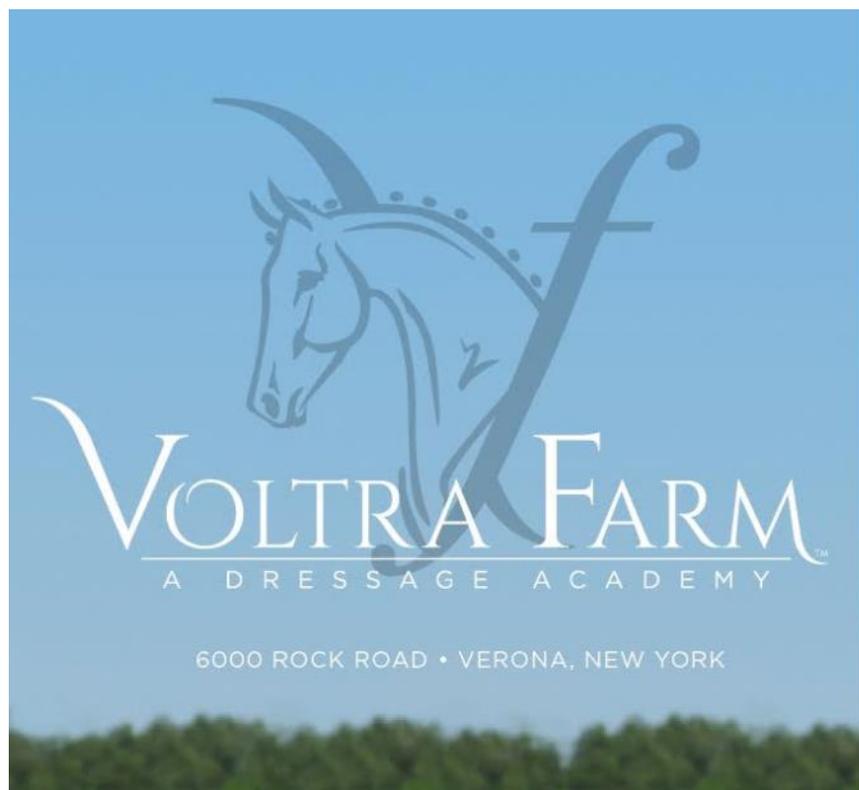
CDCT, INC. IS A GROUP MEMBER ORGANIZATION OF THE USDF;  
CDCT MEMBERS ARE AUTOMATICALLY USDF GROUP MEMBERS.

# CALENDAR

- February 10** 11 am, Fallen Tree Center for a Resilient Future, 128 Muriel St., Ithaca, NY. Contact [Jane Marie Law](#) for more information
- April 6-7** Training Symposium with USEF 'S' Judge and USDF Instructor/Trainer Examiner Lilo Fore, Allentown, NJ, Hosted by [ESDCTA](#).
- June 8** CDCT's Dressage in Wine Country I. Chemung County Fairgrounds,. Contact [Jane Marie Law](#) for more information.
- June 9** CDCT's Dressage in Wine Country II. Chemung County Fairgrounds,. Contact [Jane Marie Law](#) for more information

## *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](#)



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Sunday, January 27

**THE REIN AIDS**

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# 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

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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:

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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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### Officers:

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