

COLLECTED NOTES



DECEMBER 2019

FROM CDCTC'S PRESIDENT:

Ah, December, how did we get here so soon? I have no complaints about the balmy final days of November, but I cannot quite forget that little taste of brutal winter we had a few weeks back. Despite that, here it is, December and I am still able to ride outdoors in the arena and we've had our fair share of sun as well. Next week at this time I will be in Savannah at the USDF convention. I've never been before, so I look forward to coming back a lot more informed about this organization than I am at the moment. It's still not too late to let me know if you have specific concerns or exciting new ideas for me to voice at the convention.

CDCT will kick off 2020 with our January planning meeting. It will be on Sunday, January 12 at 10:00 a.m. at Jane Marie's house. We will start the day with a bodywork session with our newly crowned Volunteer of the Year, Colleen Price. That will be followed by a dish-to-share brunch before we settle into the fun of making plans for the coming year. (Think along the lines of: 10 for bodywork, 11 for food and noon for the actual planning meeting. Come for all or part, as it suits your Sunday.) Hopefully we can also cajole Carol into regaling us with bits of her adventures in Portugal and those fabulous Lusitanos as a preview to a more formal presentation in February? *(continued)*

UPCOMING EVENTS

January 12: 10 am, Planning Meeting for 2020. Jane Marie Law's house, 16 Muriel St., Ithaca, NY. Contact [Norm Johnson](#) for more information.



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

**SEE THE INFORMATION IN
THIS NEWSLETTER.**

Our calendar of events has been my mind for the coming year. We already have the dates for both our USDF show in June and our casual show, along with a clinic in August. That leaves us looking for fun and challenging activities and topics especially for the months of February, March and April and again in September (another poker run in another location?) and October. I am sure its time for our next braiding and fitting workshop, but I would love to hear your wishes and desires, either in writing or at the January meeting.



I was really excited about the turnout for our annual awards event at Jane-Marie's home last week. The company was amazing, the wine tasting allowed some of us to find out if there was something we might have been missing from one of the local wineries. One of our newest members even brought some of her own 2019 vintage, just "out of the barrel" and brewed with her husband. Thanks Jane and Ron!

The food was also excellent and our silent auction netted the club around \$800 at last accounting. Dinah and I had fun making the award presentations and I give her a HUGE shout-out for indulging me in my theatrical antics. You will find the names of winners of the varied awards [online](#).

Note! Start saving your Triple Crown feed tags! Just this week I learned of the program being run by Triple Crown feeds to benefit non-profit organizations. Our friends down at Endless Mountains Dressage made me aware of this program and supplied me with all the forms to get on the roster. The club will receive \$.30 per tag for every dated "proof of purchase" feedbag tag we turn in. I think the best approach would be for anyone who feeds Triple Crown to bring their tags to each monthly meeting and I will redeem them.

That's the word from Medicine Tree Farm as we head into the holiday season. I hope to see many of you at the January meeting or at one of our events along the way in 2020.

Inside leg to the outside rein,
Norm

USDF REGIONAL SCHOOLING SHOW AWARDS PROGRAM

USDF is excited to introduce the new USDF Regional Schooling Show Awards Program. This program starts December 1, 2019 and offers regional recognition to USDF Group Members competing in participating non-USEF-licensed/non-USDF-recognized competitions.

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.

INSTRUCTOR OF THE MONTH ALLY GRILLO SALTONSTALL

By Norm Johnson

Alexandra Grillo Saltonstall is our teacher of the month for December. Ally runs her own boarding, training and rehabilitation stable in the tiny hamlet of King Ferry on the east side of Cayuga Lake. Like many of us, she came up as a hunter rider in New Jersey and switched her focus to dressage ten years ago when she bought her home, Sweet Reverie Farm, in New York. She credits her mother-in-law, Tacie Saltonstall, for encouraging her to pursue dressage training on a very serious level. Through Tacie, Ally met and trained with Betsy Steiner who “took me back to the real basic concepts of dressage to give me a great foundation to work from.” Among her early mentors are her first riding instructor, Ellen Ryan, who set the stage for her career as a farm owner and trainer. Ally spent countless hours as her shadow starting from a very young age all the way until she moved to Ithaca to attend college. Ryan continues to be an important resource for Ally. “To this day I still call her for advice, encouragement, and just to have fun conversations about our horses!”



Over the past few years, Ally has devoted a great deal of her time and resources learning from her friend and mentor Kimberley Dougherty, the head trainer of Canterbury Stables. Thanks to the Canterbury relationship she has been able to ride in clinics and/or audit under some really amazing trainers such as Niall Quirk and Lee Tubman. She is particularly fond of training with Felicitas von Neumann-Cosel and does so on a regular basis. Kimberley and Felicitas have played a large roles in helping her train her newest dancing partner, a four-year-old Lusitano gelding named Luxor.

I nominated Ally as teacher of the month because I have been working with her for the past year. I can attest to her thorough foundation and deep understanding of the mechanics of both horse and rider I have benefitted from her knowledge in many ways. One of the things I enjoy about working with Ally is that she has taken me back to those basics and I have started to understand on an experiential level what dressage training is really all about. I've only ridden with a handful of trainers and clinicians in the last seven years or so when I returned to horses and riding and I have gotten valuable information from all of them. Most of that early experience was on my old mare, Calandria, who, I now know, had the patience of a saint as I learned the ins and outs of dressage riding. Things changed drastically for me, as I have written in my monthly notes, when I started riding my young mare, GG Marquez. That is how Ally and I came together. Ally has been a voracious student of technique and seems able to answer just about any question I put to her. I have never been afraid to ask a dumb question or had to pretend I understood what was being said during lessons. The fact that she has been bringing babies along for the last few years helps a great deal. As I mentioned before, she now has a four-year-old Lusitano gelding and GG Marquez and I have benefitted greatly from the work Ally is doing with “Lux.” In lessons Ally is highly focused

and always seems to have a plan for what we need to focus next when I arrive at the barn. Our work is consistent and we tackle issues one at a time rather than trying to fix everything in every lesson. I always have a clear sense of my homework when I head home from a lesson and she is always prepared to build on any progress we (might) make from week to week at home.

When asked to pin point her “most proud dressage moment” she responded in her typically modest manner: “I get such great joy out of small victories and moments. For instance, when I feel my horse and I are communicating well and I’ve been able to teach him something new. The moment he “gets it” brings such happiness!” As a self-described perfectionist, you may not recognize her as someone hanging on the warm-up rail or even riding down the centerline at the shows in our area - yet! Patience is one of her strongest attributes, and she has not begun to pursue any medals or much of a show career since coming here. Instead, she has been passionately creating a richly experienced, impressive circle of teachers that she works with on a regular basis. As a self-described “perfectionist,” Ally will be bringing her new partner out to shows when she is confident that she has given him a strong foundation and that they are working together to the best of their shared abilities. In the meantime, you can find this soft-spoken and patient young trainer hard at work, focused and consistent, on the ground, or in the saddle any day of the week at her farm in King Ferry.

CLINIC NOTES

Felicitas von Neumann– Cosel

November 23, 2019, Canterbury stables, Cazenovia, NY

by Karen Steffy

- There is no cruise control on a horse, you are constantly giving little aids
- Riding a circle is like riding the top of a volcano. The inside leg keeps the horse from falling into the fire. The outside aids keep the horse from falling off the cliff.
- Without lateral flexion in the poll, there is not give in the ribcage

June 2, 2019. Canterbury stables, Cazenovia, NY

- Play with the inside rein and allow the horse to stretch
- It is not the leg that takes the horse forward, but the hips
- The leg shapes the horse
- When the horse is resistant, send the energy forward
- Half halt the horse’s chest, not the head

Editor’s note: Felicitas teaches clinics at [Canterbury](#) regularly. She is also a wizard at using Wendy Murdoch’s [Surefoot Pads](#). Their application is fascinating. Canterbury does a great job hosting clinics. It’s a lovely facility with friendly people. Your auditing fee also gets you a tasty lunch!

Cayuga Dressage and Combined Training, Inc. Meeting Minutes

November 17, 2019

Annual Awards

Meeting was held at Jane Marie Law's home. In attendance: Norman Johnson, Lauren Ostergren, Amos Mainville, Ron Skeels, Jane Skeels, Madison and Jennifer Hagadone, Anna Redmond, Sarah Hepler, Hannah Wilson, Prin Furst, Kamilla Mainville and Elizabeth, Ginny Grove, Karen Steffy, Melani Fuchs, Janice Lobdell, Sue Mulvey, Kathryn Seeley, Gale Wolfe, Colleen Price, Marley Locash, Connie O'Hearn, Kathy Garnsey, Shannon Ryan-Dinmore, Skye-Anna Nye-Smith, Dinah Guarino, Jane-Marie Law, Kathy Thode, and Jean Foley.

Norm Johnson called the meeting to order at 5:00 PM.

For the Good of the Order -

Norm encouraged those present to bid on the many wonderful silent auction items that were so generously donated to the club.

Members and guests shared a bounty of delicious, elegant and varied foods and beverages.

All members received a lapel pin with the club logo. Non-members present were encouraged to join the club and join in the fun.

Jane-Marie pointed out that for a small rural club we are movers and shakers in the national dressage world. Through the influence of CDCT, the USDF has instituted a program for schooling shows beginning December 1, 2019.

New Business – none

Old Business –

The follow slate of officers for the 2020 was put forward. Elections to be held at the January meeting 2020.

President – Norman Johnson

Co-Vice Presidents –Skye Anna Nye-Smith and Shannon Ryan-Dinmore

Treasurer – Ginny Grove

Co-Secretaries – Jane-Marie nominated Colleen Price and Hannah Wilson. Shannon 2nd. All Ayes.

Board Members – All current members to remain with the addition of Prin Furst

Youth will be represented on the board. Jane-Marie nominated Hannah Wilson as the Youth Board Representative and Youth under 13 will be represented by Madison Hagadone

October minutes – were not read or voted on.

Next Meeting:

held. The program will focus on bodywork. Colleen Price will guide us in the Franklin Technique. This is similar to the Alexander Technique, based on visualization for equestrians. Due to limited space Franklin Bands will be used, not the Franklin Balls. Bands can be purchased through Colleen a head of time. Details will be emailed.

At a later date, Colleen has offered to do a CPR class for club members at TC3. *(continued)*

Reminders:

- CDCT Dues are now due. Send [membership applications](#) to Lauren Ostergren.
- [USET SafeSport training](#) is due by December 31, 2019 -

Jane Marie moved to adjourn, Colleen seconded.

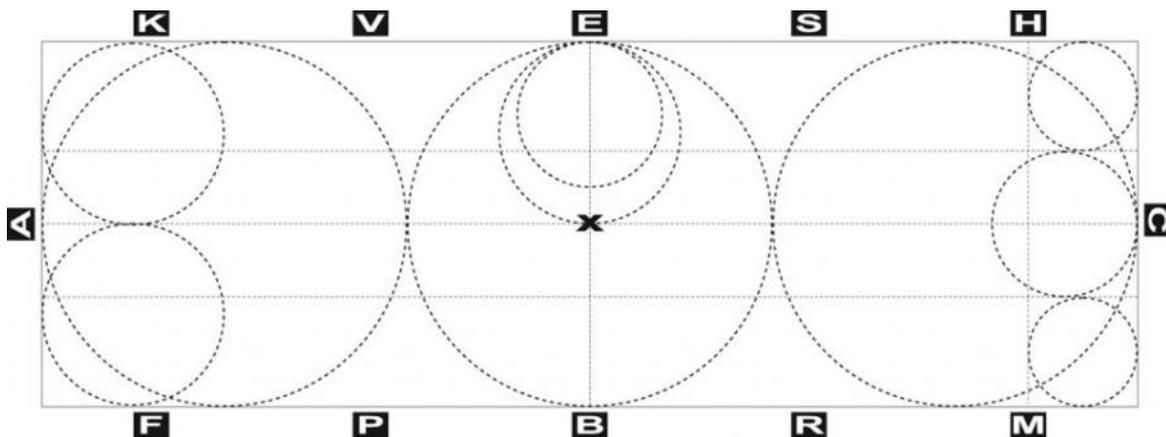
Awards Ceremony immediately following adjournment. Hooray for [this year's recipients!](#)

CALENDAR

- January 12:** 10 am, Planning Meeting for 2020. Jane Marie Law's house, 16 Muriel St., Ithaca, NY. Contact [Norm Johnson](#) for more information.
- April 18—19** Clinic with Dave Thind, [Carriage House Arena](#). For more information, contact [Carol Morris](#).
- June 27-28** Dressage in Wine Country USDF Recognized Shows. For more information, contact [Jane-Marie Law](#).
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Additional Local Dressage and Combined Training Groups

[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](#)
[Western New York Dressage Association](#)



CLASSIFIEDS

For Sale: Almost new Albion K2 dressage saddle. It has an extra wide tree and a 17.5 inch seat. The twist is narrow with wool flocked panels. Paid \$2700, will sell for \$1900. Also, extra polos, stable blanket, girths, all purpose saddle pads, plus some boots for horses, a large pony harness etc. Make an offer for these. Please contact [Dinah Guarino](mailto:Dinah.Guarino): H-315-497-9922, C- 315-



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 for additional information, request photos or arrange a visit. Visit us online at www.sfetech.net/equineretirement

For sale: 19 inch Devocoux mono flap \$1500. 17.5 inch Black Country \$1000. Both are in beautiful shape, but are no longer needed. Contact [Norm Johnson](mailto:Norm.Johnson).

CLASSIFIEDS

For Sale: Horwear grey show coat size 10. Washable and very comfortable. \$40.00 . Contact [Sue Mulvey](#).



CDCT COMMITTEES FOR 2019

YOUTH ENGAGEMENT:

Hannah Wilson
Katie Hale
Anna Velasquez

RECOGNIZED SHOW:

Skye-Anna Nye-Smith * *co-chair*
Shannon Ryan-Dinmore * *co-chair*
Carol Morris
Jane Marie Law
Kathleen Hefferon
Tina Matejka
Gale Wolfe
Jean Foley

CASUAL SHOW:

Annie Marshall * manager
Jennifer Hagadone
Shannon Ryan-Dinmore
Skye-Anna Nye-Smith
Jane Marie Law

AWARDS COMMITTEE:

Dinah Guarino
Norm Johnson

COMBINED TRAINING

Jennifer Hagadone
Megan Crout
Sara Hepler
Shannon Ryan-Dinmore
Skye-Anna Nye-Smith
Anna Redmond
Jean Foley

Dressage in Wine Country



Cayuga Dressage and Combined Training

WESTERN DRESSAGE

Colleen Price
Tina Matejka

EDUCATION COMMITTEE:

Carol Morris
Prin Furst
Shannon Ryan-Dinmore
Skye-Anna Nye-Smith
Colleen Price
Jane Marie Law
Jean Foley

PUBLICITY

Jane Marie Law
Karen Steffy
Shannon Ryan-Dinmore

CAYUGA DRESSAGE & COMBINED TRAINING CLUB, INC.

2020 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: The USDF deadline for GMO dues is December 1st. Please submit your Membership form and dues by Nov. 17th.
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.)

Please complete form and email to lauren.ostergren@gmail.com

Please make checks payable to CDCT, Inc.

Send checks and any hard copy forms to:

Lauren Ostergren
205 Warren Place
Ithaca, NY 14850
607-227-4535



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WHO TO CONTACT:

Officers:

President:	Norm Johnson
Vice-President:	Skye-Anna Nye-Smith and Shannon Ryan-Dinmore
Past President:	Jane-Marie Law
Treasurer:	Ginny Grove
Recording Secretary:	Jean Foley
Membership:	Lauren Ostergren
Newsletter and Website:	Karen Steffy
Social Media Manager:	Jane-Marie Law
Members at large:	Tina Matejka ('19) Dinah Guarino ('19) Bettina Wagner ('19) Janna Wagner ('20) Gale Wolfe ('20)

<http://www.cayugadressage.org>

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Norm Foley

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