

# COLLECTED NOTES

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OCTOBER 2018

## FROM CDCTC'S PRESIDENT:

### A Place to Belong

At our club meeting last week, I had a wonderful feeling. I looked around the room and saw so many faces of friends. We were enjoying one another's company, discussing our horses and our dreams with them, going over old business, and planning events for next year. People were having a glass of wine, eating food, and basically enjoying one another's company. The atmosphere was positive and relaxed. It felt ordinary and every day and very right. After the meeting, friends stayed and washed up. People broke up into small conversations as they headed out.

And yet, as I reflect back on that evening, just less than a week ago, I realize that such warmth and relaxation are not things we should ever take for granted. It is that way because we MAKE it that way. Everyone cares about the club's collectivity that is bigger than the sum of its parts. We care about what we can only do together, and what would be too overwhelming to try and do alone. We care about having people who understand our passions without our having to explain things. Nobody ever utters the words, "Just a horse." Everybody understands what "barn time" means. We understand without explaining the thrill that comes from that nanosecond we feel like a centaur and how that

*(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. See nomination information in this newsletter!



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

**PLEASE SEE THE  
INFORMATION ON PAGE 5.**

feeling can get you through the month or year. I looked around the room and saw some faces who are new to the club during the past year or two. These members are now as at home in the club's activities as the rest of us, and have also brought new vitality to all we do. I looked around at the faces of the old timers: people who have seen many generations of the club activities and have so much wisdom and are still here, still riding, still coming to meetings and planning events. We welcomed a new face to the club and made plans to include even more people, especially young people.



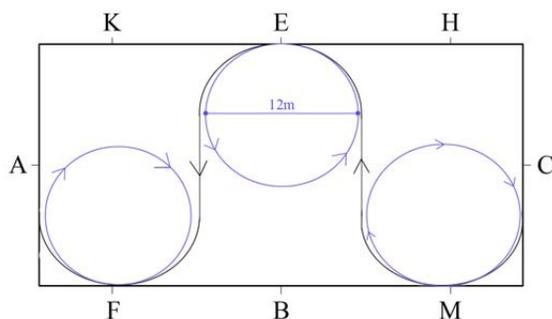
There is much we can do to make the club even more of a place where we can feel a sense of belonging. Coming to the meetings and club activities is a great way to start, of course. But inviting along that new person you meet at work, or the feed store, or a show or clinic to an event, paying a visit to his or her barn and meeting their four legged friends (usually includes a dog or cat as well as the horse), planning on carpooling to meetings and events. All these things will help people feel even more included.

Norm Johnson has arranged for a trip to Equine Affair this next month. It is a great chance for people to get together and have an outing together. Seizing upon chances like this to do things together is a great way to deepen friendships.

This summer I had a riding accident. My non-horsey friends immediately assumed I would stop riding. (Such fools, those friends.) My club friends stepped up (after they asked "How long till you can ride again?" which was the first question I had asked my orthopedist) and arranged to have my horse worked. Friends visited me and called and cheered me up and told me horsey tales and helped me plan my come-back. My friend Prin (new to our club a little over a year ago and now a good pal) came by with a picnic basket and fed me on my own back patio and discussed horse training and life. My friend Shannon, also a new face last year, brought me books about riding fitness and overcoming fear after a riding accident. Through this little ordeal, I felt like I belonged in a web of meaning and care and understanding. It is a wonderful feeling in life.

I am so grateful to everyone in our club, the many faces who keep it warm, keep it funny and fun, keep it real, keep it focused, and most of all, create a place where so many of us can BELONG. We are lucky to have such a gem.

*-Jane Marie Law*



# CAYUGA DRESSAGE AND COMBINED TRAINING CLUB AWARDS 2018

*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 contact Karen Steffy more information.*

It is time to nominate your fellow horsepersons for end of year awards! Your humble awards committee (whose motto is "We can honor whatever we want because we can!") has been busy in their hive of altruism thinking up new and better awards to delight and honor our members. But not all of the fun is ours alone! You get to nominate (and even self-nominate in some cases) the best, brightest and even most fool hearty. Send your re-plies to Karen Steffy ([wonderpony92@gmail.com](mailto:wonderpony92@gmail.com)). All nominations due by October 15.

The awards needing nominations are:

## **1. Good Sportsmanship Award**

This award was created to highlight the ideals and values of good conduct, civility, good role modeling and sportsmanship in our sport. An award is given each year to the club member who has consistently displayed the values of kindness to people and animals, in competition graciousness in losing or humility in winning, in everyday activities in the club and stable encouragement of others in their endeavors, and a willingness to serve as a positive role model for other people coming into the sport. This award is by nomination. Nominations for the award should be send to the awards committee no later than October 15. The awards committee will select the annual recipient, who will be honored at the annual banquet and in the newsletter. Nomination letters should include the person's name and a detailed description of why the nominator thinks this person is a good recipient. They should be received no later than October 15.

## **2. Spirit of Dressage Award**

This award is given annually to a person 21 years of age or under (as of January 1 of the award year). The award is \$150, to be used towards advancement of educational goals. To be eligible for the award, the candidate must: 1) be a member in good standing in CDCT at the time of application, 2) be pursuing the art of dressage in a consistent fashion (though not necessarily competing), 3) complete a statement of purpose and submit one nominating letter from any club member or a trainer and submit these documents to the Board of Directors of the club no later than October 15.

Description of the award:

Dressage is a lifelong pursuit, and Cayuga Dressage and Combined Training wishes to recognize a young person who is representing the values and ethics of dressage as an art form: the quest for honesty, naturalness and harmony in one's dealings with his or her horse, the attention to the deliberate and careful development of the talents of the horse and 3) an emerging expression of these qualities of cultivation in one's own life.

Statement of purpose: Please write a short statement (between 250 and 500 words, lone to two pages) describing your background with dressage, why you are attracted to this art and what this discipline has taught you. Please also indicate your future plans regarding your riding. Also ask one person, preferably a club member or trainer (but not a family member) who is familiar with your dedication to dressage to write a letter of support for you.

### **3. What Was I Thinking Award?**

(Self-nominations possible, more than one award may be given if the humble awards committee deems it to be necessary) This award is designed to honor the person who took enormous risks this year and is not yet sure if they are worth it. Acts of sheer bravery, utter stupidity, fool-hearty enthusiasm and downright risky decisions are to be honored. A nomination must include a description of the behavior or action that merits awarding with all-expense paid trips to exotic locations (other than the emergency room).

### **4. What Was I thinking Revisited Award?**

If you were nominated for the What Was I Thinking Award last year, how did it go? Fill us in on what has happened in the past year!

### **5. That turned out better than I thought award**

This award, also open for self-nomination is likely to be packed next year as we have the results of our What Was I Thinking Awards. Did you do something risky last year? Are you glad you did? Write it up and tell us about it. You too can be the gateway drug to risk taking behaviors. More than one award may be given.

### **5. Spouse of the Year Award**

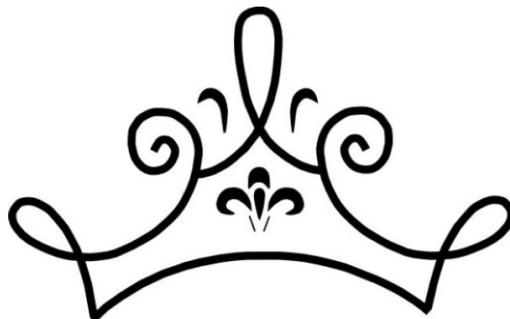
(Can be nominated by their own spouses, preferably). Tell us why your non-horsey spouse deserves an award. Honestly, we will award as many of these as we can, but awardee must be present to win. Who knows what could be behind door number 2 for you? Awardee does not have to know what a coefficient is, may not know how much you actually paid for that saddle, but should be able to know that one horse power beasts are way more expensive than 10 horse power contraptions. No actual financials of dressage will be discussed at the awards ceremony.

### **7. Miss Universe**

This award goes to the man or woman (but sorry, regardless, you are Miss Universe) who best exemplifies all around Good Egg-ness and wants both world peace and a horse that loads on a trailer. No self-nominations, please, but we will need a runner up, in the event that Miss Universe is unable to carry out her arduous duties so nominate now. No bathing suit competition this year, but awardee should look good in muck boots. Nominate away.

### **8. New Member of the Year Award**

This award goes to the new member who has dived right into the melee and proven themselves dedicated to the club. You may not self-nominate for this award.



# 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)



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

# CALENDAR

## 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 20 & 21:** Lilley's Fall Hunter Pace and Trail Ride, *R.C. & M.S. Lilley Farm, 254 Divers Xing Road, Marathon, NY 13803, 607-844-9370 or 607-656-4186*

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

## November

**November 1:** Carol Kozlowski clinic, *Carriage House Saddlery. Contact Lori Elrod: 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. Please bring a dish to pass.*

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## Our Sponsors

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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
- Hind end pain
- Resistance to training
- Poor performance
- Uneven gait
- Chronic or recurrent lameness
- Slow injury healing
- 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:

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Vice-President:	Norm Johnson, <a href="mailto:njohnson@ithaca.edu">njohnson@ithaca.edu</a>
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Facebook manager:	Kathleen Hefferon, <a href="mailto:klh22@cornell.edu">klh22@cornell.edu</a>
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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