



CENTERLINE



CONNECTICUT DRESSAGE ASSOCIATION

JUNE 1998

Connecticut Dressage Association

Co-Presidents

Debra Reinhardt
160 Woods Way
Southbury, CT 06488
203-264-2148

Frances Owles
241 Baldwin Hill Road
New Preston, CT 06777
860-868-0077

Membership Secretary

Frances Owles
860-868-0077

Recording Secretary

Fern Feldman
203-272-0711

Treasurer

Stephanie Rossi
860-621-7194

Publicity/Centerline

John Gordon
203-573-0919

Omnibus

Sharon Knies
203-467-2649

Awards/Scholarships

Pat Sheeran
203-243-3565

Board

Jennifer Baumert
860-228-9242
Minna Hebert
860-868-0484
Vicki Hammers-O'Neil
203-634-1168
Holly Wahl
860-651-8684
Peggy Dils
802-365-9434
Robyn Wahl
860-688-9355
Sue Toll
203-426-2470

CENTERLINE

Send address changes to
Frances Owles

*Centerline is the official newsletter of the Connecticut Dressage Association and is published about 10 times annually. It is distributed to all members. CDA welcomes story ideas, informative articles and commentary. Please submit all contributions to: John Gordon, 24 Darren Court Waterbury, CT 06708
Email - eviewer2@ix.netcom.com
Subject: Centerline*

President's Letter

June 1998

Two down, two to go. CDA competitions, that is. Can you believe it? Our first schooling show and big two-day recognized mambo at Ox Ridge are history. And the entries for both were filled. Weren't we just shoveling snow and planning the season, now fast being swallowed up by time? Other news: the June annual meeting and elections, the healing magic of magnets, organizing the junior incentive program, and a proposed competition management series. Read on.

Schooling Show at Mountain Valley EC

Mostly CDA members signed up for a total of fifty-one tests at the Mountain Valley EC show in South Britain on Sunday, May 3, organized by show secretary Alix Szepesi and learner sec and scorer Jody DeStefanis. See the results printed later in the *Centerline*.

The day dawned damp and cool, teasing yet more rain, but at 6 a.m. the swimming holes that had just the night before populated MVEC's brand-new dressage arena had been siphoned elsewhere, leaving a dryish ring and a gorgeous vista over the eastern hills that would have distracted lesser souls than judge Beth Baumert. Here is someone who loves judging schooling competitions—and showed it by patiently and tirelessly doling out constructive, realistic comments and generously spending extra moments with riders when needed. Everyone appreciated and gained from Beth's upbeat but no-nonsense approach.

Typical was the class schedule of this first CDA schooling show, which listed mostly lower-level rides, from USDF Intro through AHSA First Level with a few Second Level entries. Atypical was the number of ties—three, including a three-way, in a lineup of only ten classes—and the young rider representation—eight of the 25 entrants were juniors, all now CDA members.

We are grateful to the MVEC staff for their help, to Lexanne Kroll for the use of her facility, to Poverty Hollow Pony Club (in the persons of Elena and Virginia Bertram) for providing the snack concession, and to all the rest who helped birth this little show and nurse it along. Special thanks to scribe Germaine Lowey, ring steward Phyllis Woodman, scorers Jody DeStefanis, Lucy Dobson, and Nancy Blanchard, jr. sec'y intern Julie Dobson, runners Desiree Bilodeau and Margot Martin, and our loyal Pam Bilodeau, who is always there when you need her. Oh, not to forget Mary Kleckner (she once ran all of our schooling shows), who stepped out of Brigadoon to support the cause, and Litchfield Hills EC's James Hawes for teaching us things we didn't know.

R-Show at Ox Ridge

By the time this issue reaches you, the three-ring Darien Big Deal of May 30-31 will be a fait accompli and the results ready to publish in the July *Centerline*. But the situation on May 21 was another story. The organizers were entering that moderately-to-severely deranged state characterizing the showday-minus-nine syndrome. Steve and Debbie Reinhardt were frantically negotiating the final bumps and grinds of organizing a large show with their usual efficiency that results in a seamless show. Good aids. But they did have their moments, fleeting of course, when they wistfully weighed the option of a joint short stay in a secure facility preferable to the preshow insanity. Here's the scoop.

The show was half-filled the week before closing. By closing date plus one, entrant hopefuls were hopping onto a growing waiting list. At last count, 127 competitors were scheduled to ride two to three rides each for a total of 300+ tests. One grass arena for the lower levels and two sand for the uppers accommodated

(Pres. - continued on page 2)

1998 CALENDAR

June 1-3

Carol Lavell Clinic
Salem Sunshine Farm

June 6-7

Dressage Competition
Mystic Valley Hunt Club
860-464-7934

June 14

Spring Schooling Show
Kettle Drum Farm
Southbury, CT
Mary Michinski
203-264-0462

June 15

Westchester Horse Council Lecture
"Equipressure"
Lorraine Mannone
Site TBA

June 19-23

Region 8 Adult Camp
Instructors:
Max Gahwyler
Beth Baumert
Houghton, NY
716-664-6881

June 21

Dressage Schooling Show
River Farm
Pauline Schenck
860-676-0122

June 28

Litchfield Hills Equestrian Center
Dressage Schooling Show
Penny Hawes
860-567-1441

July 5-12

Junior Combined Training Camp
River Farms
Avon, CT
Lynn McCloe
860-676-0122

July 18-19

CDCTA AHSA R-Show
Westbrook Hunt Club
Westbrook, CT

July 19

Hill Top Stables
Dressage Schooling Show
Kari Bradshaw
860-485-0477

July 20-21

Jaynes Ayers Clinic (CDCTA)
Turtle Hollow Farm

July 25

Cayuga Dressage & CT
USDF/ASHA R-Show
Chemung County Fairgrounds
Elmira, NY
Carol Morris
607-753-7256

(Pres. - continued from page 1)

the rides, 17 of which (get this!) were Prix St. George, two Grand Prix, and about eight Freestyles (two at First, two Second, 2 Grand Prix, and 1 Intermediare I). Two treats scheduled for those who came to ogle and ah: Sue Blinks choreographing a FS on her top international Grand Prix horse FlimFlam, and an advanced junior/YR qualifying test (CDA juniors, set your sights on this for the future). More on the Big Deal next issue.

Annual Meeting and Board Elections

Monday, June 15, at Fern Feldman's. Calendar that. Each year, our bylaws tell us, we have to elect (or reelect, as is often the case) new directors to come live on our board and play the game of running CDA for fun and nonprofit. It's great! You get a title (you can practically invent your own), do lots of work for free, think up cool projects to promote dressage, then enjoy pestering and herding around other CDA members to volunteer for it, get no sleep, talk to people on the phone 24 hours a day. Great fun! Come and share!

Turn to the final ballot printed in this issue for your last chance to vote in who you want—even yourself. Then mail in your ballot or come to the meeting. Your vote is your voice.

Web Site Ready

Technomembers, before you take another blink, check out CDA's brand-new Website at www.geocities.com/~ct_dress_assn/ (Type exactly, including the periods and underline characters). Our Webmaster, John Gordon, has put in many long hours to create this wonderful site, complete with home page mood music and lots of links. Sign the guest book, see the latest show results, read the Centerline articles online, learn about the national organizations, send in your (and your horse's) picture. We are just beginning, so please send in your content suggestions ideas. OK? What a great new way to communicate, right?

Magnets for the Aching Masses

Board member Sue Toll brought a guest to the last meeting. Anne Putnam, a distributor for Nikken, the Japanese firm that manufactures magnetic devices used for biomagnetic healing, came armed with magnetic balls (look like giant ball bearings) and various other curious devices to demonstrate to and on a skeptical board how magnetotherapy can accelerate healing of riding-generated (and other) injuries (neck, back, shoulder, knee). The results were eerie—and effective. Ann appeared at our Ox Ridge show on Saturday during the wine and cheese party to demonstrate her wares and demystify this sweeping trend in healing that interweaves traditional Western medical practices with ancient Eastern healing philosophies and New Age mind-body high wu.

No one *really* knows how the magnets work, but two popular theories I read about in an Internet piece (www.planetherbs.com/articles/biomag.html) give it a go. One is based on the idea that diseased cells lose their magnetic equilibrium and that magnets help restore it by encouraging normal functional relationships both within the injured cells and along the mind-body continuum. The second posits that the magnets exert a powerful attraction on the iron content of the blood. By attracting iron (which carries oxygen) and other molecular nutrients to a diseased area, the magnets in effect adjust off-kilter acid-base balance, increase circulation. and accelerate healing.

Junior Incentive Program

The board decided to review and distribute to all junior young riders an updated version of the rules and regs for this program. Yes, you must apply each year to accumulate volunteer points toward the fall clinic. (We are searching for a clinician you will love!) And yes, parents or mentors who volunteer also accumulate points. So say yes if you can every time a CDA project coordinator calls you for help. Thanks.

Another idea boiling in the pot: An all-junior competition run for and by our young riders. Have any ideas? Want to help develop this for next season? Maybe sooner? Pam and Penny are interested. Call us if you are too.

Competition Management Series

We thought of setting up a series of clinics or seminars to teach interested members how to organize and/or work at a competition. Does this interest you? In what format? We are already asking members to volunteer for various show jobs in the capacity of intern, feeling that you learn a job better if you can tag along a mentoring somebody who already knows how to do it and who can show you the shortcuts and teach you the pitfall workarounds.. We can all teach one another.

(Pres. - continued on page 9)

Connecticut Dressage Association

USDF GMO #809

Spring Schooling @ Mountain Valley Equestrian Center

Sunday, May 3 1998

SHOW SECRETARY: Alix Szepesi

JUDGE: Beth Baumert (L/CT)

SHOW RESULTS

CLASS # 1A: USDF INTRO TESTS 1 AND 2

<u>RIDER</u>	<u>HORSE</u>	<u>%</u>	<u>PLACE</u>
Desiree Bilodeau/JR I-2	High Renaissance	66.842	1
Amy Swingle I-2	Boldly Intimating	60.000	2
Amy Swingle I-1	Boldly Intimating	60.000	3

CLASS # 7 AHSA FIRST TEST 1

<u>RIDER</u>	<u>HORSE</u>	<u>%</u>	<u>PLACE</u>
Glynda Roughton	Sierra Sunrise	63.571	1
Elizabeth Braverman/JR	Merci Beaucoup	63.571	2
Jennifer Ford	Mt. Airy Brutus	60.357	3
Amanda Braverman/JR	Casanova	51.071	4

CLASS # 3 AHSA TRAINING TEST 1

<u>RIDER</u>	<u>HORSE</u>	<u>%</u>	<u>PLACE</u>
Desiree Bilodeau/JR	High Renaissance	64.455	1
Pam Bilodeau	Eiselmann	63.182	2
Kari Bradshaw	Briar Bay	63.182	3
Cathy Sweeney	McDuff	63.182	4
Jacqui Cloud/JR	Baratone Man	58.182	5

CLASS # 8 AHSA FIRST TEST 2

<u>RIDER</u>	<u>HORSE</u>	<u>%</u>	<u>PLACE</u>
Maureen Hawes	Night Theatre	58.387	1
Jennifer Ford	Mt. Airy Brutus	58.065	2
Elizabeth Braverman/JR	Merci Beaucoup	55.484	3

CLASS # 4 AHSA TRAINING TEST 2

<u>RIDER</u>	<u>HORSE</u>	<u>%</u>	<u>PLACE</u>
Cathy Sweeney	McDuff	63.846	1
Pam Bilodeau	Eiselmann	62.308	2
Emily Wilson/JR	Sorcerer's Apprentice	61.923	3
Kari Bradshaw	Briar Bay	59.615	4
Marguerite Fletcher	No Foolin	58.846	5
Jacqui Cloud/JR	Baratone Man	58.077	6

CLASS # 9 AHSA FIRST TEST 3

<u>RIDER</u>	<u>HORSE</u>	<u>%</u>	<u>PLACE</u>
Glynda Roughton	Sierra Sunrise	65.143	1
Carolyn Simmelink	Fiddlesticks	61.143	2
Elizabeth Braverman/J	Merci Beaucoup	60.857	3
Sherri Marcuccio	No Alibi	60.571	4
Maureen Hawes	Night Theatre	58.286	5
Darcy Taylor/JR	Marshmallow	55.571	6

CLASS # 5A AHSA TRAINING TEST 3

<u>RIDER</u>	<u>HORSE</u>	<u>%</u>	<u>PLACE</u>
Emily Wilson/JR	Sorcerer's Apprentice	66.154	1
Emily Anderson/JR	Borcelino	60.769	2
Amanda Braverman/JR	Casanova	60.385	3
Marguerite Fletcher	No Foolin	57.692	4
Stephanie Mallick	Gelsey	51.154	5
Margaret Deakin Hilding	Simpatico	50.000	6

CLASS # 10 AHSA FIRST TEST 4

<u>RIDER</u>	<u>HORSE</u>	<u>%</u>	<u>PLACE</u>
Sherri Marcuccio	No Alibi	61.212	1
Jennifer Ford	Mt. Airy Brutus	59.970	2

CLASS # 11 AHSA SECOND LEVEL

<u>RIDER</u>	<u>HORSE</u>	<u>%</u>	<u>PLACE</u>
Carolyn Simmelink 2-2	Fiddlesticks	58.684	1
Chelsea Wetzel/JR 2-3	Irish Peat	57.209	2
Chelsea Wetzel/JR 2-4	Irish Peat	56.591	3
Virginia Leary 2-4	Genius	55.455	4
Virginia Leary 2-1	Genius	53.590	5
Darcy Taylor/JR 2-2	Marshmallow	48.948	6

CLASS # 6 AHSA TRAINING TEST 4

<u>RIDER</u>	<u>HORSE</u>	<u>%</u>	<u>PLACE</u>
Amanda Braverman/JR	Casanova	62.000	1

RIDING TO MUSIC

by Carolyn McEvitt

I am not a TV watcher by any means. As far as I am concerned the only use for the TV is to play videos of world-class equestrians for inspiration and tapes of my own lessons for comic relief. However, what will stop me dead in my tracks is televised pairs skating. I am hopelessly spellbound until a commercial break, watching two individuals create a sense of beauty and unity through music and movement. Each partner is dependent and trusting of the other which enables them to execute technically correct combinations in perfect time to the music. I am always awed by the incredible sense of oneness existing between such partners.

So, what does pairs skating have to do with riding your horse to music? Well, I found out on April 18th when I attended the CDCTA Riding to Music Clinic hosted by Beth Baumert at her Cloverlea Farm in Columbia, Ct. It so happens that both endeavors share many of the same qualities. Like pairs skating, riding your horse to music involves trust, dependability, technical correctness and aesthetic appeal.

Trust and dependability go hand-in-hand. In fact, one is a function of the other. The rider needs to feel confident that when he or she asks the horse for a particular movement the horse willingly obliges and does not rudely ignore the request. This could be as simple as asking the horse to stand quietly or as complex as asking for tempi changes across a diagonal. At the same time the horse needs to trust the rider's aids. The horse needs to know that these aids will be consistent and that he will be prepared appropriately for a specific movement. Can you imagine a skater throwing his partner into the air without warning?....very pretty indeed!! Like pairs skating there are expectations that must be full-filled on both sides to develop that sense of one mind between two individuals.

Having developed a confident and understanding relationship then enables the pair to concentrate on technical correctness. Riding smooth transitions, perfect circles, square halts, straight lines, correct leg yields and correct corners are the most basic requirements. The three gaits need to be executed correctly within the geometry of the ring and in perfect time to the chosen music. The horse should exhibit the appropriate suppleness, impulsion and submission expected at the level being shown. Generally, scores of 60% or more in regular dressage competitions are good indicators of whether you should enter a freestyle competition at that level.

The addition of music can improve and beautify any ride. Even if there is no real aspiration towards freestyle competition, music matched correctly to the horse and rider adds another dimension to their riding. Specifically, it helps the rider become more aware of the horse's rhythm. The rider learns to maintain a consistent rhythm by "riding to music", which is especially useful when riding at the lower levels or working with young horses.

Finding the right music, however, can be a bit time-consuming, especially if you want the total visual affect to be one of unity and beauty. Two tools that aid in this task are the video camera and the metronome. The video camera is useful in capturing the horse at the three gaits, while the metronome will help determine the horse's speed at each of these gaits. By viewing the tape with the metronome the horse's speed can be determined. The trot is usually 138 to 158 beats per minute (bpm). This is measured when one foot fall of the horse equals one beat of music. The average pace for the canter is 96 bpm as measured by the beat of the leading leg.

Once the speed at each gait is determined the fun part can begin....picking out the music! In choosing music there are several considerations to keep in mind. Choose something you *love* since you will most likely be spending a lot of time listening to it. The music should have a rhythm and melody that keeps the audience interested and should suggest something like a mood, feeling or image. Be careful of pieces that are too grand or New Age types that do not have a definite beat. Also, music with vocals are not widely used, although Beth showed us a video of Klaus Balkenhol riding a freestyle to vocals and of course looking perfect! When choosing music you should also consider how the horse uses its body. For instance, if a horse is a very heavy mover you may want to choose a piece that will help him move along and keep him more forward. Classical music would fit a horse with lighter, airier movements. Also, use musical pieces that are of the same theme. For instance, use either all show tunes or all classical pieces.... don't mix them. The consistency in themes will help keep the overall impression clean and simple.

My overall opinion of the clinic was that it was informative. I think it would have been even more beneficial and interesting to all participants if the riders were paired according to their training levels. For example, a pair at the walk-trot level would be able to concentrate on the elements of movement and music appropriate for their level, whereas a pair at first level would be expected to work at more difficult movements with the music. This would have given both riders and auditors a good sense of what is needed and expected at each level. Also, by grouping the pairs by level and assuming that riders would not be at a given level unless they were earning at least 60%, the clinician would be able to tailor the session more specifically to that level. Again, it was a good clinic and I'm glad I went. It was time well spent.

BOARDING AT

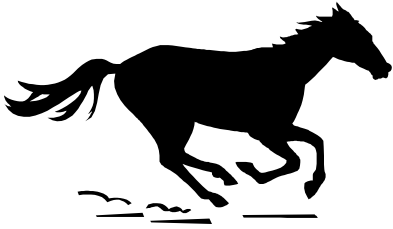


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CONNECTING WITH YOUR HORSE

Creating a Healing Relationship between You and Your Horse

Saturday, June 27, 1998

10am - 6pm

“What’s wrong with my horse?” If you are associated with horses as a professional rider or owner, at some point you have asked this question. This one-day clinic will help you find the answer. Whether you show, race, or own horses for pleasure, you will learn new ways of interacting with your horse that will make it possible for you to develop a relationship based upon healing, cooperation, and mutual success.

This clinic will introduce you to a four-step program for achieving these healing results:

Compassion

Intuition

Energy

Skillful Means

You will watch these techniques demonstrated by the internationally renowned healer and teacher Elizabeth Stratton. You will be taught how to develop intuitive communication with your horse, scan its body for injury and disease, and do energy healing through the laying-on-of-hands. In England, hands-on healing has been endorsed by the Royal College of Veterinary Surgeons, and is used across the country in cooperation with veterinarians. These techniques can help your horse to realize its full potential, and, with Virginia Leary’s guidance, you can combine these into conscious riding. You may attend with your horse, or one will be provided. Owners, riders, trainers, and veterinarians are welcome.

Virginia Leary is a former international level three-day event rider who has taught conscious riding for twenty-five years. She combines her own skills and new insights with the join-up techniques of Monty Roberts (*The Man Who Listens to Horses*), to produce an exciting and successful way of riding and relating to your horse.

Elizabeth K. Stratton, M.S. is a world renowned healer who uses hands-on healing to heal animals, children and adults. She has been in practice for twenty-three years, and there are hundreds of healing affidavits on file to attest to the effectiveness of her work. Ms. Stratton is the founder and director of the TOUCHING SPIRIT® Training Programs, which train lay and health care professionals in her healing techniques. She is the author of two books on healing: *Touching Spirit* and *Seeds of Light* (Simon & Schuster).

Tuition: \$200.00. Board available at \$30.00/night. Prepayment required.

Registration & Location: Lost Run Farm, Litchfield, CT 06759; 860-567-0419.



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- airport/hotel and hotel/show transportation
- premium seats under cover at the dressage show
- access to the extensive trade fair for great buys on European products
- optional show jumper and driving tickets
- 3-volume video series— “Magic of Aachen—’98”
- festive farewell dinner

Total cost:

\$2,595 double occupancy

\$2,995 single

Mail coupon to Cloverlea Dressage, PO Box 302, Columbia, CT 06237 or fax to (860)228-4242. Or call Beth Baumert at 860-228-9242 or Mimi Dickerson at 203-966-5994. Please send requests ASAP. Limited spaces.

Yes, I would like more information on attending the trip to Aachen.

NAME _____

ADDRESS _____

PHONE _____ (H) _____ (B)Fax _____

Francois Lemaire de Ruffieu Clinic

The renowned horse-master Francois Lemaire de Ruffieu will be giving a clinic at Win Some Farm, Morris CT, July 2, 3, 4 and 5, 1998. Graduated from the Cadre Noir in 1967, he studied and showed extensively in dressage, stadium jumping, three-day eventing and steeplechase during his six years in the cavalry at Saumur and Fontainebleau. He has taught at the Military School of War in Paris and since coming to the United States, he continues his teaching.

Presently he is on the board of the American Riding Instructors Certification Program which is an organization that works to train, test and certify riding instructors here in the United States. Among the many supporters of this program are George Morris, Denny Emmerson, Robert Dover, and Linda Tellington-Jones. Mr. Lemaire is also the author of *The Handbook of Riding Essentials* and *The Handbook of Jumping Essentials*

His clinic will include both dressage and jumping instruction as the attendees request. Semi-private one hour instruction will be \$100 and auditing will be \$20 per day or any part of a day. For reservations or more information call Mady Mixson at 212-737-8010.

From one of Francois' students:
Francois tells you how to get to where
Lendon tells you you should go.
Don't miss this opportunity!

(Pres. - continued from page 2)

If you'd like to be an intern, or whatever you'd like to call it, ring or write whoever is organizing volunteers for upcoming competitions. And, hey, don't worry about feeling like a dunce. All seasoned competition organizers and helpers are only ex-dunces. Everyone has to start at square one, so let's hear from you!

Next month (and maybe the month after since I got to administer a double dose this time) a fully recovered (we hope) Debbie will write the preslet, giving you a full recap of the Ox Ridge show and the results of the annual elections. Until then, focus hard and happily on training yourself and your horse and making GMO (Group Member Organization) #809 (that's us) a name to be reckoned with. Cheers.

—Frances

All articles are to be submitted by the 15th of the month.

They can be mailed to me at:

**John Gordon
Attn. CENTERLINE
24 Darren Court
Waterbury, CT 06708-3903**

or

**They can be Emailed to me at eventer2@ix.netcom.com
In the Subject line: Centerline**

**Please send them as an Attachment in either Word for Windows,
WordPerfect, RTF or in a plain text file Format if possible.**



Attention Show and Clinic Organizers, Trainers, Stables and Organizations:

**Don't forget to send us information about your activities for the 1998 CDA Calendar of Events!!!
Send a one-line description, dates, locations, and contact person's name and phone number. We'll be delighted to include it in Centerline's regular calendar at no cost.**

Don't forget to visit CDA's WebSite at: http://www.geocities.com/~ct_dress_assn/

**Thanks,
John**