



CENTERLINE



CONNECTICUT DRESSAGE ASSOCIATION

June 2007

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CENTERLINE

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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 -
Centerline@ctdressageassoc.org
Subject: Centerline

- CDA Website -

www.ctdressageassoc.org

CDA is a USDF member, and the GMO's members are automatically USDF Group Members.

President's Message

The smell of honeysuckle is in the air and the days are getting longer. It is so nice to have a few extra hours of daylight to enjoy our horses. Show season is upon us and I know most of you are very busy preparing. Our first schooling show was May 6th at Once Again Farm. The day was sunny and beautiful, and everyone had an enjoyable day. It was nice seeing so many familiar faces out and about enjoying their horses at the show. Thank you to all who volunteered. We could not do it without you, and truly appreciate the time you sacrifice to further our sport.

Our next big event will be our recognized show at Kasson Ridge Farm in Bethlehem on June 9 and 10.. I hope everyone has their entries in. Our new venue promises to be less intimidating for many who may not feel comfortable at very large recognized shows. We will have a competitor's party on Saturday that I hope you can all attend. If there is anyone interesting in helping me with the party set up I would love the extra help. If you are not showing this time you might want to consider volunteering. It is such a fun and rewarding way of joining in and contributing to the growth of our sport. To those who are showing I want to mention a fantastic new way of sending in all of your membership information with your entries. The USEF and USDF have set up a website, www.eqverification.org that will make your life so much easier. In a few simple steps you can print out your horse, rider, and owner membership information for the USEF and USDF on a single sheet of paper. Make a few copies for the season, and send it along with all of your entries to the shows. It will make things easier for you, and it will make your show secretary very happy :)

I am pleased to report that our Region 8 Challenge to benefit the region 8 NAJrYR Teams for the Championships is growing in strength. We now have 5 GMO's who have accepted the challenge. I think it is wonderful that everyone is joining in to help raise funds for this very important cause. If you missed it in the newsletter last month, we challenged all the Region 8 GMOs to donate \$1 per member towards the NAJrYR Teams to go to the Championships July 31st - August 1st. For more details see our May Centerline.

I look forward to seeing each and every one of you at the upcoming shows. If you have comments or suggestions about our show or about any of the events we offer please drop me a line or give me a call and let me know your thoughts. I would love to hear from you and know how we can better serve you or know that what we are doing is working well for you.

See you soon,

Chris

2007 Calendar of Events

June 3, 2007

Abacus Events Schooling Show
R Folly Farm
Morris, CT
Contact:
Nancy Blanchard
860-283-8748

June 9-10, 2007

CDA Spring Recognized Show
Kasson Ridge Farm
Bethlehem, CT
Contact:
Kathleen Kiessel
908-996-5196
Fax: 908-996-5160
kmedve@earthlink.net

June 20, 2007

Gleneden Dressage
Bedford, NY
Contact:
Lendon Gray
[graydressage@optonline.net/](mailto:graydressage@optonline.net)
914 234-4158

July 1, 2007

Weatogue Stables Schooling Show
Salisbury, CT
Contact:
Bobbi Carlton
860-824-7908

July 7, 2007

Dressage/Combined Test Schooling Show
Mistover
Pawling, NY
Contact:
www.mistoverllc.com

July 9, 2007

Gleneden Dressage
Bedford, NY
Contact:
Lendon Gray
[graydressage@optonline.net/](mailto:graydressage@optonline.net)
914 234-4158

July 18, 2007

Gleneden Dressage
Bedford, NY
Contact:
Lendon Gray
[graydressage@optonline.net/](mailto:graydressage@optonline.net)
914 234-4158

July 29, 2007

Grandview Stables Schooling Show
Columbia, CT
Contact:
Alena Orszak
860-228-5021
alenagvs@sbcglobal.net

July 18, 2007

Fox Ledge Farm Schooling Show
East Haddam, CT
Contact:
Ann Guptil
860-873-8108

New Dates for the 2007 Succeed/USDF FEI-Level Trainers' Conference

Lexington, KY (May 10, 2007) - United States Dressage Federation (USDF) announced October 27-28, 2007 as the new dates for the 2007 FEI-Level Trainers' Conference to be held at Starr Vaughn Equestrian Center in Sacramento, CA. The conference will feature Jan Brink who is currently ranked sixth in the world for FEI dressage riders. In addition to the two-day riding conference, a lecture will be held on Friday, October 26 with Jan and the sponsor of the event, Freedom Health, makers of Succeed digestive conditioning system. Immediately following the Friday night lecture, there will be a welcome reception, sponsored by Schleese Saddlesfit 4 Life, with both of these events being held at the Marriot Sacramento Rancho Cordova.

All eligible trainers' conference attendees and their guests, up to a maximum of three, must be USDF participating members.

In addition to being ranked sixth in the FEI/BCM World Dressage Ranking, Jan also was the 2005 winner of the Dressage Championships in Aachen, was awarded the Individual and Team Bronze at the 2005 European Championships and was awarded the Individual Silver at the 2003 European Championships.

"We are so excited to have Jan as our featured presenter at this year's trainers' conference," stated Kathie Robertson, senior coordinator for the program. "Jan encourages riders to find a horse that will compliment their riding style."

For more information and a list of eligibility requirements for the 2007 Succeed/USDF Trainers' Conference featuring Jan Brink please visit the USDF Web site at www.usdf.org or contact Kathie Robertson at (859) 971-2277 or via e-mail at trainersconference@usdf.org.

Attention – Change of Date

Weatogue Stables Schooling Show
Scheduled for the June 24, 2007 has
Been changed to July 1, 2007
(See page 4 of this newsletter for further information)

Sunday, May 6, 2007

Connecticut Dressage Association Schooling Show

**Once Again Farm
750 Allen Avenue
Meriden, CT 06451**

RESULTS

Intro A									
<u>Rider</u>	<u>Horse</u>	<u>Level</u>	<u>Score</u>	<u>Place</u>					
Michelle Serbent	Virago	AA	65.5	1	Katie Greene	Quinte St Patrick	AA	62.0	2
Erin Burke	Precious Jewel	Y	66.0	1	Tanya Frazier	Michael	AA	61.6	3
Marguerite O'Brien	Dayno	AA	62.5	2	Susan Guay	Valderama	AA	54.4	4
Intro B					Dressage Seat Equitation				
<u>Rider</u>	<u>Horse</u>	<u>Level</u>	<u>Score</u>	<u>Place</u>	<u>Rider</u>	<u>Horse</u>	<u>Level</u>	<u>Score</u>	<u>Place</u>
Michelle Serbent	Virago	AA	66.5	1	Kirsten Walleck	Shadow Dancer	Y	68.3	1
Erin Burke	Precious Jewel	Y	64.0	1	Heather Ashe	Lr Ami Grrreat (Cody)	Y	66.7	2
Hailey Filippone	Lr Ami Bald Eagle	Y	55.0	2	Hailey Filippone	Lr Ami Bald Eagle	Y	59.6	3
Marguerite O'Brien	Dayno	AA	64.0	2	First Level Test 1				
Training 1					<u>Rider</u>	<u>Horse</u>	<u>Level</u>	<u>Score</u>	<u>Place</u>
<u>Rider</u>	<u>Horse</u>	<u>Level</u>	<u>Score</u>	<u>Place</u>	Tanya Frazier	Michael	AA	62.0	1
Tara Manion	Breanna	AA	57.83	1	Susan Guay	Valderama	AA	52.3	2
Michele Fleming	Koulatta	AA	56.1	2	First Level Test 4				
Training 2					<u>Rider</u>	<u>Horse</u>	<u>Level</u>	<u>Score</u>	<u>Place</u>
<u>Rider</u>	<u>Horse</u>	<u>Level</u>	<u>Score</u>	<u>Place</u>	Elisa Smith	Luaitth	AA	53.2	1
Kirsten Walleck (Y)	Shadow Dancer	Y	63.9	1	Second Level Test 2				
Katie Greene	Quinte St Patrick	AA	61.8	1	<u>Rider</u>	<u>Horse</u>	<u>Level</u>	<u>Score</u>	<u>Place</u>
Heather Ashe (Y)	Lr Ami Grrreat (Cody)	Y	55.0	2	Mark Rarick	Dayno	AA	59.5	1
Michele Fleming	Koulatta	AA	60.0	2	Second Level Test 3				
Hailey Filippone (Y)	Lr Ami Bald Eagle	AA	54.6	3	<u>Rider</u>	<u>Horse</u>	<u>Level</u>	<u>Score</u>	<u>Place</u>
Training 3					Sandy Rabinowitz	Sequoia	Aa	56.5	1
<u>Rider</u>	<u>Horse</u>	<u>Level</u>	<u>Score</u>	<u>Place</u>	Second Level Freestyle				
Kirsten Walleck	Shadow Dancer	Y	69.2	1	<u>Rider</u>	<u>Horse</u>	<u>Level</u>	<u>Score</u>	<u>Place</u>
Francesca Dolnier	Lloyd Webber	Y	58.8	2	Sandy Rabinowitz	Sequoia	AA		1
Training 4									
<u>Rider</u>	<u>Horse</u>	<u>Level</u>	<u>Score</u>	<u>Place</u>					
Ted Z Plaut	Vista Geewhiz	AA	62.0	1					
Francesca Dolnier	Lloyd Webber	Y	56.8	1					

WEATOGUE STABLES, LLC

33 Weatogue Road, Salisbury, CT 06068
860-824-7908

Weatogue Stables Schooling Dressage Shows:
Sunday, July 1- Judge: Corinna Scheller, "L"
Sunday, September 23- Judge: Cathy Howard, "L"
(Closing date: Wednesday prior to show date)

Secretary: Bobbi Carleton
33 Weatogue Road
Salisbury, CT 06068
860-824-7908

Class List: USDF 2007 Introductory A & B
USEF 2007 Training 1 - 4
USEF 2007 First Level 1 – 4
USEF 2007 Second Level and above, state test of choice
USEF 2006 Event test- Beginner Novice A or B
USEF 2006 Event test- Novice A or B
USEF 2006 Event test- Training A or B

Entries: \$30.00 per class.
Checks payable to Weatogue Stables, LLC
No refunds after closing date
Negative Coggins within 12 months must accompany entry.
Classes may be combined or split as entries warrant.

Awards: **First Place Trophy and ribbons to sixth place.**
High Score award for each level and overall!!
****Scores count toward CDA and WFDA year end awards!!****

Times: Call the farm Friday before the show

Directions: From central CT: Route 44 west. Approx. 3 miles past the town of Canaan, turn right onto Twin Lakes Road. One mile in, bear Right onto Weatogue Rd. Farm is ¼ mile on right.
From NYS:- Route 22 to Millerton, NY. At light, turn onto Route 44 east. Follow through Lakeville and Salisbury. About 4 miles past Salisbury, turn sharp left onto Twin Lakes Rd. Continue as above.

The Connecticut Dressage Association is sponsoring a team (or teams) to compete at the Youth Dressage Festival, August 11 -13, 2006, in Saugerties, New York. For full information on the Youth Dressage Festival, go on the web to ww.dressage4kids.com.

Qualifying Rules for the Team:

1. Youth must be a CDA member in good standing at the time the scores are earned.
2. Youth must send a letter of intent to compete on a CDA team and state the division, their age, and shirt size, to Vicki Hammers-O Neil, 19 Falcon Lane., Meriden, CT. 06451, by June 1, 2007. (This is the opening date for Youth Dressage Festival, which allows CDA to reserve spots.)
3. Youth must send their two highest qualifying scores - as stated in the prize list for the Youth Dressage Festival with copies of tests to Vicki Hammers-O Neil, 19 Falcon Lane, Meriden, CT. 06451, by August 1, 2007. Teams will be chosen by the Youth Festival closing date, July 25, 2006, using riders average score.
4. All Youth participating on a sponsored team must volunteer a minimum of eight (8) hours at a CDA sponsored function. This can be a schooling show, the recognized show at Ox Ridge in June, or one of the clinics coming up this summer. Verification of this volunteer time is received from CDAs Volunteer Coordinator, Kari Bradshaw. Please note this volunteer time does not count towards year-end volunteer incentives unless not chosen to be on a team.
5. A designated team captain with input from all team members will write a short article for the Centerline about the experience.
6. Teams will consist of 3 or 4 horse/rider combinations. CDA will send as many as two (2) 4-member teams.
7. All Youth chosen for a team will receive a team saddle pad, and a polo shirt with the CDA logo on it.
8. CDA will sponsor \$75.00 of each individual s entries, and the team member will be responsible the rest.
9. Riders will be responsible for their own lodging and meals.
10. Vicki Hammers-O Neil, CDA Youth Coordinator, will be traveling to the competition as coach and chef d equipe.
11. Vicki will organize a prep session to help study for the written exam and provide teaching on your horse for the equitation and dressage test. For further information, contact Vicki at fourtempis@aol.com or call 203-634-1168 in the evenings.

Scientific Snippets

A topic of increasing interest to many in the horse world is insulin resistance. Insulin resistance is when cells in the body become resistant to the action of insulin which takes up glucose. So at first, a horse needs to make more insulin, especially after a starchy meal. Insulin helps form fat, when glucose is taken up, so more insulin in the horse means more fat development. The fat in insulin resistance horses has a typical pattern. The heaviest deposits of fat appear on the tail head, groin, belly (looks like an apple), and like a cape over the shoulders. Once this fat becomes well established, a regular 'diet' may not be sufficient to make it go away, and it can lead to laminitis, oxidative stress, and Cushing's. High blood glucose levels can also create inflammation in vascular tissue, which could be linked to the development of laminitis.

If your horse:

- ✓ is an easy keeper
- ✓ has had laminitis
- ✓ has symptoms of Equine Cushing's Disease
- ✓ looks like an old horse, even if he isn't
- ✓ is over 20 years old

...then you may want to consider asking your vet about an ACTH / insulin test.

If your horse is insulin resistant, some treatment options that your vet may recommend are:

- Weight loss through diet and exercise if the horse is obese
- **Regular** exercise, approximately 30 minutes
- Limiting carbohydrate intake through elimination of grain and high sugar feeds, minimizing the non-structural carbohydrates (NSC)
- Soaking hay with greater than 10 to 12% soluble sugars
- Feeding warm season grasses, such as Bermuda, or beet pulp without molasses
- Cutting down on free choice grass if the horse is prone to founder or obese
- Proper, quality hoof care, footing that supports the sole (such as sand)
- Address mineral deficiencies, by providing free choice minerals as well as a salt block
- Some antidotal evidence suggests higher levels of anti-oxidant vitamins (C & E)
- Consider adding essential fatty acids in the form of flax or hemp oil, seed, or meal
- Reducing stress is crucial, as increased levels of cortisol can perpetuate the upset metabolic cycle already in place for the insulin resistant horse

Prevention may be the best option for insulin resistance.

- A low fat, high fiber, and low glycemic diet should be considered.
 - Some low glycemic feeds are beet pulp, soybean meal, flaxseed meal, soybean hulls, wheat middlings, and whey protein.
 - Some low glycemic grasses are timothy, crab grass, big bluegrass, and bluestem, although there is much variation. Also, in general, taller grass has more fiber, while shorter grass has more sugar. Keep in mind that a one hour soak in room temperature water can lower hay sugar content by half!
- Test pastures and hay for sugar content
 - often short or stressed grass is higher in fructans (bad carbohydrates) than is tall, better looking grass
- **Reduce stress.** Remember, stress can come from diet, environment, social, and physical factors.

An Auditor Perspective of the Jane Savoie Clinic at Carbery Fields, April 14-15, 2007

On a ch..ch..chilly April day, dozens of us 'infected' with the horse 'bug' arrived in Lebanon, CT to hear the wisdom of Jane Savoie...and she had much to teach us. Not only did I learn about horses, riding, and dressage, but I also learned how important my outlook on life can be. Some pearls of wisdom I got from Jane were:

- Attitude is a choice; choose how to react to what life hurls at you.
- 85% of people's success had to do with their positive attitude.
- If you're a DQ, you are a control freak...this is an illusion, you control nothing. ☺
- Regularly feed your brain with knowledge and positive thoughts.
- Ask better questions...
 - How can I use this to my advantage?
 - What kind of a plan can I come up with to fix it?
 - Delete 'why' and 'how come' from your vocabulary.
 - Help yourself become a better problem solver!
- If you are having a bad day, ask yourself what you can be grateful for?
 - Are you breathing? Okay, that's a start...

Okay, I apologize for the diversion, but after I went to the clinic it got me to thinking. I go to clinics because I want to listen and learn. How many times do I climb on my horse and consciously really want to listen and learn from my horse, or do I climb on because I want to focus on a particular skill or movement. Jane spoke of the hands being held together and forward in a receiving posture...receiving, listening...how often do I pause, 'listen', and give my horse a chance to really communicate back to me? How can I improve our two way communication? This is something I want to practice this year.

Philosophy aside, Jane provided me with many very specific skills to take home and try. My dressage education is just beginning, and I am overcoming many habits from years of riding western and hunt seat showing Pintos and Paints, so I hope there are a few of you out there that can share my excitement at learning some very basic skills...especially since riding up and down my driveway is the closest thing I have to a 'long side' right now.

Suppleness. My 19-year old Quarter Horse mare definitely needs my help in this area, as did many of the horses at the

clinic. So for tracking left, there are five positions for the nose in this exercise. +7, +1, 0, -1, -7. Sitting on your horses back, when your horse's nose is directly in line with his chest, +1 is when his nose moves one inch to the left (only the poll is being flexed), +7 is seven inches to the left, -1 is one inch right, and -7 is when the nose is seven inches to the right. Sounds easy enough, right? To flex at the poll, Jane said to hold my hands vertical in the working area and turn my left hand like I was turning a key in the door so the left thumb points to the left and the pinky almost touches the right wrist...oh, and of course I have to remember to use my right hand to support and avoid turning, my left leg to go forward, and a passive outside leg to keep the haunches in...and I have trouble remembering to breath without four things to do at once! Okay, down my driveway we go at a walk (it's better to go slow to avoid tension). Turn my wrist... +7...sort of...RELEASE...uh-oh, I got a -1...Jane said something about that...oh yeah...that's my responsibility as a rider, dressage is in the details. Focus, flex +7, release immediately, but only to a +1, repeat two more times, then row, row, row your boat (follow the rhythm with your hands for the technical crowd), and watch...her neck stretched down! I got a falling down neck! Yippee! It worked, it worked! Dressage is so cool!

Well, unfortunately I only made it to p. 10 of my 47 pages of notes (it is a small notebook) and this page is almost up, so here is a hodge-podge of Jane's pearls of wisdom that were repeated throughout the clinic:

- A Half-GO...momentary closure of seat, leg, and hands, then a RELEASE...feel the POWER!
- Use your tummy muscles for slowing down...you have to teach your horse this as an aid!
- Any work done in tension is a waste of time. Think about the training scale.
- Benign antagonism – quietly do the opposite of what you don't want.
- Straighten only by bringing the shoulders in front of the haunches, practice 1st position.
- You're going to get back from the horse only what you give him. Energy recycles.

I want to thank Jane, Carbery Fields, the riders, and the volunteers for providing me with such a wonderful learning opportunity! I hope to see you at the next clinic! Thanks!.....Heidi

“A 360 Review of the 2007 Dressage Tests”

The Workshop held on March 25, 2007 was a huge success. Approximately 45 people attended the event which focused on the new dressage tests. During the morning session, Margaret Freeman expertly walked us through the changes to the new tests by following the new “On the Levels” DVD. The afternoon session focused on individual riders who signed up to have their tests critiqued by Margaret. Riders included:

Alison Johnson riding PSG

TJ is 14yo Baden Wuttemberg gelding. We are schooling Prix St.Georges. We hope to be able to show at that level in the up coming season. Alison is the Barn Manager and Assistant Trainer at Once Again Farm.

Susan Gray riding First Level 1

My horse is a 14 year old Irish Sport horse, who I acquired in August '06. He is coming back from EPM but doing well. He has been shown Second level dressage and training level eventing. I have done mostly Novice eventing but would like to focus more on dressage to try to move up the levels. I am currently training with Virginia Leary.

Amy Swingle and Roswell riding First Level 1

Roswell is a 9 year old Dutch gelding. Last year we competed in Training 4 and First 1 schooling shows. Currently we are working for more self carriage and promptness to the aids. I have owned him for 2 years and hope to end the year in Second level.

Maryann Gile and Phoenix riding First Level 4

Phoenix is a 9 year old 17h Dutch Warmblood gelding by JetSet D. He was imported from Holland in 2002. I began my riding career in Ohio, competing in eventing and jumpers. In 2006, we trained with Kerrie March and competed at First and Second Level dressage. Phoenix and Maryann

also competed in Adult Amateur Hunters and train with Armand and Martha Chenelle at Windcrest Farm in Hebron, CT.

Deborah Murphy and Shadow Dancer. Riding First Level 4

Shadow Dancer is a 15 year old Missouri Fox Trotter gelding. He and I have been partners for about 8 years. With the help of Jeri O'Keefe and Sarah Geikie we have progressed from quite green at 8 years old to fairly steady first level and beginning second level. Shadow has a huge personality and he can change from easy going and pretty lazy to explosive with very little warning. With Shadow, I have gratefully learned and progressed to the point where I am now enjoying teaching a few other riders the basics. One of my goals for this year is to be certified by USDF as an associate instructor.

Sandy Rabinowitz and Sequoia riding Second Level 2

Sequoia is a 10 year old American Saddlebred. I started showing 2nd Level last year with this horse. We are learning collection.

Marty Whittle and Theodore “Teddy” riding First Level 3

Teddy is a 10 year old Dutch Warmblood, Thoroughbred/Clydesdal cross. We have been showing 1st level the last two seasons. Our best scores have been in the low 60s and I would love to improve upon my ride. I feel stuck!!!

The riders and auditors all learned a tremendous amount during the Workshop. Thank you to Margaret Freeman who donated half of her fee back to CDA and Vicki Hammers-O'Neil who donated the facility fee. Also a big thank you to all of our volunteers and Board Members who helped make this event a huge success.

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 Centerline@ctdressageassoc.org

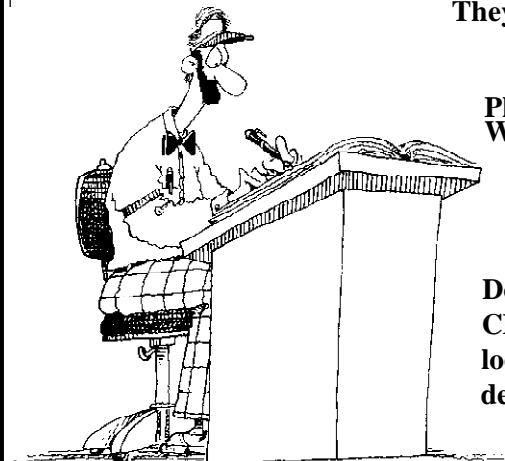
In the Subject line: Centerline

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 2007 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.

Thanks,
John



Remember to visit us on the web at <http://www.ctdressageassoc.org>

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Make Checks payable to CDA

Our lives are not determined by what happens to us but by how we react to what happens, not by what life brings to us, but by the attitude we bring to life. A positive attitude causes a chain reaction of positive thoughts, events, and outcomes. It is a catalyst, a spark that creates extraordinary results.

— Anon

CARBERRY FIELDS DRESSAGE
LEBANON, CONNECTICUT
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rhythm • harmony • balance



Centerline

Send Address changes to:

Heidi Nottelman
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860-779-7816

e-mail: Membership@ctdressageassoc.org

CDA Newsletter for June, 2007

CDA BOARD MEETING Thursday June 21 , 2007 at 6:15 PM
Call Fern Feldman at 203-272-0711 or Email - Secretary@ctdressageassoc.org for directions.