



CENTERLINE



CONNECTICUT DRESSAGE ASSOCIATION

March 2008

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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.

CONNECTICUT DRESSAGE ASSOCIATION 2007 ANNUAL REPORT

Secretary's Report:

The CDA generally holds meetings monthly (approximately 10 times per year) at Fern Feldman's house. All CDA members are invited to attend, and notice of each meeting is in The Centerline. Business is conducted by those members of the Board present, and we essentially have more than a quorum at each meeting. M. Chris Rogers Aquilio, as President, conducts the meetings. In her absence, Leslie Weiss, as Vice-President, fills in. Minutes are taken at every meeting, and are e-mailed to each Board Member at the conclusion of each meeting. A hard copy and an electronic copy of the minutes are kept for the files. Our tax return is prepared by an accountant, and all proper documents are filed annually, thus maintaining our 501c (3) status.

Membership:

The CDA processed 233 memberships in 2007. All members were submitted to the USDF for group membership. Almost \$800 in scholarship funds were received from 24 members. THANK YOU!!! Starting with the membership year 2008, email addresses will be used for notifying members that their membership was received, requests for volunteers, and notification of CDA events. A survey was distributed with the membership renewal this year, and the CDA board will analyze the results and look for ways to better satisfy our members. Thank you to all the members who provided input!

Youth:

In 2007 the focus of many CDA Youth members was qualifying for the Lendon Gray Youth Festival (LGYF), held August 19 - 21 in Saugerties, New York. This year the CDA co sponsored three teams! The girls all worked hard studying their required reading materials (no, it's not all fun), choosing a tack stall theme and organizing decorations for the tack stall competition, and of course, getting their horses ready. Although none of the teams placed in the top six, there were several individual placings. Everyone, parents included, learned new things, worked well together and had a great time! The teams and I would like to thank Leslie Weiss and Performance Enhancement Services, Debra Reinhardt and Centerline Events, and Bob the Builder for sponsoring our teams. In 2008, the CDA will again send teams to the LGYF. Stay tuned for details.

Silent Auction:

In 2007, 82 items valued at over \$4,000 were offered at our silent auction raising a net profit of \$1,250 for CDA educational events. We have very generous sponsors, and hope that our members show their appreciation by bidding up the items in the true spirit of a silent auction. With your help, we hope to raise much more in 2008!

2008 Calendar of Events

March 13, 2008

CDA Board Meeting
Contact:
Fern Feldman
203-272-0711
Secretary@ctdressageassoc.org

March 28, 2008

Quiz the Experts Series
Post University
7:15 PM in the Drubner Building
How to buy/sell the Performance Horse
Speakers:
Suzanne Fisher and Virginia Leary
Contact: Carole Baker
203-596-4631
email: cbaker@post.edu

April 6, 2008

Wells Valley Farm
New Milford, CT
Katja Eilers
44 Blackrock Turnpike
Redding, CT. 06896

April 11, 2008

Quiz the Experts Series
Post University
7:15 PM in Eagles Nest, Leever Hall
Chiropractic Adjustment for horse and rider
Speaker/demonstrator:
Wendy Coren with horse
Contact: Carole Baker
203-596-4631
email: cbaker@post.edu

April 20, 2008

CDA Musical Freestyle Clinic
With Ann Guptil
Fox Ledge Farm
East Haddam, CT
Contact:
Donna Leonessa
dleonessa@hotmail.com
860-742-8110

April 26, 2008

Babcock Hill Equestrian Center
Coventry, CT
Terry Glendinning
860-742-0616
tm09g@yahoo.com

May 4, 2008

CDA Schooling Show
Once Again Farm
Meriden, CT
Marisa Evans
203-217-6150

May 11, 2008

Wells Valley Farm
New Milford, CT
Katja Eilers
44 Blackrock Turnpike
Redding, CT. 06896

Annual Report Continued from page 1

Education:

The Education Committee offered two clinics in 2007, “A 360 Review of the 2007 Dressage Tests” with Margaret Freeman and a clinic with Alison End focusing on the rider’s seat and position. Both clinics were full and very well attended by auditors. The Education Committee wanted to offer two additional clinics; however, the horse virus that impacted New England caused concerns for many host farms hampering our efforts.

Schooling Shows:

The CDA sponsored 3 schooling shows in 2007. In response to the requests of our members we hope to increase this number in 2008. To facilitate this we have successfully recruited a few new people to help run our schooling shows.

Recognized Show:

The new venue of Kasson Ridge Farm in Bethlehem, CT proved to be very popular among both lower level and FEI riders alike. Once again the Equestrian Center of Avon was our main sponsor. We appreciate all the support they have given us from year to year. The

Financial Report of the show is as follows:

Entry Income	\$24,119
Sponsorship Income	\$ 1,530
Show Expenses	\$24,149
Net Income	\$ 1,500

The show proved to be successful for the CDA with many positive reviews. As a result we will hold our 2008 recognized show at the same location. We would like to see an increase in CDA members attending, and are looking for volunteers for various positions. Please call Kari Bradshaw if you are interested in getting involved.

Sponsors and Advertisers:

Sponsors and Advertisers contributed \$1,530 to this year’s recognized show. In order to enhance this effort, the Sponsorship Committee has recommended a 5 year plan as follows:

- Organize sponsors and advertisers into a data base.
- Set annual goals for increasing both advertisers and sponsors while retaining the current ones.
- Create “packages” of opportunities to sponsor and/or advertise in The Centerline, on our website, in the Omnibus, at the Recognized Show and at our schooling shows.
- Document the sponsorship and advertising responsibilities in both an electronic and hard copy manual so that this effort can be better coordinated and easily shifted among board members and volunteers.
- Have this task undertaken by M. Chris Rogers Aquilio, Leslie Weiss, John Gordon, and Nancy Hutson.

Volunteers:

In 2007 we had a shortage of volunteers. We are very thankful to all those who did volunteer. Without you we would not be able to conduct our usual shows and activities. Volunteering is a very rewarding experience and a good way to make new friends. We would like to start organizing our volunteers for 2008. If you are interested in helping with any of our shows or clinics please contact our volunteer coordinator, Kari Bradshaw.

Charitable Contributions:

The CDA lead a Region 8 Challenge to raise funds for our youth in the NAJrYR Championships. Along with 10 other region 8 GMO's, we collectively raised \$3,500 to support this cause of which CDA contributed \$436. For a second year the CDA adopted Greco, a High Hopes Therapeutic Riding Horse for \$500. We feel High Hopes is a very worthy cause since they use equestrian related activities to help people with physical, psychological, and developmental disabilities. High Hopes is located in Old Lyme, CT, and visitors are always welcome.

Awards:

Congratulations to all of our 2007 Competition Award winners. Applications for awards were down this year. We expect to see an increase in 2008 due to the increase in number of qualifying shows that will be available. It is great

to have a riding goal to work towards, and a CDA year end award is a wonderful accomplishment. The CDA's award program has been named in honor of Marcie Gordon, a very dedicated and well-loved board member who always brought smiles to the faces of those she met. Kudos to our volunteers! We are so thankful for the time that you give to our organization to help it run effectively. The CDA has a volunteer award program named in the honor of Philla and Charles Osborne, who have given many long, hard hours to the CDA, and serve as the ultimate examples of dedicated volunteers.

We are also very excited about the Vista Vintage Award Program. This is a new award program that will be offered starting in 2008. Thanks to a very generous donation by Ted Plaut and his horse Vista Geewhiz, the Vista Vintage Award Program and Lecture Series has been established to honor the vintage horse in competition, and provide education to help their owners keep them living healthy and working longer.

Respectfully Submitted,

M. Chris Rogers Aquilio

M. Chris Rogers Aquilio

IT IS NOT TOO SOON.....to be thinking about placing an ad in the CDA Recognized Show program. This is a great opportunity to promote your own business, or to recognize or thank someone special to you. In subsequent editions of *Centerline* and on the website you will soon find more detailed information about ad and sponsorship opportunities. This year our show will offer many qualifying classes for nationally recognized awards, such as the Brentina Cup and the Dover Medal.

Any profits that CDA makes from this show help to fund other educational activities for our members. Generally, our profit from the recognized Show just about equals our advertising and sponsorship revenue. Hint, hint!!! One way to volunteer is to just ask your favorite merchants to take out an ad, or to bring their wares to the show.

Look for details in the April issue.

Leslie Weiss

Sponsorship and Advertising committee chair

Vista Vintage Award Lecture Series

On February 2 & 3rd at the Dressage4Kids Weekend Education Program, a special lecture series was hosted by the Connecticut Dressage Association to promote the new Vista Vintage Award Program to honor 'vintage' horses for excellence and achievement. The lecture series was designed to provide information on caring for your 'vintage' horse so that he can continue to lead a happy and productive life.

Dr. Jenifer Nadeau, an Associate Professor and the Equine Extension Specialist at UConn, spoke about Nutrition and Pasture Management with a Focus on the 'Vintage Horse'. One aspect often taken for granted and perhaps too often overlooked is the primary importance of WATER! A horse's body is made up of 65-80% water and a 12-15% loss can be fatal. On average, a horse drinks 1 gal per day per 100 lbs of body weight in cold weather, and that doubles in hot weather. A horse needs a minimum of 1% of their body weight each day in quality roughage (hay, pasture, etc), up to 2.5% when no grain is fed and the horse is in training. For a vintage horse, an extruded grain is the most digestible type, as it has the most surface area. Vitamin and mineral needs are crucial for the health of the vintage horse, a few to keep in mind are the calcium to phosphorus ratio (~2:1), availability of salt, selenium (as soil is deficient in CT), Vitamin E & C (antioxidants), and Biotin (to support hoof growth). Some older horses may also benefit from supplements like glucosamine, chondroitin, and hyaluronic acid for their joints. Flax oil (cold-pressed) is also a good source of omega-3's. For a vintage horse, dental care also becomes important; a check twice a year and floating if necessary may prevent future problems. Many vintage horses are affected by Cushing's disease, now called PPID. A blood test is used for diagnosis, and pergolide is the most commonly prescribed medication, along with management practices that include a low carbohydrate, high fat diet. For more info, check out the extension fact sheets linked on the website: <http://www.canr.uconn.edu/ansci/equine/extension>

Dr. Allen Schoen, DVM, is one of the elders of integrative veterinary medicine, and has dedicated his professional career to the scientific advancement of complementary and alternative veterinary medicine. He spoke about maintaining your horse's health through acupuncture, chiropractic, natural health care and loving. The mind, body, and spirit move in a form and develop patterns that can reflect contraction (close minded, tight) or expansion (open minded, loose). Acupuncture and chiropractic care can help keep a horse mobile and in an expansion form (physically and mentally). Acupuncture interacts with the connective tissue. The connective tissue is made up of collagen and water, both of which are good electrical conductors, and allows the whole body to be electrically

connected as one entity. The connective tissue surrounds all tissues and connects everything in the body, and as a horse gets older it has collected a lifetime of toxins and can physically contract, restricting the horse. Acupuncture can help improve the flow and increase the mobility in the vintage horse. Chiropractic deals with the muscles, tendons, and ligaments which can get 'knots' and trigger points. A chiropractic adjustment can help release the tension. Vintage horses can go from a 'groove' where life is grand, to a 'rut' where life can be dull. Stimulate your vintage horse's mind! Work with your vet to decide what your horse can physically do, provide the horse with complementary practices that will help his mobility, and connect your mind, body, and spirit with your horse. Be present with your horse in the moment! When it's time, you both will know, let go of your ego and give your friend the greatest gift of pain free peace. For more info about Dr. Schoen's books and articles, check out the website: http://drschoen.com/books_L1.html

Dr. Michael Stewart, DVM, has worked with lameness and rehabilitation on horses at race tracks and now at his River Meadow Farm Animal Rehab Center. He spoke about 'Living the Good Life'. Managing the vintage horse is vital, as the older they get the more important it is for you to do it right. With a vintage horse, always remember to get blood tests as warranted (thyroid, insulin, ACTH, etc), do fecal exams to check for parasites, keep tabs on the teeth (bi-annual hand float), and keep him as fit as possible. After the winter off, you may need to do 'interval' training. Start slow, for just 15 minutes per day the first week, then as the time increases in subsequent weeks, intense training days need to be interspersed with easy or off days. If you don't use it, you lose it, so keep your horse as fit as possible. The foot is a critical structure for any horse, but especially for an older one. Keep in mind the primary support structure is the frog...not the shoes nailed to the hoof wall, how would you like to walk on your toenails? For many vintage horses, the demise comes from the hind end, stifles and hips, because they lose strength in their hind legs. Remember a horse's front legs are not attached to the spine via bone like the hind end is. To help with hind end strength, try walking over poles...or move to a place with lots of snow...so they pick up their feet and increase the angulation, which helps to build supportive muscle. A happy horse is one with a job; don't let your horse think he's been forgotten after he has given you his whole life. For more information on Dr. Stewart's rehab center, check out the website: <http://www.rivermeadowfarm.com/>

Carl Schwarz, an experienced farrier for horses in many disciplines, as well as retired horses, spoke on the vintage

horse and foot issues. When you are considering retiring a horse, ask why? Would the horse be happy in a field with nothing to do everyday, or does he just need an easier job than the one you are asking him to do? Just because he is retired, doesn't mean that his shoes can be pulled off and he can be put out to pasture. Also, out on pasture a horse can gain too much weight and experience mechanical founder. If barefoot soreness lasts too long, it can result in a myriad of other problems. Is the horse able to move around normally and comfortably barefoot? If not, shoes may still be necessary. Muscle degeneration can occur if a horse finds it too uncomfortable to move around. Navicular horses often continue to need shoes. Wear of the bare foot may be different than it was with shoes and lead to limb degeneration, like ring bone or the pasterns may begin to sink. Before you pull those shoes and turn your horse out to pasture for the rest of his life, ask the questions: is there an easier job he would be happy to do, is he constantly sore without shoes on, how do his feet wear without shoes on, and most importantly is he happy and comfortable?

Vicki Hammers O'Neil, is a USDF certified instructor (TR – 4th), member of the USDF Instructor Certification faculty, and the trainer at Peter Flagg's Once Again Farm. She spoke about training the vintage and/or recuperating horse. Training a horse must take into account not only the numerical age, but also the mileage the horse has covered, the level of physical exertion, and his confirmation. Keep in mind, if it used to be

easy and it isn't anymore, then explore. Changes can be subtle and gradual, so we owe it to them to be 'tuned in' to their comfort. Be aware of stress, as many older horses may keep trying to please while internalizing the stress and creating ulcers. As a horse gets older, his length of training session may need to be a bit shorter, but he still needs the movement to keep those joints loose. Turn out can be very beneficial to keep the vintage horse more mobile. Variety in training can be a key to success with the vintage horse, try a hack, trail ride, or some ground poles. Or, is today just a hand walk day because the joints are a bit stiffer and creakier than normal? Be flexible and pay attention to what your horse is telling you, as fatigue can lead to injury. Attention to detail, flexibility in goals and expectations, variability in training, and the most mobility possible are fundamental for success.

We would like to thank all of the speakers for generously donating their time to support the Vista Vintage Horse Award Education Series, and for Dressage4Kids and Lendon Gray for including us in their Weekend Educational Program.

We would especially like to thank Ted Plaut, and his horse Vista GeeWhiz, for their generosity and vision of honoring our 'vintage' horses by creating and sponsoring the Vista Vintage Award Program for the Connecticut Dressage Association. For more information on the program, see 'The Vista Vintage Award Program' page in this month's Centerline or check out the Omnibus when it arrives later in March. Thank you Ted!

MUSICAL FREESTYLE CLINIC

CDA presents a clinic with Ann Guptill, FEI Trainer and owner of Equestrian Arts Productions
Sunday, April 20, 2007 at Fox Ledge Farm, East Haddam, CT

This clinic will focus on musical freestyles including how to select music for your horse, choreography of your freestyle and artistic impression. Both auditors and riders will gain a better understanding of musical freestyles through the lecture and riding sessions. Musical freestyles can help all riders improve their ability to ride in a consistent rhythm (with the music); to influence and regulate the rhythm and tempo of the gait; the ability to develop creativity in riding movements and patterns; timing; and to identify and bring out your horse's strengths through your riding. There will be individual rider sessions where Ann can assist riders with refining their current freestyle, choreography, and music search. Look for Registration information in the February Centerline Newsletter. Please contact Donna Leonessa dleonessa@hotmail.com 860-933-1854 for more information or to sign up as slots will fill quickly.

Luis Denizard, a FEI rider who recently rode at the 2007 Pan Am Games. Lou is heading to Florida to try to qualify for the 2008 Olympic on Paige Finnegan's Karola. Lou will demo his musical freestyle on Karola. Come and watch this pair show off their musical freestyle with Ann helping to put the final touches on it.

THANK YOU TO OUR SPONSORS OF THE 2008 CDA SILENT AUCTION!!!

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Pfizer (<http://www.pfizerah.com>)
Troxeel (<http://www.troxelhelmets.com/>)
Farnum (<http://www.farnam.com/>)
SmartPak (<http://www.smartpak.com/>)
Vita-Flex (<http://www.vitaflex.com/>)
Blue Seal (<http://www.blueseal.com/>)
Platinum (<http://www.platinumperformance.com/>)
EcoGold (<http://www.ecogold.ca/en/html/dproducts.php>)
Chris Irwin (<http://www.chrisirwin.com/home.php>)
Nutramax (<http://www.nutramaxlabs.com/Animal/index.asp>)
Quessence (<http://www.quessence.com/>)
Primedia (<http://www.equisearch.com/dressagetoday/>)
Trails End Tack (<http://www.trailsendtackshop.com/>)
Lucerne Farms (<http://www.lucernefarms.com/main.shtml>)
Centerline Events (<http://www.centerlineevents.com/>)
Kari Allen (rstablefarm@sbcglobal.net)
Laura Wells (<http://www.justhorses.com/ind/C584.html>)
Katja Eilers (<http://www.katjaeilers.net/3.html>)
Ann Guptill (http://www.foxledgefarm.net/foxledge_home.html)
Marty Whittle (<http://www.topcatfarms.com/index.html>)
Sandy Rabinowitz (<http://www.sandyhorse.com/Sandy-bio.html>)
Jemal Safety Ties (<http://www.ultracite.com/>)
US Animal Nutritionals (<http://www.usanimalnutritionals.com/>)
Winsted Feed & Supply (<http://www.winstedfeed.com/>)
Vicki Hammer's-O'Neil (<http://www.justhorses.com/ind/C572.html>)
Marcia Blake
Marisa Evans
Leslie Weiss
Kari Bradshaw
Margaret Freeman
Dark Horse Designs

Please support our Silent Auction sponsors!

We raised \$1600 to offset the costs of our educational clinics this year!

Thank you to everyone who helped to make this event a success!!

All articles are to be submitted by the 15th of the month. They can be mailed to me at:

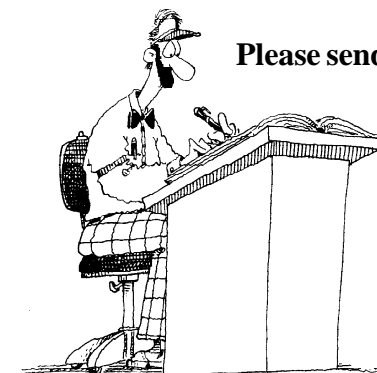
**John Gordon
Attn. CENTERLINE
24 Darren Court
Waterbury, CT 06708-3903**

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 - 2008 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>**

Again the early-morning sun was generous with its warmth. All the sounds dear to a horseman were around me - the snort of the horses as they cleared their throats, the gentle swish of their tails, the tinkle of irons as we flung the saddles over their backs - little sounds of no importance, but they stay in the unconscious library of memory.

~Wynford Vaughan-Thomas

2008 Advertising Rates

<u>Page Size</u>	<u>CDA Members</u>		<u>Non-CDA Member</u>	
	<u>Monthly</u>	<u>Year</u>	<u>Monthly</u>	<u>Year</u>
Business Card	\$15	\$100	\$30	\$200
¼ Page	\$20	\$150	\$40	\$300
½ Page	\$25	\$200	\$50	\$350
Full Page	\$30	\$250	\$60	\$400

Make Checks payable to CDA

Centerline

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179 Stetson Road

Brooklyn, CT 06234

860-779-7816

e-mail: Membership@ctdressageassoc.org

CDA Newsletter for March, 2008

CDA BOARD MEETING Thursday March 13 , 2008 at 6:15 PM
Call Fern Feldman at 203-272-0711 or Email - Secretary@ctdressageassoc.org for directions.