



COLLECTIVE REMARKS

VOLUME 1 ISSUE 2 — FEBRUARY 2011

COLLECTIVE REMARKS— WWW.ESDCTA.ORG

PAGE 1

UPCOMING EVENTS:

February 27, 2011:

ESDCTA's

Annual Awards

Banquet

Details on page 5

Inside this issue:

Kessler Foundation 1
USEA Convention
Notes

Board Members 2
President's Message

ESDCTA Statement 3
of Purpose

Cross Country: 4
Community Calendar
Community News

ESDCTA Banquet 5

Snow Pictures 6

GMHA 8

Remembering 9
Horse Treats

Salute! 10
Member Feature

On The Bit 11

Centerline 12
Start Box

Foalin' Around 13

The Book Stall 16

Business members 18-19

ESDCTA SUPPORTS KESSLER FOUNDATION



Discoveries that Change Lives for People with Disabilities.

The ESDCTA Board of Trustees voted in December to donate a portion of the club's net annual profits to Kessler Foundation, making it the only equestrian group committed to supporting this organization charged with improving the lives of people with a variety of neurological problems, including spinal cord injury and traumatic brain injury.

In the past, Kessler Foundation received donations from individuals on behalf of Christopher Reeve, who was treated at the Kessler Institute for Rehabilitation after his riding accident, according to Pamela J. DeLuca, CFRE, the Foundation's Chief Development Officer. ESDCTA, however, is the first equestrian organization to come forward to support the Foundation. DeLuca will be a featured speaker at the ESDCTA Annual Awards Luncheon on February 27.

The mission of Kessler Foundation is to "improve quality of life for people with disabilities through discovery, innovation, demonstration, application, and dissemination." The Foundation achieves its mission through its Research and Program Centers.

The Foundation's Research Center focuses on improving strategies for rehabilitating people with spinal cord injury, brain injury, stroke, multiple sclerosis and other chronic disabling conditions. In addition to research, the Foundation's Program Center is committed to supporting a range of programs and initiatives that help people with disabilities enter the workforce. Kessler Foundation shares the legacy of Henry H. Kessler, MD, PhD, with Kessler Institute for Rehabilitation, which is now a separate for-profit entity.

Continued on page 3

USEA CONVENTION NOTES

USEA Convention: Open Forums, Leg Care, Training Solutions, and Icons of Our Sport

By Dr. Carey Williams

This was my second USEA convention and again, I found it thoroughly enjoyable and informative. The meeting had a variety of Open Forums where attendees were encouraged to ask questions and have their concerns heard. Following are the highlights from a selection of these discussions.



Continued on page 14

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Calendar/Activities	Cathy Brogan cathybrogan@yahoo.com	908.510.799
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USEA	Carey Williams cwilliams@aesop.rutgers.edu	732.932.5529

**Remember, you CAN make a difference!
Join a committee today!**

Become a Friend to ESDCTA on Facebook!

PRESIDENT'S MESSAGE

Courtney King Dye and my son have, unfortunately, something in common. They both sustained head injuries and have received treatment at the Kessler Institute of Rehabilitation.

We all know about Courtney's accident—a fall from a horse. My son Matthew's accident was the result of walking across the street to get to his college dorm and getting hit by a drunk driver before he made it to the curb.

We know that riding horses can be dangerous. Matthew proves that age-old retort to questions about any dangerous sport: "You can get killed crossing the street."

I was amazed every time I brought my son to Kessler for rehab when he came home from the hospital. Kessler has state-of-the-art equipment that complements the educated, compassionate, and motivating staff and the welcoming and friendly environment.

While there is no easy road ahead for people with head injuries who often lack a clear prognosis, such an environment can make a difference to both patient and family while on that long and difficult journey.

When Terry Masters suggested that our organization "give back," it was a great idea. When she suggested the Kessler Foundation it clicked immediately as the right fit. Though they both were born from the efforts of Henry H. Kessler, MD, PhD, the non-profit Foundation and the for-profit Institute for Rehabilitation are separate organizations since the Institute was purchased by Select Medical. However, their continued, close relationship directly benefits the care patients receive at the Institute.

You will read more about the Kessler foundation in this issue of *Collective Remarks*, and you will hear more about its amazing work from Pamela J. DeLuca, CFRE, the foundation's Chief Development Officer, at our Awards Banquet. I think you will be inspired.

Matthew has since recovered. Courtney is making wonderful progress. But there are so many others fighting to get beyond that one horrible moment that changed their lives.

They are all in our thoughts as we support the Kessler' Foundation's efforts to support them. I hope all of you share in my pride that ESDCTA is the first equestrian organization to have such a partnership with the Foundation.

Wishing you a safe and great ride!

Susan

Susan R.G. Lax



Susan and Chevy

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ESDCTA Statement of Purpose

Eastern States Dressage and Combined Training Association (ESDCTA) was founded in June 1969 and incorporated in 1970 as a non-profit educational organization under the laws of the State of New Jersey. ESDCTA with membership open to all interested in dressage and combined training, has the following stated purpose: "Whereas it is the desire among many equestrians in the United States to foster and stimulate interest in dressage and eventing in the hope that this may ultimately benefit the United States Olympic Team in its international competition, this organization is established as a non-profit educational organization." Its further purposes are to foster and stimulate interest in dressage and eventing in general, to educate, conduct clinics and hold dressage shows and combined training events.

KESSLER FOUNDATION *(Continued from the cover page)*

The organizations still work closely together," said DeLuca, and continue to "share the same mission."

DeLuca said the Institute directly benefits from the research activities of Kessler Foundation. Many of the clinicians at the Institute are conducting clinical research supported by the Foundation. In turn, patients of Kessler Institute benefit from the advances in rehabilitation research achieved at the Foundation. The Foundation's Program Center, recognizing the importance of employment to quality of life, provides funding to programs that expand job opportunities for people with disabilities, as well as educational events for the community.

The ESDCTA has members who have sustained injuries from equine-related accidents that have resulted in damage to the brain and spinal cord. The Board voted on the proposal in an effort to give back to its community as well as recognize, organization-wide, the need to support the far-reaching efforts of Kessler Foundation.

THE AWARDS BANQUET

Silent Auction Needs You!

The silent auction is a fun part of ESDCTA's annual awards banquet on February 27.

Donations fund scholarships and youth and adult team funding. All donations are appreciated.

**Tack · Riding Clothes · Boots
Saddles · Clinics · Event or
Show Entries · Lessons · Ser-
vices · Paintings & Artwork ·
Baskets · Any other items of
interest to members**

Please contact:

Debra Tomajko, ESDCTA Grant Chair

908-932-1774, dtomajko@aol.com

Please note: If you are donating items that need to be cleaned please contact Debra ASAP so cleaning can be arranged. This would include clothing and horse blankets.

Please call with any questions.

Our club has been very generous over the years. Let's continue to support our youth and adult teams again in 2011!

CROSS COUNTRY...

News Across Our Region

COMMUNITY NEWS

Hell's Angel Off the Track Thoroughbred Award

Do you ride an off the track Thoroughbred in dressage? Are you planning on competing at the ESDCTA Memorial Day Weekend show or the ESDCTA Garden State Classic? Then, you are eligible to compete for the *Hell's Angel Off the Track Thoroughbred Award*. All you need to do is to remember to send a copy of your horse's racetrack record when you send in your entry. Your horse must have raced at least once in order to qualify, but does not have to have won or placed—just completed a race. Any questions, feel free to contact Lisa Rasmuson via email at lrasmuson@comcast.net.

Helping Hearts Equine Rescue

Lisa Post would like to thank everyone who has supported them in 2011. Please vote for them in The Animal Rescue Site Shelter Challenge of 2011 at www.AnimalRescueSite.com. Every little bit helps! If you would like more information, are looking for a horse, or would like to donate, please see HHER's site at hher.webs.com.

UPCOMING MEETINGS

February 9th, 2011—Board of Trustees, TBA .
Contact: Susan Lax, 609-466-4178

March 9th, 2011—Board of Trustees, Wildflower's Restaurant, Rt. 31, Pennington, NJ.
Contact: Susan Lax, 609-466-4178

MEMBERSHIP QUESTIONS

For membership questions including updating physical or e-mail addresses please contact:
Diane Engler

PO Box 185, Pipersville, PA 18947

kaboomer@epix.net

610-730-0371 before 9 p.m

NEWSLETTER COMMITTEE

Debbie DelGiorno, Diane Engler,
Sally Jo Drosnock, Meredith Rogers &
Susan R.G. Lax

E-mail: newsletter@esdcta.org

All submissions are due by the 12th of the month

COMMUNITY CALENDAR

Feb–March, Cavaletti & Jumping Clinics, Applewood Farm, Califon, NJ, Contact: Ann Forer,
E-mail: ann@annforer.com

Feb. 6, Dressage Tests Clinic, Applewood Farm, Califon, NJ, Contact: Ann Forer,
E-mail: ann@annforer.com

Feb. 12, Fix-A-Test with Margaret Freeman, Rhythm and Blues Stables, Contact: Heidi, 609-758-4918

Feb. 15-16, Betsy Steiner Clinic, Steiner Dressage, Frenchtown, NJ Contact: Jessie Steiner, 561-358-6055

Send your Cross Country Information to

newsletter@esdcta.org

2011 ADVERTISING RATES

	MEMBERS	NON-MEMBER
FULL PAGE	\$100	\$130
HALF PAGE	\$65	\$85
QUARTER PAGE	\$40	\$60
(for above you will get a 10% discount for 3 or more months)		
BUSINESS CARD	\$20	\$30
CARD FOR 3 MONTHS	\$45	\$65
CLASSIFIEDS	\$10	\$15
(per 35 words)		

Deadline: 15th of Prior Month

Mail to: ESDCTA Newsletter

Make checks payable to ESDCTA.

Please have electronic ads in Adobe or .jpg or .tiff format



We cordially invite you to
ESDCTA's Annual Awards Luncheon
 Celebrating our Year-End Award Winners' Accomplishments
 for our 201 Competition Year
Sunday, February 27, 2011
 at Copper Hill Country Club • Ringoes, NJ
 From 1 to 4 pm



Our Annual Awards Banquet will be held again this year in February as we did the past few years. Moving this celebration from an evening dinner to an afternoon Luncheon is to keep the affair affordable. A February date allows everyone more time to recover from the hustle/bustle of the holidays. This event is when ESDCTA Year-End Awards, ribbons, special awards and medals are presented to our well deserving winners – both juniors and seniors – for both dressage and eventing.

Please set aside Sunday, February 27, 2011, on your calendars and plan to join the celebration of all of our members' accomplishments at this annual festive affair. We will be switching to a buffet this year and a wonderful afternoon is being planned by the committee. Please help us by donating items/services for our silent auction. Our Annual Awards Banquet Committee and the Grant Committee with the help our our recent grant recipients will also present a fabulous silent auction and have many desirable items available for our raffles.

This year's Luncheon will return to the Copperhill Country Club. The afternoon will begin at 1 pm so there will be time to view the Silent Auction Items, meet and greet friends and fellow award winners.

Tickets will be limited to the first 175 who reserve a spot. Tables can be set aside for groups who wish to sit together, just so note on the form below. There will also be a cash bar available for those attending.

Please make your reservations by February 7th. Fill out the reservation form below (or copy it as needed) and send your completed reservation and check (made payable to ESDCTA) to:

Margaret McKibbin-Favreau
 18 Featherleigh Road
 Morristown, NJ 07960
 973-538-2068 • mckfav@optonline.net

Copper Hill Country Club

100 Copper Hill Rd • Ringoes, NJ • (908) 782-4279

DIRECTIONS FROM FLEMINGTON CIRCLE:

South on Route 202/31 South. About 3.5 miles from the circle, you will pass Stewart's Root Beer on the right hand side. Copper Hill Road is the second right past Stewart's. Before the traffic light, you will see a sign "Copper Hill Road Keep Right". Veer off onto the jug handle, turn right at the yield sign and follow down the hill. You will see the Clubhouse on your right hand side. To get to the parking lot, go half way around the circle and turn right at the stop sign.

From South Jersey: - Routes 295, 195, or 95 to Route 31 North. Stay on 31 North until it joins with 202 North. Exit onto 202/31 North. Follow approximately 3 miles to light at Copper Hill Road. Take jug-handle on right. Cross 202/31 North onto Copper Hill Road. Follow road up to Clubhouse at top of hill on right.

From North Jersey: - Route 80 East or West to Route 287 South to the Somerville Circle. Follow signs for Route 202 South to Flemington. At the Flemington 202/31 Circle continue halfway around onto Route 202 South. Proceed approximately 3 miles through the traffic light at Stewart's Root Beer. Turn right just before the next light onto Copper-Hill Road. Follow road up to Clubhouse at top of hill on right.



RESERVATION FORM

Please return your reservation by **February 7, 2011**

No of Adults **Buffet @ \$30/adult** **Total Cost**
 _____ Buffet, beverage, salad bar and dessert \$ _____

No. of Children **Children's Price @ \$25/child** **\$** _____
 _____ Buffet, beverage, salad bar and dessert

Name(s): _____

Address: _____

Phone # _____ email: _____

Special Seating Requests _____

Please reserve your tickets as soon as possible. Only 175 tickets will be available.

Fun?? in the SNOW, SNOW, and more SNOW



Maryann Mancino and her horse, Ransom, brave the snow



Rainbow Hill Farm colts play in the white stuff



PJ blazing a trail

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newsletter@esdcta.org



No one is making me stand in that snow again!



Uh-oh! Here they come...

Fix-A-Test Clinic

With “S” Judge

Margaret Freeman

Sunday, February 20, 2011

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Allentown, NJ

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EVENTING IN VERMONT: THE LONG FORMAT THRIVES AT GMHA

By Gretchen Oberfranc

In the second week of August the Green Mountain Horse Association (GMHA) sponsored its fifth Training Three Day (T3D) event, and for the first time the organizers offered the long-format experience to Novice level riders. Seventy-five riders, about evenly divided between Training and Novice, took advantage of the opportunity to compete in six phases over three days: dressage (tests in the large arena with judges at C and E), endurance (fast roads and tracks, steeplechase, slow roads and tracks, and cross-country jumping), and stadium jumping. As someone who aspires to ride in the Novice 3D next year, I thought I'd better find out what's involved.

The biggest lesson I learned is that a long-format event takes teamwork—not just rider and horse, although all of the riders I talked to said that they ended endurance day with a much closer bond with their horses. A rider simply cannot compete successfully (or survive endurance day) without the help of dedicated, well-prepared friends. ESDCTA should be proud that four of its members from New Jersey entered and completed the event: Nick Olijslager, Anne Seline, and Carey Williams in the Training division, and Jorgen Olijslager in the Novice division. Directing the team was the ever cheerful and encouraging Hillary Horton; assistants included the entire Olijslager family (Nick, Rita, Erika, Jorgen, and Mia), Harvey Seline, and me. Just as important, my husband, Chuck Creesy, captured all of the excitement on tape; the video is available on YouTube at <http://www.youtube.com/TeamOlijslager>.

Molly Hutchins, the indefatigable and ubiquitous organizer of the event, believes in its educational purpose and recognizes



Carey Williams beams as she and Mickie finish phase C.

that many riders have never experienced this kind of intense competition. Each evening, she brought in members of the ground jury, the head veterinarian, and other experts to give riders an idea of what to expect and how to help their horses compete to the best of their ability. On the first night, before dressage, Denny Emerson got right to the point about why we were there. Recalling a conversation with William Steinkraus, Denny explained the evolution of eventing, from a military test in its earliest days, to the post-WWII years dominated by foxhunters (who still hate dressage), to the pared-down (three-phase), extremely technical sport it is today. He then discussed why this was a long-format event. First, the extra endurance phases get you and your horse ready—"in the game"—for cross-country; the experience puts the horse in a "cross-country mode of being." Second, riders at all levels will have more fun and

be safer if they have a sense of what it really means to run fast and jump.

Nick Olijslager has already written a meter-by-meter, fence-by-fence account of what it felt like to ride the tests and courses (see the September 2010 issue of *Collective Remarks*). As he noted, there are plenty of articles and books that will tell you how to train, what to bring, and what to expect. But there's nothing like being there, experiencing the excitement of all the teams around you, working intently to cool down your riders and horses after phases C and D, and cheering for your riders as each one completes a phase and starts the next. Beyond that kind of bonding, the breadth of experience offered by the organizers and lecturers made me feel that I was taking part in the evolving history of eventing.



Erika and Jorgen Olijslager cooling down Mickie in the 10-minute box.



Nick Olijslager and Dino starting phase A.

I have a lot of favorite moments from those three days: getting to know the dedicated GMHA staff as a volunteer on dressage day, walking phase A by myself on an early morning through the beautiful GMHA trail system, hugging Carey after phase D (cross-country), recapping endurance day at dinner with the team (thanks, Nick!), and reliving the entire experience while watching videos and stills, and eating Texas BBQ served up by the Selines.

Molly has assured me that GMHA will again offer a Novice division with the T3D next year. You can bet I'll be there, hopefully as a rider, but definitely on a team. If you are interested in joining me, please visit the GMHA website (<http://www.gmhainc.org/>) for more information.

This trip to the GMHA was the result of receiving an Educational Grant from ESDCTA. Have an event you want to attend but need a little financial help? Check out the Omnibus or the ESDCTA website to see how you can apply for your own grant.

REMEMBERING...*Panache*

RIPPLES IN THE POND By Jean Goeltz

THE STONE HIT THE WATER. July 15, 2010, the day my wonderful partner, Panche was euthanized, 18 months of ups and downs until hope finally crashed onto the rocks.

THE RIPPLES FAN OUT. I've come to realize how much the loss of Panache affected so many people around me.

VETERINARIAN and FARRIER: Finding myself without need of an equine vet or farrier is a situation I've known only a very few times during the 25+ years I've had horses – a foreign feeling. My vet and farrier lose a long-term client relationship.

TRAINER: My trainer held Panache in very high regard for her work ethic, movement, potential, and their very successful relationship.

TACK STORE: When those coupons come in the mail, I now give them to the others. I won't be bringing in blankets for cleaning this year.

BARN MATE: The gelding that lived next to Panache was her "main squeeze." He lost his dear friend; his mourning reflected in his quietness for many days.

BARN FRIENDS: I've been at my barn for a long time and have many dear friends. They would all stop by to say hello to Panache. I know the emptiness of the stall echoed into their hearts as well.

ACQUAINTANCES: The ripples continue to this day to include business acquaintances, friends of friends, husband's friends, and even the mail lady, with well-meaning inquiries about Panache. The tears still come with the telling.

ME: To find myself without Panache is still devastating. I had hand walked her twice a day for more than a year. We tried to bring her back several times only to have a set back. And more hand walking and more set back. And more hand walking and more set back and an ocean of tears. knew I was losing my friend but I was also losing my hopes and dreams with her. I also realized I had lost an identify I had for many years – I was no longer a horse owner, I was now a lesson person again.

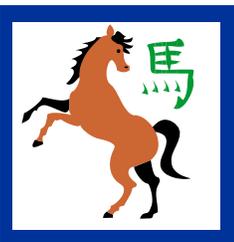
THE RIPPLES LAP ONTO THE SHORE. I have since started riding an 18-year-old mare who retired from competitive Grand Prix jumping and is coming back after some time off. I tell her all the time that she keeps my smile for me. I divide my riding time now between her and another beautiful mare I am currently half-leasing. I don't know if I will ever own another horse but I do know you don't have to own to love . . . or be loved. The ripples of the pond eventually fade leaving calm and quiet again.

Please send all your submissions for Remembering... to newsletter@esdcta.org. Articles should be 250 words or less.

Horse Treats

By Meredith Rogers

Chinese New Year this year falls on February 12. According to the Chinese calendar, 2011 is the year of the rabbit. The last year of the horse was 2002 and the next one will be 2014, as the animal zodiac follows a 12-year cycle. Having been born during the year of the dog, I often wonder if I had been born in the year of the horse would I be a better rider.



Those who have been born in the year of the horse are said to be cheerful, popular, quick-witted, changeable, earthy, perceptive, talkative, both mentally and physically agile, magnetic, intelligent, astute, flexible, and open-minded. However, they can also be fickle, arrogant, childish, anxious, rude, gullible, and stubborn. I'm not sure if any of these qualities help develop a better connection with our equine partners, but I guess they couldn't hurt either.

SALUTE!

Lisa Schmidt



Meet your new USDF Region 1 Director, ESDCTA member, Lisa Schmidt!

Lisa's love affair with horses started as a kid growing up in New Jersey where she convinced her parents to give her riding lessons. Her first instructor was our very own Marilyn Payne who taught her how to canter!

As a teen, Lisa competed in the Medal/Maclay hunter equitation classes. Lisa reminisced, "We had one dressage rider at that hunter barn and the only thing I remember was that she was always going sideways and thinking to myself— how strange!" As many teens do, she sold her horse and went to college. After college she moved to New York City for a job in the music business and jumped right back into riding, taking lessons at the Claremont Riding Academy, where she ended up leasing a horse and starting dressage lessons. Her first show was at Knoll Farm in Long Island riding Training Level where she received "an abysmal" score – but it was too late, she was already hooked!

Lisa was lucky to work with Hilda Gurney who gave clinics in NJ, and she worked Canadian Olympic rider, Ashley Holzer, where she was given the opportunity to ride horses at all different levels of training including those of international caliber. After a 7-year stint with Ashley, Lisa moved back to New Jersey and eventually landed at her current base, Rockland Farm in Flemington, where she teaches and trains.

Lisa's judging career "evolved" from participating in the USDF "L" Education Program to improve her training and teaching skills. She graduated from the program "with distinction". "It's a grueling effort but lots of fun" said Lisa. Lisa is an "R" licensed judge and has recently been accepted into the "S" judges program.

Lisa has been an ESDCTA member for over 30 years! "I first joined ESDCTA because I wanted to show and get awards!" chuckled Lisa. Her first volunteer position with our club was "Judges Liaison". She was later asked to be our "USDF Liaison", a role that she has had for more than 7 years. Among other volunteer contributions, Lisa created and organized four of ESDCTA's fabulous fall symposiums.

Her journey to becoming our Region 1 Director was a natural progression. As ESDCTA's USDF Liaison, she attended the annual USDF Conventions where she was able to learn and become more involved with the business aspect of the organization. She then took on more responsibility by becoming a Region 1 Participating Member Delegate and chairing the USDF Competitors Council. When Alison decided to retire as Director, she asked Lisa if she would be interested in the position.

In addition to being a USDF Regional Director, instructor, trainer, breeder, and judge (as if that isn't enough), Lisa is the founder and owner of Crisis Management Inc., a musician marketing and career development company. She has recently spun off a new division, Equestrian Athlete Services (EAS), which provides career management for equestrians of all levels.

When asked her view on developing the future of the sport, Lisa said, while the U.S. is now identifying talented up and coming riders at all levels, she would like to see us be able to better identify sources of horses available to these riders. This would also require us to "develop groups of investors in the sport through partnerships/syndicates to be able to pair the talented riders with talented horses. We're a bit behind Europe in this effort". Lisa's own Grand Prix horse, Ihorn, who has provided her with so much success and recognition, was made available through a partnership of her students.

As Director, Lisa would like to "increase the volume of support from our GMO member base to the USDF and have these individuals understand how their willingness to play a bigger role will impact the future of the sport at a national level." Lisa would also like to see large educational events at a regional level. "Offering more opportunities to work at regional events should expand our regional volunteer base" which is another one of Lisa's goals.

Lisa's advice to ESDCTA members? VOLUNTEER!!! Who knows what it can lead to? YOU could be our next Regional Director!!!

ON THE BIT

ESDCTA Trainers ' Tips, Advice and Observations

DETAILS

by Betsy Steiner

I recently rode Fino, a wonderful horse I have in training, in a clinic with Steffen Peters where we focused entirely on details. Details in everything. The time flew by and I felt the results in every transition, the energy and impulsion in the hind legs, and the wonderful light connection into the reins. Fino is a real partner and hard worker, and he thrives on doing a good job, so this was so much fun for both of us.



Betsy with Titan and Fino

In paying attention to the little details we increase the horse's focus on every minute move we make. Thus, it is critical to know and understand our own bodies and how we affect our horses. When we're working on details they don't only apply to the horse but to us, as well.

Take for example the simple exercise of cantering on a 20-meter circle. First of all, I have to have a very clear idea of the line of that circle to expect my horse to stay on it. I have to have the discipline and athletic ability to stay on that circle line even if my horse decides to wonder off of it. It requires horse and rider's harmonious core strength. Once the details of that 20-meter circle line are determined I can increase the exercise by doing transitions. So, I may decide to do 8 strides of collected canter followed by 8 strides of medium canter. Now we have a world of details!

When I go from collected canter into medium canter I go through a check list. With the first stride of medium did he move quickly off my leg? Did the hind leg reach forward and under? Is he straight? Are his shoulders traveling directly in front of his haunches, straight and lifted, and did he get lighter in the reins? But that's only the horse! What did I do with my body? When I asked for the first stride into medium did it come from power in my core? Was I sitting straight and giving clear aids to help and not confuse him? Was I sensitive enough in my hands as he moved forward into the bit?

Too quickly, those 8 strides of medium are already up and now I've got to think of all the details to bring him back to collection. But what a rush when we get the details right!

This is the type of work Fino and I delight in and do every day. It is these details—the finesse, timing, harmony, and elegance—we all strive for that makes a special horse and a special rider become a partnership and a harmonious pair. It all comes together with each little detail.

Betsy Steiner is a Dressage competitor, instructor, author, and entrepreneur. Betsy rode for the United States on the Dressage Team at the World Equestrian Games in Sweden in 1990 with her wonderful partner Unanimous. She has earned her Gold, Silver and Bronze Medals from the USDF and has trained countless horses and riders to the highest levels of the sport. Betsy currently trains two wonderful FEI horses, Fino and Findlay's Titan that she competes in the Northeast and Florida Dressage Circuits. She is a popular instructor and clinician using her vast experience to truly connect the horse and rider. She is able to make her lessons exciting and accessible for every level of rider. Betsy gives clinics all over the country on a monthly basis and takes students for short- or long-term training at her base in Frenchtown, New Jersey and in Wellington, Florida for the winter.

*In addition to her riding and teaching, Betsy is the author of the book "A Gymnastic Riding System, using Mind, Body & Spirit". This popular book has provided a straightforward description of Betsy's training methods and includes cross training exercises for the rider. This book has been translated into German and is used in the German Bereiter Training Classes. Betsy is currently working on a second book that will provide even more exercises for horse and rider. Betsy developed **Equilates**, a business that is designed to help riders cross train using Pilates and other techniques so that they can get the most out of each ride. For more information, visit : www.betsysteinerdressage.com*

ESDCTA Professional Trainers may submit their submissions to newsletter@esdcta.org

CENTERLINE

Dressage News

The ESDCTA would like to congratulate all of our members who received their USDF Rider Award Medals in 2010!

Christopher Clyde, PA	Bronze
Rebecca Cowden, NJ	Silver
Nicole DelGiorno, NJ	Silver
Monika Dujardin, PA	Bronze
Douglas Greene, NJ	Bronze
Hope Greenfield, NJ	Bronze
Annette Longo, NJ	Bronze
Patricia Ryan, NJ	Bronze
Melanie Montagano, NJ	Silver
Susan Springsteen, PA	Bronze, Silver, Gold
Jane Suwalsky, NJ	Bronze
Jaime Topinka Nunn, NJ	Bronze, Silver
Alexis Tozour, NJ	Bronze
Cara Tozour, NJ	Bronze
Pamela Wooding, NJ	Silver, Gold, Master's Challenge (FEI)
Sonia Zugel, NJ	Silver



This was not an easy task. To earn a USDF Gold Medal, a rider must have achieved 4 scores of $\geq 60\%$, 2 at Intermediaire I and/or Intermediaire II, and 2 at Grand Prix, each from 2 different judges for 2 different rides. The USDF Silver Medal required 4 scores of $\geq 60\%$, 2 at fourth level and 2 at Prix St. Georges, each from 2 different judges for 2 different rides. The USDF Bronze Medal required 6 scores of $\geq 60\%$, 2 at first level, 2 at second level and 2 at third level, each from 2 different judges for two different rides. A Master's Challenge Award can be earned at any level. For the FEI award, 3 scores $\geq 55\%$ from 3 judges and 3 different rides were required; scores could have been earned from any FEI level or a combination. Good job everyone!

THE START BOX

Combined Training News

The ESDCTA would also like to acknowledge all of our members who received their USEA Eventing Medals in 2010.

Beginner Novice

Sofie Lutfy, PA	Bronze
Kimberly Markowski, NJ	Bronze
Gretchen Creesy, NJ	Gold
Sarah Stinneford, NJ	Gold

Novice

Jorgen Olijslager, NJ	Silver
Linnet Tell, NJ	Gold

Preliminary

Kaleigh Quinn, NY	Bronze
Linnet Tell, NJ	Bronze



Earning these medals took a lot of effort. To receive a bronze medal at the Beginner Novice level these riders had to finish on a score of 50 or less. Earning a silver medal at the Novice level took finishing on a score of 40 or less, and a gold medal required finishing on a score of 35 or less. For a bronze medal at the Preliminary level the rider must have finished on a score of 55 or less. All of the scores had to be achieved three times at two or three different venues depending on the level. Congratulations to all!

FOALIN' AROUND

Youth News, Activities, and Opportunities

We are very excited to announce the formation of a new Youth Committee to enable us to expand offerings for our youth members of ESDCTA. It has always been the policy of ESDCTA to encourage the development of our youth members into life-long horsemen and to ensure that we provide them with plenty of opportunities for growth, learning, fun, and success.

I am pleased to say that we now have two new Co-Chairs for the Youth Committee: Cindy Roesener and Heidi Lemack. We also have several other members willing to serve on the committee who have great ideas on how to enhance and expand our programs.

In addition to sponsoring youth dressage teams to participate in the Region One Youth Competition in Virginia and Lendon's Youth Dressage Festival in New York, we are also hoping to sponsor a youth eventing team to compete in a Team Competition. Additionally, we hope to develop dressage and jumping clinics throughout our club's geographic region, while continuing to offer the Fix-A-Test Clinics that we have previously had in place. Other goals are to include unmounted activities and educational opportunities, support youth in obtaining USDF Varsity Letters, and the eventual development of a youth-only show.

The first Youth event of 2011 will be our raffle at the February Banquet. We will be raffling off an equestrian painting created by ESDCTA member, Melody Higgins, as well as another item to be announced. Please support our Youth Programs by saying "yes" when our youth come around asking you to buy tickets!

Please do not hesitate to contact any of the Youth Committee Co-Chairs to voice your ideas or concerns, or to offer serve on this great Committee. We welcome any ESDCTA member who wants to get involved to join us. We will continue to keep you updated on the programs we will be able to offer for the youth and welcome your feedback.

Jill Kuc

esea@ptd.net

610-681-6033

Heidi Lemack

rblstables@aol.com

609-758-4918

Cindy Roesener

croesener@hotmail.com

908-797-9754

Planning your calendar for this season? Check out the following youth opportunities!

- March 16** **Deadline for NJ Junior Breeder's Symposium**, which will be held on March 26, 2011, at Rutgers University School of Environmental and Biological Sciences in New Brunswick. Symposium includes an equine tract with sessions on parasites, anatomy of the leg, feeds and feeding, and beneficial knots. 8:30– 4:30, \$12 per person, lunch included. For more information and registration form go to: www.nj.gov/agriculture/news/events/2011JrBreederReg.doc
- May 1** **Deadline for ESDCTA Lendon's Youth Dressage Festival Scholarship:** ESDCTA's Grant Program provides 2 scholarships in the amount of \$250 each to encourage youth members to compete at Lendon's Youth Dressage Festival (LYDF). Funds can be used to defray LYDF expenses such as entry fees, stabling fees, transportation costs, purchase of required reading materials. For more information go to our website: www.esdcta.org or contact our Grant Chair: Debra Tomjako at 908.534.4901, tomajko@aol.com.
- May 2** **Deadline for ESDCTA Youth Team Applications:** ESDCTA sponsors youth teams for the following competitions: • Lendon's Youth Dressage Festival, July 8-10, Saugerties, Y • Region 1 USDF Youth Team Competition, July 23-24, Leesburg, VA. Youth members must meet certain criteria including qualifying scores and volunteer hours. For more information go to our website: www.esdcta.org or contact the Youth Committee Co-Chair: Jill Kuc at 610.681.6033, esea@ptd.net
- May 7** **Deadline for the ESDCTA Youth Member Fix-A-Test Clinic**, which is May 14, at Hidden Creek Equestrian Center, Kunkelstown, PA. \$40 per entry includes pizza party lunch. Proceeds benefit the ESDCTA Youth Account to fund future youth programs. For more information go to our website: www.esdcta.org or contact the Youth Committee Co-Chair: Jill Kuc at 610.681.6033, esea@ptd.net.

NOTES FROM THE USEA CONVENTION (*Continued from cover*)

Licensed Officials Forum

The take-home message was that it is important for ALL eventers to fill out the event evaluation and licensed officials evaluation whether or not you have a compliant or want to sing praises.

Course Designers Forum

Any increase in difficulty of a course should be mentioned in the Omnibus to ensure the safety of competitors who may otherwise assume the course is similar to previous years. In addition, the USEA web site has a "XC obstacle design standards" manual that has detailed guidelines for various types of fences at the different levels. This manual changes every year, so course designers should check it regularly for updates.

Safety Forum

Dr. Heart gave an update on the ongoing Cardiovascular Study. Results from Plantation Field's CIC2* and 3* and Rolex in 2010 are still being analyzed, but preliminary results suggest that more EKG studies should be performed during XC, more focus should be placed on cardiac troponin (an indicator of heart muscle damage), and pulmonary hemorrhage should be looked at more closely. The study may also be expanded to include international scientists and events.

The optional rider fall survey that was emailed to all USEA members who encountered an *unplanned dismount* during XC at a recognized event was also discussed. The goal of the survey was to get the opinion of the riders regarding what they thought went wrong (ie, ridden poorly, horse misbehaved, bad footing, fence, or course, etc.). The main results are below.

Of the 44% of fallen riders completing the survey, >70% said that if they could ride the fence again, they would ride it differently.

57% said they did not have the appropriate approach to the fence, but 74% of them said the course had been riding great up to that point.

8% blamed the fall on course design (and only 1 of those had brought their concerns to the Rider Representative of the event).

It was suggested to revise the survey, and encourage students, friends, etc. to fill out the survey if they happen to have the misfortune of a fall. The more people who fill out the survey, the more valuable to everyone the results will be.

Leg Care after Cross-Country Discussion

Equine Sports Therapist for the USET Olympic Squad, Doug Hannum, spoke on the importance of proper care of your horse's legs after XC. He stressed that leg care starts immediately after you get off XC! Check your horse's legs for bumps and cuts, and pay attention to the hind legs as much as the front. His recommendations for upper level horses included good old-fashion ice (20 min on, 20 min off, repeat), then walking. He also advised poulticing. For lower level horses he recommended ice or a cold hose, but said poultice or wrapping would depend on the horse and conditions at the event. Soaking in hot water and Epsom salts followed by packing with a sugardine solution (paste of iodine solution and sugar) was recommended for horses prone to bruising.

Training Solutions from Top Level Riders

Phillip Dutton, Becky Holder, Karen O'Connor, Allison Springer, Buck Davidson, Oliver Townsend, and Amy Tryon answered training questions from the audience. A lot was discussed but here are some highlights. Someone asked about training young horses with poor awareness of their front legs. Becky, Amy, and Oliver all said that most horses can be taught to be better with their front end, and that it is more important that they have scope and a good use of their hind end and top line. Becky and Oliver answered a question about rider nerves after a bad fall. They thought that people should not deviate from their training plan if it's been working, and to keep things in perspective. However, Allison mentioned that dropping a level to get confidence back should be considered. When asked how many competitions a horse can reasonable do in a year Phillip said with his young horses he sometimes does 2 events back to back. However, in terms of the whole year it depends on the horse, age, ground conditions, etc. Becky and Oliver agreed that back-to-back events are good for some horses, but you need to listen to the individual horse.

Continued on the next page

Continued from the previous page

Each of these accomplished riders gave advice, but the themes were consistent: “keep it simple,” “have fun,” “enjoy your relationship with your horse,” and most importantly as Karen said, “If you didn’t bring it to the competition, don’t expect to find it there!”

My personal high point of the meeting included being able to shake the hand of Major General Jonathan (Jack) Burton, who was on the Calvary Olympic Squad in 1948 (show jump) and 1956 (three-day), and also served a 10-year term as executive vice-president of the USET, a three-year term as USCTA president, and recently retired as an FEI judge and Technical Delegate in three disciplines. The keynote speaker at the USEA Business Meeting was Oliver Townsend, who was quite entertaining. His take home message was “You don’t have to have a lot of money or be from a good background to be successful. Dedication and persistence are what matters.” Words to live by.

Overall, this was a great meeting with lots of strong messages. I look forward to next year when the meeting will be in Nashville, TN.

MORE FROM THE USEA 2010 CONVENTION

By Joan Harper

By now you’ve read about most of the heated discussions and new innovations from the USEA 2010 convention. I wanted to share with you one lecture that I attended by Daniel Stewart, Equestrian Sport Psychology and former USET Coach.

Mr. Stewart is the author of *Ride Right*, and he’s widely considered one of the world’s leading experts on equestrian sport psychology. His approach involves thinking positive words, such as those that start with the letter “C”, like “calm,” “cool”, and “capable,” and repeating them often in preparation for your ride. He suggested repeating sentences like “I feel good”. And ‘D’ words like “dislike,” “disqualified,” and “disappointing,” should be avoided. He had 5 areas that he thought should be the center of your thought process:

Brain babble: the tools we use to create positive thinking.

Mental imagery: learning to ride with mental pictures in our minds.

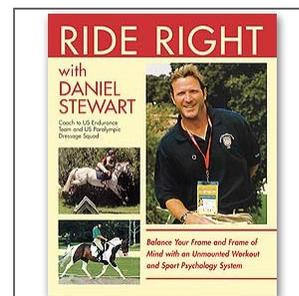
Goal setting: setting positive performance and behavior goals.

Stress management techniques: learning to gain, maintain and regain control.

Concentration cues: sounds or locations that remind you of the tools that control your emotions.

Mr. Stewart has traveled all over the country giving talks and doing seminars. More information can be found on his web site, www.stewartclinics.com.

It is amazing how much our minds play into the physical aspects of riding. Mr. Stewart brought that home in a fun way. May all of your rides be positive!

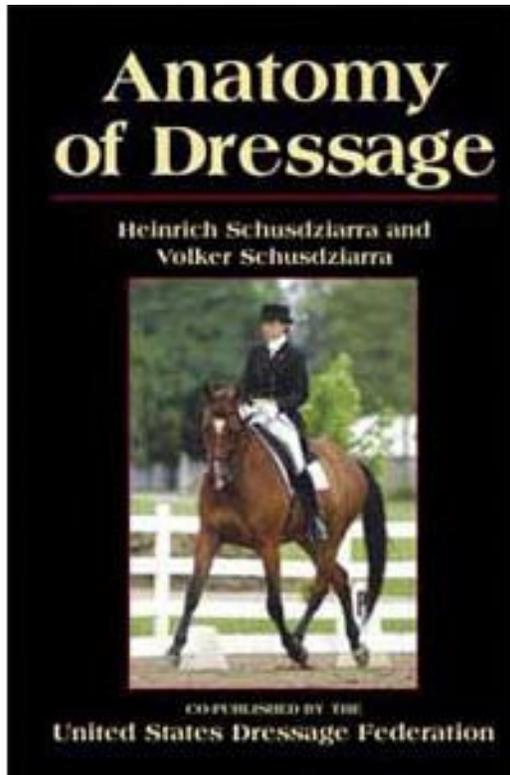


THE BOOK STALL

Your reviews on books, videos, and other media related to horses and riding

Anatomy of Dressage

By Meredith Rogers



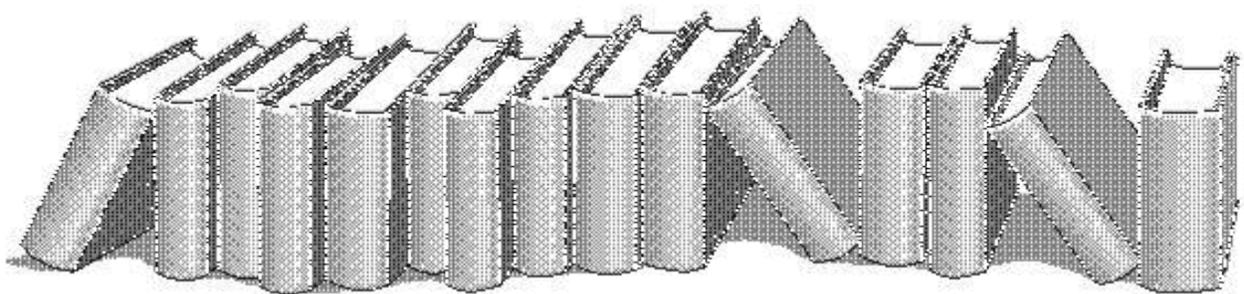
I just finished reading *Anatomy of Dressage* by Heinrich and Volker Schusdzlarra. First, let me say that while the book is transformative, it is not an easy read.

The authors are medical doctors and, while they tried to break down the anatomy for us laypeople, it is still difficult to understand. I had to reread numerous passages. However, if you ever wondered *how* to do a half-halt, this book will explain it.

Riding texts often tell you to “brace your back” when performing a half-halt. But, as this book clarified, it is impossible to do that given our anatomy. Instead, we use specific abdominal muscles to get the desired effect.

Another interesting concept that was both elementary and revolutionary at the same time: our pelvis is rigid. When we push our right hip forward, the left hip must go back. We can also tip our pelvis forward or backwards, but not both at the same time. It gives riding off our seat bones a whole new meaning.

This is one book I don't plan on lending out because I want to be able to go back to it again and again as I try to refine my aids. Wait, what do I have to do to turn left??



INTRODUCING THE 2011 DRESSAGE TESTS: A CLINIC & SEMINAR WITH MARILYN PAYNE

Marilyn judged at the 2010 World Equestrian Games in Lexington, and the 2008 Olympics in Hong Kong, as well as at many leading dressage shows and events in the U.S., Europe, and Australia. Her students compete at all levels of dressage, from Introductory through FEI, and in eventing, from Beginner Novice through the Advanced and FEI levels.

- WHERE:** Applewood Farm, 30 Fox Hill Rd., Califon NJ
WHEN: Sunday, February 6, 2011: 8:45 – 5:00
WHAT: Learn How to Ride, Coach and Judge the New Dressage Tests!
HOW: Ride Your Test Of Choice from Intro “C” through Fourth Level,
 Hear Marilyn’s Comments, Improve Your Scores
OR Audit The Clinic, Take Notes, Ask Questions, Improve Your Teaching & Judging Skills
WHY: Be Ready for the 2011 Season! This clinic will give you an overview of the rationale for the new tests, with special emphasis on the changes in how riders are evaluated.
- FEES:** **Ride-A-Test: \$75.00 for a 30 minute individual session.**
 Riders will receive a free video of their session, and may audit all day at no charge.
Auditors: \$25.00 for advance entries; includes a chair, and a schedule emailed to you;
 or \$30.00 for drop-ins; bring your own chair. Auditors may attend any or all portions of the day.

COPIES OF TESTS WILL BE AVAILABLE.

EACH TEST WILL BE RIDDEN ONLY ONCE, SO GET YOUR ENTRY IN EARLY! IF THE TEST YOU WANT TO RIDE IS ALREADY TAKEN, YOU WILL BE CONTACTED ABOUT RIDING A DIFFERENT TEST, OR YOU MAY CHOOSE TO AUDIT INSTEAD.

CLINIC WILL BE HELD REGARDLESS OF WEATHER!
 FREE REFRESHMENTS, BAGELS & SNACKS.

FOR ENTRY FORM & MORE INFORMATION, CONTACT
 ann@annforer.com or go to www.marilynpayne.com

2011 CAVALLETTI & JUMPING CLINICS

Applewood Farm’s Annual Winter Series

- | | |
|---------------------|---|
| January 21, 22, 23: | Cavalletti & Gymnastics |
| Feb. 18, 19, 20: | Gymnastics & Related Distances |
| March 11, 12, 13 | Jumping Courses, including Liverpool, Narrow Fences & Corners |

Applewood’s winter series of jumping clinics are a great opportunity to tune up your jumping skills and get ready for the spring season! Cavalletti-only sessions are perfect for dressage riders.

Clinics are held in the Applewood indoor arena. Auditors observe at no charge from the heated viewing lounge, which is equipped with a sound system. Complimentary refreshments!

Each group includes 4 to 6 riders and runs 1 ½ to 2 hours. You may enter the entire series at once, or enter individual clinics.

Entry forms can be downloaded at www.marilynpayne.com, or request one by emailing
 ann@annforer.com. **Fee: \$80.00 per rider per session**

ENTRIES ACCEPTED ONLY IF FULL PAYMENT IS INCLUDED!

Groups: Cavalletti only; Introductory: Crossrails to 2’; Beginner Novice: 2’3” to 2’7”;
 Novice: 2’7” to 2’11”; Training: 2’11” to 3’3”; Preliminary: 3’3” to 3’7”

FEES WILL BE CREDITED TOWARD ANOTHER CLINIC OR LESSON IF YOU CAN’T
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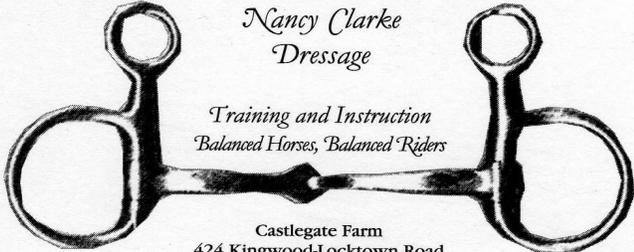


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THE ESDCTA WANTS YOU

What benefits are you looking for from your membership?

Want to chart the course of dressage and eventing in our region?

Wishing for a certain clinician as part of a ESDCTA program?

GET INVOLVED!

Join a committee, volunteer your time at a show or event, or, just contact any of the people on page 2 of this newsletter to voice your opinion.

Any and all skills are welcomed and needed.

You can also help improve *Collective Remarks*.

Our newsletter also needs you to ensure that it is interesting, informative, and reflective of our members, which means *you*.

We are always looking to include pictures of our members enjoying their horses or articles that share your experiences. Did you learn something new at a lesson, read a good book, or audit an exciting clinic? Share with the rest of us! We can't guarantee that we'll publish your submission, but we'll try our best to fit it in.

Please send your submissions to newsletter@esdcta.org.

