

NOTES FROM THE ANNUAL MEETING

by Kristin Young



Kristin on the Queen Mary

The CDS Annual meeting this year was hosted on the Queen Mary in Long Beach. What an experience for this Southern California native to come aboard this historic ship for the first time! I arrived Friday afternoon, quickly checking into my room, noting the cute porthole windows before heading off to the CDS executive board meeting. The executive board meeting is open to all members and is a great way to learn more about how CDS functions and what is coming up. Following the board meeting Kathy King and I did a bit of shopping and touring the ship before dinner with some members from other chapters. I skipped the midnight Paranormal Spirit Walk due to the meeting starting at 8 am on Saturday. I am happy to report my room was ghost free.

Saturday morning started with an update from the CDS president and then the chapter chairs broke into our 3 CDS regions:



Kathy on the Queen Mary

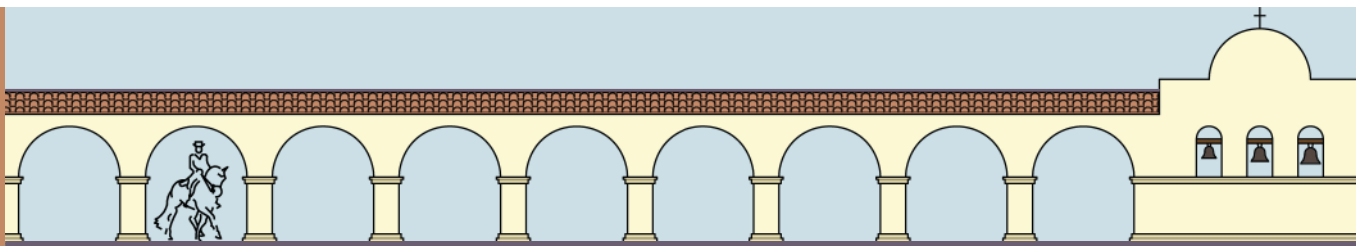
Southern, Central, and Northern. It was inspiring hearing about the highlights of the year from each chapter in the Southern Region. Next they had round table discussion areas setup with the following topics: Adult Amateur Clinic, Jr Championship, Scholarship, Central Office, and Annual Championship/RAAC. CDS members could select which topics they wanted to give input on by sitting at the marked tables. I headed to the Adult Amateur Clinic table. The AA Clinic format has been changed this year from 3 days of riding to only 2 days. I had the honor of being the San Juan Capistrano Chapter representative for the 2009 Adult Amateur Clinic and I am very passionate about this clinic and still so grateful I was able to attend. I hopped on my soapbox and explained how as adult amateurs, clinic opportunities are limited. When we do have the opportunity to ride in clinics they are 1 or 2 days. A 3 day clinic is very rare for adult amateurs and

an absolutely amazing experience to take time off away from home and immerse yourself in dressage.

Each year CDS gives out several chapter awards. Each award includes a check for \$500 to the chapter. The award categories are: Best Newsletter, Best Website and Best Educational Clinic. Imagine what our chapter could do with \$500 from one of these awards....

Dr. Pollack gave a Sports Psychologist lecture that included lots of tips and ideas for improving your riding. Even the most seasoned show rider can get tense during a show. She rang a bell and then asked how many people's palms started to sweat even though we were sitting on a ship, not on a horse. Most people raised their hands. She suggested having your trainer periodically ring a bell throughout your lesson to desensitize yourself to the sound of the start of bell. Relaxation was a big focus and she did an awake state hypnosis with the crowd which focused on visualization.

I ended my stay on the Queen Mary with a chocolate martini in the Observation Lounge with Kathy King and Doris. It was an inspiring weekend and I am looking forward to a fabulous 2011! The CDS Annual meeting is open to all CDS members; perhaps you should attend next year.



2010 CHAPTER AWARDS BANQUET

Awards were handed out at our Annual Year-End Awards Banquet, held on November 6th at Marie Callendar's in San Juan Capistrano. Festivities included horse trivia, guest speaker Peggy Klump, and a delicious three course dinner. Champions received



blue neck ribbons, a personalized crystal souvenir and horse treats as their prize. Reserve champions received a red neck ribbon and horse treats. 2011 champions will be rewarded with neck ribbons and CDS-SJC jackets! To be eligible for 2011 awards, a rider has to compete in 3 of our 5 Chapter shows, earning at least 3 scores at one level. Congratulations to all of the Champions!

Training Level

Adult Amateur Champion:

Janet Stier

Adult Amateur Reserve Champion:

Laura Converse

Junior Champion:

Tiffany Herzog

First Level

Adult Amateur Champion:

Liz Cramer

Adult Amateur Reserve Champion:

Kim Elliot

Second Level

Adult Amateur Champion:

Liz Cramer

Adult Amateur Reserve Champion:

Bernadette Olsen

Open Champion:

Andrea Ullrich

Junior Champion:

Sydney Staggs

Third Level

Adult Amateur Champion:

Susan Adams

Open Champion:

Vicki Rea

Fourth Level

Open Champion:

Vicki Rea

Grand Prix

Open Champion:

Brent Hicks

High Score of the Year:

Training Level

Janet Stier

Trainer of the Year:

Vicki Rea

SAN JUAN CAPISTRANO 2011 SHOW SCHEDULE at Sycamore Trails

March 26 - Spring Show
Judge: C. Glass

May 21&22 - Annual Show
Judges: G Hoff Carmona
F Dearing

June 24 - Summer Series
Judge: M Kessler

July 22 - Summer Series
Judge: L Falvo Doyle

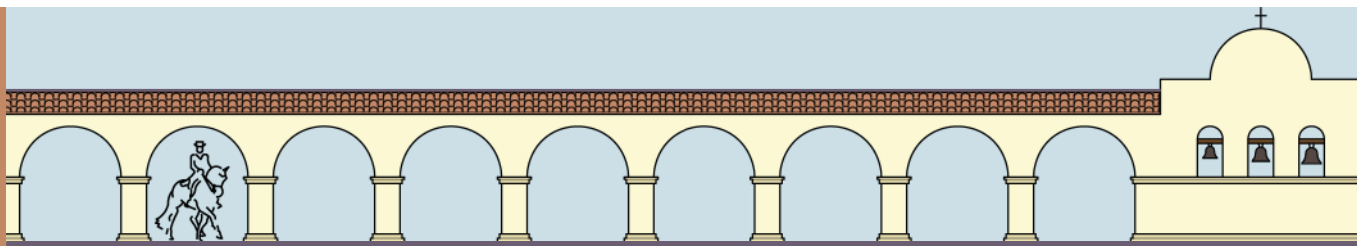
August 12 - Summer Series
Judge: C Hoffman

PHOTO CONTEST

Submit your horse's baby photos to see if yours gets featured in our next Newsletter! submit jpegs or tiffs with horse and rider information to: lauraconverse@cox.net



Laura Converse's Denali at 3 days old



CHAPTER CHECK-IN

Ever wonder what happens at a Chapter Meeting? Here are some of the important topics discussed at our last meeting on February 7th....

• **Earn Scholarship Money** - Our Chapter provides two \$250 scholarships to help two different individuals attend the Junior Championships, Regional Adult Amateur Competition, or State Championship. One scholarship is rewarded to a Junior Rider to attend the Junior Championships while the other scholarship is rewarded to an Adult Amateur to attend either RAAC or the State Championship. If there is no Junior or Adult Amateur eligible, the unused scholarship can be awarded to another Junior or Amateur, depending on interest. To become eligible for these scholarships, you must volunteer a minimum of 15 hours at Chapter Events, such as shows or clinics. Contact Kathy King or Kristin Young for more information...

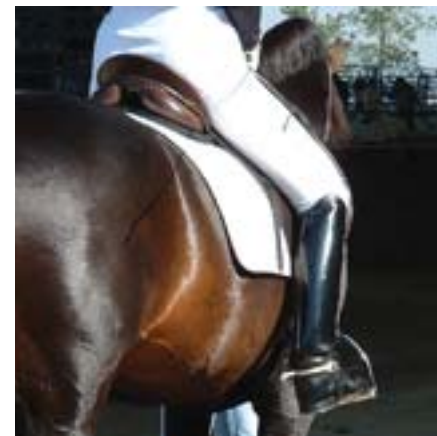
• **Volunteer at our next Dressage Show** - Volunteers are given a \$15 gift card to Starbucks as a reward for their service at any Chapter Event. These Volunteers are also entered into a year-end drawing for a \$100 Visa Gift Card awarded at our Annual Banquet! Volunteers awarded scholarship funds are not eligible. Contact Kathy King for more information...

• **Let's host a clinic** - We've had several successful clinics hosted by the Chapter, notably our most recent January clinic with Jane Weatherwax and November clinic with Leslie Webb. Auditing is always free, with clinic participation preference given first to chapter members. Do you have suggestions for clinicians you would like to work with? Please send your suggestions to Kristin Young so we can work toward making them a reality!

• **Become a Fan on Facebook** - If you are a member of Facebook, join the *San Juan Capistrano Chapter - California Dressage Society* group to receive the latest updates regarding Shows, Clinics, and other chapter news and events...

• **Mark your Calendar** - Come to our next Chapter Meeting on May 2nd at 6pm in the Sycamore Trails Boarder Lounge to join the conversation and give your suggestions. Refreshments are provided, so plan to stay for social hour following the meeting to get to know your fellow chapter members!

• **Updated Website** - Download the show premium for our first 2011 Chapter Show on March 26th at Sycamore Trails on our website: www.sjc-cds.org/events.html



CHAPTER BOARD MEMBERS

Kathy King - Chair

dressagespark@gmail.com

Kristin Young - Co-Chair

kristin@benchmarkfunding.com

Kit Stebbins - Treasurer

rsteb75448@aol.com

Michele Town - Secretary

michele.town@cox.net

Niki Lucas - Sponsorship

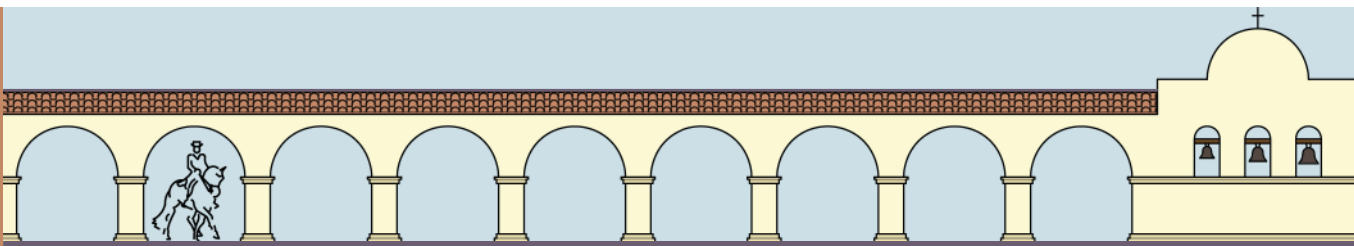
petiquette@cox.net

Susan Adams - Sponsorship

susan.j.adams@cox.net

Laura Converse - Newsletter

lauraconverse@cox.net



MEET YOUR CHAPTER BOARD MEMBERS

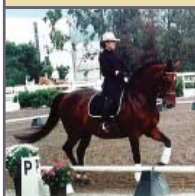


Kathy King - Chair

Kathy started riding as a child in hunter competitions and began riding dressage as an adult. After working on a standardbred farm in charge of a breeding stallion in New York, she moved to California. She was volunteer coordinator at both SJC Olympic selection trials and has scribed at the 2005, 2007, and 2009 World Cups. Kathy manages the chapter horse shows and works at other major horse shows in both southern and northern California. For the past 12 years her equine partner has been her Polish Arabian horse, Sparky.

Kristin Young - Co-Chair

Kristin is a long time dressage enthusiast and enjoys serving on the San Juan Chapter board as co-chair. She is in charge of chapter sponsored clinics, so if you have a great idea, she would love to hear about it and help make it happen. Kristin is pictured here with her horse, Mr. J.



Kit Stebbins - Treasurer

Kit is a USDF gold medalist who has retired from dressage teaching and training in the Los Angeles area. She loves riding her little horse, Chad, at Sycamore Trails and being on the Chapter board as Treasurer.

Michele Town - Secretary

Michele is a prior Hunter rider who converted to Dressage about four years ago. She is dedicated to helping our Chapter grow and enjoys her role as our Chapter Secretary. She is pictured here with her equine partner, Galantia.



Niki Lucas - Sponsorship

Niki was a late bloomer in the world of horses, but it does not make her love them any less, she just wants to learn more and more about them and the Art of Dressage. She has been a member and Public Relations Officer for SJC Chapter for approximately 4 years. Niki is pictured here with her partner in rhyme, Tango, and my service dog in training, Titan.

Susan Adams - Sponsorship

One of our newest board members, Susan has been a long term active member of this chapter and as a 2011 board member, will be involved with sponsorships for our show series along with other activities for the membership. Pictured here with her equine partner, Quito, they both enjoy participating in the various clinics and shows hosted by SJC-CDS.



Laura Converse - Newsletter

Our other newest board member, Laura is looking forward to increasing communication within our chapter with the design and distribution of our quarterly newsletter. If you have ideas for newsletter content or have an article you'd like to submit, please contact her with your suggestions. Laura is pictured here with her 6 year old opinionated mare, Denali.

MY EXPERIENCES RIDING DRESSAGE

by Kim Elliot

I've ridden and shown hunters and jumpers for over 10 years. Have you ever heard of the saying ignorance is bliss? I lived in bliss for about a year. I decided to take a few Dressage lessons as a Christmas present for myself a couple of years ago from Wilma Blakely. I was hooked. I then decided to show in a SJC Dressage show in the spring. I didn't know what I was getting myself into. I was going to show in Training level test 1 and 2. I thought it's just walk, trot, canter, right? Boy was I wrong. I was told by Wilma to have a reader. In the hunters and jumpers you have to remember your courses, so I was thinking how could you go off course in Dressage. Oh, you can.

When my time to ride was called, I walked to the ring. Once I entered the ring, I trotted around the outside of the Dressage court waiting for the sound of the bell. Once I heard the bell, I trotted down centerline and after the halt at X and I dropped my reins by accident and panicked. I stopped breathing and my horse became tense because I was tense. The bell rang and the reader said what to do for the first part of the test movements but I went the opposite way! Before the show Wilma told me if you went off course the judge would blow a whistle and he did. I walked up to ask for the correct test movements

to start the test again. The judge was very nice and he said "breathe." I smiled and continued the test movements and finished my first show. I was still riding and showing my horse in jumping as well as in Dressage the first year of showing.

My horse is very talented and Dressage completely reversed her personality. In the jumpers she was hot and flighty. Dressage challenged her to focus and become a team. In jumpers the horses have to be able to think sometimes and take care of the rider. In Dressage, I've learned two become one. In some other shows I participated in later in the year, some judges wrote comments like, very talented team, or good potential in moving up. I won reserve high point the first year I showed.

The next year I showed at First level. We did well again too. Wilma asked me if I wanted to go to the RAAC show at the end of the year. I was thinking to myself, what is RAAC? What was I getting myself into again? I asked Wilma what RAAC was about. It is the Regional Adult Amateur Competition, so I decided to go to the RAAC show. Two weeks before the show I stopped jumping and practiced riding the Dressage movements to prepare for the show. I only rode Dressage twice a week in lessons. The other days I rode her as a jumper.



Kim Elliot with her horse Tara

The RAAC was our first away show. The energy in the Dressage warm up ring is a lot different than the jumper warm up ring. Wilma and I weren't sure how my horse Tara would react. Would she blow up seeing horses piaffe and passage around the ring? She fit right in and she let me know that she was very comfortable in the Dressage ring by strutting around the warm up ring. I competed in a large class in First level Test 4. I won in the top ten and got to ride the victory lap. That was the first time I've ever done something like that. I was thrilled.

I decided to take Tara out of the jumper ring after seeing that we excelled in Dressage. This year we plan on showing in Second level and we have been learning some Third level movements. I've learned that riding Dressage is very technical and physically challenging. It's a lot more difficult than riding the jumpers. You have push yourself to the extreme, try for the best and become one in a beautiful dance.

BUSINESS OPPORTUNITES

Need More Business? We've Got Customers! Horse people are very loyal folks, especially to those who support our horsey way of life! With the economy still moving slowly, now is a great time to promote your business to new customers while supporting a 501(c)3 non-profit organization. The SJC Chapter is actively looking for sponsors to help with prizes and awards for our 2011 show series. The five-show series starts in March and concludes in August. Awards and recognition are presented at the Awards Banquet to the overall series winners!

As a show sponsor your business will be marketed to our membership through our regular newsletters, show premiums, display of your banners at shows or chapter events, announcements throughout the show day to our legion of loyal fans in attendance, and display space for your advertising materials or products. Sponsorship levels start at just \$25 for a class or \$50 for a level. Other sponsorship opportunities are available up to and including show and title sponsors. Now is a great time to get your business name in front of one of the highest income demographic groups in Orange County. Contact Susan Adams at 949-510-8838.



SJC UPCOMING EVENTS

Ride With The Judge Jan Curtis "S"

March 5-6 at Sycamore Trails

Audit for free

Clinic is currently full

Contact Kristin Young to be added to the waiting list

CDS Adult Amatuer Clinic with Donna Richardson

April 8-10 in Highland, CA

Audit for \$10/day

SJC Rider Representative: Laura Converse

We currently do not have an alternate, so please submit your name if you are interested in being the Alternate Rider!

Jane Weatherwax Clinic

June 11-12 at Sycamore Trails

More details to come!

SO YOU'VE NEVER SHOWN DRESSAGE BEFORE?

Becoming a member of all the required Organizations to be able to show dressage without paying non-member fees is no doubt an expensive prospect. Why join all these organizations if you don't even know if you like showing dressage? Instead of paying all those fees or missing out on a showing experience, try showing in an Opportunity Class at our next Chapter show! Opportunity Classes allow Riders to compete at Chapter Shows without paying expensive non-member fees to USEF, USDF, and CDS, which can add up to \$65 on top of your class and administration fees! Opportunity Classes can be offered at Training Level, First Level, and Second Level at any recognized show, with the Test Level availability dependent upon the rating of the show. The scores you earn, however, cannot be counted towards any year end awards or rankings at a Chapter, State, or National Level. They do, however, give you the experience of showing dressage and offer you the Opportunity to experience a dressage show at a very reasonable price! Why not give it a try?

WHAT DO I NEED TO SHOW DRESSAGE?

Dress code for Training through Fourth Levels

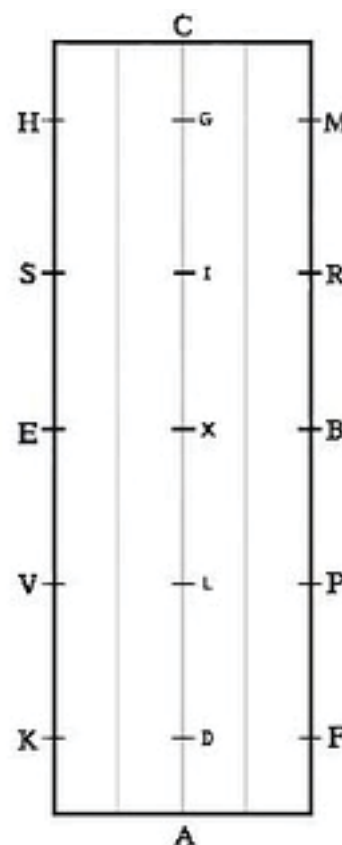
- Short Riding Coat of conservative color, with tie, choker, or stock tie, breeches or jodhpurs, boots or jodhpur boots and protective headgear.
- Gloves of a conservative color are recommended.

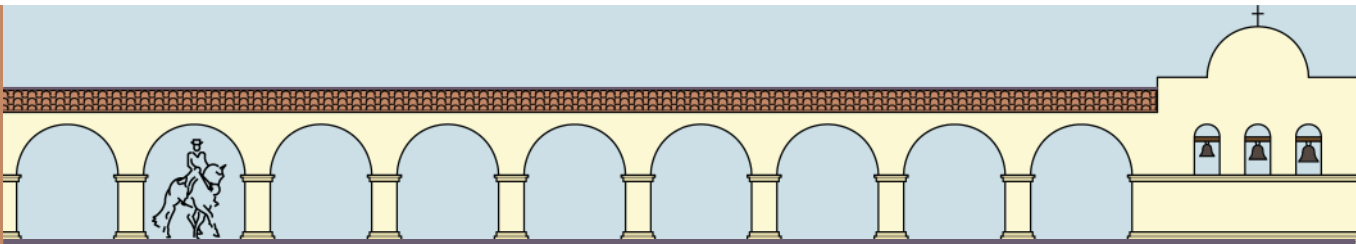
IMPORTANT RULE CHANGE: Effective March 1, 2011: Anyone mounted on a horse must wear protective headgear except those riders age 18 and over while on horses that are competing only in FEI levels and tests at the Prix St. Georges level and above.

So don't forget to STRAP ONE ON!

Saddlery and Equipment

- An English type saddle with stirrups is compulsory for USEF and USDF tests. Saddle pads are optional, but should be white or of conservative color.
- For Training, First and Second Level tests, a plain snaffle bridle is required with either a regular cavesson, dropped noseband, flash noseband, or crossed noseband.
- Snaffle Bit required, refer to USEF for specifically permitted Snaffles
- Martingales, bit guards, any kind of gadgets, any kind of boots or bandages, and any form of blinkers, ear muffs or plugs, nose covers, seat covers, and hoods are all strictly forbidden.
- A breast plate or crupper may be used.
- Rein additions or attachments are not permitted.
- Any decoration of the horse with unnatural items, such as ribbons or flowers, is strictly forbidden.
- Braiding of the horses mane and tail are permitted.





CALIFORNIA DRESSAGE SOCIETY EVENTS IN 2011



CDS Amateur Clinic - 2011 Clinician - Donna Richardson

Central: March 25-27, 2011
Ellen Corob 805-544-7151
Paso Robles, CA

South: April 8-10, 2011
Carol Tice 714-777-2898
Highland, CA

North: May 20-22, 2011
Tracy Underwood 707-975-2097
Santa Rosa, CA

Donna took her first pony ride at age two and has been addicted to horses ever since. As a rider and trainer, she has twice represented the US in international competition, winning team gold at the 1999 Pan Am Games and team bronze at the 2001 Sydney, Australia CDI. With her popular horse Jazzman, she rode in the final selection trials for both the WEG and the World Cup. She is one of a handful of people to have earned all USDF regular and freestyle medals, as well as 17 CDS Horse of the Year Titles and 19 USDF National Championships, all on horses she has trained herself. A USEF "S" judge, she has judged competitions all over the United States as well as Canada and Mexico. Her students have also been successful, earning the NAYRC silver medal, the CDS Amateur Futurity Championship, CDS Intermediate II Horse of the Year, the CDS Fourth Level and Fourth Level Freestyle Amateur Horse of the Year, and the USDF Amateur Grand Prix Championship. Combining her expertise as an emergency physician with her riding and literary skills, Donna has written many articles for Dressage Today, Practical Horseman, and Chronicle of the Horse. She is especially concerned with helping middle aged and older equestrian athletes attain and maintain the physical fitness necessary to sustain their successful careers well into their later years. Donna is looking forward to a productive and fun 2011 Amateur Clinic series.

REGIONAL ADULT AMATEUR COMPETITION

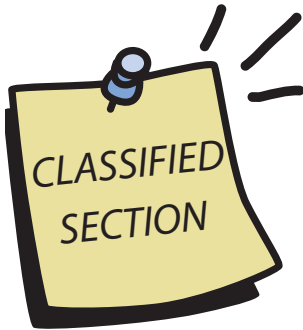
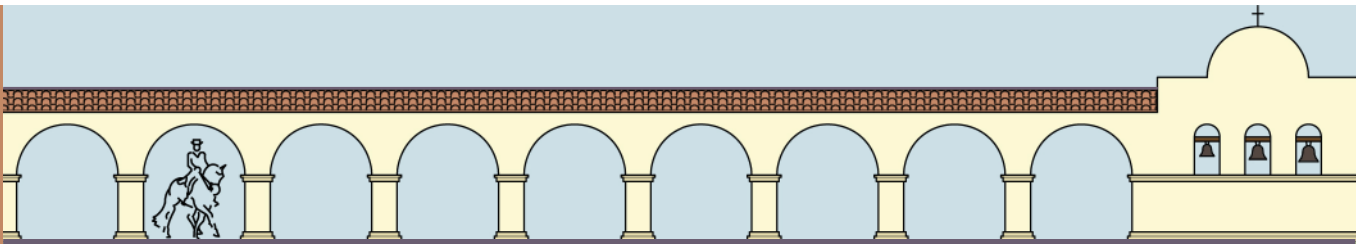
2011 SOUTH RAAC
AUGUST 13-14

Sponsored by
Equine Insurance

AWARDS
COOLERS ~ NECK RIBBONS
HIGH SCORE ELITE
HIGH SCORE NOVICE
ROSES AWARD

SAN DIEGO CHAPTER CDS
CONTACT: KARLA PALMER
DEL MAR HORSE PARK, DEL MAR, CA
QUALIFYING: SEPT 6, 2010 - AUG 1, 2011

QUALIFYING SCORES
NEW Basic Level
2 scores from 2 different judges at Introductory C test at 65% or higher Novice only
Training Level
2 scores from 2 different judges 60% or higher
First Level
2 scores from 2 different judges 60% or higher
Second Level
2 scores from 2 different judges 60% or higher
Third Level
2 scores from 2 different judges 60% or higher
Fourth Level
2 scores from 2 different judges 60% or higher
Prix St Georges
2 scores from 2 different judges 60% or higher
Intermediaire 1
2 scores from 2 different judges 60% or higher



Want to see your advertisement in the Newsletter at no cost?
Contact:
Laura Converse
lauraconverse@cox.net

Custom Saddle – Wolfgang Expression Model

This is a solid buffalo leather saddle with wool flocking. Size 17.5, with a standard flap length. It sits well on a medium withered or flat back horse. Narrow twist, very comfortable for rider/horse and in excellent condition. Retail new for \$3,790. Being offered at \$2,700. Call 949-510-8838.

OFFERS FOR SALE
LOGAN
DRESSAGE SCHOOLMASTER



Logan is a 1997 Danish Warmblood son of Loran out of Gaia Ex/Rose by Ramir. He is registered with the Dansk Varmblod #9706921 DK DV. This stunning gray gelding was brought to the US in 2005 & he is solidly trained through 4th level, advanced enough for a professional and quiet enough for an amateur to learn with and compete. Logan has a lot of presence, makes a big impression; he will take you to the next level, uncomplicated in every way, with excellent ground manners. Located in San Juan Capistrano

Video available:

<http://www.excellequestrian.com> - Horses for Sale
For further information or to set an appointment

Contact Auburn Excell

TEL # 949-228-2827 excellequestrian@cox.net