

## MUSIC TO OUR EARS

### ***CDS San Juan Capistrano Chapter and Giracci Vineyards & Farms Host a Spectacular Evening of Wine Tasting and Dressage Musical Freestyles***

Orange County was the happening place to be for both horse enthusiasts and wine lovers alike on July 22nd as the San Juan Capistrano Chapter of the California Dressage Society and Giracci Winery hosted "An Evening of Wine Tasting and Musical Freestyles." The event was designed to be both social and educational, mingling Giracci wine club members with local equestrians. Spectators sipped award-winning wines while watching and learning about musical freestyles from visiting clinician, Cynthia Collins. Giracci's unique octagonal tasting room and outdoor seating area were perfectly situated for the event, with a picturesque view of the dressage court nestled amongst sprawling oak trees and lush canyon landscaping.

Chad and Linda Kearns rescued the ten acre Giracci Vineyards & Farms from disrepair five years ago, modernizing it while carefully maintaining the integrity and historical ambience that made the property unique. The facility, which re-opened in February 2011, offers opportunities for contemporary wine tasting and special events, as well as a glimpse into an equestri-



*Riders pose with Nicole Bhathal, Kristin Young (Co-Chair CDS-SJC) and the Kearns Family*

an lifestyle with its fully equipped, state-of-the-art boarding and training operation.

Four talented, local dressage riders and horses demonstrated their musical freestyles:

- Heather Neely on Enchante
- Mary Kehoe (USDF bronze, silver, and gold medalist, trainer, clinician) on Ascension (owned by Nicole Bhathal)
- Emily Tears (USDF bronze and silver medalist, NAJYRC team member Region 7 - 2007) on Lopaca
- Kelli Newton (USDF bronze medalist, NAJYRC team member Region 7 - 2011) on Luciano (owned by Karen Ball)

Veteran dressage judge, trainer, and clinician Brent Hicks provided commentary for the audience.

Each horse and rider combination showed varying levels of difficulty and complexity in their freestyles and garnered much applause from the crowd.

The evening continued as guests were invited to a gourmet dinner followed by a presentation from Cynthia Collins, the guest clinician for the weekend, to learn just what it takes to create the magical musical freestyle. Cynthia is a USDF gold medalist and winner of numerous freestyle championships. With over fifteen years experience making freestyles for herself and clients, Cynthia is an expert in this area. She says that she enjoys sharing her knowledge and "believes adding music to the ride is what will continue making dressage of

## MUSIC TO OUR EARS ...



*Emily Tears and Lopaca float past the crowd in a beautiful extended trot*

interest to the general public." Some of the participants in the lecture also had the pleasure of riding with Cynthia over the weekend at Sycamore Stables in San Juan Capistrano. Riders worked together with her to develop the right music to match their horse's footfalls and showcase their best movements. Over 150 guests enjoyed this magnificent evening celebrating the sport of dressage. CDS San Juan Capistrano Chapter wishes to thank Giracci Vineyards & Farms, Cynthia, the demonstration riders and horses, and all the volunteers who made the event a huge success!



*Mary Kehoe and Ascension in passage with a view of the Chardonay barn*

## SJC-CDS UPCOMING EVENTS

### Clinic with Jane Weatherwax "I" Judge

November 11 at Tar Farms

November 12-13 at Sycamore Trails

Rides: \$140 (SJC chapter members)

\$155 (non-chapter member)

-Auditing is Free-

RSVP by emailing:

[lauraconverse@cox.net](mailto:lauraconverse@cox.net)

Spots reserved upon receipt of check

Send checks to: Laura Converse

24291 Hillview Drive

Laguna Niguel, CA 92677

### SJC-CDS Annual

#### Awards Banquet & Dressage Social

Saturday, November 12th

Giracci Vineyards & Farms

3pm: Social, Wine Tasting, & Silent Auction

5pm: Dinner, Awards, & Auction Results

Dinner tickets: \$40

Send checks to: Kristin Young

27752 Cummins Drive,

Laguna Niguel, CA 92677

Questions? Nicole Bhathal: [ridedressage@live.com](mailto:ridedressage@live.com)

### USDF Dressage Convention & Symposium

Convention: November 30-December 1

San Diego

Symposium: December 3-4

Del Mar Fairgrounds

[www.sjc-cds.org](http://www.sjc-cds.org)

Check out the newly redesigned website for the latest Chapter News and Information!

## CHAPTER CHECK-IN

Notes from our last chapter meeting held on August 1st ....

### • **2011 - A Profitable Year of SJC Shows**

The revenue has been tallied and we are once again ahead after the 2011 show year, although not as much as in 2010

### • **SJCEC Barn Dance Sponsorship**

The SJC-CDS chapter has agreed to donate \$500 towards the Coffee Bar at this years SJC Equestrian Coalition Barn Dance & Equestrian Fair to be held October 22nd at Blenheim Farms from 6-10pm  
Go to [www.sjcec.org](http://www.sjcec.org) for tickets and more info

### • **2011 Scholarships Awarded**

Beverly Bradham and Laura Converse were both awarded a \$250 scholarship to attend the 2011 Regional Adult Amateur Competition. Both recipients completed 15 hours of volunteering to become eligible

### • **2011 Volunteer Raffle**

Don't miss the Annual Awards Banquet Saturday, November 12th at Giracci Vineyards if you spent any time volunteering this year. Two \$50 Visa Gift cards will be awarded at the banquet by raffle drawing.  
If you volunteered, you are automatically entered to win!

### • **2011 Annual Awards Banquet and Dressage Social**

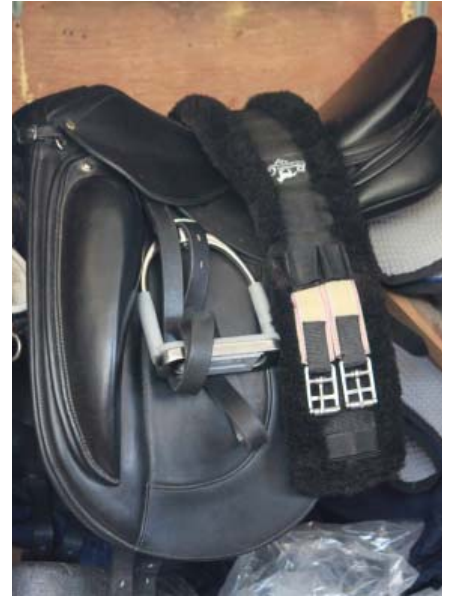
Please join us for the 2011 Annual Awards Banquet and Dressage Social to be held at Giracci Vineyards & Farms on Saturday, November 12th!  
3pm - Social, Silent Auction, and Wine Tasting  
5pm - Dinner, Annual Awards, & Raffle  
Dinner: \$40, Mail checks by November 1st to:  
Kristin Young: 27752 Cummins Drive, Laguna Niguel, CA 92677  
Questions? Email Nicole Bhathal: [ridedressage@live.com](mailto:ridedressage@live.com)  
Go to [www.sjc-cds.org](http://www.sjc-cds.org) for menu and more info

### • **2012 Board Elections**

Elections for 2012 Board Members will be held at the Annual Banquet  
If you have any interest in joining the Board or a committee, please contact Kristin Young for more information

### • **2012 Clinics**

The chapter is currently taking suggestions for 2012 clinicians!  
Who would you like to clinic with next year?  
Current suggestions include:  
Hilda Gurney - Erica Posley - Susanna Deets - Carl Hester  
Send your suggestions to [kristin@benchmarkfunding.com](mailto:kristin@benchmarkfunding.com)



## CHAPTER BOARD MEMBERS

### **Kathy King - Co-Chair**

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### **Kristin Young - Co-Chair**

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### **Michele Town - Secretary**

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### **Laura Converse - Newsletter**

949-363-6570

[lauraconverse@cox.net](mailto:lauraconverse@cox.net)

## Quarterly Column: ON THE BUCKLE

by Horse Husband John Adams

### *An Acquired Taste*

For those horse husbands who read my inaugural column (in which I extolled the benefits of supporting dressage and attending the shows) I will now share a few nuggets of the dressage test for the uninitiated. I mean no offense. If truth be told, I never heard of dressage until I met my lovely wife.

Remember, going to dressage shows pays big dividends. In fact, my pals and I have already enjoyed a raucous evening of Monday Night Football. As if that weren't enough, just going to Susan's annual awards dinner in November has assured me of a trip to Hilton Head Island for a long weekend with my golfing buddies. How good is that?

Now that you understand how easy it can be to enjoy Laker games and NASCAR events completely guilt free, let me tell you how to enjoy a dressage show. Before you curl up your nose, relax. Dressage is an acquired taste.

Remember your first swig of scotch? If your first time was anything like mine, you guzzled it straight. Burned your throat and brought tears to your eyes, right? But today you've acquired a taste for a fine, single malt scotch. You sip it slowly, no doubt from a fancy snifter. You enjoy the aroma and savor the taste that only 12 years in a fine oak cask can deliver. Well, it's the same for dressage.

I can spot first timers a mile away. I see 'em scratching their heads as horse and rider prance to the left, prance to the right, a circle here, a circle there, then a little lope from one corner to the other, all the time wondering, what's up with that?

Well, gents, all you need to do to enjoy the show is to imagine your first sniff of Chivas as she enters the ring. When she does her halt and salutes the judge, think of it as her nod of approval for your first swallow. When she sees you smiling at her out of the corner of her eye, well, you've just scored box seats at the next ballgame.

Her test will include a walk, trot and canter. She's going to circle this way and that. She'll do a half pass and maybe even a canter pirouette. Don't worry about a thing. Just say, "Honey I thought your collected trot was the best I've ever seen."

Trust me men, if it worked for me, it'll work for you.



Horse Husband, John Adams

### **SAN JUAN CAPISTRANO 2012 SHOW SCHEDULE at Sycamore Trails**

**March 17 - Spring Show**  
Judge: Ulf Wadeborn

**May 19-20 - Annual Show**  
Judges: Sara Geike  
Joan Macartney

**June 22 - Summer Series I**  
Judge: David Schmutz

**July 20 - Summer Series II**  
Judge: Peggy Klump

**August 17 - Summer Series III**  
Judge: Janet Curtis



**September 1-2 Regional  
Adult Amateur Competition**  
Location: Galway Downs,  
Temecula  
Judges: TBA

## My Afternoon With Jane

by Susan Patterson

When my friends suggested I write something about my experience in the Jane Wetherwax clinic, I was honored and a little intimidated. I was privileged to participate in the clinic put on by the San Juan Capistrano Chapter of CDS. I had ridden with Jane before in January, so I was especially excited to demonstrate how I have applied the skills she taught me in our previous lesson.

My lesson was scheduled for Sunday. The night before was an outstanding potluck dinner hosted by Debi & Roger Brum at their amazing home with the view of San Juan Capistrano. It was a wonderful opportunity to chat with the other clinic participants. I got the chance to meet and visit with people from Coto de Caza who rode on Friday.

My horse and I are attempting to negotiate the chasm between 3rd and 4th level. There are days when the gap seems smaller and more doable, but for us there is always the elusive clean flying change. Juneau is a 15 year old Hanoverian - Selle Francais registered Oldenburg. My husband bred him out of his Pik Solo mare Philadelphia and timed him for my birthday as a present. We have been soul mates ever since. We have struggled with flying changes since early on and our particular problem is that Juneau changes early behind. Most clinicians tell me that horses that do this correct themselves and it's nothing to worry about. I have not found this to be our case.

Jane took on this challenge and explained to me that Juneau thinks he's doing what I want and we must teach him there is another way. After warming up and observing my riding, Jane pointed out that the horse subtly shifts my weight right before the change and this shift also occurs in the walk to canter transition. This weight shift creates a half stride delay between my aide and his response. By preparing for the change the way I prepare for the walk canter transi-



*Susan Patterson and Juneau*

tion done by sitting squarely in the saddle and stepping into my outside stirrup and not allowing the horse to shift my weight right, my transitions and my changes should improve. I can also work to improve my changes by schooling correct walk canter transitions without frustrating or burning out my horse on changes. The next exercise she presented was to position my horse in slight haunches in on a straight line and leg yield until I feel him accept contact in the new outside rein and then ask for the change. The position of the haunches prevented him from shifting my weight and actually kept him straight through the change. PRESTO big clean change!

The majority of my lesson was spent fine-tuning this exercise and of course when we switched directions we had to start at the beginning again. My horse got a little confused and upset going the other way, but Jane patiently waited for him to calm himself. We then broke it down and simplified the exercise until he understood what we were asking.

When I participate in any clinic I hope to come away with one new idea, or tool, or new way of looking at an old problem, and I am never disappointed when I ride with Jane.



## Did you go to RAAC this year?

The Southern Regional Adult Amateur Competition took place August 13-14 this year at the Del Mar Horsepark. With even more participants than last year, the competition was stiff, with large class sizes such as the 22 riders competing in the Novice Training Level class. CDS-SJC was well represented this year with many of our Chapter members earning ribbons and participating in the entertaining honor rounds. Congratulations to all who competed this year and for making RAAC 2011 a memorable and pleasurable experience for all who attended. We're looking forward to another big representation from CDS-SJC at next year's RAAC 2012 in Temecula!



*Riders happily lined up to receive their awards for Novice Training Level at RAAC 2011 at Del Mar Horsepark*

### Quadrille Practice

Try attending a Quadrille Practice hosted for **free** by **Kit Stebbins at Sycamore Stables**

**Next Session: Friday Oct 21st**

Meet at 6pm in the Large Covered Arena at Sycamore Stables

Quadrille is an opportunity to challenge yourself by working as a team and have some fun while improving your riding precision. Kit will help form teams to practice different level tests, depending on rider skill level.



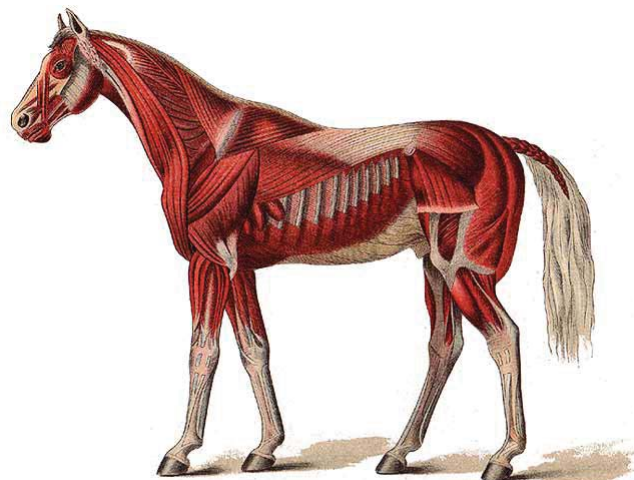
*With Kit Stebbins instructing, Chapter Members Sydney Staggs on Brego, Cassie Cherry on Vaquero, Logan Farrer on Benevolent, and Laura Converse on Denali have fun practicing riding in pairs and threading the needle at July's Quadrille Practice Session at Sycamore Trails*



## Horse Health Feature: THERAPUTIC ULTRASOUND

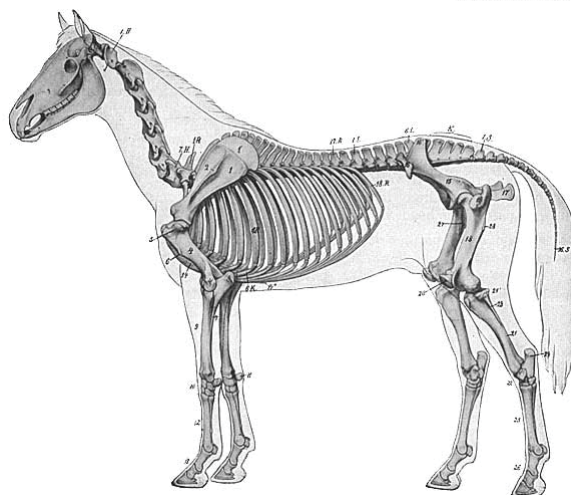
by Equine Masseuse Zena Cooper of North Night Sport Horses

Therapeutic Ultrasound is a method of stimulating tissue beneath the skin's surface using sound waves. It is a very high frequency massage that can penetrate up to 4 inches below the surface of your skin. An incredibly wide variety of ailments are treated using ultrasound. Essentially, anywhere there is a desire to promote blood circulation and reduce swelling and edema is a strong candidate for ultrasound. The sound waves are very high frequency, typically between 800,000Hz and 2,000,000Hz. The sound can not be heard by humans or animals. This very high frequency sound, like medicine, affects very small molecules and cells in the body and actually causes them to move, benefiting such injuries as those to the tendons, ligaments, muscles and cartilage. Due to the ultrasound helping to reduce swelling and edema, it greatly reduces the pain from the injury. The stimulated tissue and increased blood flow speed the healing process and help get your horse back to normal



SUPERFICIAL LAYER OF MUSCLES.

(c)www.horse-diseases.com



### **BABY PHOTOS**

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](mailto:lauraconverse@cox.net)

At Right: Susan Patterson's Juneau at just a few days old





## CDS San Juan Capistrano Chapter Awards Banquet & Dressage Social

Saturday, November 12th

3pm ~ Social, Silent Auction, & Wine Tasting  
5pm ~ Dinner & Awards

### Giracci Vineyards & Farms

16162 Jackson Ranch Road ~ Silverado, CA 92676

Come celebrate with old and new friends as we close another wonderful year of dressage.

Join us for dinner and to cheer on our 2011 winners at Giracci Vineyards & Farms.

This beautiful winery and equestrian facility will open at 3pm for mingling under the Oaks, strolling the grounds, and browsing silent auction items. Optional wine tasting available.

### Dinner ~ \$40 per person

Make checks payable to "CDS San Juan Capistrano Chapter" and mail by November 1<sup>st</sup> to:

Kristin Young

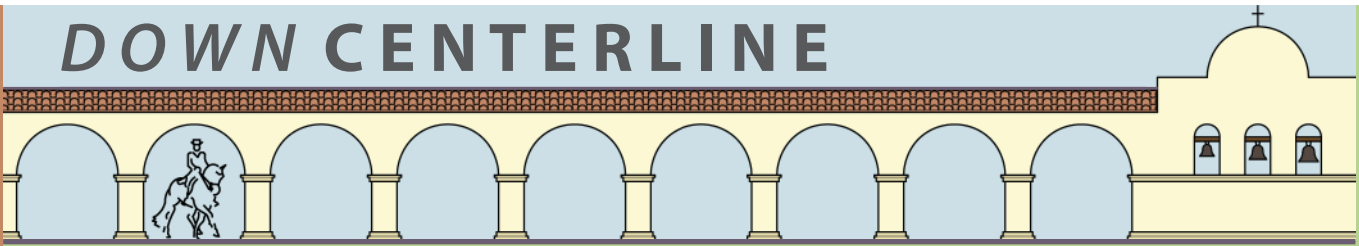
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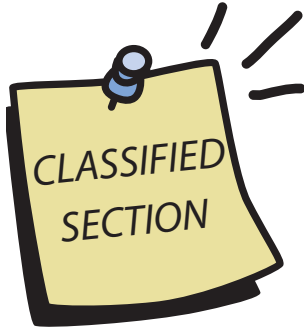
For further details, visit [www.sjc-cds.org/](http://www.sjc-cds.org/) or email Nicole Bhathal: [ridedressage@live.com](mailto:ridedressage@live.com)



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QUARTERLY NEWSLETTER OF THE CALIFORNIA DRESSAGE SOCIETY SAN JUAN CAPISTRANO CHAPTER



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Laura Converse  
lauraconverse@cox.net*



Come Clinic with  
**Donna Richardson, "S" Judge  
and 2011 Adult Amateur Clinician**  
Wednesdays at Sycamore Stables  
San Juan Capistrano  
For more information contact:  
Sandra Hansen  
949-246-1561