

From the chair ... *March 2007*

First of all, save Saturday, March 24th at 6 p.m. so you can attend our annual awards banquet at Habanero Hots in Lodi. I hope all of you who won CDS awards (platelets and certificates) can be there. Our own Delta Sierra annual awards will also be announced.

Our show season is gearing up. The first show will be on Saturday, March 17th at Bridlewood Equestrian Center in Copperopolis.

Contact Joan Cinquini (669-9290) if you can volunteer at this show or any of our other upcoming shows.

Nannette Tosh-Robb and I attended the CDS annual meeting and symposium to hear presenters Ingrid Klimke and Dr. Ina Gosmeier. Ingrid Klimke is a very energetic and engaging speaker. Here are some key ideas from my notes:

- When you first get on your horse you must walk 10 to 15 minutes on the buckle. She emphasized this over and over. It must be an active walk, and the horse should be allowed to look around. Let your elbows move. One of the demo riders kept fiddling with the reins, but Ingrid said to get the horse on the buckle, Now! I really mean it! ”
- Use cavalletti in the first 10 minutes. Walk over up to 4 cavalletti placed on a round circle. Don't worry about mistakes. The rider's hands should not be too wide –the reins should touch the horse's neck. The goal is to stretch and strengthen together. Do not sit the trot in the warm-up.
- Keep your toes in and your heels down. Use the flat side of your leg.
- If the horse raises his head just keep the contact and remind him where he should be. Keep a steady contact and get the neck as long as possible.
- Placing the cavalletti on a curve gives more options for distance. Try to get a bend in the horse's ribs.
- Transitions: Take soft contact for walk/trot transitions. Ask first with the leg. The whip comes behind the leg. No loose rein at the halt –keep contact. Press on the inside stirrup and sit on the inside seat bone during transitions. Rubber fists. Do not clik all the time. The horse tunes you out.
- Always pet with the inside hand and keep the outside rein.
- Rein-back aids: Sit lighter, take both legs slightly back, give hands in first stride back, then take-give, take-give, etc.
- Canter from walk: Use very small circle –think halt –ask for canter. Horses lose walk rhythm when practicing walk-canter, so use cavalletti (up to 4) set in a straight line. Walk over the cavalletti, and then canter a circle to the left. Walk the cavalletti, and then canter a circle to the right, so you are changing directions each time. Give the reins over the cavalletti so the horse will stretch down.

All of this cavalletti work made me wish I had someone to move the cavalletti around for me so I could practice. Otherwise, I would get a lot of exercise getting on and off my horse. When I went to purchase Ingrid's book on the subject they were already sold out, but the book is available at stores and on-line. I have tried some of the things I saw at the symposium. Dr. Gosmeier spoke about many different ways of treating horses. She uses acupuncture, chiropractic, acupressure, leeches, traditional Chinese medicine, Bach flowers, and she has a system of typing horses according to character, behavior and temperament. She has a book, but it is not yet available in English. Ingrid Klimke and Dr. Gosmeier gave the same presentation at the USDF symposium in Kansas City. There is a very good write-up on that symposium in the February issue of USDF Connection. It looks like the same presentation was made at the CDS symposium. Photographs of the symposium are available on line through Sheri Scott's web site at sheriscottphoto.com (she was the official photographer).

Hope to see you all at the banquet.

Susan

CDS AWARD WINNERS

Certificates: Sarah Bundgard, *Winter Prints*, Trng/2; Jamie Compton, *Mr Red Dunwell*, Trng/1; Michelle Hanf, *Obewon*, Trng, 1st/1,1; Paula Hinshaw, *Set In Stone*, Trng/1; Sandra Joyce, *Calyn Beau Franz*, Trng/2 and *Paris*, Trng/2.

Platelets: J. Lee Brown, *Ruby Tuesday*, 3rd/7 and *Sebastiana*, 2nd/1; Carolyn Bundgard, *Winter Prints*, Trng/6*; Sarah Bundgard, *Percy*, Trng, 1st/6*,2; Alexandra Du Cellie Muller, *Rodin*, 2nd/FS/5,1; Mary Duffy, *Cinco Salvajino*, Trng/1, Janelle L. Dunn, *Merit*, 1st, 2nd/2,2 and *Zillion*, 2nd, 3rd/2,3; Becky Ganes, *Ricochet*, 1st/3; Paige Griego, *Arctic Pearl*, 1st/1; Cindy Kehl, *Flying Foxx*, Trng/10; Carrie Larson, *CC & Destiny*, Trng/4; Kaela Ledford, *Pocket Change*, Trng/4; Kristy McDonough, *Life In The Fast Lane*, 1st, 2nd/3,1; Katherine Newsome, *Flying Kind*, Trng/6; Ashley Prows, *Daredevil*, Trng, 1st/4,2; Nicole Prows, *Bellissimo*, 4th/1 and *Roncatti Hi*, 3rd/3; Alexa Shamgochian, *Just My Luck*, Trng, 1st/10,2; Katie Slater, *Promise*, 1st,2nd/10,2; Carolynne Steen, *C'est Adel Tanzer*, Trng/2; Nannette Tosh-Robb, *Truce N Hoedown*, 1st/1; David Ventura, *Neapolitano Savona*, 3rd/2 and *Pointmaker*, PSG/3*; Gretchen Walters, *Good Hearted Joe*, 2nd/10.

Congratulations to all of you. Your hard work has paid off!