

# Direct Rein

Volume 20, #2

CDCTA Newsletter

FEBRUARY 2023

## THE WHEELBARROW LOAD

### The Facts of Life.....

I am a farm kid at heart. Although not born into a farm family, I started living in very rural north mid-Missouri outside of Fayette when I was seven years old, so most of my childhood memories involve farm animals and the situations that arise when animals are allowed to do what comes naturally: namely, try their damndest to make other farm animals.

I'm sure my mom had to patiently sigh a number of times when I would say, "So what is the rooster doing to that girl chicken?" or "Why is the bull riding around on the back of the cow?" or, after one particularly baffling instance in my mind, "Did somebody glue those two dogs together backwards?"

Ahem. Well, I do have a better grasp on things now, after growing up and going through puberty and vet school. I've had mares all of my life, starting with Suzy and going through Nilla and her daughter Diva, my beautiful accidental introduction to dressage, Limerick; kind Dizzy and spunky Confetti and my heart horse, Clammy. But I guess when I actually break them down, most were quite old when I got them, or in the case of Nilla, kept in foal. Clammy was an unusual mare in many ways, and one of those ways was that she essentially had a quiet estrus cycle for as long as I had her, from age six on. I knew mares had a reputation for being moody and unpredictable during "that time" and you had to be careful not to bounce around on their ovaries when you rode them, but it just was never an issue, and secretly I felt that people just didn't understand a mare's ways, as I thought I clearly did.

Wow. How wrong can one person be? Enter Our Dream, now named Lola, who has been with me since the middle of November of 2022. When of course, mares are not cycling. But now there is a whiff of spring in the air, and the occasional balmy day announces that soon a young mare's fancy will turn to love. Lola has turned from a completely sensible and well-behaved mare, content to wait her turn into the barn and quietly eat hay with the others, to a shrieking virago sashaying around the paddock, alternately flirting with and trying to kill Rusty, and routinely busting down the aging fence rails around my arena. Rusty is fascinated and repelled at the same time. Billy is staying as far away from the strange commotion as he can, clearly as puzzled as I am at the baffling behavior of a red mare in all other respects similar to his long-time barn mate Clammy.

Apparently it won't always be this bad, or so says Dr. Alison LaCarrubba, CDCTA member and head of the UMC Equine Ambulatory Service. Lola is going through her first of probably two mostly useless estrus cycles that occur in the early months of the spring, with surging estrogen levels caused by giant follicles on her ovaries. She should level out after March, when her progesterone levels catch up a little bit, although it is likely she may have a similar situation in the fall, when her estral season ends. The worst seems to be over now, but I may take Dr. LaCarrubba's suggestion and start her on Regumate until April just to save my fences, and my sanity.

If the Regumate does not work, there remains the possibility of doing an ovariectomy on her; a surgery that would render her more manageable but take away any possibility of ever breeding her. Not that I intended to do so, but it does seem to close a door that might best stay open, in case she fails at her other chosen duties. I believe the cost of such a procedure might also cause me to choke a little on my coffee, since her low price was one of the main selling points when I got her.

At any rate I have a new-found respect for those of you out there like me who love mares, but have had to accept that with their many good qualities can come a significant downside on a regular (at least predictable!) basis. I remember Janice Dulak's Thoroughbred mare India, who was such a hormonal psycho that Janice resorted to acupuncture and had a staple put in the mare's ear which was supposed to suppress some of her monthly madness.

At this point if you told me I had to drown a chicken and swing it around my head thirty times in order to calm her down, I might resort to it. Hoo boy.

Until next time, when all is hopefully calmer-

*Beth Hussey*

# Ascending the Pyramid:

Pyramids have been seen as mysterious for a great many years, and have drawn visitors by the scores to areas where they have been discovered and excavated. They have an interesting and satisfying shape that lends itself not only to the burials of the sacred and the royal but also to the description of so many things that are larger or more numerous at the bottom than they are at the top; like aspirants to knowledge, or Amway salesmen.

It is a particularly apt symbol for the progression of learning the art of dressage. Just as the soundness of our horses begins at their feet, the soundness of our training begins at the foot of the pyramid. The basics of rideability, or of the ability to make oneself a better rider and trainer cannot be ignored or eventually the pyramid collapses upon itself-or at the least, fails to rise to its ordained height.

I have heard about the Dressage Training Pyramid for about as long as I have known there was such a thing as dressage. It is a good way to describe many things about the training process of the horse, but I had never had the basics explained in as straightforward and sensible a way as was presented to myself and those other CDCTA members fortunate enough to attend the December educational meeting at William Woods University by Bailey McCallam. She is an instructor who knows how to instruct.

I took notes, because I didn't want to miss anything, but I also didn't want to miss anything by taking too many notes...so I had to distill my frantic scribbling into coherent explanations, and I'm sure my list is not complete. But even with just these following nuggets of wisdom from Bailey I felt I had learned an amazing amount about what training means-and doesn't mean. I list these below, in no particular order, in the hopes that some of these "essences" will be of use to you as well. Before I begin though, let's review the 6 blocks of the Training Pyramid

Collection  
Straightness  
Impulsion  
Connection  
Suppleness  
Rhythm

-The pyramid is not a manual. It is a way to think about what is really important at what time of the journey, and it serves as a way to check your work.

-nowhere in the pyramid does it tell you where the horse's neck or head "should" be. To understand the concept of straightness and contact, reading Karl Mikolka's "The Neck of the Horse", is highly recommended.

-Horses that are above the bit are horses that don't yet know about contact. Horses that are behind the bit are horses that know about contact, and are evading it. Which do you think is a greater fault?

-Impulsion is developed through half-halts. This is not as contradictory as I once thought it was. Half-halts are the re-balancing that allows a springier and more explosive forward movement; think of a tennis player bouncing on their heels before a return. Impulsion only applies to the trot and the canter.

-Straightness is a tough concept-because to be straight on a circle you actually need bend. But think of straightness more as having "a leg at each corner" and this is easier to imagine.

-To progress up the pyramid a horse needs many things. Some he needs to be born with, but you can't help him with those. What you can help him with is to "be the best backpack you can be"-in other words, your own position and balance and tact will allow your horse to carry you with a minimum of effort while he climbs this looming edifice. In order to be a good backpack, think about strengthening your core and controlling your body movements. Yoga is an excellent practice to develop this.

That's what I got. And so much more, but I couldn't get it all done. I do know I will be in the audience whenever Bailey is giving a lecture again, if I can possibly manage it. The equestrian science students at William Woods, and all of us as CDCTA members, are lucky to have her in the area.

*Submitted by Beth Hussey, Editor*

## **2023 CDCTA COMMITTEE SIGN UP:**

SHOW PLANNING (MAY ALSO INCLUDE SCORING,VOLUNTEERING...)

\*Show Secretary - Kim Kriekhaus

\*Show Manager - Lora Blair & Teri Bauer

Beth Hussey

EDUCATION COMMITTEE (MOUNTED AND UNMOUNTED CLINICS OR OTHER)

- Anne Borgmeyer

- 

- Stacey Bates

- 

END OF YEAR AWARDS

\*

END OF YEAR AWARDS BANQUET

\*

MEMBERSHIP

\*Kim Kriekhaus

HOLIDAY PARTY

\*

NEWSLETTER

\*Beth Hussey

FB/WEB MASTER

\*Anne Borgmeyer – Webmaster

\*Lora Blair, Audrey Plummer, Leah Strid, Kelsey Fisher – FB admins

LIZ HOTCHKISS MEMORIAL FUND COMMITTEE

- Beth Hussey

- 

- Stacey Collier

- 

- Allison Lacarubba

- 

FUNDRAISER COMMITTEE:

- Anne Borgmeyer

- 

BYLAWS COMMITTEE:

- Chairperson: Beth Hussey

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- Kim Kriekhaus

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This newsletter is published monthly by the Columbia Dressage and Combined Training Association.

President: Audrey Plummer

Vice President: Lora Blair

Secretary: Teri Bauer

Treasurer: Anne Borgmeyer

Member at Large: Kim Kriekhaus

Questions regarding submissions and content should be directed to Beth Hussey at (573) 808-6897 or [eshussey@gmail.com](mailto:eshussey@gmail.com).

Submissions may be sent via email or mail to 655 North Route O, Rocheport, MO 65279.

Submissions are due by the last day of the month before publication. Our website is [www.cdcta.org](http://www.cdcta.org) for late-breaking news. Photographs should be submitted in JPEG format.

For membership information, please contact Kim Kriekhaus at (573) 442-8493.



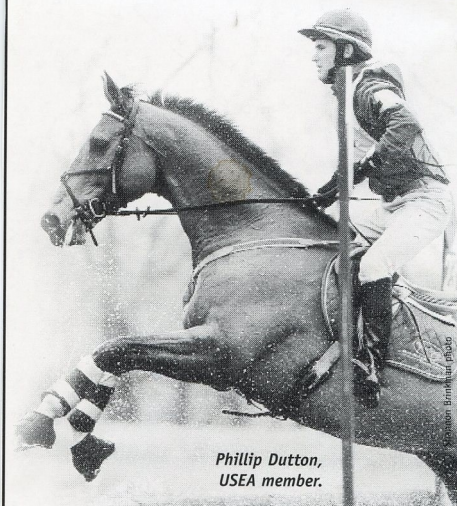
*Happy Valentine's Day*

## United States Eventing Association



Join over 13,000 members who support the United States Eventing Association and the sport of eventing. Be part of the dedicated and determined group of people who share a love of horses and loyalty to their sport. Whether you are a competitor, volunteer, sponsor, or spectator, the USEA gives you the opportunity to experience the thrill of eventing!

**From entry level to the Olympics, there's something for everyone at the USEA!**



Phillip Dutton,  
USEA member.

For membership information please call (703) 779-0440 or visit us on the web.

**[www.useventing.com](http://www.useventing.com)**

## CDCTA BUSINESS MEETING MINUTES

From Jan. 22, 2023 Zoom Meeting

Attending were - Lora, Audrey, Bill W., Anne B., Kim K., Teri B., Beth H., Stacey B.

Called to order by President Audrey at 6:06

Approved last minutes from Dec. 12 meeting without opposition.

Treasurer Report - Amy sent word that our balance is \$7091.67, Liz Fund is 1621.13, Taxes done, still need to make our annual donation of \$100 into Liz Fund. All approved without opposition.

Membership Report - Kim said currently at 25 members.

Communications - Leah is helping Anne change over as our webmaster.

Competitions - Members want to hold our 1 show in mid/late July this year. Lora volunteered to be show manager again with Teri, Kim will do Secretary, Beth will ask JoJo for venue availability again.

Anne started and shared a '23 committee sign-up sheet on her screen.

Education -

Unmounted - Some volunteer shifts needed at the World Cup in Omaha, April 4-8.

[www.omaha2023.fei.org](http://www.omaha2023.fei.org) Omaha is 5 hrs. away so we should car pool, share hotel!

Mounted - nothing suggested yet. Discussion on if we should do a Survey Monkey to determine members' needs and wants. Anne volunteered.

Special Events - Discussion on taking a Party Bus to Arkansas Races or Fairmont or Omaha? Maybe all too far.....

Officer Nominations - '23 Nominations are:

Pres. - Audrey Plummer (her second of two year term)

VP - Lora Blair

Sect - Teri Bauer

Treas. - Anne Borgmeyer

Member-at-large - Kim Kriekhaus

Slate was approved by acclamation ! Thanks to all.

Liz Hotchkiss Memorial Fund - Amy will deposit our \$100 annual donation very soon. This Funds committee is Beth H, Alison L, and Stacey C. Beth stated the mission is to help members "further their dressage career". The committee hopes to have a progress report and an 'application' by our Feb. meeting.

Old Business - none

New Business - A) Anne shared a '23 committee sign up sheet that needs to be filled and shared. B) Anne also gave a summary of the Missouri Horse Council's (an organization of horse organizations) annual meeting she attended. We think the Missouri Horse Council was formerly the MO Equine Council. They strive to be a unified voice of our Missouri's horse community. Beth proposed we join the MHC for \$100 annual fee. Kim seconded. Motion passed without opposition. Audrey presents some FUN year-end awards:-)

Our Presidential 2022 Awards -

Kim Kriekhaus - "Old Faithful" Award for always being willing to help out wherever and whenever. She received an Ansel Adams poster of Old Faithful !

Amy Stapleton - "Kept on Peddling Right Along" Award for your continuous miles of being Treasurer! Amy received a Meriwether Bike Shop Gift Card !

Anne Borgmeyer - "Boot, Scoot, n' Boogie" Award for always willing to jump right in. She received a Scooter's Coffee gift certificate !

Lora Blair - "The Worker Bee" Award for your hard work. She received some local Honey !

Stacey Bates - "The Smarty Pants" Award for your all your creative and knowledgeable input. She was awarded a Smart Pack Gift Certificate !

Alison LaCarrubba - The "Does She Ever Take a Break" Award for her continuous efforts, everywhere. Alison received a Break Time Gift Certificate !

Beth Hussey - "Drinks On Me" Award as a HUGE thank you for ALL you do. Beth received a bottle of Cabernet Sauvignon !

Announcements included:

1. Bill talked about his friend and TDF grant recipient, Debra McAlexander, who needs continued support for her goal to get to the Para Dressage Olympics. You can get to know her at [deborahmcalexander.org](http://deborahmcalexander.org)
2. WWU Schooling Show, student run, will be Mar. 25-26.
3. Our next meeting will be at Angelo's 7:00, Wednesday, Feb. 15. Our Zoom meeting was adjourned at 7:07 pm.

Respectfully by Lora Blair on Jan. 31, 2023.

## Upcoming Area Events:

February 2023

15:CDCTA Monthly business meeting 7 pm at Angelo's

25:WWU Spring Jumper Classic

25-26: NEC Dressage Schooling Show II at National Equestrian Center

March 2023

5: SLADS On the Levels Presentation at National Equestrian Center

25-26: Dressage Schooling Show at WWU

April 2023:

4-8: Dressage/Show Jumping World Cup in Omaha, NE

THEY ARE LOOKING FOR VOLUNTEERS!!

**CONGRATULATIONS TO OUR 2023  
CDCTA OFFICERS!**

**PRESIDENT:(SERVING 2ND YEAR OF HER TWO YEAR TERM)  
Audrey Plummer**

**VICE PRESIDENT:  
Lora Blair**

**SECRETARY:  
Teri Bauer (formerly Vititoe)**

**TREASURER:  
Anne Borgmeyer**

**MEMBER AT LARGE:  
Kim Kriekhaus**

**And to our 2022 President's Award Winners:**

**\*Old Faithful award (Ansel Adams Old Faithful print)-  
Kim Kriekhaus**

**\*Just Kept Peddling award  
(\$10 Meriwether Café/ Bike Shop gift card)-  
Amy Stapleton**

**\*Boot Scootin Newbie award (\$10 Scooter's gift card)-  
Anne Borgmeyer**

**\*Worker Bee award (Giofre Honey)-  
Lora Blair**

**\*Smarty Pants award (\$10 Smartpak gift card)-  
Stacey Bates**

**\*Does She Ever Take a Break award (\$10 Break Time gift card)-  
Alison Laccarruba**

**\*Drink's On Me award (bottle of Cabernet Sauvignon)-  
Beth Hussey**



## DRESSAGE & COMBINED TRAINING ASSOCIATION

Beth Hussey  
655 North Route O  
Rocheport, MO 65279



**NEXT MEETING: Wednesday, February 15 at 7 p.m. at Angelo's in south Columbia. Come join us on our new meeting day!**

### Columbia Dressage & Combined Training Association 2023 Membership Form

*CDCTA is a United States Dressage Federation (USDF) Group Member Organization (GMO). By joining CDCTA you are becoming a Group member of the USDF. \$20 of your CDCTA dues are forwarded to the USDF as GMO membership dues. (\$11 for additional members in family)*

Membership year runs December 1-November 30. Dues are payable in October.

**Individual Membership: \$45/year**

**Family Membership:** \$45/year plus \$30.00 for additional member residing at same address. Please list all members included (use additional sheets if needed).

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Number (s) \_\_\_\_\_

E-mail \_\_\_\_\_

NOTE: We send our monthly newsletters out by email. Please check here if you would prefer to receive a mailed copy. \_\_\_\_\_ Did someone refer you for membership? \_\_\_\_\_

*I am We are occasionally asked to share our membership list with persons or corporations with items of possible interest to our members.*

*Please circle one: DO DO NOT include my name on this list.*

Make check payable to CDCTA and mail to:

**Kim Kriekhaus, Membership Chair**  
**2202 West Williams Road**  
**Sturgeon, MO 65284**