

# The Reader



*CenterLine Dressage is a Group Member Organization of USDF. CLD members are automatically members of the United States Dressage Federation.*

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### UPCOMING EVENTS

(For full calendar of events, see the online calendar at [centerlinedressage.com](http://centerlinedressage.com))

**March 8 - 10**

Gerhard Politz Clinic  
at StarWest,  
Contact: Kate Fleming-Kuhn  
[kate@starwestonline.net](mailto:kate@starwestonline.net)

**March 8 - 10**

Amanda Johnson Clinic  
at Pratense Farms,  
Contact: Paula Briney  
[brineypaula@aol.com](mailto:brineypaula@aol.com)

**April 6**

SVPC/CLD Youth Subsidized Michalak  
Clinic  
at Pratense Farms  
Contact: Paula Briney  
[brineypaula@aol.com](mailto:brineypaula@aol.com)

**April 12**

IceBreaker Entry Deadline

**April 20**

CLD IceBreaker Schooling Show  
at StarWest  
Melanie Michalak, Judge  
Manager: Sue Graham  
[sgraham6@hotmail.com](mailto:sgraham6@hotmail.com)

**April 21**

CLD AA/Youth Subsidized Michalak Clinic  
at Pratense Farms  
Contact: Paula Briney  
[brineypaula@aol.com](mailto:brineypaula@aol.com)

## LETTER FROM THE PRESIDENT

BY NANCY SIMPSON

Hello Everyone,

Are your horses starting to shed yet? With these intermittent warm and sunny days scattered among the cold and windy ones, we are reminded that Spring is not too far away.

The Board sent out a letter, a survey and a membership form on January 31. If you have not yet had time to complete the survey, I hope that you will, because the Board truly wants to know ways in which CLD could improve. We want to plan programs that will appeal to the broadest group possible plus do things that will inspire you with whatever your goals happen to be.

Save the dates! There are upcoming programs mentioned elsewhere in *The Reader*; please take note.

Feb. 16: another in the series of Continue Learning Dressage presented by Kate Fleming-Kuhn, at StarWest; bring a snack.

April 6-7: clinic co-sponsored by Sangamon Valley Pony Club and CLD, for Adult Amateurs and Junior riders

April 20 and 21: IceBreaker April 20 followed by a clinic given by Melanie Michalak on April 21.

Contact me or any Board member if you have suggestions or concerns to discuss. Contact information is included at the end of each edition of *The Reader*.

Nancy Simpson,  
[president@centerlinedressage.com](mailto:president@centerlinedressage.com)

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## JENNIFER KOTYLO CLINIC REPORT

BY JAYME GEISLER

I just wanted to thank you for allowing me to participate in the clinic this past weekend. It was nice not have to pay more than ten dollars for a clinic that I really enjoyed and I think Hawk did too. As you both know Hawk isn't practically forward thinking. With Jennifer's help Hawk was galloping and having fun, more fun than he's had for a while I believe. This helped me get the feel of Hawk's true medium gaits. This clinic helped Hawk and I both see that dressage doesn't always have to be collected and managed. Every once in a while it's good to just have fun for a while, and this fun helps in your work also. When Hawk thought we may get to have fun he became more forward thinking. Jennifer also taught me that Hawk was just not respecting my leg and with some stern "talking" to he became much more forward off my leg. This gave us both a better understanding of each other, creating fewer arguments between the two of us. I think the main thing this lesson taught me, is that dressage can be fun. I feel this is something many riders and horses forget. For horses like Hawk who need motivation, a good gallop with his rider in two-point may help him learn to have fun again in dressage helping him to be more forward. Again I want to thank you for this great clinic at an affordable price for both Hawk and I. We are sure to have more gallops in our future and better medium gaits.



# CenterLine Dressage New Member & Renewal Form

(Membership year is December 1 through November 30)

CenterLine Dressage

Name: \_\_\_\_\_ USDF #: \_\_\_\_\_

Name: \_\_\_\_\_ USDF #: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Telephone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Birth Date for Youth Members (21 & Under): \_\_\_\_\_

### Reader Preference

<input type="checkbox"/>	Renewal:	<input type="checkbox"/>
<input checked="" type="checkbox"/>	New Member:	<input type="checkbox"/>

<input checked="" type="checkbox"/>	Paper Copy:	<input type="checkbox"/>
	Digital Copy:	<input type="checkbox"/>

Membership Type	Details	Totals
Individual Membership	<p>\$45</p> <p>Includes 1 Reader, 1 Vote, USDF Membership, Discounts at CLD Shows, Discounts on Advertising, Horse Nomination (requires separate form)</p>	\$ _____
Junior Membership (21 & under)	<p>\$25</p> <p>Includes 1 Reader, 1 Vote, USDF Membership, Discounts at CLD Shows, Discounts on Advertising, Horse Nomination (requires separate form)</p>	\$ _____
Family Membership	<p>\$65</p> <p>Includes 1 Reader, 2 Vote, 2 USDF Membership, Discounts at CLD Shows, Discounts on Advertising, Horse Nomination (requires separate form)</p>	\$ _____
<b>Total Dues:</b>		\$ _____

### Please send to:

Kelly Griffith  
 CLD Membership Secretary  
 membershipsecretary@centerlinedressage.com  
 1736 South Farmingdale Road  
 New Berlin, IL 62670

Revised: 1.23.13

**MORE ON DRESSAGE AND DOLLARS BY ALICE MARTIN**

The article "Dressage and Dollars" in the January issue of *The Reader*, set the record for response to anything I have written for our club's newsletter. Here are some comments from *Reader* readers:

I just read your article Dressage and Dollars in the January 2013 issue of *The Reader*. Thank you for such a wonderful piece. Your description of the time Far Raf passaged through the water is superb. It captures so much of what I treasure about having and riding horses -- those perhaps brief, private, memorable moments.

Sincerely,  
Merdy Smith  
Champaign

I read the CLD Newsletter early this morning and I enjoyed reading your article, "Dressage and Dollars."  
I couldn't agree more, Dressage is a High Dollar Sport, but I sure Love It!

Jodi Lemkemann  
East Peoria

I thought it was well said. It is hard to get a point across without being too soft or a bull in a china shop. . . . Everyone should focus on how to improve him/herself instead of tearing others down.

Kelly Griffith  
New Berlin

That is a very nice piece, Alice, and almost ironic as, trying to recruit new members, I have had people complain to me that all the "rich" dressage riders are the ones who get more out of a club than the less financially secure ones.  
The major complaint is that most of the clinics and educational events put on by CLD are geared toward the riders who are above Second Level. The ones still struggling feel they are being left out so hence the reason they don't feel like they should give their money to a club that doesn't support THEM.  
I am at a loss as to what to say to them for after thinking over the clinics I have audited it does seem the riders are more advanced and the clinicians seem to be a bit prejudiced about lower level riders/horses.  
What CAN we do to rectify this? If we want more amateurs and beginners to join then we must do more to attract and keep them.

Kathi Cannon  
Findlay

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I think of the wealthy people that support horse sports to be like patrons of the arts. Without the people with money to support the sport, we may not have the level of artistry that we currently enjoy.

Most of us, if we could afford it, would like a shot at riding a really talented, quality, made-to-do-the-job, impeccably trained horse. How can we fault someone who actually has the money to do that?

And just money can't buy the "success". The rider actually has to put in the work.

That said, there are some very talented horses and riders out there that choose not to compete, or do not have that as a goal at all.

I have watched the documentaries "Buck", and "Wild Horse, Wild Ride" (about the Extreme Mustang Makeover) recently.

Here is a link to Elisa Wallace riding her Mustang training project Fledge (who she didn't even have the luxury of choosing, who is totally ordinary in looks and gaits, who has been off the range for 100 days or less):

<http://tinyurl.com/axndl4>

<http://tinyurl.com/bqdm4dh>

These trainers are amazing!!! They just don't happen to be active in the discipline of dressage. If they were, I have no doubt that they would be successful, because they could get a horse to do just about anything. Because they understand the mind of the horse.

There are plenty of people out there with money and passion for horses that aren't interested in dressage so much as this "natural" horsemanship stuff. It has absolutely caught the imagination of the masses.

I went to see the evening performance at our Horse Fair last year, and was amazed. The stuff these people did with their horses impressed me more than a grand prix dressage exhibition.

Partly because, I guess, THEIR HORSES ARE "JUST ORDINARY HORSES"!!!!

When that is the case, the training shines through even more.

How many people would have turned away the blind horse as a riding horse, period. I see their point (no pun intended), but that horse turned out to be awesome! Because it had a rider and a trainer that was in tune with the mind of that horse. It shows off the training even more.

I would rather train with an extraordinary trainer of ordinary horses than an ordinary trainer of

extraordinary horse. Because I do not, and likely never will have, an extraordinary horse (extraordinary conformation, gaits, athletic talent, ideal temperament).

I love your story about experiencing a natural passage at the river. It came of an ordinary day and a natural reaction to the circumstances. There was nothing forced. What a gift!

Ann Romney could have gotten just as much benefit from an ordinary horse. It just so happens that she can afford much more, and it gives her joy to own an extraordinary horse, and to have that horse go to the Olympics. That said, even Anne Romney's money was not enough to buy that horse and trainer a Gold medal. I think that was interesting to some people. I think it may have not been such a good thing for the Romneys if Rafalca had won a medal, because the money spent on that venture would have received even more negative press. In the end, it just didn't really matter.

There will probably always be a stereotype that horse owners, especially those involved with dressage, are rich elitists, and, of course, most of time that isn't the case. It is too bad that their monthly horse expenses, even on the low end, could pay for a mortgage on a second home. I can't justify the expense as a necessity, I won't even try to. Most people have horses because they just, for lack of a better word, love them! They do whatever it takes in order to afford them.

Sometimes I think, for those that are resentful that they don't have the big bucks that they think would solve all of their problems, it would be interesting to give them a bunch of money to test that theory.

Be careful what you wish for...

I get the most joy out of calling to my horse when she is way out in the pasture, and every time she picks up her head and comes galloping up to me! Yes, I do give her treats, but she is never impolite about that, and I don't think that would matter unless she found our time together to be pleasurable. We have built a relationship over many years. We find our time together to be mutually enjoyable. We have built a reliable system of communication. We understand each other.

That connection is something that money can not buy. Time and attention and thoughtfulness and shared experience are needed.

And it is such a blessing!

Karen Kohnke  
Springfield

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## ... MORE ON DRESSAGE AND DOLLARS CONCLUDED

BY ALICE MARTIN

Just a note on Kathi Cannon's comments: For the last several years, the only CLD sponsored clinic was for Education Days. Traditionally that has been a clinic for developed riders based on the National Symposiums. They were designed to show the full range of dressage from Training Level to Grand Prix, executed by riders with developed seats. Thus auditors, the focus of the clinics, could see how the work looked when correctly executed. Last year a lower level clinic was introduced with the price of the lessons subsidized by CLD for Jr/Young Riders and Adult Amateurs. Four clinic days of such subsidies have been scheduled thus far in 2013, see page 9 for two of them and page 2 for a report from a participant.

Further discussion is always welcome. Please send your thoughts on the matter to Alice Martin, [alice@starwestonline.net](mailto:alice@starwestonline.net)

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## THE TEN HABITS OF HIGHLY EFFECTIVE DRESSAGE RIDERS

REPRINTED BY PERMISSION OF THE AUTHOR NANCY KOTTING

Over the years working a never-ending multitude of horses, great Dressage riders develop habits, ways of achieving consistently high performance and excellence in the daily work. These are not training how-tos but rather personal habits adopted by riders to set themselves up for success every day. While there are endless training pearls-of-wisdom the Masters kindly pass on, it is inevitably up to the student, through endless hours of practice, to confirm the path to success. There is no sport, nor art form more difficult than what we attempt every day as practitioners of Classical Horsemanship. None. It is up to us to support one another in this endeavor, giving and sharing what works and what doesn't.

Below is my list of ten habits of highly effective Dressage riders. It is my hope that you find them helpful in your daily practice.

**1: An effective Dressage rider looks upon each failure as a ladder rung: step on it and lift yourself up.**

Great riders know that failure is a constant on the road to success and they train themselves to use it in their favor. Failure provides us with critical information which we then use to improve our work. Embrace it. Welcome it. Study it and learn its lesson. Each time you fail, be thankful for the information, put it

behind you, raise yourself up to the next ladder rung and try again. Failure is not the end, it is the beginning.

**2: An effective Dressage rider leaves their personal issues on the ground, approaching each ride emotionally neutral.**

What is energetically in us goes into the horse. If you carry your emotional refuse into the ride, i.e.; bad day at

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work, family problems, etc., it will inevitably affect performance. Be very careful what you put in as horses are like computers, if you write bad code, you will have to rewrite it at some point. Learn to neutralize your emotions BEFORE you get on the horse. This will give both of you an opportunity to begin the ride clean.

**3: Effective Dressage riders make themselves the calm baseline that their equine partner can rely upon at all times.**

The psychology of the horse requires a partner willing to assume a leadership position. This assumption of the leadership position by the rider in the partnership translates to the horse via the language of the body in all circumstances, all scenarios. A rider who remains mentally AND physically steady when the horse experiences confusion, fear and perhaps resulting chaos, will very quickly gain trust, confidence and devotion to the work from their equine partner. A skilled rider quickly proves his or her leadership ability to a new horse, who then, greatly relieved in such capable hands, will confidently trust his rider and attempt to work with and not against. Trust is earned not given; work to deserve it from the horse.

**4: An effective Dressage rider owns their personal space both on and off the horse.**

Closely related yet different from habit #3, maintaining ones space communicates leadership. A dominant stallion does not mosey into a herd head down, tail low, back soft. Oh no, he is up on his toes, tail flagged, every muscle pumped full announcing his arrival...his presence is known. His body language virtually screams 'follow me!' This

type of presence must also subtly be in a rider's body language when working both on the horse and off. Our equine partners rely on us to lead them and we communicate our worthiness of this responsibility with our body language, with the feeling of resolve within our bodies. Effective riders maintain exemplary posture both on and off a horse, we carry ourselves, we own our space with a steely intention, communicating our empathetic power and ability to lead to those who rely on us: our equine partner.

**5: An effective Dressage rider has trained their 'inner voice' to be either positive or constructively negative, never defeating.**

An effective Dressage rider approaches the ride with a sense of wonder: what will the ride bring? What is the legacy of yesterday's work? Will it be fair to push the horse just a bit more today? Problems, resistances that arise are addressed constructively, not reacted to emotionally. It is the supportive 'inner voice' of the rider that keeps the ride 'on the rails' and productive, ending always on a positive in preparation for continued success in the next ride. It is the burden of the rider to maintain an emotional 'thru-line' that directs the ride steadily toward completion.

**6: An effective Dressage rider knows success happens one ride at a time, day in and day out, remaining consistent and realistic in their daily goals and expectations.**

The work is a continuum, each ride building upon the last. There are no short cuts. You cannot buy it, you have to make it with consistent, correct work, realizing nobody can do it for you. The amount of

success you have as a rider is directly related to the amount of effort you put into it. Rome was not built in a day and neither is a Grand Prix rider/trainer, nor a Grand Prix horse. Get up, dress up, show up and put in another day's work. Then do it again, and again and...again. The river of trying never stops flowing.

**7: An effective Dressage rider has the courage to be creative in their problem solving, the courage to go beyond the text-book and think independently.**

An effective Dressage rider innately understands that every horse is different. Every rider is different. Every moment is a new moment, a new opportunity to create quality.

An effective Dressage rider has the courage to experiment and try something different in approaching the problem, all the while adhering to the core premise of the Training Scale, placing the mental and physical well-being of their equine partner first and foremost.

**8: An effective Dressage rider knows they must be an athlete in their own right before they can expect their equine partner to be one.**

The foundation of the Training Scale is the rider's seat. Every rider strives to be in control and command of their physical being, able to independently apply the aids effectively in both calmness and chaos. A Dressage rider uses every single muscle known to man, and then some! It is imperative that we cross-train, building our own strength, endurance and dexterity away from the horse. Cross-training keeps the muscles 'fresh' i.e.;

not locked into the sole muscle memory of the ride itself but rather neutral, able to break old 'muscle memory' response patterns easily if required. Poorly trained horses affect the muscle memory of the rider just as poor riding affects the muscle memory of the horse. Cross-training assists the rider in both developing athleticism and neutralizing undesirable muscle memory.

**9: An effective Dressage rider knows there is only one direction to go: forward!**

Horses are built to move, they are born to move and most love to move. Effective riders know how to use this base instinct in the horse as a key ingredient in the work each and every day, much like flour to a baker. As it is in life, so it is in Dressage: if all else fails, GO FORWARD! In this way, an effective rider creates a fresh moment, a fresh opportunity to try again toward understanding and success.

**10: An effective Dressage rider works for their horse, not vice versa.**

Great riders do what they do for the sake of the horse... and nothing else. 'Dressage' encompasses all that we do from the moment we rise in the morning and enter the stable aisle to the final night check at the end of the day. Highly effective riders know they must stay close to their horses each and every day in order to build the intimacy required for the Grand Prix. They know their partner's moods, their idiosyncrasies, their likes and dislikes. The transition from the aisle to the school is best seamless: true partners from the stall to the aisle to the schooling arena to the show ring and home again.



Remember, Dressage is an art form in motion, therefore it only survives as such when practiced correctly on a daily basis by both Master and student, through the grace of correctly trained horses. Strive to develop good habits, for the sake of the sport, for the sake of the horse and for your own future as an accomplished rider.

Written with gratitude to 'the trainer's trainer', Michael Poulin.

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*Show Season is almost here !*

## **Join Sangamon Valley Pony Club and CenterLine Dressage for April Clinics with Melanie Michalak**

Melanie's 2012 clinics were popular with our young and our adult amateurs, so we have arranged for her return.

Clinics will be held at Pratense Farm

Contact Paula Briney to schedule your rides

[brineypaula@aol.com](mailto:brineypaula@aol.com) or 217-652-1635

**April 6 & 7:** SVPC is the prime sponsor of this clinic but CLD members can sign up to ride in any openings not filled by Pony Club riders

**April 21:** CenterLine Dressage is the prime sponsor of this clinic; CLD members will be scheduled first, followed by Pony Club members. This clinic follows the CLD IceBreaker schooling show on April 20 at StarWest.

***Jr/YR's and AA's, CLD will help to pay for your ride!***

Cost per ride: \$85.00 for Open CLD Members, \$95 for non-CLD members

For Youth Members of CLD: \$42.50 (CLD will pay 50% {\$42.50} for one ride)

For Adult Amateur members of CLD: \$51 (CLD will pay 40% {\$34.00) for one ride)



*One of Melanie's specialities is developing musical rides. If you are interested in learning more about riding to music, mention this to Paula at the time you sign up !*

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**2013 CALENDAR OF EVENTS***CLD events in bold see also page 1***May**

- 4 - 5                    Carrousel Connection Dressage I & II  
                              @ Illinois State Fairgrounds  
                              Contact: Lorna Donahue, [calv96@aol.com](mailto:calv96@aol.com)
- 10 - 12                    Gerhard Politz Clinic at StarWest.  
                              Contact: Kate Fleming-Kuhn at [kate@starwestonline.net](mailto:kate@starwestonline.net)
- 29 - June 2                ARAB, Inc. All-Arabian Dressage  
                              @ Illinois State Fairgrounds.  
                              John Simpson, Mgr.
- 31 - June 2                SLADS Dressage Classic I & II  
                              @ Lake St. Louis, MO  
                              [slads.org](http://slads.org)
- 28                        FireCracker Entry Deadline**

**July**

- 6                        CLD FireCracker Shooling Show**  
**@ StarWest**  
**Judge: Lisa Holderle**  
**Contact: Judy Nordstrom, Manager [vice-pres@centerlinedressage.com](mailto:vice-pres@centerlinedressage.com)**
- 12 - 14                    Gerhard Politz Clinic at StarWest.  
                              Contact: Kate Fleming-Kuhn at [kate@starwestonline.net](mailto:kate@starwestonline.net)
- 20                        CLD Chevaux Schooling Show**  
**@ Voigt Farms, Chrisman Illinois**  
**Judge: Paula Briney, "L"**  
**Contact: Merri Voigt, Manager [cci71899@gmail.com](mailto:cci71899@gmail.com)**

**August**

- 23 - 25                    CLD Classic I & II**  
**@ Illinois State Fairgrounds**  
**Judges: Debbie Riehl-Rodriguez, "S" & Beverly Rogers, "S"**  
**Jeanne Craver, Secretary - [mowarda@gmail.com](mailto:mowarda@gmail.com)**  
**John Simpson, Manager - [jsnrhorse@prodigy.net](mailto:jsnrhorse@prodigy.net)**  
**Deb Porter/Kim Jones, Volunteer Co-ordinator - [D.Porter5000@sbcglobal.net](mailto:D.Porter5000@sbcglobal.net)**

<b>Club Officers &amp; Personnel</b> (Full list and mailing addresses online)			
<b>President</b>	Nancy Simpson	217/793-6810	president@centerlinedressage.com
<b>Vice-President</b>	Judy Nordstrom	217/626-1518	vice-pres@centerlinedressage.com
<b>Treasurer</b>	Katie Keim	217/652-1855	treasurer@centerlinedressage.com
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<b>Web Site</b>	Moiety Design		<a href="http://kuhn@moietyenterprises.com">kuhn@moietyenterprises.com</a>

**CLD Advertising Rates**  
(see detailed info & photo policy online [www.centerlinedressage.com/advertising](http://www.centerlinedressage.com/advertising))

<b>Reader Page Ads</b>	Full Page	\$50 Non-Member	\$25 Member
	Half Page	\$25 Non-Member	\$12.50 Member
	¼ Page or Less	\$12 Non-Member	\$6 Member

**Photographs (original preferred) can be included in your ad. They can be black and white or color, but they will be black and white in the printed READER. Page Ads Up for 1 Month**

<b>Reader Classified Ads</b>	50 words or less	\$5 Non-Member	\$3 Member
	Additional 25 words	\$2 Non-Member	\$1 Member

**No Photographs Classified Ads Up for 1 Month**

**Web Advertising** Basic Classified Web Ad included in any Reader Package! See online for more details.

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# DEADLINE FOR READER ITEMS



CenterLine Dressage

Items for publication or inclusion in the READER should be received by the editor by the 15th of the month. Items for THE READER, activity forms, etc should be sent with a check for the charges, if any, to:

THE READER  
c/o Kim Jones  
1736 S. Farmingdale Rd.  
New Berlin, IL 62670

