

# THE READER

CenterLine Dressage is a Group Member Organization of USDF founded in 1972. CLD members are automatically members of the United States Dressage Federation.



## HEADLINES

- ✦ [PRESIDENT'S LETTER](#)
- ✦ [MEETING MINUTES](#)
- ✦ [USDF REMINDERS](#)
- ✦ [2016 REGIONALS](#)
- ✦ [CLASSIC SPONSORSHIP FORM](#)
- ✦ [ADULT AMATEUR SHAME](#)  
REPRINT FROM DRESSAGE DIFFERENT

## CALENDAR

- ✦ [CLD CLASSIC ENTRIES CLOSE](#)  
JUNE 15  
[CENTERLINEDRESSAGE.COM/](#)  
[DOWNLOAD](#)
- ✦ [CLD SPONSORED VON DIETZE](#)  
CLINIC  
JUNE 17 - 19  
[CENTERLINEDRESSAGE.COM/](#)  
[CALENDAR](#)
- ✦ [CLD CLASSIC I & II](#)  
JUNE 27 & 28 @ ILLINOIS STATE  
FAIRGROUNDS
- ✦ [CLD FIRECRACKER ENTRIES CLOSE](#)  
JUNE 28  
[CENTERLINEDRESSAGE.COM/](#)  
[DOWNLOAD](#)
- ✦ [CLD FIRECRACKER](#)  
JULY 11 @ STARWEST
- ✦ [BETSY STEINER CLINIC](#)  
JULY 17 - 18 @ PRATENSE FARMS  
- [.COM/CALENDAR](#)

## Letter from the President

*by Judy Nordstrom, President*

Dear CLD members and friends,

The unofficial kickoff to summer has just begun. I am a little late getting my garden in but I finally completed that yesterday. My favorite flower ever is in full bloom, the Peony! and fireflies are out in full force! This is undoubtedly my all-time favorite part of the year. Now I just need a suitable window of time to get my hay bailed, and I'll be set!

Showing and schooling opportunities abound in June! We are so excited to be having a collaborated clinic with Gerhard Politz and Susanne von Dietze on Friday, June 19th. This is a rare and beneficial learning invitation whether you are riding or auditing. There are many shows in June, but of course, the most important one takes place the last weekend in June and that is our Classic shows! We are featuring a garage sale this weekend at the show as well so be sure to go through your trunks and basements and look for items you no longer use or need so someone else can benefit and support our club at the same time. I'm looking forward to seeing you all there!

## CLD Classic Sponsorships

I would like to invite you to support our 2015 CenterLine Dressage Classic horse show held at the Illinois State Fairgrounds on June 27-28 this year. The show is made possible by a large number of volunteers and generous sponsors/supporters which many of you have been for a number of years. Please consider filling out the sponsorship form attached and mailing it back with a camera-ready proof or business card along with your payment made out to CenterLine Dressage (CLD) and help make our show a success! Thank you in advance for your generosity,  
Judy Nordstrom, President [president@centerlinedressage.com](mailto:president@centerlinedressage.com)

# May 9, 2015 CLD Executive Board Meeting

*@ StarWest; Judy Nordstrom presiding*

President Judy Nordstrom called the meeting to order at 2:07 p.m. Kelly Griffith, Martin Kuhn, Lisa Lehr, Leslie Burket, Sue and Amanda Graham and Alice Martin were present. Paula Briney and Kate Fleming-Kuhn were late arrivals.

## Meeting Minutes

Martin motioned, and Lisa seconded, that minutes for the March meeting and April meeting be approved. The vote was unanimous and minutes for each month have been approved.

## Web Master Report

Martin reports that traffic has doubled since March. Illinois is the most popular state for web traffic followed by Missouri and California. The website is also popular in Brazil. The online email newsletter now has subscribers in Japan and Germany. Four email newsletters have been sent with a 60% opening rate.

## Social Media

Lisa reported that we have 333 likes on our FaceBook page. This is up from 321.

## Membership Secretary

- Kelly reported that we currently have 68 members for 2015.
- When a membership form is submitted, there is processing time required for both CLD and USDF. Recently, a member renewed her CLD GMO membership but wasn't aware of the processing time required. Because of that delay, she was not a USDF GMO member when she submitted her entry for a USDF Recognized Show. Unfortunately, she had to pay a USDF non-member fee. To remind all new and renewing members of this processing delay, a caveat will be added to the membership form discussing this processing period.

## Awards

Lisa reported the 37 horses have been registered for the Year End Awards program. The listing of nominated horses & riders is on the website.

## Symposium

Kate has not yet received a response from Susanne von Dietze about specific June clinic dates. The June clinic will be mid-week rather than over a weekend.

## IceBreaker

- Unfortunately, IceBreaker was cancelled due to wet weather. Sue Graham brought the signed blank checks to return to Katie Keim. Sue will contact each entrant to see if they want their checks returned or destroyed. The purchased class awards will be available for FireCracker.
- It was proposed that we look at alternative locations for the CLD schooling shows with more stabling available. Judy will meet with Terry Morenz to see if Tower Hill would be interested in hosting IceBreaker and FireCracker next year.
- Other members that host schooling shows can pay a minimal fee to have the shows recognized by CLD. The shows will then be eligible for CLD year end schooling awards, possibly attracting additional competitors. Check the CLD Handbook for rules on hosting a CLD approved schooling show.

## Recognized Shows

Kim Jones is the volunteer coordinator for the CLD Classic. John is out of town but reported that he has adequate volunteers for Arab Inc.

## Horse Fair

Paula brought us up to date on the potential changes and opportunities that may develop for dressage at the Horse Fair. She will provide updates as decisions are made.



# May 9, 2015 CLD Executive Board Meeting Continued

*@ StarWest; Judy Nordstrom presiding*

## Tree Planting

The tree planting, in memory of Marilyn Weber's mother, Dorothy Walcher, will be at 2 pm on May 23rd at Marilyn's farm in Chesterfield, IL. All friends of Dorothy and Marilyn are invited to attend the tree planting ceremony. A potluck for all will follow the planting. Brisket, cake and drinks will be provided. Please bring a dish to share.

The next meeting will be Saturday, June 20th at 2 pm in the StarWest lounge. Kate moved and Paula seconded to adjourn. The meeting adjourned at 3:09 pm.

Respectfully submitted,

Leslie Burket, Secretary

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## Free Online Reports Now Available

The USDF Historical Awards Reports, Breeder's Horse Portfolio, Owner/Lessee Horse Portfolio, and Dam/Sire Reports are all available on the USDF website at no cost. To access the free reports you must have a current USDF Participating, Group, or Business Membership and be logged into the USDF website.

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## Is Your Horse Declared for the Adequan/USDF All-Breeds Awards Program?

Log into the USDF website and view the Owner's/Lessee Horse Portfolio Search to verify if your horse is declared for the Adequan/USDF All-Breeds Awards Program. If you need to declare your horse, simply submit a copy of your horse's breed/performance registry papers, and the All-Breeds Awards Declaration Form, to USDF no later than August 1, 2015.

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## USEF Lungeing Rules at Competitions

Competitors, please be advised that lungeing is not permitted with a double bridle, and a lunge line cannot be attached to the bridoon of a double bridle. Please see [DR121.8](#) for further reference.

# 2016 Great American Insurance Group/USDF Regional Dressage Championship Dates and Locations Selected

Lexington, KY (May 5, 2015) - The United States Dressage Federation (USDF) has selected the dates and locations for the 2016 Great American Insurance Group/USDF Regional Dressage Championships, presented by SmartPak and supported by Merial.

- Region 1 (September 16-18) at the Senator Martin Center, Williamston, NC
- Region 2 (September 22-25) at the Lamplight Equestrian Center, Wayne, IL
- Region 3 (October 14-16) at the Georgia International Horse Park, Conyers, GA
- Region 4 (September 8-11) at the North Iowa Events Center, Mason City, IA
- Region 5 (September 15-18) at the Stanley Park Fair Grounds, Estes Park, CO
- Region 6 (September 15-18) at Donida Farm, Auburn, WA
- Region 7 (September 29-October 1) at the Los Angeles Equestrian Center, Burbank, CA
- Region 8 (September 22-25) at HITS on the Hudson, Saugerties, NY
- Region 9 (October 13-16) at the Great Southwest Equestrian Center, Katy, TX

These championships recognize the outstanding efforts of riders in each USDF region and provide an excellent opportunity for spectators to view the top competitors in their respective regions. Additionally, the top amateur and open riders at each of the championships, who have submitted a declaration of intent, and completed all other requirements, will receive an invitation to compete at the US Dressage Finals presented by Adequan.

Kathy Sedlak of Great American Insurance Group added, "Our role as title sponsor of the regional and breeders championships has afforded a great opportunity to acknowledge outstanding individuals and the sport of dressage."

Competitors qualify for Great American/USDF Regional Championships by competing in designated qualifying classes throughout the year at USDF-recognized competitions. For more information on the regional championship program or the US Dressage Finals presented by Adequan, visit the USDF website at [www.usdf.org](http://www.usdf.org), or contact the USDF competitions department at [regchamps@usdf.org](mailto:regchamps@usdf.org).

# USDF Congratulates 2015 USDF/IDA National Quiz Challenge Winners

Lexington, KY (May 14, 2015) - The United States Dressage Federation (USDF) would like to congratulate Amanda Arnold, overall winner of the 2015 USDF/IDA National Quiz Challenge held on April 24-26, 2015 at the Intercollegiate Dressage Association (IDA) Nationals. Amanda, a student at Averett University, scored 100% on both the qualifying round and the championship round in the First Level Division of the competition. She was the only student to score 100% in both rounds. As the grand prize winner, she will receive a four-week internship at Hilltop Farm, Inc. in Colora, MD.

Amanda shared her enthusiasm for the challenge and the internship in saying, "I think the quiz challenge that IDA and USDF have partnered to produce is an excellent way to introduce more theory into the intercollegiate competition, and the internship at Hilltop is the perfect way to support and encourage competitors in their studies on riding theory. With this internship, I hope to build upon my riding theory with practical experience and I am excited and honored to have this amazing opportunity."

USDF would also like to congratulate the winners in each of the other divisions of competition; Jessica Stipic, of Averett University, was the winner of the Introductory level, Nicole Bartell, of Michigan State University, was the winner of the Lower Training level, and Jennifer Parker, of Vermont Technical College, was the winner of the Upper Training level.

This competition, open to all IDA members, consisted of two rounds of competition; the first round took place online through USDF's eTRAK, focusing on classical dressage theory related to the rider's seat, position, and aids. The six highest scoring individuals from the first round, in each of the four categories (Introductory, Lower Training, Upper Training and First Level) competed in the finals at the 2015 IDA Nationals, held at Otterbein University's Austin E. Knowlton Center for Equine Science in Westerville, OH.

For more information on the USDF/IDA National Quiz Challenge, please visit the IDA website at [www.teamdressage.com](http://www.teamdressage.com), the USDF website at [www.usdf.org](http://www.usdf.org), or contact the USDF Youth Programs Liaison at [youth@usdf.org](mailto:youth@usdf.org).

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## Apply for a Grant to go to Convention

One deserving group member will receive the Ruth Arvanette Memorial Fund Grant to attend the 2015 Adequan/USDF Annual Convention in Las Vegas, NV. The grant includes full convention registration and partial reimbursement for travel expenses. Applications are due by August 31, 2015. Questions? Contact: [gmoliason@usdf.org](mailto:gmoliason@usdf.org)

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## Apply for USDF Rider Award

Once all award requirements are met, visit the USDF website, click on the [Rider Performance Awards Application](#), enter your USDF number, select your award, enter payment information, and you are done. Applications must be received by September 30, 2015 for the rider award to be awarded in the 2015 competition year.

**CenterLine Dressage is hosting two USEF/USDF approved horse shows at the Illinois State Fairgrounds on June 26 – 27, 2015.**

CenterLine Dressage’s mission is to promote interest in and further the knowledge of dressage, to conduct dressage events and activities, and to provide educational forums.

We have hired nationally known judges and other officials. In the past, our show has attracted competitors from all parts of Illinois, Missouri, Indiana, Iowa, Kentucky, Michigan and Wisconsin. Owners, riders, stable helpers, and family members help our local hotels and restaurants at \$125 per person, per day, according to the Springfield Convention Business Statistics.



The show is made possible by a large number of volunteers and our sponsors. Thank you for your support!

We would appreciate your help in making our show a success.

- Did you know? USDF members are Adult Amateurs, trainers, instructors, show managers and Junior/ Young Riders.
- Did you know? 97% of members own at least one horse.
- Did you know? 37% own more than 5 acres of land.
- Did you know? 28% have an income of \$150,000 or more
- Did you know? There are over 10,000 horses and ponies in Central Illinois

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Name (as you want it appearing in program) \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

**Please send form and check to:**

Judy Nordstrom  
 CLD President  
 president@centerlinedressage.com  
 8389 Tolan Road  
 Pleasant Plains IL 62677  
 217-626-1518  
 Please Make Checks Payable to CLD

Advertising & Sponsorship Categories	Price	# of Advertising Spots Requested
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Half Page Ad in Program	\$50	_____
Business Card in Program	\$35	_____
Single Class Sponsorship	\$20	_____
Two Class Sponsorship	\$35	_____
		TOTAL \$ _____



## Calling all Volunteers!

CLD Classic is right around the corner June 25th and 26th and we need all the help we can get. Volunteers are the backbone of the CLD shows. If you or someone you know is interested in volunteering please contact volunteer coordinator Kim Jones at 217-741-6776 or email [kimbr99@yahoo.com](mailto:kimbr99@yahoo.com)

## New USDF Rider Awards Announced for 2016

Lexington, KY (May 20, 2015) - The United States Dressage Federation (USDF) announced today the new Dressage Seat Equitation Rider Awards, to first be awarded in the 2016 competition year. Available to both USDF Participating and Group Members, riding in any division, these awards are designed to recognize riders' achievements in equitation and will be awarded at three levels; Elementary, Accomplished, and Elite. For each level, riders must earn five scores of 65 percent, 72 percent, and 80 percent, respectively.

As with other USDF Rider Awards, scores do not expire and do not need to be earned within one competition year. While the first USDF Dressage Seat Equitation Rider Awards will not be awarded until the 2016 competition year, scores from current or past Dressage Seat Equitation classes may be eligible. Winners of these awards will receive a certificate of recognition as well as a specially designed USDF lapel pin, in yellow, red, and blue for the respective levels.

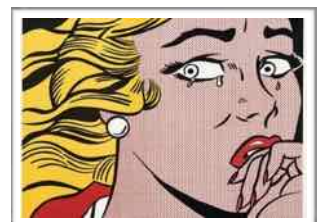
USDF Awards Committee Chair Peggy Klump explained, "We are so pleased to be able to provide the well deserved acknowledgement and recognition to those individuals excelling in dressage equitation. This is an important aspect to our sport and these awards further USDF's mission of recognizing achievements, as well as providing yet another national level honor to be bestowed upon not only USDF Participating Members, but Group Members as well, in any division of competition."

For more information about the USDF Dressage Seat Equitation Rider Awards, or other USDF Rider Awards, visit the USDF website at [www.usdf.org](http://www.usdf.org), or contact the USDF office at [riderawards@usdf.org](mailto:riderawards@usdf.org).

## Adult Amateur Dressage Shame

by Bonnie Walker - - *Dressage Different* <http://dressagedifferent.com/2013/02/15/adult-amateur-dressage-shame/>

It seems that dressage more than any other equestrian sport is subject to the mentality of "I am not worthy". Perhaps it is because oftentimes adult amateurs enter the sport later in life, having never ridden, or only informally many years ago. You visit your local dressage trainer and watch them ride. They make it seem effortless, and elegant.



# Adult Amateur Dressage Shame

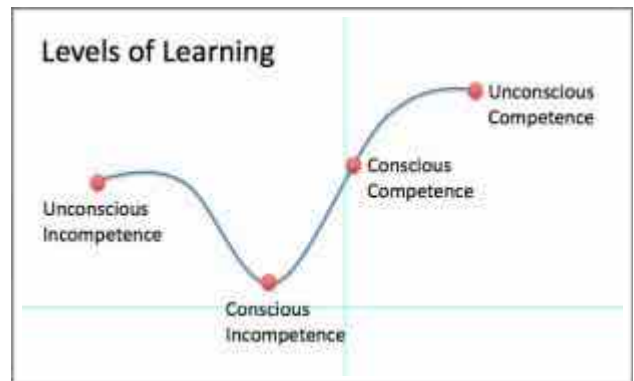
by Bonnie Walker -- Dressage Different <http://dressagedifferent.com/2013/02/15/adult-amateur-dressage-shame/>

You watch freestyles online and are enthralled by the precision and power and by the rider with their invisible aids. You want to do that! Or perhaps it is less complex - for whatever reason you do not want to jump anymore. Maybe you had a bad fall or your horse went off and so you switch disciplines.

No matter your route most people enter the dressage arena for the first time with a concept of the sport that is drastically different from reality. The dawning realization of just how long the journey will be is the beginning of Dressage Shame. There are many different types which we will explore in this series and if you have any input or personal experiences, feel free to share.

But for now, some words of comfort. I have been lucky enough to have many good friends and acquaintances within the dressage community, both professionals and adult amateurs alike. These are people of many different personalities and backgrounds but they all have one thing in common - they all have some level of Dressage Shame. Their highs and lows swing along with the types of rides they had that day. They have been crushed and rebuilt and most feel they still come up wanting. And here it is folks - That is okay! It is the ambition to improve that keeps us working for a better way. The key to enjoying dressage as a lifelong journey is to always keep that need in check and to build appropriate goals without a strict time line.

One more key to understanding the process of learning in dressage is best explained through Abraham Maslow's Four Stages of Competence. It breaks down to four phases which you will see illustrated in the photo below. Note that in the second phase, the Conscious Incompetence phase, there is a dip along the graph. I like to think that the graph is charting happiness or the state of one's ego. When you are in the Unconscious Incompetence phase then *you don't know what you don't know!* That state of ignorance is a comfortable, self assured place to be. It is only when you are staring into the abyss that you begin to realize what the journey truly entails. For most people it is when you discover how little you know that your happiness spike takes a tailspin downward.



And to further beleaguer the point, EVERY SINGLE NEW SKILL YOU LEARN MEANS YOU BEGIN AT STAGE ONE AGAIN. You might have the sitting trot down but then you need to learn to sit through a medium trot. Or you put the shoulder-in aids on and suddenly you tip forward and nothing remotely shoulder-in like is happening under you. All the way up the levels and countless times within each level you will be start again and again at the beginning. But you must understand that this phase is a transitional one, albeit one you will repeat, until you will hit Unconscious Competence. It will take many repetitions and much practice but you will slowly build a base upon which you can rely. It will take time. It will take years. You will need patience.





# Adult Amateur Dressage Shame

by Bonnie Walker -- Dressage Different <http://dressagedifferent.com/2013/02/15/adult-amateur-dressage-shame/>

An analogy I often tell my students is this -

You are on a tropical island in a boat out on crystal blue waters. Under the water on the ocean floor you see a precious treasure, one which you desperately desire. And so you dive, down into the water swimming with all your might. The more you swim, the more you realize that the water was much deeper than you imagined. The water was so clear from the boat that the treasure beneath looked a mere arm's length away. Sometimes it can feel like you are never going to reach that treasure and that you are swimming in dark waters with no measure of your own progress. But the best way to gauge how much you have learned is not by looking at the treasure below, but back up at the boat. As time passes I promise you will see that boat get smaller and smaller.



## From the Editor

*Kim Jones, Reader newsletter editor*

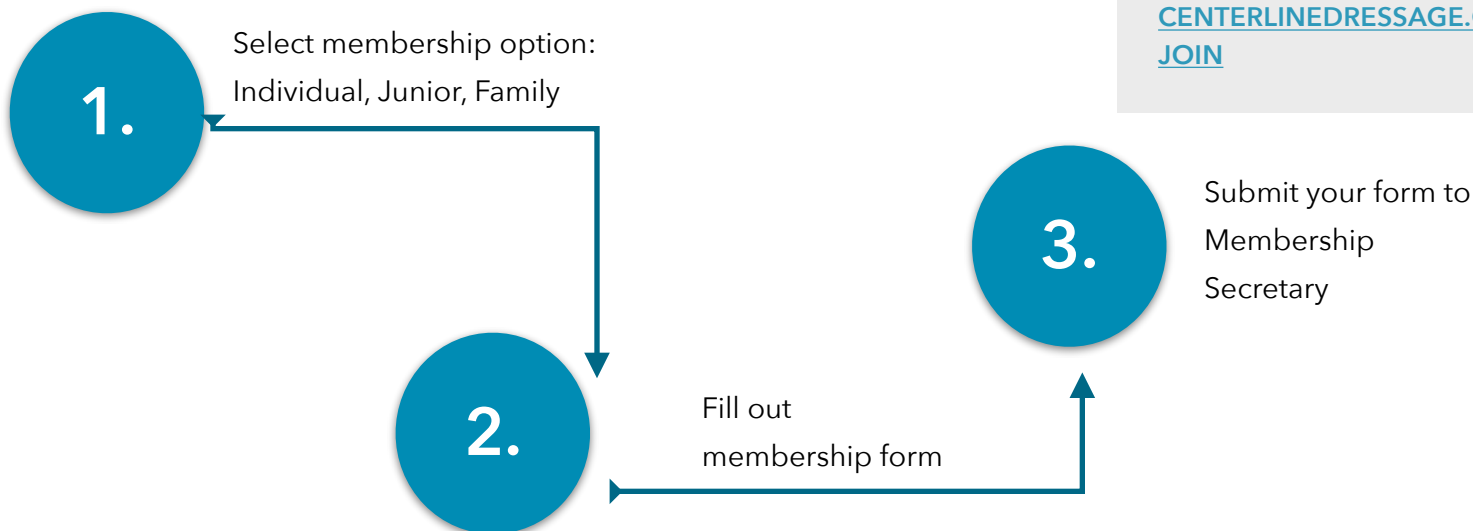
The whole *Reader* staff, small though we are, would like to thank CLD member and co-awards chair Lisa Lehr for nominating our work to be recognized by USDF. We've long believed that the *Reader* is award worthy but couldn't find it within ourselves to submit our own work to be recognized. Thanks to Lisa we're being nominated for the following GMO Awards: *Best First Person Experience Article* and *Best General Interest Article*.

The intrepid Lisa Lehr also nominated CLD for *Best Website Award*. Speaking for the small but mighty website staff, I know it is greatly appreciated.

Thanks Lisa.



# CLD Membership Renewals & Nominations Due!



♦ FULL DETAILS AT  
[CENTERLINEDRESSAGE.COM/  
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Club Officers & Personnel (Full list and mailing addresses online) all emails - @centerlinedressage.com			
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# DEADLINE FOR READER ITEMS



Items for publication or inclusion in the READER should be received by the editor by the 10th of the month. Items for THE READER, activity forms, ads, 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

CenterLine Dressage