

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

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BY CLAUDIA NISSLEY
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CALENDAR

- ♦ [REGION 4 CHAMPIONSHIPS](#)
OCT 9 - 12 @ *NEC LAKE ST LOUIS, MO*
- ♦ [BETSY STEINER CLINIC](#)
OCT 30 - NOV 1 @ *PRATENSE FARMS - .COM/CALENDAR*
- ♦ [USDF NATIONALS](#)
NOV 4 - 8 @ *KENTUCKY HORSE PARK, LEXINGTON*
- ♦ [ANNUAL CLD AWARDS BANQUET](#)
NOVEMBER 15 @ NOON
ISLAND BAY YACHT CLUB,
SPRINGFIELD

Letter from the President

by Judy Nordstrom, President

Dear CLD members and friends,

Congratulations to those who have already competed in Region 2 Championships and best wishes to those who will be competing in Region 4 Championships. It's that time of year when we are wrapping up the competition season. This means that it is time to send in your scores to the awards chairs for year-end awards! This can be easily done by going to our CLD website. The deadline for sending in scores is October 15. The date was extended to include The Youth Charity Horse Show that is typically held around the 10th of October every year.

Our awards banquet will be a luncheon this year held on Sunday, November 15 at the Island Bay Yacht Club in Springfield. You can find invitations online on our website as well, and while you are there you can also vote for your CLD board of directors. Lots to do but it can all be done easily and quickly and all in the same place and any time day or night!

See you at the awards luncheon!

Until next time,

Judy Nordstrom, President president@centerlinedressage.com

LINKS

- ♦ [SUBMIT SCORES](http://CENTERLINEDRESSAGE.COM/SCORES/)
- ♦ [VOTE FOR BOARD](http://CENTERLINEDRESSAGE.COM/VOTE)
- ♦ [RSVP FOR BANQUET](http://CENTERLINEDRESSAGE.COM/RSVP)



YOU ARE CORDIALLY INVITED

TO ATTEND THE 2015

CenterLine Dressage

AWARDS BANQUET

SUNDAY, NOVEMBER 15, 2015

ISLAND BAY YACHT CLUB

76 YACHT CLUB RD

SPRINGFIELD, IL 62712-9525

SOCIAL HOUR AT 11:00 AM

LUNCHEON SERVED AT NOON

RSVP BY NOVEMBER 11TH TO PAULA BRINEY

(217) 652-1635

OR

centerlinedressage.com/RSVP

CenterLine Dressage Clinic with Susanne von Dietze at StarWest, July 2015

By Claudia Nissley

Susanne Von Dietze is in a class by herself within the equestrian world. Born in Germany, now residing in Israel with her family, she travels globally giving clinics in Japan, Europe, Australia and the U.S. Her professional training in biomechanics, physical therapy, physiology, plus her experience in competitive dressage and her creative ability to “see” a rider, all make her one of a kind – a rare individual. She currently writes a column, “The Clinic Photo Critiques,” for Dressage Today magazine.

I audited her clinic at StarWest a few years back, and was extremely impressed by her knowledge and ability to help the riders improve their positions through body awareness. My promise to myself was to be able to ride with her in a clinic someday. The opportunity came in July with the CLD sponsored clinic at StarWest. One of the most exciting aspects of von Dietze is her ability to see both the rider and the horse and how their bodies influence one another. What do I mean by “see”?

As with many clinicians, you perform your standard warm-up exercises while they watch and formulate their plan, comments and impressions. Within minutes, von Dietz can recognize and tell you where and when you may be having issues in balanced riding. I was amazed at her ability to quickly identify areas of concern and the rider’s confirmation of her comments. We all have asymmetrical bodies as do our horses. How those asymmetries express themselves in our partnerships with our horses is of utmost importance for



The author aboard her horse Cinnamon during the von Dietze Clinic.



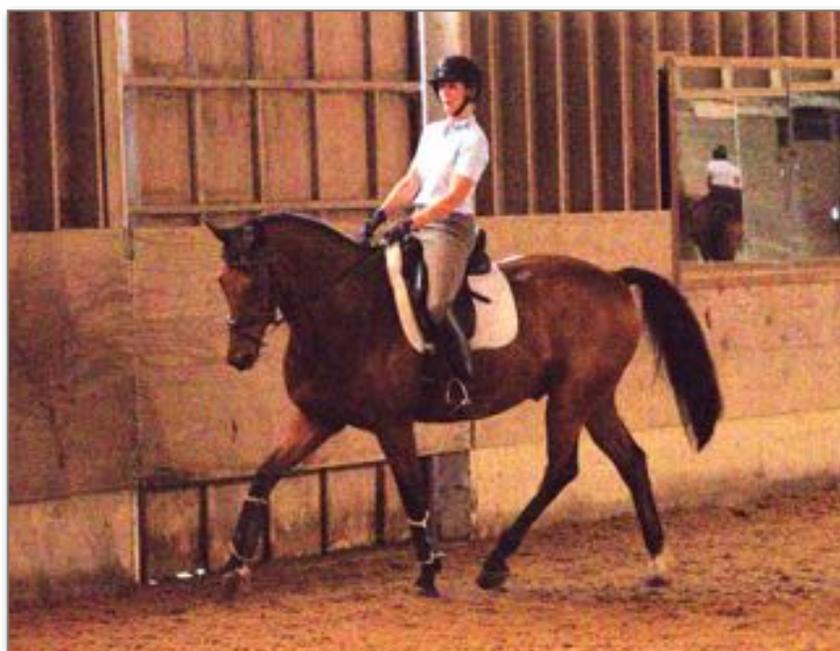
improvement. For example, a left-handed rider may be unconsciously underutilizing her right hand, while her left hand is overactive. This imbalance is then translated to an imbalance in the horse's movement. The key to improvement is to be aware of your own asymmetry and how it may exhibit itself when riding. Pair that information with your horse's asymmetry for better harmony in movement.

One of her most useful suggestions for me led to better gait transitions. She sang little songs with the rhythm of the next requested gait and had me sing along. To

illustrate - if in a trot preparing to transition to walk, fix the walk song with walk rhythm in your head as you sing aloud, several steps prior to giving the transition cue. In other words, you fix the rhythm of the walk in your mind prior to taking action which enables a smooth quiet transition to another gait. This idea sounds simple and obvious, so try it! The transition for both horse and rider is more balanced as it is within the rhythm of the next gait.



Judy Ethell on Richthofen 7 with von Dietze



Kelly Griffith on Agathon JP in the von Dietze Clinic

Von Dietze has an encyclopedia of exercises in her head, many of which are in her books and DVDs. The exercises are developed to assist a rider to recognize the asymmetries and then address them. When you actually perform various exercises, her points become remarkably clear. Holding an invisible beach ball with your inside arm, may sound silly at first but when doing it on a horse in motion, you feel the immediate result of better balance. She has a great sense of humor and incorporates it into her exercises. One rider wore a black shirt with a white horizontal stripe across the back. It was unclear as to whether the rider

purposefully selected the shirt, however von Dietze didn't miss the opportunity to thank her – the stripe clearly illustrated for all of us the asymmetry of the rider's upper back. It was an invaluable training "tool."

Von Dietze has the unique ability to highlight some of the less obvious body alignment deficiencies whether from old injuries, inadequate work-outs off the horse (e.g. lack of a strong core), poor habits (bad posture) or just our natural state. She gives the

rider multiple exercises to begin untangling and restructuring ourselves and our horses for better balance and rhythm. If you haven't already done so, take some time to watch her DVDs or read her books. I guarantee you will not only enjoy them but you will learn about yourself as well.



Allison Gerlt on Sir Lommel with von Dietze

All photos courtesy of StarWest

Submit Scores

It's time to submit your scores to CLD for year end awards. Send your nominated horse and rider combinations to the Awards Chairmen via the website.



♦ [ONLINE FORM AT CENTERLINEDRESSAGE.COM/SCORES/](http://CENTERLINEDRESSAGE.COM/SCORES/)

CLD Ballot

(Ballot for the election of members to serve on the Board of Directors for a two year term from November 1, 2015 until October 31, 2017.)

Vote for Four			
	Judy Nordstrom		Paula Briney
	Katie Keim		Leslie Burket
Write In Candidate:			

You may vote in 1 of 2 ways: return this ballot to CLD Secretary Leslie Burket
16205 Windfall Ridge Dr. Chesterfield, MO 63050

POST MARKED NO LATER THAN OCT. 28, 2015

OR

fill out form at centerlinedressage.com/vote

No ballots received after MIDNIGHT on OCTOBER 31 will be accepted.

*CenterLine Dressage cordially invites you to our annual Awards Banquet
at the Island Bay Yacht Club
on Sunday, November 15, 2015*

*Social Hour begins at 11:00 a.m.
Luncheon served at Noon.*

Garlic & rosemary mashed red potatoes, a sautéed vegetable medley and your choice of
1) Chicken Piccata: 5oz sautéed, topped w/ lemon sauce (\$20) OR 2) Pork: 5oz served w/
peppercorn sauce (\$20)

OR

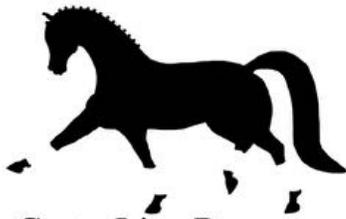
Stuffed Portabella mushroom w/ spinach/mushroom duxelles (\$20).

All dinners come bread & butter & fruit cobbler dessert. Kids Meal: Chicken fingers, fries, Ice Cream
(\$10).

RSVP by November 11 to Paula Briney

(217) 652-1635 or RSVP online at centerlinedressage.com/RSVP

Checks payable to CLD



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): _____

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

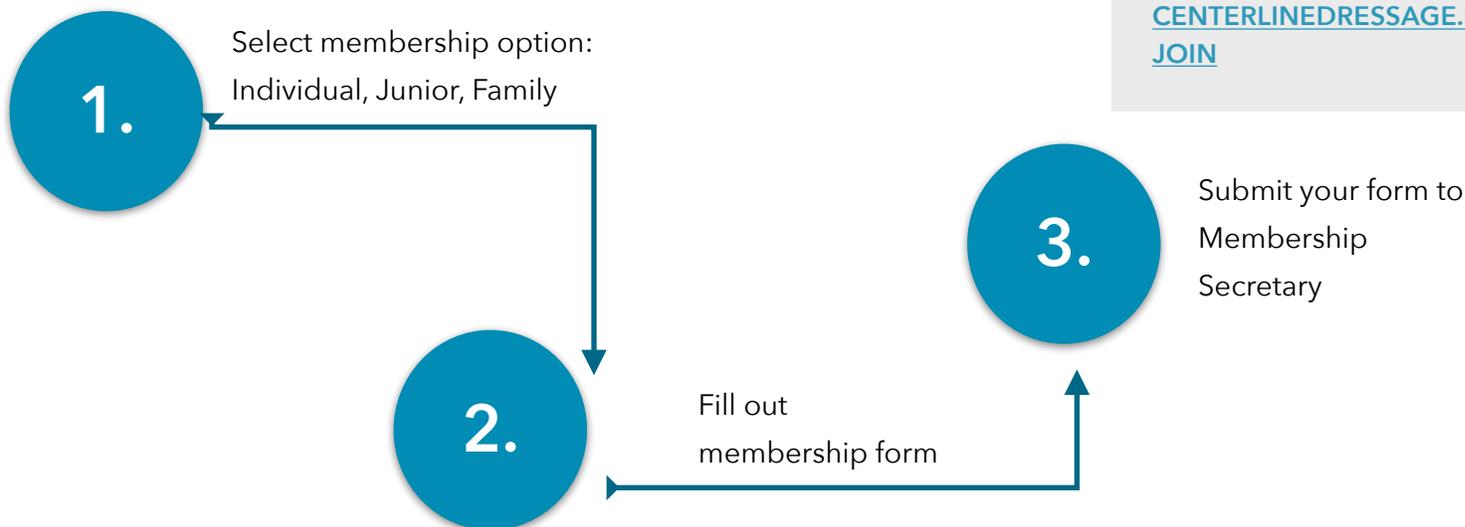
Reader Preference		
<input checked="" type="checkbox"/>	Paper Copy:	<input type="checkbox"/>
<input type="checkbox"/>	Digital Copy:	<input type="checkbox"/>

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

Please send to:

Kelly Griffith
 CLD Membership Secretary
 membershipsecretary@centerlinedressage.com
 5351 S. Cantrall Creek Road
 Cantrall IL 62625

CLD Membership Renewals!



♦ FULL DETAILS AT
[CENTERLINEDRESSAGE.COM/
JOIN](http://CENTERLINEDRESSAGE.COM/JOIN)

Club Officers & Personnel (Full list and mailing addresses online) all emails - @centerlinedressage.com			
President	Judy Nordstrom	217/626-1518	president@
Vice-President	Kelly Griffith	217/637-0884	vice-pres@
Treasurer	Katie Keim	217/652-1855	treasurer@
Secretary	Leslie Burket	636/532-9922	secretary@
Newsletter Editor	Kim Jones		reader@
FaceBook Senior Editor	Lisa Lehr		social@
FaceBook Editor	Jayme Geisler		social@
Membership Secretary	Kelly Griffith	217/637-0884	membershipsecretary@
Awards Chair	Lisa Lehr/Teresa Litchfield		awardschair@
Web Site	Moiety Design		kuhn@moietyenterprises.com

DEADLINE FOR READER ITEMS



CenterLine Dressage

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