

# 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
- ◆ LILO FORE CLINIC
- ◆ DRESSAGE FOUNDATION  
FLORIDA TOUR  
BY PAT MCVARY
- ◆ CLD JENNIFER KOTYLO  
CLINIC  
BY SUE GRAHAM
- ◆ CLD JENNIFER KOTYLO  
CLINIC  
BY JACKIE JACKSON
- ◆ APRIL MEETING MINUTES

## CALENDAR

- ◆ CLD ICEBREAKER SCHOOLING  
SHOW APRIL 16  
@ TOWER HILL EQ. CENTER
- ◆ CLD CLASSIC I & II  
JUNE 25 - 26  
@ ILLINOIS STATE FAIRGROUNDS
- ◆ CLD LILO FORE CLINIC  
JUNE 27 & 28  
@ STARWEST
- ◆ CLD FIRECRACKER SCHOOLING  
SHOW  
JULY 9  
@ PRATENSE FARMS
- ◆ REGION 2 CHAMPIONSHIPS  
SEPTEMBER 23-25  
@ LAMPLIGHT EQUESTRIAN  
CENTER

## Letter from the President

*by Judy Nordstrom, President*

Hello friends and members,

We are looking forward to our upcoming IceBreaker schooling show! It will be held at Tower Hill Equestrian Center on April 16th. My fingers are crossed for a sunny, rain free day. I realize I'm thinking wishfully, but one can always hope. April is predictably unpredictable when it comes to the weather. Please contact me if you would like to volunteer as we can always use a little extra help!

Our winter educational event and clinic with Jennifer Kotylo was very well attended and enjoyed by all. Thanks Paula Briney and Pratense Farms for hosting. Read more about it in this month's newsletter reports by Susan Graham and Jackie Jackson.

See you at IceBreaker, an economical chance to get your horses out for the first show of a successful season.

Judy Nordstrom  
President, CenterLine Dressage

# Lilo Fore

CLD Education Days @ StarWest June 27 - 28, 2016



## Fees

CLD Member Fee (1 full slot, 1 45 min lesson per day)	\$320	Stabling (1 night) payable to StarWest	\$25
Auditing Only CLD Member (1 Day)	\$10	Auditing for Riders	\$0
Auditing Only Non-CLD Member (1 Day)	\$15	Lunch for Riders	\$0
Lunch (1 Day) (RSVP by 6/25/2016)	\$6	Sign up at <a href="http://centerlinedressage.com/lilo">centerlinedressage.com/lilo</a>	

All but stabling checks payable to CLD & send all materials to:  
CLD 1736 S. Farmingdale Rd New Berlin, IL 62670

Applications due by May 15. Selected riders, chosen by committee, will receive notification by May 30th of inclusion. All riders must be 2016 members of CLD. You are limited to only one slot (two lessons) per rider riding the same horse each day. Professionals will receive preference over AA's and Jr/YR's as the knowledge gained will be shared with more people. Sign up at [centerlinedressage.com/lilo](http://centerlinedressage.com/lilo)

Contact: Kate Fleming-Kuhn  
kate@starwestonline.net

# Lilo Fore

CLD Education Days @ StarWest June 27 - 28, 2016



Liselotte (Lilo) Fore is the owner of "Sporthorse America" in Santa Rosa. Lilo is being honored with an Equus Award for playing a major role in raising the quality of Dressage training and horses to an international level in Sonoma County. She has offered as many as six Champion stallions at stud at one time, and received national and international awards for Dressage horses from her breeding program.

She grew up outside of Dusseldorf, Germany, where, at age four, she saw her first horse. Lilo says "...from that time on I knew that four legs, a mane and tail would be my life." She came to California in 1971 and bought, for one dollar, an injured three year old American Thoroughbred, Dionysus. Under her training, Dionysus not only healed; he became U.S. "Horse of the Year" in all national levels. She and Dionysus were selected for the USET short list in 1976. Dionysus was only the first in a succession of Lilo's many hard earned and on-going accomplishments over more than 30 years in Sonoma County. She is the winner of numerous national and international Horse of the Year awards for California, USDF and USET. Her judging credentials include: USEF "S" Judge, FEI "I" Judge and Sporthorse Breed Judge. She is among the founders and serves as chair of the USDF Instructor-Trainer Certification Program. She is continuously involved in many educational programs for Dressage trainers, teachers and judges throughout the United States.

Applications due by May 15. Selected riders, chosen by committee, will receive notification by May 30th of inclusion. All riders must be 2016 members of CLD. You are limited to only one slot (two lessons) per rider riding the same horse each day. Professionals will receive preference over AA's and Jr/YR's as the knowledge gained will be shared with more people. Sign up at [centerlinedressage.com/lilo](http://centerlinedressage.com/lilo)

# Dressage Foundation Florida Dream Tour

*by Pat McVary*

On March 14th, Pinky Noll, Judy Ethell, Betty Cronin (a friend from Chicago), and I travelled to Wellington, to attend The Dressage Foundation's second annual Florida Dream Tour. In the fashion of TDF's Young Rider International Dream Program, in which four young riders travel to Europe to observe the training methods of international riders and trainers, the Dream Tour is an opportunity for riders of all ages to visit the farms of top riders in the U.S and be introduced to the theories of how they go about training the outstanding horses we read about daily. Proceeds from the tour benefit TDF and the International Dream Program.

We met at 8 am at the Adequan Global Dressage Festival show grounds to board the bus that would take us to the different facilities. There were 27 of us, including TDF board members Beth Baumert, Lendon Gray, and Carol Lavell, along with our tour guide, TDF's Executive Director Jenny Johnson.

Our first stop was Betsy Juliano's Havensafe Farm. Ms. Juliano is a key supporter of our sport, most recently sponsoring Laura Graves and Jennifer Baumert, thus allowing them to tap into the resources they will need to succeed, She has also purchased an international horse for Adrienne Lyle.

As the riders worked with their horses, Kathy Connelly provided commentary, pointing out the challenges faced with each pair and the skills utilized to bring out the best in each horse. She stressed the base of the training pyramid - rhythm, relaxation, and connection - saying that even the top riders inherently ride through the pyramid with each ride. As a judge, she looks to a horse's back, poll, and jaw for signs of relaxation, while the ears, tail, and eyes denote happiness in their work. She

[centerlinedressage.com](http://centerlinedressage.com)

reminded us that the warm-up is very important every day by encouraging confidence and a partnership with your horse. Being social animals, if they have connected with their rider, they look forward to their training sessions.

The first riders, Molly Paris and Jennifer Baumert, shared the ring. Molly triple-medalled as a junior rider in 2014, earning team gold, individual silver, and freestyle bronze at NAJYRC. She trains with Jennifer in North Carolina, receiving additional help with Debbie McDonald and Robert Dover. Jennifer is a gold, silver, and bronze medalist, and also a USDF Certified Instructor through the FEI levels.

Next, Laura Graves hand-walked Verdades into the arena. He had been given the day off to rest before the up-coming CDI show starting the following day. She follows a structured training schedule: hack without a saddle one day, stretching work one day, one day off, four days of work. She told us how she acquired him and about his injury (a broken jaw, now healed). Later she rode a young horse for the group.

Adrienne Lyle rode the international horse, Horizon. Adrienne has won the Brentina Cup, was a member of Team USA in Normandy for the 2014 WEG, winning fourth place, She was also a participant in TDF's International Dream program, a recipient of TDF's Carol Lavell Advanced Dressage Prize and also their Patsy Albers Award. She has competed in the Olympics. Olivia La Goy-Weltz lightly schooled her horse for us. The mare had been rested for two days so this was a warm-up day. The pair had just moved up to Grand Prix. Olivia was also a recipient of the Carol Lavell Prize. She was Reserve Champion for the Brentina Cup



# Dressage Foundation Florida Dream Tour

*continued ...*

and was alternate for the Pan American Game. She and Adrienne train with Debbie McDonald. All the riders had a plan, as Kathy Connelly told us. They used each horse's natural gaits with no stress to achieve what they intended to accomplish that day.

It was now time to board the bus and move on to the next barn, Stillpoint Farm. Stillpoint Farm is owned by Arlene (Tuny) Page. Tuny, a well-known international rider, creates an atmosphere of cooperative teamwork in her facility, where professionals share ideas and experiences with the common goal of improving and developing sport horses and riders. Based at her farm are two other trainers, David Marcus, a two time Olympian for Canada, and Nicholas Fyffe, an international Grand Prix rider.

The cooperative spirit was evident as Tuny began her lesson on her horse Woodstock with David coaching her. David stressed the importance of having the horse in front of your leg from the start. He says be clear but be fair - look to what you want in the end. Nicholas then rode his PRE, again illustrating the importance of forward. Commenting on this ride, David points out that in order to collect, you first need something to collect, and then you will be able to bring it back. Finally, David

[centerlinedressage.com](http://centerlinedressage.com)



*(l - r) Mikala Gundersen on My Lady, Pat McVary, author, her friend Betty Cronin, and fellow CLD members, Judy Ethell and Pinky Noll.*

rides a young horse, newly purchased at auction. For this horse, relaxation and symmetry are important. He also rode during the group's picnic lunch, deliberately planned to expose the mare to the sounds of soda cans being popped and plastic trays opened. The youngster handled it very well. Commenting on his ride were both Nicholas and Tuny. Before we departed, Tuny summed it all up with one last comment, "At the end of the day we are all just working on a better half-halt."

Our next visit was to MTICA farm, the private barn of adult amateur, Janne Rumbough. Janne is known as the First Lady of Dressage in Wellington. She moved there in 1975 and has been instrumental in promoting dressage in an area where there were only polo fields and orange



# Dressage Foundation Florida Dream Tour

*... concluded*

groves. Janne won the Adult Amateur Grand Prix Freestyle at the Finals in 2014 on her PRE, Junior. She was riding Junior with her trainer, Mikala Gundersen. Usually they conduct the lesson in Danish, but spoke English for our benefit today. Afterward, Janne told the group about the early days of dressage in Wellington, and her experiences as an amateur. Her advice to all of us, "Do not jump levels." Riding through the levels will provide the rider and horse the basics needed to succeed in the subsequent levels. Janne is truly a testament to that philosophy.

Our final visit was to Bell Tower Farm, Mikala and Henrik Gundersen's barn. The Gundersens moved to the US to establish their business HorseGym USA - treadmills and other therapeutic equipment for horses. Mikala rides for the Danish Team where she was an alternate for WEG in Kentucky and rode

in the 2014 WEG in Normandy. She rides Janne Rumbough's mare My Lady. My Lady, a large, muscular, strong-willed horse, proves to be a handful to ride. Mikala concentrates on controlling her shoulders and the tempo, as the mare tries to take over each session. She teaches, "You can always make a dressage horse better through supplying and strengthening." Her ride on My Lady appeared effortless and light.

It was now 4 pm, the tour had ended and we returned to the show grounds to pick up our cars. At a restaurant later that evening, we ran into two other members of the group and they joined us for dinner. We spent the meal planning next year's trip to Wellington and taking another Dream Tour. So, not only had we seen amazing riders and trainers, thanks to The Dressage Foundation we also made new equestrian friends!

---

## Jennifer Kotylo Clinic Part I

*by Susan Graham*

The weekend started with a potluck and lecture at Judy Nordstrom's home on Friday evening. This session had 18 attendees, all enjoying the food and social time. Jennifer spoke and presented slides about posture and body position and how it affects the horse. She demonstrated how small shifts in posture can have a big impact on how energy moves through your body. If energy does not move through your body, it will reflect back to the horse resulting in blocking him from his best movement. Jennifer also demonstrated several exercises that helped to loosen restrictions in our bodies. Small adjustments can yield greater range of motion for both you and your horse.

On Saturday, Pratense Farms hosted the riding portion of the CLD sponsored clinic. Besides a full

clinic of 8 sessions, there were also many auditors attending. Everyone enjoyed the noon potluck.

Jennifer is a certified Core Dynamics Pilates Instructor and certified Equilates teacher. She asked some of the riders to dismount so that she could check their bodies for restrictions. She worked with the rider to help improve their range of motion and/or 'feel' a movement off of the horse. This was very beneficial for the rider.

The general rule of the day was that as the rider's position improved, the horse was able to perform better. This was true for my lesson. My body had a twist to the right and my pelvis was not in neutral position. Neutral position is where you have the greatest range of motion from that position.

# Jennifer Kotylo Clinic Part I

*by Sue Graham continued...*

We worked on both issues as well as general riding technique. I came away from the ride with several things that I was able to 'feel' and work on correcting at home.

This seemed to be true for other rides as well. The riders were able to feel and repeat how to correct a position issue or how to handle and correct their horse.

Participating in the CLD sponsored Saturday Clinic were members Elizabeth George, Helena Rosse, Ellie Mendenhall, Ann Bormida, Kim and Katie Dresch, Sue Graham, Alexis Snyder, Jackie Jackson, and Chrissy Jacobs. Jennifer has a large arsenal of exercises and the ability to adapt to the needs of the riders and their horses quickly. This makes lessons very productive.



# Jennifer Kotylo Clinic Part II

*by Jackie Jackson*

I had the opportunity to ride in the Jennifer Kotylo clinic held at Pratense Farms in March. I had taken the next week off from work and planned to take a number of lessons, so I was excited to start with one that would focus on my position. I had been struggling with my seat, specifically feeling like I could not get even pressure on both seat bones and even contact with both legs unless I almost leaned, in my opinion, too far to the left side of my horse. Because of this imbalance, I felt I was causing my horse to have difficulty with her own straightness. I also felt my feet were not quiet enough in the stirrups, causing unintentional noise which would ultimately lead to a lack of responsiveness to my aids.

Upon telling Jennifer of these issues, she immediately asked me if I was aware my pelvis was

twisted. I had no idea, so she demonstrated it to me by pointing out how my derriere was positioned in the saddle. I informed her that I regularly see a chiropractor, so she determined it was likely a muscle memory issue I would need to retrain to fix. She also looked at where my legs were laying and noticed my stirrups were too short. After lengthening them a hole, sure enough, my legs got into the correct position much more easily.

To work on the muscle retraining, she had me think about turning the right side of my pubic bone and the right side of my chest toward my horse's left ear. It felt phenomenally awkward at first and especially difficult to do without turning my head the same direction... I am sure it was quite the awkward sight to see at first! However, once I got



# Jennifer Kotylo Clinic Part II

*concluded...*

the hang of it, my horse was immediately straight and magically, my seat bones and legs felt even without me leaning off the left side of my horse. My body was also sore in new places as those muscles weren't used to working that way. It never ceases to amaze me how small tweaks in the rider's position make such monumental differences in the horse's way of going. Now that I am a few weeks past the lesson, my muscles are already making great strides in the retraining process and it's much easier to correct my position.

To work on my ability to absorb movement in my hips (and thus quiet my feet), Jennifer had me get off the horse and lay on a cooler in the arena. She working on stretching my hips and discovered a very tight (and painful) right hip flexor. She did

some myofascial release with it and stretched it. While painful at the time, my hips felt very flexible afterward. When I got back on my horse, she reminded me to ensure I was posting from and making contact with the horse just below my knees and not over-relying on my stirrups. Between that reminder and my newly found loose hips, my feet quieted right down.

This clinic was the perfect set up for a week full of riding lessons and a great way to start clinic and show season for me. I know my young horse appreciates me getting my act together with my position! I hope to ride with Jennifer again in the future and want to extend my thanks to CLD and to Paula Briney for bringing her in!

## April 3, 2016 CLD Executive Board Meeting

*@ Star West; Judy Nordstrom presiding*

The meeting was called to order at 2:15 p.m by President Judy Nordstrom. In attendance were Kelly Griffith, Martin Kuhn, Malcolm Kuhn, Teresa Litchfield, Alice Martin, John Simpson, and Jordan Wilton.

**Meeting Minutes:** The previous meeting minutes were approved by internet vote on February 28, 2016.

**Treasurer Report:** Unable to attend in person, Katie Keim sent an electronic copy of her report to Board members.

- 2016 net loss (\$1972.15)
- Net Kytolo Clinic loss (\$293.00)
- CD Balance \$25,659.03

### Membership Report

- Kelly reported that the club now is up to a total of 68 members in 2016.
- 12 members were recruited from the recent Jennifer Kotylo Clinic.

### Webmaster Report

- Martin reported that 1 newsletter has been sent out since the February meeting to a total of 125 subscribers.
- 49% of subscribers opened the email.
- Of the 49% only 30% clicked on a link inside the email.
- Traffic on the website continues to increase, with the number of monthly visitors about double from what it was in December 2015.



# Creating A Winning Partnership With Your Horse

**Adult Amateur Opportunity**

*Learn from two clinicians at each clinic*

## Featuring

**Kathy Connelly**

*USDF Honorary Instructor*

*"S" Judge*

*World Cup Competitor*

*Coach for World Equestrian Games and the World Cup*

*Olympic and World Games Selector*



**Region 2**

**June 11-12, 2016**

Tempel Farms  
Old Mill Creek, IL

Hosted by Illinois Dressage and Combined Training Association

*and*

**Betsy Steiner**

*USDF Honorary Instructor*

*International Rider, Trainer and Coach*

*World Equestrian Games Competitor*

*Creator of Equilates™*



For current details on these and future clinics visit

**[www.usdf.org](http://www.usdf.org)**



YOUR CONNECTION TO THE  
**AMERICAN**  
DRESSAGE COMMUNITY

## USDF Adult Clinic Series

# April 3, 2016 CLD Executive Board Meeting

*@ StarWest; Judy Nordstrom presiding*

**Social Media:** It is with much sadness that Lisa sent a report to inform the club that she will be stepping down from her positions as social media chair and awards co-chair within the club, effective the end of April. Her husband, Chris, has accepted a position at the Lebanon VA Hospital in Lebanon, PA. They will be moving in May. Jordan Wilton will assume Lisa's positions as Social Media Chair and Awards Co-Chair.

- Lisa reported that as of March 31, CLD has 510 Likes on FaceBook and 37 Twitter followers.

## Newsletter Report

Alice is working to compile all of the newsletter materials with hopes to have enough to submit to the Reader by April 10.

## Year End Awards

Lisa reported that 16 horse/rider combinations have submitted online nominations. Hard copies of these forms have been given to Teresa. By May, the nomination forms will need to be updated with the new co-awards chair, Jordan Wilton.

## Symposium

- Martin will talk to Kate about creating an application for the Lilo Fore Clinic, on June 27th and 28th, to be included in the next newsletter.
- Lilo had requested a hotel during the clinic. John Simpson will call and make reservations.

## Director's Reports

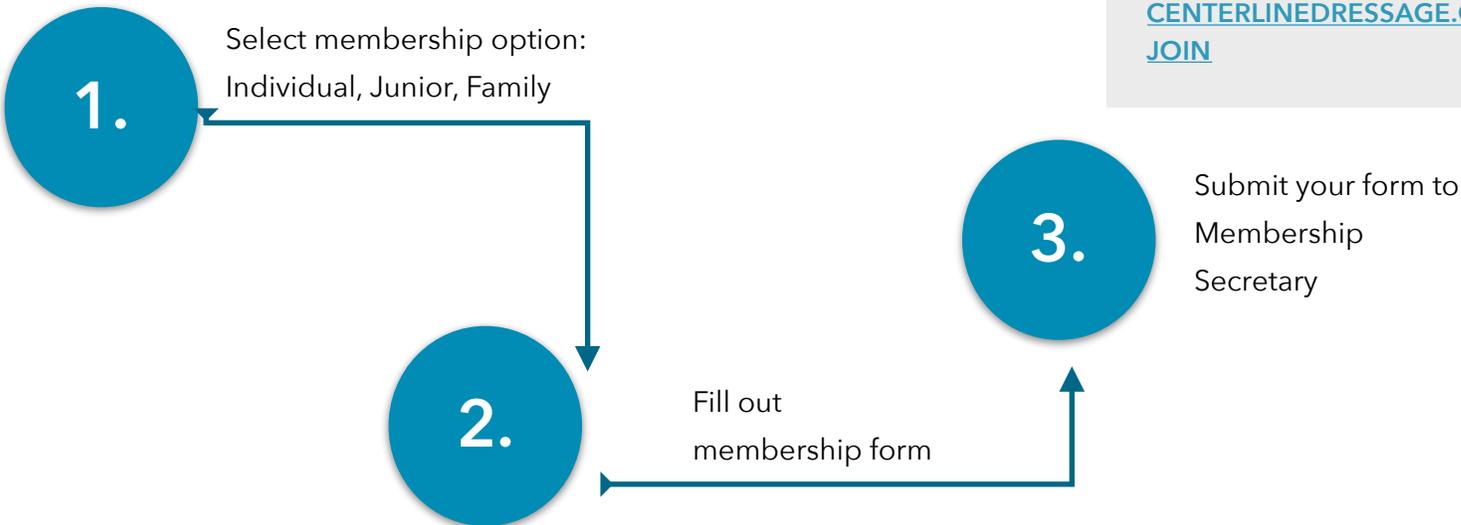
- Paula informed us that the ring has been rented to Carousel, Morgan Jubilee and ARAB, Inc shows.
- With the help of the scholarship committee, Jordan Wilton will begin updating the CLD scholarship applications. The new forms will then be available as soon as CLD scholarship funds are re-established.
- John Simpson is looking for scribes for both sport horse and dressage classes at the upcoming ARAB, Inc. Region XI Sport Horse Championships on May 19th and 20th. Please contact him if you would like to scribe.
- The CLD Classic I & II prize lists have been submitted to USEF and updated.
- Debbie Riehl-Rodriguez (S judge) and Lilo Fore (I judge) will be judging the Classic I and II shows on June 26th and 27th.
- The on-calls (EMT, farrier, and veterinarian) have also been confirmed.
- John Simpson has hired judges Melissa Creswick and Dolly Hannon for Classic I & II, 2017.

Jordan moved and Teresa seconded to adjourn at 3:05 p.m.

Respectfully Submitted,  
Jordan Wilton, Acting Secretary

# CLD Membership Renewals & Nominations Due!

.....  
 ♦ 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	<a href="mailto:president@centerlinedressage.com">president@</a>
Vice-President	Kelly Griffith	217/637-0884	<a href="mailto:vice-pres@centerlinedressage.com">vice-pres@</a>
Treasurer	Katie Keim	217/652-1855	<a href="mailto:treasurer@centerlinedressage.com">treasurer@</a>
Secretary	Leslie Burket	636/532-9922	<a href="mailto:secretary@centerlinedressage.com">secretary@</a>
Newsletter Editor	Alice Martin		<a href="mailto:reader@centerlinedressage.com">reader@</a>
FaceBook Senior Editor	Jordan Wilton		<a href="mailto:social@centerlinedressage.com">social@</a>
FaceBook Editor	Jayne Geisler		<a href="mailto:social@centerlinedressage.com">social@</a>
Membership Secretary	Kelly Griffith	217/637-0884	<a href="mailto:membershipsecretary@centerlinedressage.com">membershipsecretary@</a>
Awards Chair	Teresa Litchfield/ Jordan Wilton		<a href="mailto:awardschair@centerlinedressage.com">awardschair@</a>
Web Site	Moiety Design		<a href="mailto:kuhn@moietyenterprises.com">kuhn@moietyenterprises.com</a>

# DEADLINE FOR READER ITEMS



CenterLine Dressage

Items for publication or inclusion in the READER should be received by the editor by the 1st 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 Alice Martin  
1736 S. Farmingdale Rd.  
New Berlin, IL 62670