



eCentaur

RMDS President's Message

There have been four USDF recognized shows in Colorado and one in Cheyenne so far this year and all of them, with the exception of the GVDS show, have filled in just a short amount of time. The fifth recognized show in Colorado filled in just a couple of hours. The BVD show opens the same day this letter goes out, and I will not be surprised if it also fills in a very short amount of time. I have heard all the complaints and the rumors...However, what I have not heard is anyone stepping up to say they would like to put together a show either for this year, or next. I have not heard anyone say they would like to become a Show Manager, but I have heard all the complaints about the current show management. It is easy to complain; it is MUCH harder to be part of the solution. I will say it once again -THIS IS YOUR CLUB!! If you want things to change, then you must put out the effort to change things. If you want more shows, get with your barn owners, your trainers or students, your friends and put together more shows. All the information you need to create a show or be a show manager is on the USDF website. RMDS will welcome all new shows and show managers.

With as quickly as time flies, Championships will be here before we know it! We would love to make the 50th Anniversary of RMDS be an ultimate celebration at Championships. Once again, I am asking that you share your thoughts and ideas with anyone on the board so that this can be a magnificent Championships!! We are also looking for donations of either time or money to pull this off, so please consider being generous with one or the other or perhaps even both!!

“Don’t count the things you do, do the things that count.” *Zig Ziglar*

Happy Riding,

Volunteer! RMDS events only happen because people just like you help give their time, talent and energy. Have you given back this year?

July 2021 USDF Region 5 Message

Summer is here and shows are thankfully rolling along again this year. Colorado has had lots of nice rain and is quite green. The horses are definitely enjoying the grass. Shows are filling well, and frequently have wait lists. We have had 8 shows so far fill on opening day and most of them filled within a few hours. It's been quite a change from the past 12-15 years!

The 2021 USDF Convention will be December 1-4 in Houston, Texas! Coming visit Region 9! The host hotel is right downtown and there will be plenty to do and explore outside of meetings and educational programs. Region 9 is getting ready to roll out the red carpet and this will be a great city to enjoy after the pandemic of the last year.

We have Juniors and 1 Young Rider for the 2021 NAYC in Traverse City, Michigan. We're very excited to have a great group of kids going to represent Region 5. It's an expensive venture and they could use your help. If you would like to contribute or help with their fundraising efforts, please contact Joan Clay, our Region 5 Jr/YR FEI coordinator at jnclay@comcast.net or 970-420-0877. These young adults work very hard, as do their parents, trainers and friends and every little bit of support is greatly appreciated.

The qualifying period for the 2021 USEF Championships Programs for Young Horses, Developing Horses, Children, Ponies, Young Riders, Juniors and U25 Grand Prix will close at the end of July. We wish all our intended competitors

We are looking forward to having a central Great American/USDF Regional Championships at HIPICO Santa Fe in Santa Fe, New Mexico. It will be fun to have a new venue for the show. I've run a show there this year and it's going to be really a great show. We have linked the Regional Championship prize list to the Region 5 website, so be sure to check out www.USDFRegion5.org.

Several important **DEADLINES** are coming up:

- USDF National and Regional GMO volunteer nominations, as well as GMO award nominations, are due to the USDF office by August 31.
 - GMOs can submit nominations for [Newsletter Awards](#), [Website Awards](#), and [Photography Awards](#). Don't forget that all nominations are due to the USDF office by **August 31**. No more submitting hard-copy nominations! See the nomination forms for detailed information.
 - Regional GMO Volunteer of the Year nominations can be submitted by any participating member, group member or the Region Director.
 - One deserving group member will receive the [Ruth Arvanette Memorial Fund Grant](#) to attend the 2021 Adequan/USDF Annual Convention in Houston, Texas. The grant includes full convention registration and partial reimbursement for travel expenses.
Applications due by **August 31**
- GMOs must return their GMO Delegate/Proxy Authorization form to the USDF office to appoint representation to the Board of Governors meeting at the USDF Annual Convention.

If you have news you'd like to share, please let me know, we're happy to get it out and about for you.

Till next month!

Heather Petersen

Region 5 Director

[View USDF Region 5 Website](#)

REMINDERS:

Bylaw changes

Due by Aug 30

Get a score check!

Utilize the new RMDS website & database to check your 2021 scores on your dashboard

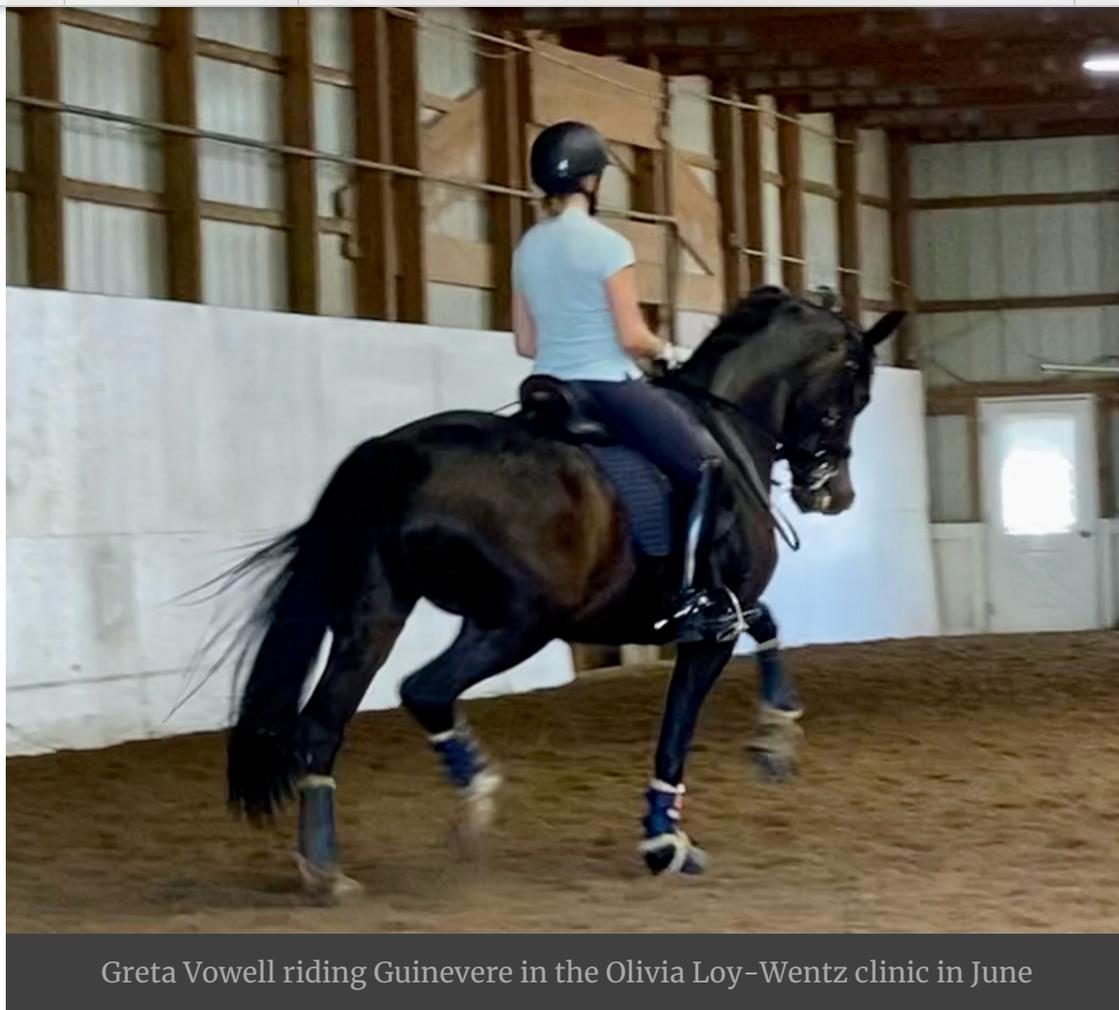
Pearls of Wisdom from Olivia Loy-Wentz

by Judi DeVore

Rabbit Mountain Equestrian Center was host on June 13, 14, 15 to Olympic short-listed rider Olivia Loy-Wentz. I was able to audit the clinic for a day and a half and took away a notebook full of notes. I am a very visual person and some of the instruction she shared really helped me to visualize what I am supposed to be doing while in the saddle during various movements. Many thanks to Greta Vowell and Rabbit Mountain for hosting this very informative clinic

- Line up your sternum with your pubic bone to stay over your pelvis. Think of your body as a box with 4 sides. The points of the “box” where it meets the saddle should be level front to back and left to right.
- Push your hands forward as though pushing into a wall to engage your core and help to keep your hands steady and feeling forward. Quietly growl to get core engaged.
- Push the shopping cart when you feel like you are riding backwards (front to back instead of back to front)
- Fluff with your leg and shape with your seat
- Set the rhythm with your seat and ask the horse to match you. Stay on top of the motion do not drive with your seat.
- When sitting the trot feel the bounce down as though your are on a ball with a soft quality to it. No splatting on the down beat of the trot. When you add leg and close, you must feel it through the back. Like the current from both ends that meets in the middle. When you meet resistance stick

- In the canter push back in your hip and send the weight 2/3 of the way down into your thigh and if the horse slows down lean forward not backward. Do a mini ab crunch in the downward transition—no anchor in the sacrum in the downward transition
- If your trot is too passagy take it forward and through. Bend and inside leg with forward energy
- An efficient canter is tidy underneath you. The back is the bridge and there is an up and downness in the wither. Notice drift and try to fix it before throwing the horse the other way.
- When riding a serpentine or circle focus on keeping the withers in the middle along the line of travel. Turn the withers not the neck.
- In R half pass keep R hand forward and the horse trotting to it (L half pass, L hand forward)
- On lengthenings at least get a change in energy. Make sure when you add leg you get a response and then soften. (You should get a “motorcycle pop a wheely” kind of response to your leg) Refresh every 4-5 strides if you need to.
- On the downward, transition, stretch up but keep reins going forward. Shoulders up and in front of the hips. Withers up and central. Think “match me-carry me—fill up underneath me”
- During flying lead changes the canter rhythm must stay the same before the change.. Make the horse round before the change. Horse must go forward when touched with the outside rein not back away from it.
- In collected canter pay attention to the rhythm. Give them time to feel each footfall.
- In pirouette canter look for bouncy and then ride out of it to start.
- In canter pirouette think rein back on outside rein during the pirouette. The horse needs to feel boxed up on R and L sides during the pirouette with less bend.



Greta Vowell riding Guinevere in the Olivia Loy-Wentz clinic in June



Olivia Loy-Wentz with Diangy Zaronias riding Zen

ADVERTISE with RMDS!
We have great options for every budget

[Upcoming July Events](#)

July 7 – Split Pine Ranch Schooling Shows, Colorado Springs, CO

July 10-11 – Millbrook Farms Dressage Festival Judges: Kathy Rouse, Pamela Wooding, Fairfield, UT

July 12 – Boulder Valley Book Club – Sally Swift’s Center Riding, 7pm Zoom

July 13 – RMDS Executive Board Meeting, 6:30 pm Zoom

July 16-18 – Santa Fe Dressage I & II judges: Dolly Hannon, Sue Mandas, David Schmutz, Santa Fe, NM

July 17-18 – Rocky Mountain III & IV Judges: Peggy Klump, Margaret Freeman, Longmont, CO

July 18 – Centaur Rising Dressage Show II, Pine, CO

July 23-24 – Sage Creek III & IV, Heber City, UT

July 24-25 – On the Bit Dressage Show I & II Judges: Sandy Hotz, Agnes Billington, Laramie, WY

July 26 – GVDS Presents “Preventing Ulcers & Colic During Show Season” by Dr. Megan Lamb, 7pm Zoom

July 31 - Aug 1 – BV Dressage at the Fairgrounds I & II Judges: Heidi Berry, Amy McElroy, Boulder, CO

July 31 - Aug 1 – Dressage Under the Big Sky III & IV, MT

July 31 - Aug 1 – New Mexico Dressage - Jeremy Steinberg Clinic, Santa Fe, NM

[Click to View Full Calendar](#)

Rocky Mountain Dressage Society presents

with Janet Foy (S) Tuesday, September 7, 2021

[Click here for entry registration](#)

trailer

by Bruce A. Connally DVM, MS

- Rectal thermometer: Use to diagnose infection or over heating
- Banamine (flunixin) paste: this is useful for mild colic or for injuries. It is a prescription product so discuss this with your veterinarian.
- Phenylbutazone (Bute) paste: this is useful for musculoskeletal injuries. It is a prescription product also so use as directed by your vet. Don't use more than 2 grams daily for most adult horses.
- Dormosedan gel: this is a sedative that requires a prescription. Ask your veterinarian if they are comfortable prescribing this for you. It can be very useful to help treat a horse who is afraid or painful.
- Wound ointment: Silver sulfadiazine or triple antibiotic ointment is the best.
- 3 rolls of 4" Vetrap
- 1 roll of cotton. (Can use a towel or disposable diaper for padding in the bandage instead of cotton. Vetrap applied directly to a leg without padding can shut off blood to the foot.)
- 3 rolls of brown gauze (stretchy gauze 6" wide)
- Telfa pads or gauze pads at least 3" square to apply over a wound.
- Bandage scissors
- White tape
- Duct tape
- Betadine solution or (even better) saline. A large syringe is useful for flushing a wound.
- Flashlight: it is amazing how many emergencies happen in the dark.
- Farrier equipment that you feel comfortable with. Minimum is a hoof pick.
- Optional: stethoscope, hoof rasp, shoe puller, hammer, hoof boot. (Really, there is only so much room in the trailer.)

Adult horse vitals: Temp: 99 – 100.5⁰ F Pulse: 28- 44 bpm

Emergency Treatment notes

Colic: mild colic may often resolve with time. Walk the horse if needed to keep them from rolling but allow them to stand (or lay) quietly if they will. Give Banamine paste as directed by your veterinarian. If the colic persists for more

Lacerations: Many small lacerations require little care. Washing the wound with the betadine or saline may be enough. Most antibiotic ointments are not very effective and tend to collect dirt. If you choose an ointment, use one containing silver sulfadiazine or triple antibiotic. If you are going to have your veterinarian suture the wound, rinse it with saline but do not put any medications on it. Bute or Banamine may help control swelling and pain.

Bleeding: The best way to stop bleeding is with pressure. Apply a bandage using a nonstick pad or gauze pad, roll gauze, cotton, and Vetrap on a bleeding leg wound. If the bleeding soaks through the bandage do not remove it. That will pull the clot away and increase the bleeding. Just apply another layer of cotton and Vetrap until a veterinarian can treat the wound. Horses are often agitated when injured. Giving them some hay or bringing a friend may help then stand still for bandaging. Above all, do not put yourself at risk trying to bandage a frightened horse. A horse can lose a lot of blood without significant harm. Sometimes just getting them to stand fairly still until your veterinarian can get there is the best option.

Lameness: If the horse cannot walk on the leg or refuses to move, get veterinary help as soon as possible. If the lameness is mild then rest and possibly Banamine or Bute may be appropriate. Be sure to clean the foot to check for a rock or nail. If you are out on a trail you may have little choice but to make the horse walk out to the trailer. You may need to use Banamine or Bute to get the horse out. Try to use a small dose and go slowly so you don't make the injury worse.

Heat Exhaustion: Take the horse's temperature. If it is 104 F or more you need to cool the horse with cool water baths. Do not give NSAIDS like Banamine or Bute. These can damage kidneys in a dehydrated horse. Find some shade and allow the horse to stand quietly with access to water if they want to drink.

Eye injuries: Flushing the eye with saline may help remove a foreign body. There is usually little that the owner can do for an eye injury. Call your veterinarian.

to the trailer and go to your veterinarian.

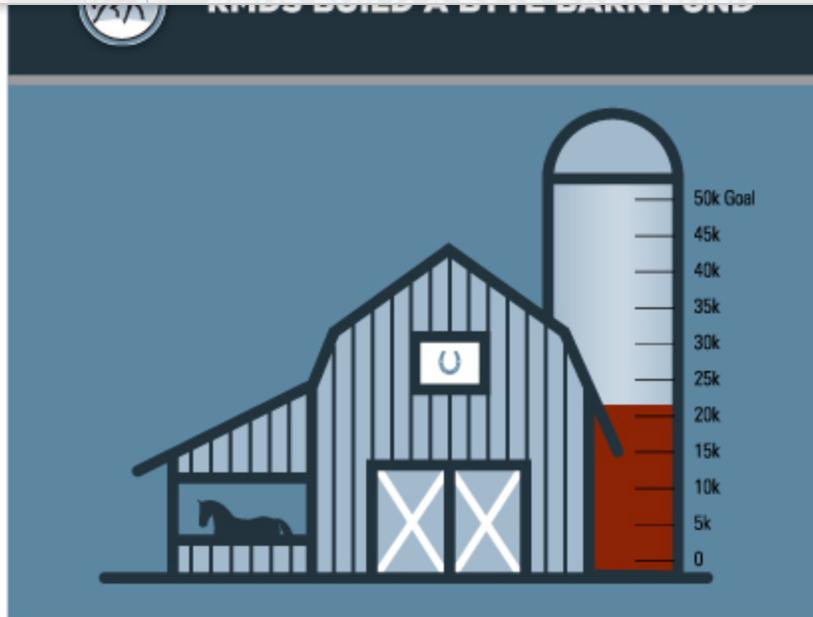
Omnibus Correction: Stan Adamson Phone number: 303-818-1876

Remember to Join RMDS so you don't miss out on fun events and important announcements!

From the homepage at rmds.org: if you are brand new to RMDS click join - if you have been a member at any time through the years click log-in.

[Join RMDS](#)

[Renew or Login](#)



We still have a long way to reach our goal, please lend us a hand!

RMDS had a new database built and website designed. Our previous database was over 30 years old and needed to be revamped in order for our organization to move forward. While this would have been a hardship for RMDS alone, it was then followed by the loss of almost all of our events in 2020. Many members did not renew, as there were less opportunities, this has compounded the difficulty for RMDS. Please help us get back in the saddle, and out of the barn!

Make your tax-deductible donation for 2021! RMDS is a 501(c)3.

We are building a Byte Barn! Donate a Brick Byte:

\$50 donation = 1 Byte

\$250 donation = 1 Megabyte

\$500 donation = 1 Gigabyte

\$1000 donation = 1 Terabyte

[Donate Now](#)



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