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eCentaur

President's Message

The holiday seasons are fast approaching; so is the RMDS Board of Governors' meeting! This is a VERY important meeting and ALL RMDS members are welcomed and encouraged to come. At this meeting many items will be covered, the budget will be discussed and Board positions will be filled. There are a few positions up for election; we love having new voices and idea, so please consider joining the RMDS Board. Remember, you don't have to Chair a committee, you can be a member of a committee.

RMDS is gathering items for our Convention Basket! At the USDF Convention, many GMO's represent themselves with a basket full of items from their areas. These baskets are given away through a drawing to Convention attendees. Each GMO "competes" to have the best baskets. If you have an item or two that you would like to donate for our basket, please either bring it to the Board of Governors' meeting or contact a Board member to arrange acquiring the items.

RMDS is also starting to look forward to our Awards Banquet. Setting up for this event is quite an undertaking; all the Awards and Silent Auction items need to be arranged. This takes a few hours to do. So, if you want to get a jump start on your Volunteer hours, this might be the opportunity for you! We also need Silent Auction items. Please remember that we are a 501c3 and item and monetary donations are Tax Deductible!!

"We are more fulfilled when we are involved in something bigger than ourselves." - John Glenn

Happy Riding
Dorothy Kapaun

USDF Region 5 Director's Message

Things are finally starting to feel a bit more normal in the horse world, if not slightly more expensive sadly. Thankfully, horse shows and clinics, have gone well and had good attendance. Congratulations to everyone who competed this year and we're also super proud of those of you who may not have competed, but met the goals you set for yourself in your riding and other facets of your life.

The USDF Convention is just around the corner and it's time to set some time aside in your busy schedules and perhaps consider joining us in Lexington, Kentucky. The convention is a great opportunity to network with other dressage enthusiasts, breeders, trainers, riders, and officials. The convention schedule has been posted online at www.usdf.org so that you can start to plan out the meetings and educational sessions you would like to attend. We have gone back to a comprehensive awards banquet, honoring our members' many achievements and the USEF Forum is always a must do to stay up-to-date on new rule changes and proposed rule changes.

We are hosting a Region 5 meeting prior to the USDF Convention on November 22nd at 7pm. Here is the call information:

Topic: USDF Region 5 Pre-Convention Meeting

Time: Nov 22, 2022 07:00 PM Mountain Time (US and Canada)

Join Zoom Meeting

[https://us02web.zoom.us/j/89155825673?](https://us02web.zoom.us/j/89155825673?pwd=aStSakIyNFBGai9MbVJncWFzbUQ5Zz09)

[pwd=aStSakIyNFBGai9MbVJncWFzbUQ5Zz09](https://us02web.zoom.us/j/89155825673?pwd=aStSakIyNFBGai9MbVJncWFzbUQ5Zz09)

Meeting ID: 891 5582 5673

Passcode: 463870

All members of Region 5 are welcome to join us. This will be a bit more of a working meeting, touching base with our committee representatives and GMOs, as our meeting during the USDF Convention will have some time set aside for issues to come before the Board of Governors and other USDF business.

A reminder that your Participating Member Delegates to the USDF Convention for 2022 are Joan Clay, Cecilia Cox, and Sally O'Dwyer. Please contact them or myself if you have any concerns regarding items listed on the BOG agenda or anything you would like to have brought forward at the Regional meetings before or during the convention.

We're hoping for some new and diverse bids for the 2024 championships. I'd love to hear from any interested parties as soon as possible so we can get you

a list of the information that is needed for those bids. The bid document should also be published soon on the USDF website. All Regional Championships still must be held by mid-October since the winners of all divisions will continue to feed into the National Championships. Joan Clay and I will be hosting a USDF Region 5 FEI Jr/YR call for 2023 on November 1st at 7pm MDT. We are going to be getting information on who's interested in declaring, but most importantly, what we can do to start fundraising efforts for Michigan.

Below is the call-in information:

Topic: 2023 NAYC Meeting

Time: Nov 1, 2022 07:00 PM Mountain Time (US and Canada)

Join Zoom Meeting

[https://us02web.zoom.us/j/81852095858?](https://us02web.zoom.us/j/81852095858?pwd=dEFCWGZiYjhZSS9UQTRFV3N6aFFVUT09)

[pwd=dEFCWGZiYjhZSS9UQTRFV3N6aFFVUT09](https://us02web.zoom.us/j/81852095858?pwd=dEFCWGZiYjhZSS9UQTRFV3N6aFFVUT09)

Meeting ID: 818 5209 5858

Passcode: 848181

I hope to see many of you on our various upcoming calls and please do consider joining us at the USDF Convention!

Till next month!

Heather Petersen

Region 5 Director

Reminder: Deadline for Scholarships is November 30th

For more information, please see <http://rmds.org/Organization/Scholarship> or contact

the RMDS Scholarship Chair, Natalie Mendik at 412.558.0249

or scholarship@rmds.org.

RMDS Board of Governors - November 19th!

Do you care about dressage in Colorado? RMDS is it! And the Board of Governors meeting is the most important RMDS meeting of the year.

Get free lunch, meet fellow dressage riders and horse enthusiasts, learn how RMDS operates.

The BOG will be November 19th, starting at 9am, at the Renaissance Hotel on Quebec Street in Denver.

For more information or to RSVP and order lunch, please contact the Central Office.



At the Bog, you will learn about:

- Leadership of RMDS
- How RMDS operates
- The great work your club is doing for you!
- What is proposed for next year
- Our committees
- Suggestions, recommendations, ideas and concerns from the Chapters
- Any New proposals
- How you might get involved
- Our terrific members—make some new friends

For more information or to RSVP and order a lunch, please contact the Central Office

RMDS Youth to Youth: An Interview with Bailey Armbrecht

By Juliet Mendik
Age 17, Castle Rock, Colorado

Bailey Armbrecht
Age 12, Crested Butte, Colorado

JM: What is one goal you have in mind for dressage?

BA: I always want to keep my pony happy and healthy, in and out of the saddle.

JM: Tell us why you like dressage.

BA: I love dressage because it's just you and your pony dancing. I love riding to music. Next year, I really want to put together a musical freestyle with Snickers. I also love dressage because of all the feels you get from when things go right and I love the powerful sensation you get from your horse when you finally get something right after working really, really hard.

JM: What's your favorite dressage movement and why?

BA: My favorite movement is passage because it feels so powerful while still being light and fluffy. Snickers is only just learning passage- it's more of a training or baby passage, but it's still a really cool feeling.

JM: What's the most important thing that dressage has taught you (or that you've learned from riding)?

BA: I have learned a few things from dressage: I have learned that it takes patience, feel, and timing. I have learned to not overthink things, and how not to do the work for the horse, and that it is a partnership. I also have to learn that sometimes I get in the way and make things harder for the horse.



Time to Renew Your Membership Why Your Membership Matters

RMDS is your (Group Member Organization of USDF) GMO, a nonprofit created more than 50 years ago. We are one of 8 clubs that comprise Region 5, and we have more than 700 members. This organizational structure is almost entirely volunteer-dependent, and as such, RMDS cannot function without member involvement.

RMDS serves YOU.

No Man Is an Island: your GMO is a critical part of your circle of support.

Give back to the dressage community through RMDS by participating at the local level, and support the national level.

What You Should Know About SafeSport

By Rebecca Ciota

The USDF's (and by extension RMDS's) national governing body is the USEF (United States Equestrian Federation). Many of us who compete are familiar with having a USEF number and, potentially, a USEF amateur card. During the USEF membership process, the U.S. Center for SafeSport Center and its resources are highlighted – even free members get access to SafeSport resources. One might find themselves wondering: what is SafeSport and why is it prominently featured on the USEF website?

The quick answer is the U.S. Center for SafeSport is an organization that addresses abuse in sports. Below are the highlights dressage riders should know about SafeSport.

What is SafeSport?

The U.S. Center for SafeSport is a nonprofit and independent organization committed to creating a sporting community where all participants are free from emotional, physical, and sexual abuse.

In 2017, the Protecting Young Victims from Sexual Abuse and the Safe Sport Authorization Act (S.534) authorized the U.S. Center for SafeSport to address cases of sexual abuse in Olympic and amateur sporting disciplines. The Empowering Olympic, Paralympic, and Amateur Athletes Act (S.2330)



U.S. CENTER FOR
SAFESPORT
 CHAMPION RESPECT. END ABUSE.

expanded SafeSport's jurisdiction to protect not only minors but all athletes.

Currently, SafeSport has jurisdiction over sexual abuse misconduct in Olympic and amateur sports, including dressage. It also has discretionary jurisdiction over non-sexual abuse misconduct, including bullying, harassment, hazing, and physical assault. SafeSport receives reports, conducts investigations,

determines sanctions, and notifies National Governing Bodies – such as the USEF – of any persons for violations against the SafeSport Code.

SafeSport Code

The SafeSport Code defines SafeSport's jurisdiction and authority, as well as lays out what behaviors are prohibited and how the center responds to and resolves claims of such misconduct.

Below are some highlights from the Code.

Terminology

USOPC = United States Olympic & Paralympic Committee

NGB = National Governing Body, for dressage it is the USEF

USDF is a Group Member Organization (GMO), whose NGB is the USEF

RMDS is a GMO, which is part of USDF

RMDS's NGB, therefore, is the USEF

LAO = Local Affiliated Organizations

Prohibited Conduct

- Criminal Charge or Disposition
- A participant cannot be subject to a resolution or disposition of a criminal proceeding unless the verdict is not guilty; and it is a violation of the Code to have pending criminal charges or warrant for arrest.
- Being on a sex offender registry makes an individual ineligible to participate.
- Child Abuse
- Sexual Misconduct

- A participant cannot engage in sexual or gender-related harassment, attempted or actual nonconsensual sexual contact, attempted or actual nonconsensual sexual intercourse, sexual exploitation, bullying, hazing, or other inappropriate behavior of a sexual behavior.
- Emotional Misconduct
- Repeatedly and excessively verbally assaulting someone in a way that serves no motivational or training purpose.
- Repeated aggressive behaviors such as throwing equipment or punching walls.
- Ignoring or isolating individuals for extended periods of time, especially if routinely and/or arbitrarily.
- Stalking and cyber-stalking.
- Physical Misconduct
- Punching, beating, striking, strangling, slapping, hitting with equipment, or knowingly allowing an athlete to return to practice or competition with a serious injury without the clearance of a medical professional.
- Isolating a participant in a small space or forcing a participant to maintain a painful stance for no athletic purpose.
- Withholding or recommending against adequate hydration, nutrition, or sleep.
- Providing alcohol to a minor or providing prohibited substances to another.
- Exclusions to this include professionally accepted methods of training. For example, punching might be perfectly acceptable in boxing but is unacceptable in dressage.
- Bullying, including physical, verbal, and emotional. Bullying relates only to minors.
- Hazing and harassment cover the same items as bullying, but relate to adults.
- Aiding and abetting an individual in prohibited conduct is also prohibited, as well as a person in a position of power tolerating abusive behavior of others.
- Failure to report can also result in sanctions.
- Knowingly filing a false report can also result in sanctions.
- Retaliation.

Disciplinary Actions & Sanctions

- Written Warning

- A participant may be warned that they have violated the Code and that further violation will result in harsher sanctions.
- Probation
- A period in which any further violation of the Code will result in further disciplinary action.
- Suspension
- For a specified period of time being disallowed from participation in any program, activity, event, competition or any other capacity sponsored by, organized by, or under the auspices of the USOPC, any NGB, or LAO – or at a facility under the same jurisdiction.
- Ineligibility
- Ineligible to participate in any program, event, activity, competition, or in any other capacity until further notice. This is usually applicable for those individuals with pending criminal charges.
- Permanent Ineligibility
- Permanently ineligible to participate in any program, event, activity, competition, or in any other capacity.
- Other discretionary sanctions.
- When looking at the published database of sanctioned athletes, these other sanctions include: No Contact, Coaching / Training Restrictions, Travel and Lodging Restrictions, education requirements,

The State of U.S. Equestrianism Since 2017

Since its inception, the U.S. Center for SafeSport has published records on 1,804 athletes and other participants from various sports with disciplinary actions taken against them for misconduct. 51 of these participants are U.S. equestrians, participating in sports ranging from hunter/jumper to dressage to saddleseat to vaulting. (A horse show vet even makes the list.) 5 are women and 46 are men.

Resources

[U.S. Center for SafeSport - Report a Concern](#) - Online or Phone

[National Sexual Assault Hotline](#) - Chat or Phone

A safe and confidential resource for survivors of sexual violence and their loved ones. Available 24/7 for free, in English and Spanish.

[StrongHearts Native Helpline](#) - Chat or Phone

A free, confidential, anonymous culturally-specific helpline for Native Americans impacted by sexual violence.

[Colorado Crisis Services](#) - Chat or Phone

A statewide behavioral health crisis response system offering residents mental health, substance abuse, or emotional crisis help, information, and referrals. Its mission is to strengthen Colorado's mental health system by providing Coloradans with greater access to crisis services wherever they are 24/7/365, regardless of ability to pay.

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