



# eCentaur

## RMDS President's Message

### *"It's the love of the horse that we all have in common"*

Welcome to winter!! Most of us have been enjoying the mild winter until a week or so ago. A few of us have abandoned the State and gone to warmer places. For those of us that have stayed, these sub-freezing days are perfect for reading, going over our goals, or spending extra time just being with our horses. For those of us with indoor arenas, we may only lose a day or two of riding days. For those of us with outdoors and tractors, we may lose a few days. For those with outdoors and no tractors, we may only get to ride a day or two before the next snowstorm. However, we will all be able to ride soon; this is something to be grateful for! Some of us may have ambitious goals of moving up to the next level, some may be staying at the same level looking for improvement and some of us don't show at all but enjoy the journey of this sport without the competition. Some of us will be helping our horses through lameness or illness. It is the love of the horse that we all have in common. The connection and harmony we feel when we ride or are just with our horses. We are all so very fortunate to be able to take part in this journey. It is a huge privilege to have the ability to share our life with our horses. Whether we have a horse that cost six figures or an adopted mustang or a retired racehorse or a horse off Craigslist, we are so very privileged to be part of a horse's life!

Some of us may be thinking that Show Season is three months away; however, if you look at the RMDS calendar, you will see that both Hobby Horse in the northern part of the state and Latigo Trials in Elbert are both offering Schooling shows! April is packed with clinics and our first RMDS Show of the season! Let's not forget the educational training this month; we have the Technical Delegates clinic and the Show Management clinic. Both of these are very informative and recommended for both those who want to become a TD or Show Manager and those who have no desire to become either a TD or Show Manager; this also provides continuing education for those who need it!

Happy Riding,  
Dorothy Kapaun  
President, RMDS

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## USDF Region 5 Director's Message

I hope everyone in our northern states is staying warm and getting a little horse time this winter! For those of you in our southern states, I hope your horse show season is going well. We are accepting bids for the 2023 Great American/USDF Region 5 Championships through February 7th. If anyone is interested in placing a bid for the Regional Championships or has any questions about the process, please contact me or the USDF office and we'll be happy to help! The final date for a Regional Championship to be held in 2023 will be October 9th in order to fit into the National Championship time frame, so please keep that in mind when looking at facilities and possible weekends. The Finals will be held in Lexington, Kentucky in 2023.

If you have an educational activity that your barn, group or organization is doing, please let me know so I can add it to the Region 5 educational activity calendar that is sent out with the monthly Regional updates by USDF. We would love to keep everyone as informed as possible. Things are a bit different with Covid, but we'd love to let our members know of anything being offered in our region that folks might be able to audit or ride in. We can also post events on the Region 5 website. Please feel free to send me an email reminder for anything you'd like to see posted. Also, if anyone has an interest in helping with the website, please let me know!

If you intend to qualify for Region 5 teams to the North American Youth Championships, then please make sure you take note of the application structure for 2022. The application and fee should be turned in to the USDF office by March 15, 2022, in order to avoid

point in time, absolutely no applications will be accepted after May 10th. If you plan to compete for NAYC, please also be sure to contact Joan Clay, our Region Coordinator for the FEI Juniors and Young Riders, and let her know your intent. Her email address is jnclay@comcast.net and her phone number is 970.420.0887. The 2022 NAYC will be held at the Great Lakes Equestrian Festival, Flintfields Horse Park, Traverse City, Michigan – August 8-14.

There are many fun things on tap for education with our GMOs in the near future, so please be sure to check your local calendars and participate in these great opportunities!

Till next month!  
Heather Petersen  
Region 5 Director  
www.usdfregion5.org

[Learn More About Region 5](#)

## The Volunteer Survey is in. Thanks for your feedback.

An electronic survey was sent out via email recently to membership, and the Volunteer Ad Hoc Committee received 271 responses. Thank you for taking the time to complete the survey and to provide us with your input regarding your personal experience volunteering within RMDS. The Ad Hoc Volunteer Committee has been charged with looking at our volunteer program, with an eye towards making improvements to grow volunteerism within RMDS. As you know, our organizational structure is almost entirely volunteer-dependent, and as such, RMDS cannot function without member involvement. The Ad Hoc Committee will review the survey and recommend changes to the Board and Members, as needed, to improve our volunteer experience. Stay tuned for more!

RMDS needs volunteers to serve in many capacities. We need volunteers to support our shows, clinics, our Board, and our Committees. The Board welcomes you with open arms. We can't wait to get to know you!

### CURRENT VOLUNTEER OPPORTUNITIES:

**Championship Show Committee Chair:** This is a great opportunity to learn how shows are managed, welcome and host our riders, and work with our marketing team to contact our sponsors. Training and the support of the entire Board and Committee Chairs is provided. The Committee Chair does not do all the work. The Chair directs and leads the initiative.

**Social Media Team Member:** Would like like to assist with our Communications team by helping create posts for review? Our Facebook Page is up 80% in views and we want to maintain the momentum.

**Ecentaur Contributor:** Are you a writer? Perhaps an aspiring writer? Share your passion with us! We need content for our monthly electronic newsletter, the Ecentaur.

**Ecentaur Associate Publisher:** Do you have experience with Mail Chimp or Constant Contact? You are needed!

**Adult Amateur Clinic Helper:** We are also planning Adult Amateur Clinics and help is needed in planning and program execution

**Expo Booth Staffer:** Staff our booth at the Expo. Please sign up for a shift on our website.

If you would like more information about these opportunities, please contact Beth at our main office--at [rmds@indra.com](mailto:rmds@indra.com)

We hope that this year, you will volunteer with RMDS. We will do our best to make it a great experience where you feel appreciated, gain a sense of community, have the opportunity to contribute, make new friends and learn more about your passion, dressage.

### SHOUT OUTS:

**Natalie Westra**, our RMDS Banquet Silent Auction Chair. Her hard work brought in well over 5K for RMDS! Way to go! Thanks to all those who donated to the silent auction. We appreciate your generosity!

**Adrienne Murphy**, our new Marketing Committee Chair

**Kristina Lee**, for her expertise and contributions to our Facebook Page

**Sharon Soos**, for heading up our efforts to man the RMDS booth at the Horse Expo

**Pippa Bird**, who is busy planning our Adult Amateur Clinics

**Shannon Lemmons**, for her amazing dedication to putting together all the fabulous awards that were presented at the RMDS awards banquet

**Joan Clay**, who has been working on our Professionals Clinics

**Natalie Mendik**, for her work with our scholarship program

**Heather Peterson**, for the trainings she is offering this month for our volunteers

**Eleanor Harrison**, for developing and initiating the volunteer survey

**And to all the other volunteers** who keep RMDS flourishing!!! Forgive us if we did not mention you here--let us know, we want to acknowledge your hard work. There are many people working hard to make RMDS great.

Thanks again for all that you do. We are a team and together, we can support one another, and grow the sport of dressage in our region. Please send in your hours to Beth.

**Volunteers don't necessarily have the time. They have the heart.**

## Volunteer Trainings in February

**17 Technical Delegate Training-Zoom 2-5:30 pm**

**24 Show Management training-Zoom 2-5:30 pm**

**To sign-up please go to the RMDS calendar.**



## Great Learners Make Great Riders

By Sally O'Dwyer

There is a process to becoming a skilled dressage rider. It is not the same for everyone, but there is a definite path. We lose sight of the path when we do not truly understand our "why." We are eager to jump on and ride so we can begin dancing. Unfortunately for us, without understanding what dressage is really about, we miss the dance floor altogether.

[Click here to read the entire article and be GREAT](#)

## The 2021 RMDS Banquet Is Now In The Books

We had a great turnout, fabulous awards, and a silent auction that included more than 70 items to bid on. Again, thanks to all the volunteers who made the Banquet a success. It takes many, many hours of work to hold this event. These volunteers are true RMDS Champions!





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