



eCentaur

RMDS President's Message

I hope the New Year brings us all Health and Happiness and an end to all the Covid-19 variations. If you take a look at the RMDS Calendar, you will find it full of many exciting events! The RMDS Awards Banquet will be at the beautiful Renaissance Hotel in Denver once again. This is a wonderful opportunity to see your old friends, make new friends, and bid on amazing items during the silent auction. I hope many of our members will attend this fun event.

We are putting out a survey that we are hoping most if not all members will reply to. We are trying our best to make this GMO the best it can be. To do that, we need everyone's input, so please take a few minutes to answer the survey. If you have ideas or want to become more involved, we encourage you to reach out to me or anyone else on the board.

"I hope that in this year to come, you make mistakes. Because if you are making mistakes, then you are making new things, trying new things, learning, living, pushing yourself, changing yourself, changing your world." Neil Gaiman

USDF Region 5 December 2021 Message

I hope everyone had a great Holiday season! We had a productive 2021 USDF Virtual Convention at the beginning of December. Many thanks to those of you who joined us. We had good interaction and discussions at the two Region 5 meetings. Congratulations to everyone who "received" their rider awards during the Salute Gala. Don't forget there are two more virtual awards presentations coming up in January – on the 22nd we will celebrate the Horse of the Year

winners. These will be Zoom presentations and I hope you will join in to cheer on our members and their accomplishments.

This year, one of the key items that were covered at the virtual convention was the upcoming rule changes, which include the new attire expansion for showing. There was a good presentation on these rules during the USEF Open Forum. During this forum, upcoming proposed rule changes were also covered. Please be sure to leave your feedback for these proposed changes on the USDF Website -

<https://www.usdf.org/competitions/usefrulechanges.asp>. Your input is greatly appreciated.

The elections for new members of the USDF Executive Board were another key item this year. We welcomed George Williams back as the USDF President. George was nominated from the floor to run against Steve Schubert and Kevin Reinig. Lorraine Musselman returns as the treasurer, Debby Savage (2), Anne Sushko (4), and Bess Burton (9) returned Regional Directors. We welcome new Regional Directors Noah Rattner (6) and Helen van der Voort (8). The budget for our fiscal year April 1, 2022-March 30, 2023 passed with no issues.

For Region 5, our finances are steady. The NAYC kids need to do some fundraising if they would like to use the funds in their account to go to NAYC for 2022. The 2021 NAYC team worked hard to not deplete the account. The PM delegate grant of \$200 per delegate was re-approved for 2022 PM delegates. The convention for 2022 will be held in Lexington, Kentucky. If you are interested in serving as a PM delegate, please contact our nominating committee member for Region 5, Dorothy Kapaun.

To all of our wonderful Region 5 committee members, your hard work doesn't go unnoticed and we really won't be the great organization we are without you! Many thanks to everyone for your support of me as Regional Director. Please let me know if you have any questions or concerns!

Fingers crossed that we are able to go back to an in-person convention next year. The 2022 USDF Convention is set to be in Lexington, Kentucky, and in 2023 we will head to Omaha, Nebraska, home of the upcoming 2023 FEI World Cup.

The 2021 USDF/USEF Dressage Finals in Kentucky was our most well-

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divisions through 4th level and competitors who qualified for the AA and Open divisions in both 2020 and 2021. It was fantastic to see our large contingent of Region 5 competitors in attendance and quite a few of them were in the ribbons or were Champions in their classes.

Congratulations to all who competed, supported competitors, owned horses, trained riders – we're so proud of everyone. You represented us well and we look forward to even more of our Region 5 folks competing next year. Please don't forget there is travel grant money available for the competition!

The 2022 FEI North American Youth Championships will be returning to Flintfields Horse Park in Traverse City, Michigan for 2022 and the USEF Festival of Champions will be returning to Lamplight Equestrian Center in Illinois as well for 2022 shortly after NAYC. The Festival will also feature the addition of the FEI 7-Year-Olds in the Championship divisions and also the USEF Para-Equestrian Championships. All of our Level 3 qualifying competitions will now feature Para-Equestrian qualifying classes, so please help support these riders in this new qualification system. It will be exciting to hopefully increase their participation levels throughout the US.

Bids will be opening soon for hosting the 2023 Great American USDF Region 5 Championships. I'd love to hear from any interested parties as soon as possible so I can get you a list of the information we're going to need for those bids. All Regional Championships will continue to be held by early October since the Champions and Reserve Champions of the Jr/YR (Training-Fourth Level), Adult Amateur and Open divisions will feed into the Nationals Championships through the nomination process. There are also wild card spots for those who obtain high enough scores in the Championship classes.

Till next month!

Heather Petersen

Region 5 Director

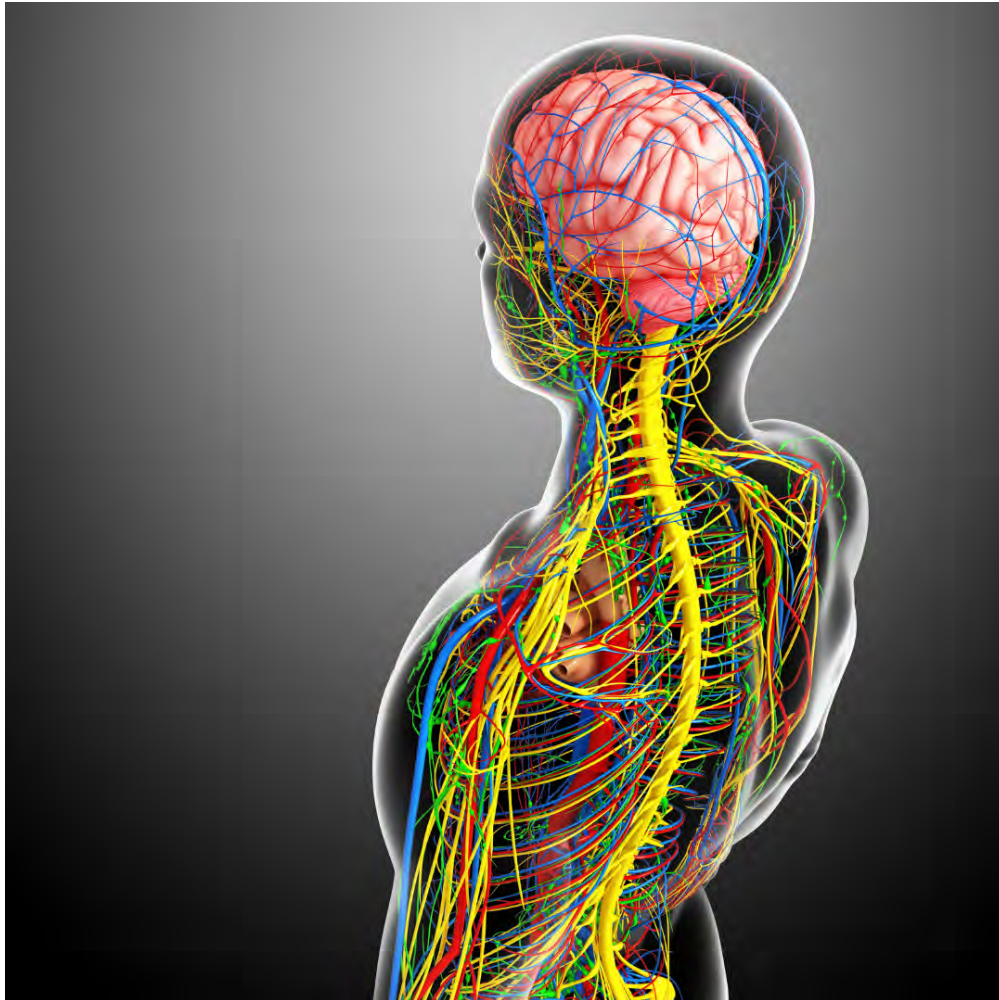
www.usdfregion5.org

[Learn More About Region 5](#)

Connect with your senses.

By Trudy Howley

"A quick body scan from the ground up, bringing awareness into the toes up through the legs and torso to neck, head, shoulders, and jaw can highlight any tightness or tension the rider might be unconsciously feeling."



The following exercises are designed as introductory ways to connect with the senses. This type of skill-building and practice can help you learn to regulate your nervous system very quickly. These small steps can help you learn to come into your body and be in the present moment. You'll find that these essential skills can be very helpful when you might be experiencing states of anxiety or fear before or during riding, having a lesson, or competing at a show.

1. Prior to entering the stables and getting out of a vehicle take a few purposeful minutes to stop and look around. If you have lower limb issues or disabilities, make a point to take a few moments to really notice your seat bones. How do they feel connected to the seat of the vehicle in

and farm may be a familiar place to you. If so, you may habitually do the same thing each time you arrive at the barn. If you are attached to checking your messages, email, or social media before you get out of your vehicle, you might want to use these actions as a cue to just pause after you've put your smartphone away and chose to engage your sensory perceptions.

2. As you move towards the barn or pasture simply look all around, notice what your eyes might be drawn to today, such as particular colors in the landscape, notice similarities or differences in textures, the shapes of any horses outside, different types of manufactured objects or even patterns of light. Name these things silently to yourself. Practice keeping your instincts sharp.
3. Next, pay attention to the familiar smell of the horses. Is it pleasant, unpleasant, or neutral to you today? What other smells do you notice in the air? Humans used to travel for the purpose of finding food and smell is a primary tool of awareness.
4. Consciously make note of what sounds are audible to you today. Horses, vehicles, birds, planes, etc.
5. And last, purposely take time to notice the temperature on your skin, hands, or face? Does it feel good, bad, or neutral?

Breathe and get embodied exercises

6. In this present moment of practicing self-awareness, also bring attention to a soft easy breath, staying aware of the breath for the entirety of three full breathing cycles. Whether breathing in for three, four, or more counts, simply exhale one beat longer than the inhalation.
7. Next, take a short time to feel the weight of your feet and body on the ground or chair.
8. Shift your weight slightly from side to side, or gently rock from your toes to your heels if you are able. Really take time to notice what you are feeling.

Already, relational feel for your horse can be developed, by this act of becoming attuned to yourself.

[Click here to read the rest of Connect With Your Senses](#)

affected by the recent fires? Please let us know.



We care about you and want to know if you have suffered from the tragic fires in any way. The devastating wildfire that occurred in Boulder County on December 30, 2021, was destructive beyond imagining, the most damaging fire in Colorado History. We are all amazed at the low loss of life, but devastated at the loss of homes, businesses, and personal belongings which cannot be replaced. Please contact our main office and let us know of any loss you may have suffered, so we can all support one another in this time of need. We are also so thankful that the dressage community came together and helped evacuate horses and other animals. We want to say “Thank You” to all who came to their neighbors’ aid in this frightening moment of swift destruction.



Five Reasons to Join RMDS

2. **Compete and win fabulous awards.**
3. **Make new friends.** Connect with others who share your love of Dressage
4. **Support others**—RMDS offers scholarships and a summer camp for youth.
5. **Invest in yourself!** RMDS is an educational institution! Learn more about dressage. Receive publications—electronic and in print and stay in the know about upcoming events, clinics, schooling shows, webinars and much, much more.

Join RMDS

Renew or Login



RMDS seeks writers to help out with articles, social media, and other. Happy to work with the budding author. Great opportunity to get experience with content production, social media, blogging, reporting and article writing.

Photographers are also needed! Try something new, or build upon your current skill set.

*Please contact
Communication Chair
Sally O'Dwyer at
slodwyer@gmail.com*

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