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# eCentaur

## RMDS President's Message

I would love to give a HUGE CONGRATULATIONS to the Junior Riders that competed at the North American Youth Championships!! What an accomplishment this was! We are all very proud of them!

We were also well represented at the Festival of Champions!! CONGRATULATIONS to them as well!!

The decision to cancel our RMDS Championships was a very difficult decision emotionally. I, like so many of you, was excited about our Championships and I know GVDS was working hard to make it truly special. A huge disappointment for many of us. However, let's not dwell on what is not and look at what is. Regional Championships is just over two weeks away! I do hope many of us are planning on attending. HIPICO is a very nice facility and the travel is relatively easy. We will be having RMDS Championships with Region 5 at HIPICO next year. There are still several events happening, please refer to the RMDS website to see what might be of interest to you!! One of those things is the Board of Governor's meeting on November 20<sup>th</sup> at the Renaissance Hotel in Denver. This is where we will vote for new executive board and chair members. So, if you would like to become more active in RMDS, this is the place to be! Hope to see many of you there.

Happy Riding, Dorothy Kapaun  
President, RMDS'

*"The real voyage of discovery consists not in seeking new landscapes, but in having new eyes."*

Marcel Proust

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## USDF Region 5 September 2021 Message

Congratulations to everyone from Region 5 who qualified and competed at the North American Youth Championships in Traverse City, Michigan and the USEF Festival of Champions at the end of August at Lamplight in Illinois! We are so proud of your accomplishments.

We are very much looking forward to seeing many of you at the 2021 USDF Region 5 Championships September 16-19 in Santa Fe, New Mexico. It is a wonderful venue and a great area to visit. If you have some time to volunteer, please contact Jeffray at [mjratgdf@aol.com](mailto:mjratgdf@aol.com). We could really use your help.

Don't forget to declare if you're thinking about attending the US Dressage Finals in November.

I look forward to seeing everyone at the USDF Convention in December! We are going to Houston this year, December 1<sup>st</sup>-4<sup>th</sup>. There will be a USDF Region 5 meeting during the convention and another one virtually before the convention, so you'll have a couple of different opportunities to join in our discussions.

All Group Member Organization's (GMO) were asked to designate their delegates for the USDF convention Board of Governors meeting by August 31<sup>st</sup> and if not determined by that date, the GMO president would become the delegate. If the GMO delegate/president is not able to attend the convention, a proxy for that delegate can be submitted at any time up until the night before the BOG meeting at the convention. The advantage for the GMO is that the delegate will be known and can receive communication from the USDF office earlier. GMO Delegates are included on a list of USDF delegates to receive e-mail communications containing pertinent information on issues that will come before the 2021 BOG meeting at the convention. If GMO's have not yet sent in their delegate information, please do so as soon as possible.

Till next month!

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RMDS SEEKS VOLUNTEER WRITERS

# WE WOULD LOVE TO HEAR FROM YOU!

Are you passionate about dressage? Would you like to share with others about your journey or what you have learned, or maybe about your dressage goals and dreams? We are looking for content. Giving back to your sport is rewarding. Perhaps you have something to say that will motivate others. Please contact us for more information.



## The Nervous System Game: From the Ground Up

By Trudy Howley

Society is now fueled by immediate gratification and quick fixes. Riders are not immune to this phenomenon and they typically do not generally fit well with the long path of dressage training. Many a trainer has attempted to focus and relax the student to facilitate the development of feel and connection with a tense horse. Equestrians can build a new vocabulary around their nervous system from the ground up and break down tension before they even get on a horse.

[Click here to read the complete article by Trudy Howley](#)

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**FOR SALE:**  
**17.5" HULSEBOS (Dutch) DRESSAGE SADDLE,**  
**buffalo girth, m/mw tree, narrow twist, deep seat. Patent leather**  
**piping. \$2300 or offer. 303 570-4402**

### September Events

- Sept 4-5 Triple Creek Dressage Schooling Show  
 Sept 4-5 New Mexico Dressage-Jeremy Steinberg Clinic  
 Sept 4 Colorado Arabian Horse Club Show: sport horse, traditional dressage & western dressage-Judge: Sharron Sarchet  
 Sept 7 Upgrade Your Judging Eye I with Janet Foy  
 Sept 8 Rocky Mountain Sport Horse Breed Championships, Hobby Horse Farm, Longmont  
 Sept 8 Platinum Farms Dressage Schooling Show, Rochelle  
 Sept 9 RMDS Executive Board Meeting Zoom RMDS.org  
 Sept 16-19 USDF Great American Region 5 Championships and Open Show, HIPICO Santa Fe, [Prize List](#)  
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## Reminder

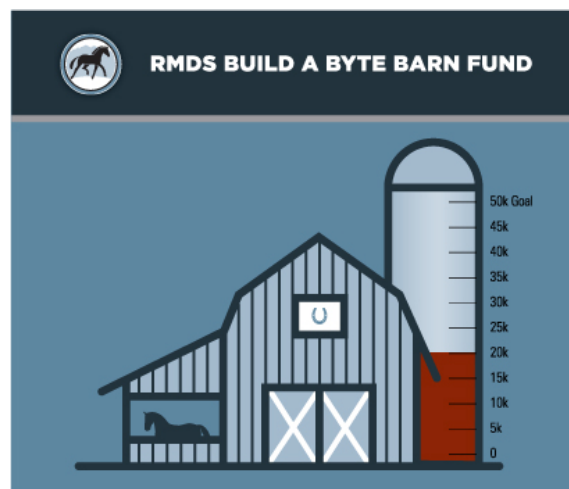
Competitors, please check your scores and your Adult Amateurs Cards on file at the Central office by Sept 30. If there are changes needed, they need to be made by Oct 10th.

## 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**



**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.**

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

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