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# eCentaur

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## President's Message

We are RMDS!

By now you should have received in the mail your copy of the amazing Omnibus. I am sure you will agree that it is a first-class publication. Thanks again to Natalie Fee Mendik and Nicole Bizzarro for producing such a quality magazine that represents our organization so well. If for some reason you did not receive your copy, please reach out to the Central Office.

April begins our show season so check the Calendar. There are also several ride-a-tests scheduled so you can practice your show skills before you enter the competition arena. Ride-a-test clinics help you identify your strengths and weaknesses so you can be your best at your next show. We already have a number of volunteer opportunities available this month. Check it out at <https://www.rmids.org/volunteer-opportunities-links-to-sign-ups>.

Please welcome RMDS member Sarah Murphy as our new Central Office Manager. The Board interviewed several candidates and voted by majority to approve Sarah for this position. The process was lengthy, and the Executive Team appreciates everyone's patience—this is a critical role for our organization, and we needed to have the input of the entire Board. Thanks to all those who applied for this position. We deeply appreciate your desire to serve this organization. Learn more about Sarah in this issue of the Ecentaur. Beth will train and mentor Sarah as she learns the ropes. Beth will still be part of RMDS!

We continue to seek a volunteer to fill our Marketing Chair position on the Board. This individual will support our Championship Chair in advertising and sponsorships for Championships. If you have a few hours a week and want to get involved, this is the perfect opportunity. Please let me know if you are

interested!

The third session of the L program is completed! RMDS is very grateful to Gwen Ka'awaloa and MaryJo Hoepner, who worked so hard to host this amazing educational opportunity. Thanks to S Judge Debbie Rodriguez, this session's presenter, for offering her knowledge and expertise. Thanks also to the fabulous demo riders for coming out and riding in front of the many participants. Our Region is better for this training—we will have new judges, and riders who have a much better understanding of what the judges are looking for.

Please know we would love our members to attend our Board Meetings. Our meetings are on zoom, so it's easy to attend. It's the best way I know to find out what your organization is doing for you! Our next meeting is April 13th. Email [secretary@rmds.org](mailto:secretary@rmds.org) for a Zoom invite.

Let's ride! Sally O'Dwyer  
slodwyer@gmail.com

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## USDF Region 5 Director's Message

Winter is soon behind us and I'm thankful spring is here. The busy months of summer are ahead of us, lots of time with family, friends and our horses. The World Cup is April and we're excited to see some of the top horses and riders in the world! I hope you were able to join in the fun and the amazing shopping they always have on offer...

The deadline for Participating Member Delegate nominations is **April 15**. Our region will have 5 PM delegates for the 2023 USDF Convention in Omaha, Nebraska November 29 - December 2. You can check the status of our delegate nominees by going to the link below. Please check your status to make sure your acceptance is there if you would like to be a PM delegate candidate. If you are not listed and you would like to be a PM delegate, please contact Dorothy Kapaun at [dorothykapaun@yahoo.com](mailto:dorothykapaun@yahoo.com). Please do not commit to be a delegate unless you know you can attend. There is some financial assistance from our Region for those PM delegates who do attend the convention. We really need the representation to help give your Region a voice.

<http://www.usdf.org/about/about-usdf/governance/nominating/accepted.asp>

As of May 9, our potential candidates for the 2023 FEI North American Junior and Young Rider Championships August 9-14 in Traverse City, Michigan will be finalized, but the first of the early application deadlines has now passed, though there is still an opportunity to apply! As I write this, we have 8 riders who have declared (4 Juniors and 4 Young Riders). 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](mailto:jnclay@comcast.net) or 970-420-0877. This competition is a reasonable distance for us to travel by trailer, which makes things much more feasible, but we still need your help in order to be able to. If you're a rider, PLEASE DON'T FORGET TO TURN IN YOUR DECLARATIONS!

A couple of lovely educational events are being offered soon by some of our GMOS:

- **Terry Ciotti Gallo - Developing a Musical Freestyle**  
Presented by Santa Fe Dressage Association  
April 29th & 30th, 2023  
Hosted by Terra Nova Equestrian Center
- **Through the Levels - an Extraordinary Dressage Clinic with Debbie McDonald**  
Presented by Tucson Dressage Club  
May 20th & 21st, 2023  
Hosted at Pima County Fairgrounds in Tucson, AZ

Till next month!  
Heather Petersen

Region 5 Director

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## Thank you to everyone who made the L-Program a Success!

The USDF's L-Program teaches judges to evaluate the correctness of a horse's dressage training. It is broken down into 3 sections: A) an introduction to

judging and horse biomechanics; B) judging criteria for gaits and paces, movements and figures; and C) collective marks, equitation, and rider biomechanics.

RMDS would like to thank those who made Part C of the L-Program possible.

Instructor:

- Debbie Rodriguez

Riders:

- Sawyer Gerholt
- Katie Kearn
- Olivia Reinsvold
- Sue Woods
- Greta Vowell
- Chris Bruns
- Megan Kelleghan
- Taylor Allen
- Sloane Rosenthal

Rider Assistant

- Julie Barringer Richers

Facility Owners

- Natalie Ellis
- Nicole Roach-Reinvold

Coordination

- Joan Clay

Organizers

- MaryJo Hoepner
  - Gwen Ka'awaloa
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## Who is excited for the RMDS Championships?

After several years of hiatus due to COVID-19 and not having a facility at which to host our championships, RMDS will be having our RMDS Championship and Open Show **September 21 - 24 at the Colorado Horse Park in Parker, Colorado**. We're looking forward to seeing you all - whether you're coming to show, volunteer, watch, support your friends, or sponsor and advertise with us.

We have lots to do before September - and we'd love your help.

If you have a few hours to spare, **RMDS is looking for a few short-term marketing volunteers** to help find sponsors and advertisers for our Championship Show. **We also have our Marketing Chair position open**, for someone who is really passionate about volunteering their time for fundraising.

Have a favorite test? **Individuals, businesses, and organizations will have the opportunity to sponsor classes**. Stay tuned for more information.

Have you won a perpetual trophy in the past that "retired"? You'll have the opportunity to win it in a **silent auction!**

We're looking forward to having a bunch of **fun activities at Championships...**and before. Look out on our Facebook and Instagram pages - and your favorite eCentaur - for upcoming hoopla.

(Can you tell we're a little excited?)

## 2023 RMDS Omnibus Corrections

Page 59:

Grand Valley Show October 7-8: Judge: Amy Jablonovsky "r"

Page 85:

First Level Test 3 Movement #4

### 2023 USEF FIRST LEVEL TEST 3

		Test	Coefficient	Directive Ideas
1.	A X	Enter working trot. Halt, salute. Proceed working trot.		Regularity and quality of trot; willing, clear transitions; straightness; attentiveness; immobility (min. 3 seconds)
2.	C H-X-F F	Track left. Change reins, lengthen stride in trot. Working trot.		Bend and balance in turns; moderate lengthening of frame and stride; regularity and quality of trot; willing, clear transitions; straightness; consistent tempo
3.	V4	Leg yield right	2	Regularity and quality of trot; consistent tempo; alignment; balance and flow
4.	J I C	Circle left 10m. Straight ahead. Track left <b>right</b> .		Regularity and quality of trot; shape and size of circle; bend, balance, straightness on centerline
5.	B Before B	Circle right 20m rising trot, allowing the horse to stretch forward and downward while maintaining contact. Shorten the reins.	2	Forward and downward stretch over the back into a light contact, maintaining balance and quality of test; bend; shape and size of circle; willing, clear transitions
6.	A	Working Canter right lead		Willing, clear transition; regularity and quality of canter; bend and balance in corner
7.	K-X-H	Slightly after K begin a single loop to X returning to the track slightly before H, maintaining lead	2	Regularity and quality of canter; shape and size of loop; positioning; balance

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## Let's Welcome RMDS's New Central Office Manager

*Sarah Murphy is our new Central Office Manager.*

*Below, she introduces herself.*

Hello RMDS Members, Officers, Committee Chairs and all others involved:

Sometimes in life an opportunity comes along and you just have to take the plunge and go for it. And so it was when the email announced RMDS was looking for a new Central Office Manager. I saw the position as a great learning opportunity, a chance to meet some great people who share the passion of dressage and horses and very importantly, an avenue to give back to a sport that has already given me so much in a short period of time.

My name is Sarah Murphy and I am your new Central Office Manager for RMDS. It is an honor to be chosen for this important role and it is my intention to serve you to the best of my ability.

A little history is in order since many of you do not really know who I am. Well, it all started when I was a little kid. My mom said, "that's a horse, get on, don't fall off." That was my lesson. As time marched on, my life's work of being an airline pilot took over and horses were put on the back burner. The flying career was as perfect as it could be and gave life a multitude of experiences. With Covid, Delta Airlines was offering its pilots an early retirement. So, in 2020, after a 32 year career, I retired from flying.

Horses made a re-entry into life around 2019. Sanborn Western Camp is a few miles from my home in Florissant, Colorado and when a barn hand position became available I found a way to bring horses back into my life. Even though there were about 50+ horses available to ride, an ad for a Gypsy Vanner youngster named Paul caught my eye. It was love before we ever met. The munchkin was 2.5 years old, had just been gelded and was almost halter broke. With some very helpful resources, including a dressage trainer, Paul was under saddle by mid 2020 and very quickly we (well, mom here anyway) were immersed in dressage training. We diligently worked our way along the training scale and entered our first show in September 2021 with The Arkansas Valley Dressage Association. That was it, we were hooked. We spent the 2022 show season blundering our way through Intro Level but not holding back with entries into RMDS and USDF/RMDS shows. Now in 2023, we are full feathers ahead into Training Level. Many obtainable goals lie ahead for Paul and me.

From that very first show with the Arkansas Valley Dressage Association it was easy to realize that my horse and I were very welcomed, very supported. The amazing group in AVDA took Paul and I under their wing and have guided us

along our dressage path for the last 1.5 years. When the treasurer position came open in 2022, I was asked if I could take the reins. Without hesitation, I jumped in and have been learning and hopefully have contributed to the good of AVDA. With two schooling shows this year as well as several clinics, our chapter of RMDS is working hard to promote dressage and would enjoy seeing many riders at our events.

In closing, please know your new RMDS Central Office Manager will be working hard to provide you with a venue to support and promote your dressage journey.

Sarah Murphy



*The RMDS eCentaur seeks original content written by RMDS members about RMDS, its members, programs, dressage, or other related topics. Articles represent the work and views of their authors are not necessarily those of RMDS, its officers and employees. RMDS reserves the right to refuse any submission and to edit content.*

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