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eCentaur

Letter from your incoming president - Dorothy Kapaun

Greetings!!

As the RMDS's in-coming president, I would like to introduce myself with a brief background of myself and my horses and share with you my thought on what I hope I can provide to RMDS.

I became interested in Dressage during my childhood, but I lacked a horse and the means of lessons! Once my husband and I were in a financial position for lesson (I had my horse!) I decided to

let my daughter have the lessons and do my best to learn from them. This did not serve me well, but my daughter went on to become a 3* level eventer, competing successfully on the east coast.

I decided it was time to focus on my riding aspirations and in April 2015 I purchased Cedarglen Ffirst Take (AKA Toby), a 4 year old Welsh Cob X by Rubignon. He and I have made our way from Training to Third level together. I am so very grateful for all the lessons Toby has taught me and Toby is grateful for my lack of ability to make him work to the level of his true potential!!

Penelope RF is my second pony. I purchased her two years ago as a weanling from Nancy Davis. Nelly is out of Nancy's Morgan mare "Love" and by Hilltop's Popeye. She is brave, smart and oh so sweet! I am very excited to see where her talents will take her!!



I became involved first with Boulder Valley Dressage board meetings and enjoyed the comradery and idea process; after a year or so, I began going to the RMDS meetings. The commitment and devotion of the people attending these meetings was quite inspiring and contagious. I am not quite sure how it happened, but I now find myself preparing to step into the role of president.

I have given much thought to what this role entails and what I can bring to the club. One thing I would truly like to see is more participation from our members. We all must remember that without the members there would be no organization and without the organization there would be no members. When we all work together and share thoughts and ideas, we build a better community. You don't need to attend the meetings or chair a committee to contribute to RMDS, please reach out to me or anyone on the board if you have a thought or idea you would like to share.

Warm Regards,
Dorothy Kapaun



In case you haven't read...

The new RMDS website has been launched! Same web address, all-new website! You should have received an email on November 26 with the subject of "New RMDS Website and Database Platform" that will help you really navigate the new site.

Some key points to note: You can log in to your RMDS account or Join RMDS

in the top right-hand corner, and all important navigation items are along the left-hand side. Email RMDS with any questions or concerns!

The screenshot shows the homepage of the Rocky Mountain Dressage Society (RMDS). On the left is a dark navigation menu with links for HOME, ABOUT, ORGANIZATION, CALENDAR, CHAMPIONSHIPS, ADVERTISE, PUBLICATIONS, CENTAUR NEWSLETTERS, AWARDS, MARKETPLACE, NEWS, CONTACT US, OMNIBUS CORRECTIONS, ONLINE PAYMENT, and CART. Below the menu is a 'Join Us On Facebook' button. The main content area features a large header image of a rider on a horse. Below this is a 'Welcome to Rocky Mountain Dressage Society' section with introductory text and a fundraising goal. A '2021 RMDS Media Kit' announcement is also present. A 'Join or Renew Your Membership!' section includes a table of donation levels: \$50 for 1 Byte, \$250 for 1 Megabyte, \$500 for 1 Gigabyte, and \$1000 for 1 Terabyte. An 'Upcoming RMDS Events' section lists 'Foot Hills Spring Into Summer' on June 6 and 'July Jubilee' on July 10. The footer contains contact information for RMDS, including the address 2942 Park Lake Drive, Boulder, CO 80301, phone 720.890.7825, and email rmds@rmds.org.

The advertisement features a logo for 'Classical Equestrian' on the left, which includes a shield with two horses and a banner. To the right, the text reads: 'Now accepting *Young Horses* in training - establishing a solid foundation with a well-rounded education.' Below this, the contact information for Kelly Boyd is provided: 'Kelly Boyd, USDF Silver Medalist', '720 480 8266', 'olearykelly@hotmail.com • classicalequestrian.com'.

Embrace your Ammy Status, but Have a Pro Mindset

By Sally O'Dwyer

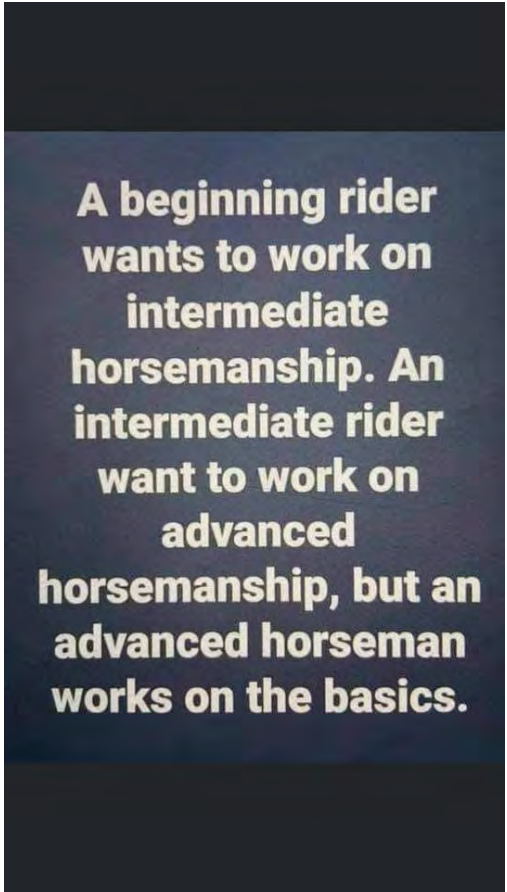
Are you an amateur rider? If so, congratulations. You belong to an esteemed class of people who are eager to learn and aspire to be more. The word amateur comes from the Latin “amator,” meaning lover of. Amateurs, broadly speaking, are adult riders who do not earn income in the horse business. Pros may make their living with horses, but the distinction between amateur and professional, to me, is more about the mindset:

Professionals are not concerned about the competition. They are not out to beat others, rather they seek to win within themselves. They embrace the contest, using it to push themselves to be their best. Professionals manage their emotions and are pragmatic, using feedback and criticism to become better. They have lost so many times; they don't freak out when they lose, nor do they agonize over a low score. While they are happy to win a class, they know it is not about the blue, it's about the journey.

Amateurs tend to be too hard on themselves and place too much emphasis on a single performance.

Lacking perspective about the time and effort, and the many, many rides down centerline needed to become a solid competitor, a poor ride can feel like a cataclysmic disaster. Amateurs tend to get caught up chasing short term goals, such as getting to first level or earning a medal.

Chasing awards, scores, or levels can cause riders to rush training. Without mastering the basics before moving on, riders can get stuck, unable to progress. Since learning to excel as a rider is not linear, often feeling like a “two step forward, one step back” experience, amateurs often become frustrated. Sadly, this can cause riders to drop out, switch disciplines, trade horses or trainers, or quit altogether.



A beginning rider wants to work on intermediate horsemanship. An intermediate rider want to work on advanced horsemanship, but an advanced horseman works on the basics.

Professionals, on the other hand, have decided. They have committed to

the journey and know that training a horse to reach the FEI levels is a marathon, not a sprint. They stay the course, are patient, put in the time, and don't push their horses too hard. They follow the training pyramid and the process, knowing that there is no set timetable for moving up the levels, and that each horse is different. Malcom Gladwell reminds us that it takes 10,000 hours to master a skill. Successful professionals are excellent learners—they are curious, inquisitive, not afraid to make mistakes.

Professionals are resilient. Pros have strong mental muscles due to years of riding and are compassionate with themselves. They have all experienced the many heartbreaks that occur over a lifetime of competition. They power through whatever is thrown at them and are undaunted by barriers and challenges, injuries, setbacks, fears, criticism, and the great financial costs that are associated with riding. Pros have audacious goals because they have ridden in the upper levels many times and they know something amateurs don't know--it is possible!



Learn from the Pros. The next time you work with a professional, ask them about their mindset. As amateurs, we need wiser, outside eyes to help us maintain a healthy perspective on our riding. We tend to see the Pros as those who are flawless. We really don't have any concept regarding how long, and how hard they worked to get where they are. Instead, we think that we don't have what it takes. By committing to the process, you might surprise yourself!

About Sally. I am an amateur dressage rider, living in Boulder, Colorado. I have horses and enjoy learning and competing in Dressage. I hope to encourage others to GO FOR IT!



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USDF Region 5 Update

The first USDF “Virtual” convention will take place at the beginning of December and it will be a very interesting convention. I will write more about the outcome of our meetings in our January update. Thank you to everyone who is planning to attend, I hope many of you take advantage of this free opportunity to be a part of our governance structure. Next year we hopefully travel to Houston, Texas!

2021 will see the introduction of the Junior/Young Rider division to the US Dressage Finals! What a great opportunity for our youth who aren’t a part of the FEI Jr/YR divisions to get to participate in a National Championships.

Bids will be opening soon for hosting the 2022 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 mid-October since the Champions and Reserve Champions of all 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.

I hope everyone has a great Holiday Season!

Till next month!
Heather Petersen

Region 5 Director

We want you! To advertise.

We are proud and excited to release the 2021 RMDS Media Kit. There are big changes coming to our print communications and we would love for everyone to be involved. For more information, please download the [Media Kit here!](#)



See Advertising Options



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 2020! RMDS is a 501(c)3.

We are building a Byte Barn! Donate a Brick Byte:

\$50 donation = 1 Byte

\$250 donation = 1 Megabyte

\$500 donation = 1 Gigabyte

\$1000 donation = 1 Terabyte

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