



eCentaur

RMDS President's Message

It was so wonderful to be very well represented at the National Dressage Finals! For riders, we had Simone Ahern, Audrey Allen, Taryn Anderson, Lesley Eden, Eleanor Harrison, Jessica Greer, Sue Martin, Sally O'Dwyer, and Shannon Warnner representing RMDS. Taryn Anderson and Sally O'Dwyer are Champions of Freestyle at 3rd and 2nd level respectively. Audrey Allen is the Champion for Second Level Jr/YR. We were well represented by other members who gave their valuable time to making Finals great. RMDS members Rusty Cook volunteered as a TD. Victoria Powers volunteered as a ring steward and Linda Millisor volunteered as a warm-up steward. Kevin Bradbury ran the HorseShowOffice.com scribing set up and all online entries, nominations, etc. Janet Foy and Sandra Hotz were judges and Heather Petersen scribed.

We were all so excited to get back to "normal" for the 2021 show season! However, this enthusiasm presented a unique challenge with shows filling in record time; as well as the familiar challenge of finding volunteers to help run the shows. Then we made the very difficult decision to cancel Championships for a second year. So, while 2021 was more normal than 2020, let's hope that 2022 will bring a few new shows and a lot more volunteers. We are seeking ways to make volunteering more appealing and fully welcome any thoughts and ideas you may have in this regard. So, let's all do our best to make 2022 a fantastic year! One way to do this is by becoming more involved in RMDS. We have several Committee Chairs that need to be filled. Please give us something more precious than money – your time!

Great things are done by a series of small things brought together

Vincent Van Gogh

Happy Riding, Dorothy Kapaun
President, RMDS'

USDF Region 5 December 2021 Message

We are currently in the midst of the 2021 USDF Virtual Convention as I write this. I hope that we have good attendance for the various meetings, especially the USDF Region 5 meeting! 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-attended year and a great competition. We saw the addition of the Jr/YR 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.

I hope everyone has a great Holiday Season!

Till next month!

Heather Petersen

Region 5 Director

www.usdfregion5.org

Learn More About Region 5



Get Your Mind Right

Published Nov 23, 2021 in [Articles](#), [Events](#), [RMDS](#)

By Sally O'Dwyer

This show season I have had some great rides and some lousy ones, with the variable being my mindset. Mental and physical abilities are interconnected, and by focusing on the "right things", I can stay calm, and even enjoy my ride!

CLICK on the blue bar below for more of this article....



The most important part of the arena is the 6 inches between the rider's ears.

[Click here to read the complete article by Sally O'Dwyer](#)

Jan 15th Awards Banquet

Join us on January 15th, 2022 at the Renaissance Denver Hotel, 3801 Quebec Street, Denver.

3 Great options for Dinner, Cash Bar, fun silent and live auction and cheering on your friends and family!

[Click here to sign up](#)



Nadia Westra is our Silent Auction manager for the RMDS Banquet. Please Donate Anything you think our members would like. Be creative! How about Dressage or Horse Related items, services, lessons, experiences—such as a much-needed massage, books, wine baskets, and more? Put together a themed basket to donate. Please contact Nadia at nadia.westra@gmail.com Thanks for donating!



Join RMDS so you don't miss out on fun events and important announcements!

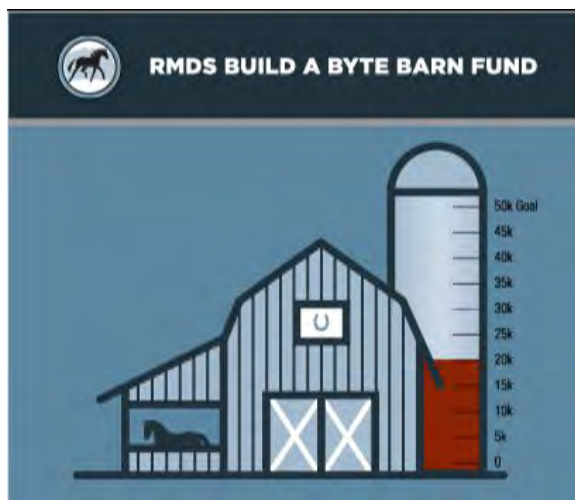
From the homepage at rmds.org: if you are brand new to RMDS click join - if you have been a member at any time through the years click log-in.

[Join RMDS](#)

[Renew or Login](#)



RMDS seeks volunteers with marketing. While many volunteer roles are already involved in marketing and fundraising, we would love someone to help lead this effort. Great opportunity to build skills, meet new people, and make a difference at RMDS. Contact Central Office for details.



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.

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

[Donate Now](#)



Copyright © 2021 RMDS eCentaur, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).

