

ROCKY
MOUNTAIN
DRESSAGE
SOCIETY

 **CENTAUR**
NEWSLETTER

August 2004

Nine Chapters in Colorado & Wyoming

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*Last call for Bylaw
and Standing Rule
changes!*

*See page 16 for
details*

Educational Symposium with Marilyn Heath

RMDS CHAMPIONSHIPS

1 PM - 5 PM

SEPTEMBER 23, 2004 - COLORADO HORSE PARK

Marilyn Heath will present a wonderful educational program the Thursday afternoon before RMDS Championships in the Ballroom of the Colorado Horse Park. The program will cover moving a horse up through the levels with correct basics as seen through the eyes of the Training Scales. She will utilize the basics many of us have been seeing in the 'L' program this year and expand it within the training scales as presented by the RMDS Symposium this previous May. We will end the afternoon at the show arena watching a horse move through the levels with the correct basics.

Review the essentials before the big day with one of the best! Marilyn Heath is a USEF "S" dressage judge, a USDF L program Faculty member and head of the USDF L program Faculty. She is also a member of the judging panel for the RMDS 2004 Championships.

Any questions, please contact Leslie Easter, RMDS Educational Chair, at (303) 646-5654 or the Central Office at (720) 890-7825. Cost for this program is \$20 in advance or \$25 at the door. Refreshments and snacks will be provided.



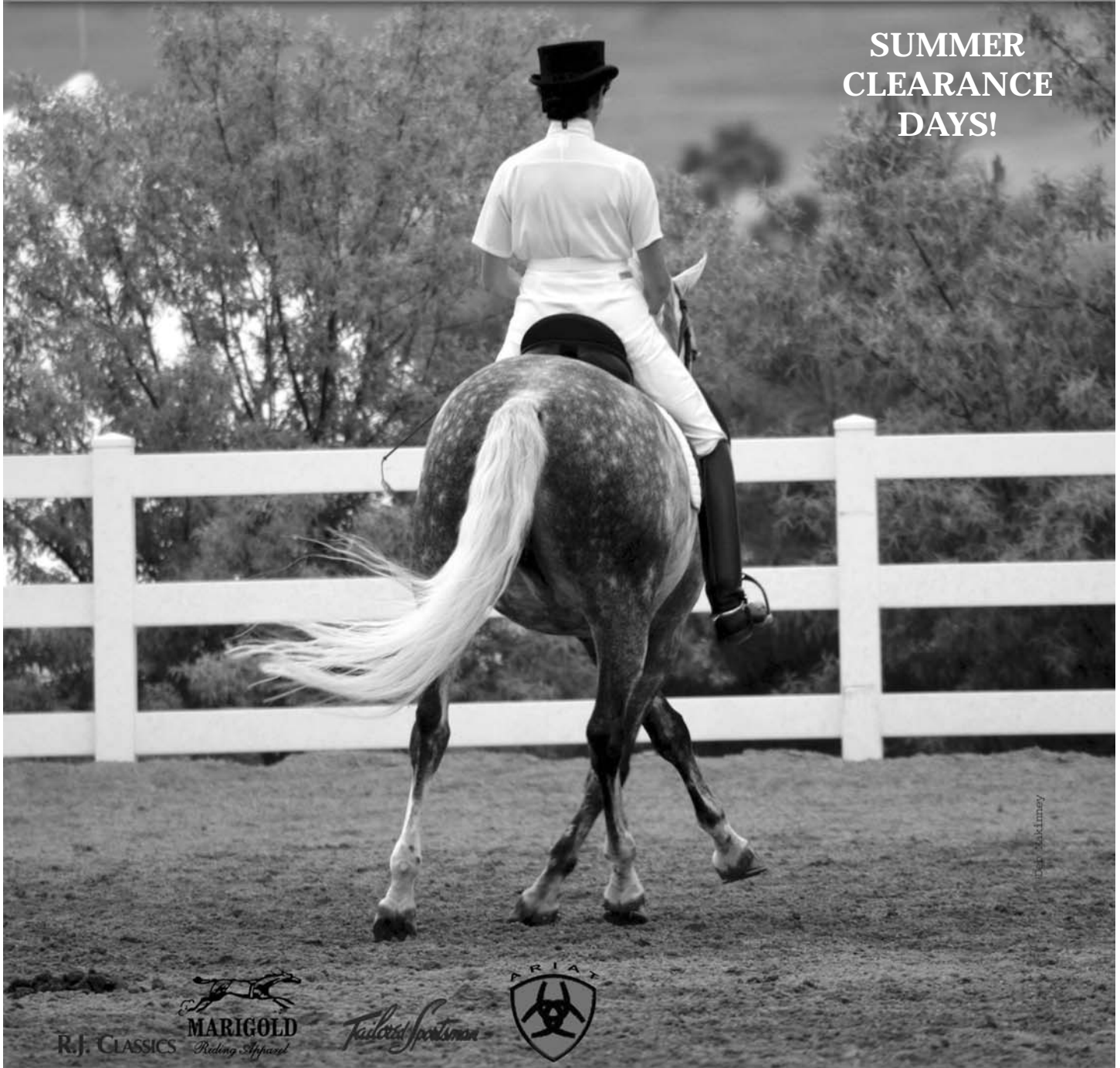
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THOUGHTS

*from the President**by Heather Petersen*

Summer is here! Please be aware that with summer comes several well-known threats that we unfortunately need to be aware of as horse owners. West Nile is back, already taking the lives of several Colorado horses and affecting local people also. A "oldie but goodie" is back with us this year also - Vesicular Stomatitis. Colorado already has cases present, and as I write this, Kentucky has notified the general public that their borders are closed to all horses from Colorado. For those who don't know, Vesicular Stomatitis (VS) is a sporadic, naturally occurring disease that causes blister-like lesions. It can affect horses, cattle, swine, goats, deer or other animals. The infection is thought to be transmitted by sand flies or black flies. While usually not fatal, it can cause animals to go off feed, become lame, or lose milk production while lesions heal in the animal's mouth, on the muzzle, teats, or above the hooves. Infected animals, and their susceptible herd mates are restricted to their premises under a short-term quarantine to prevent potential animal-to-animal disease transmission.

On another much more positive note, I am pleased to say that there are some big changes coming soon to RMDS. The first change and probably the one people will notice the most is the new look of the Centaur. Beverly Swanson is crispering up our publication and taking it into the future. The second thing people will see soon is a new look to our website. Your board has decided to redesign the site based on membership input and make it a little more user friendly with some additional information available to our members that we hope you will find useful. Look for this change sometime in August. The third item of change is a big one and probably the one with the most impact. The board has decided to revitalize the RMDS look with a new logo for the organization. We feel the club has started to turn a new leaf in the last couple of years and with that we'd like to move into the future with an "upgraded" look. The new logo will be unveiled at Championships on awards, ribbons, t-shirts, hats and much much more, but we'd like to remember all our current logo has done for this organization. We will be having an official retirement ceremony for the logo during the competitors' party, Saturday evening, September 25th. Please come bid farewell to a wonderful old tradition as we welcome what we hope to be an equally wonderful new tradition.

If you have any stories or information about the origin of our current logo, please let me know! We'd like to share some of the club's history during the retirement ceremony and competitors' party.

Happy Riding!

Heather

RMDS Education Column

by Leslie Easter

Shows and competitions are underway almost every weekend! During the week, it's train, train, train! Even for those of us who aren't showing this year, the training continues – hopefully, we are all taking a break now and again to take a trail ride and just enjoy being with our horses! Particularly now that we've had some rain and the grass is green!

I'm still working on the same topics as last month - if there's another topic you'd like added to the list, contact me via email: leslieheaster@hotmail.com.

IN THE WORKS

1) I'm still trying to get a date scheduled with Betsy Steiner for a Symposium based on her new book "A Gymnastic Riding System using Mind, Body and Spirit". I'm planning on the early May date for next year, and looking into a two day symposium followed by two days of clinics.

2) The Ground Manners seminar/clinic looks like a January/February/March event, so I'm continuing to investigate locations and instructors. Please let me know if anyone has ideas for additional topics and clinicians!

3) I'm working on the suggested Show Prep Seminar being held during Championships, or possibly during Dressage at the Rockies or another show. Thoughts regarding this? If there is a show that would like to host this seminar, please let me know. Topics could include Tack Cleaning, Grooming, Braiding, Attending to the Tail, etc. Perhaps appropriate attire could be demonstrated in an evening session.... Feedback on how you all would like to see this happen is necessary!!!

4) Longeing, Long-Reining and In-Hand Work: Because the USDF Instructors Symposium is going to be addressing these topics, the RMDS Executive Board has suggested that we table this idea for a year or so.

Here's hoping that you and your horse enjoy the journey each and every day, and that you achieve all of your goals this season!

Happy Riding!



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KATHY CONNELLY

International rider, trainer, coach, and author Kathy Connelly has won and trained horses and riders to national titles at all FEI levels, including United States Grand Prix Champion and United States World Cup Champion. Connelly represented the United States Dressage Team at the World Cup in Gothenburg, Sweden, and was on the bronze medal North American Championships Grand Prix Team. Among those riders she trained and coached are the 1995 NAYR Champion, the individual silver medalist at the 1999 Pan American Games, the 2003 Canadian World Cup Champion, and the silver-medal team at the 2003 Young Rider team competition in Australia.

Connelly is a premier activist for excellence in the sport of dressage in the United States, contributing her time and knowledge as a member of the USEF Dressage Committee and as chair of the USEF subcommittee for test writing. Connelly also serves as a member of the USEF Licensed Officials Committee and USDF Planning Committee. She was co-chair of the USDF Evaluation of the Certified Instruction Program, is now a member of the USDF Certified Instruction Steering Committee, and is a Certification Examiner.



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TRAINING TIP - FLYING CHANGES

Christopher Bartle

The flying change is an important movement for any horse and rider team moving beyond intermediate level regardless of their discipline. Like all movements, there is a preferred method of teaching it to horse and rider. It should not be attempted until the horse is able to accept the bit and has a forward and relaxed canter on both sides. It is also important that the horse is able to move from collected canter to medium canter and back again in a relaxed fashion. Although young horses will freely produce flying changes in the field, it is quite a different movement while carrying a rider.

The horse should easily produce a simple change before attempting the flying change. A simple change is when the horse transitions from a canter to a trot for one of more strides and then transitions back to canter on the opposite lead.

When teaching simple changes and flying changes, always start by asking for the change to the horse's better side. It is easier for the horse to make a change to his better side and most horses will do it with much less resistance. When you are comfortable that your horse is relaxed and confident in his change, you can then switch to making the change from his good side to his weaker side.

For most horses, it is best to start by making the change at the same place in your training area every time. So you will need to plan where you will want to

make the change and allow room to be able to change from one lead to the opposite lead. When training a horse on flying or simple changes, do so on a straight line. Never attempt to make the change on the circle or over a pole.

Do not practice the flying change more than two or three times during a training session and do not practice it every day. It is a good idea to give the horse a break from flying change training and more progress can be made in small increments. Never punish the horse for making a mistake or not making the change. Simply go around again and ask again. If the horse changes in the front legs but does not change with the hind legs (he becomes disunited) slow to a trot and ask for a simple change. Then attempt the flying change when he is again relaxed and responding to your aids.

Your aids should be a half halt and a changing of your leg positions. You should move your new outside leg slightly behind the girth while your new inside leg moves forward to the girth. Your upper body must remain still, relaxed and in the same position. It is important to remember that this movement requires a great deal of balance, confidence and strength on the part of the horse. Your job is to do the thinking and interfere with him as little as possible. Above all, be kind to your horse by not asking for too much at a time or too soon.

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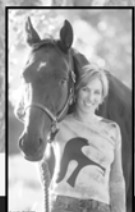


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Show Series - How to PUNT!

by Kate Engel

If someone had told me that it would rain for six days in a row in Colorado, *in June* – I would have laughed! But, alas, it wasn't funny when I arrived at Columbine Equestrian Centre on Friday afternoon, June 18th to see the resulting mud in the outdoor arena.

It was 'punt' time!

Just two weeks earlier, the barn owner, Dorothy, had called to say we lost the 20x60 indoor arena to structural damage, so I was depending on the outdoor Big Ben arena to support the 'Qualifying' ring and some of the warm-up. To replace the use of the 20x60 indoor Collier arena, Dorothy and her staff immediately tore up the smaller outdoor turn-out arena and replaced the footing for additional warm-up. She even had a local dressage rider verify that the new footing was 'dressage-perfect'. I re-scheduled the rides so that the FEI classes would go 1st and have the 2nd indoor arena (Dynasty 20x58) to warm-up in. We also petitioned USEF/USDF for a presidential modification to allow Training and First level qualifying classes in the smaller 20'x58' indoor arena. Unfortunately, it would take more time than we had to get the modification, so all Qualifying rides were scheduled in the outdoor arena.

And then, the rains fell!

Toss, punt, run with it! On Friday afternoon, Dorothy, Show Manager Camille Griffin and I met to come up with a solution. The parking lot just west of the Big Ben arena had pretty solid footing and there was leftover sand footing piled there. We solicited a few riders who had already arrived and asked their opinion. They rode their horses and told us, they thought if we spread the sand, it would be okay. So the Columbine staff got to work on the new 'makeshift' warm-up arena, and I headed back to my office to re-do the schedule.

Surprisingly, we had only one scratch as a result of the warm-up. The competitors were super and many pitched in to help! When we extended the hours (due

to only one arena and two judges), no one scratched! The rides were scheduled from 7:00 am to 7:30pm... but wait! The fun wasn't over!

On Saturday afternoon, as Andrea Doelling and *Golden Gift* proceeded to 'enter at A', the Judge, scribe, and sitter jumped out of the Judge's box screaming "get back!" Gary Rockwell, 'S' Judge, had heard a large crack and instinctively knew to run! A VERY LARGE cottonwood tree had fallen – missing the Judge's stand and nearby horse pens by only 10 feet. Miraculously, no one was hurt, but the tree had grazed the arena wall and we needed to determine if there was any structural damage before resuming the show.

Again, the Columbine staff went immediately to work – chain saws and all! It was determined that there was no structural damage and the show resumed... one and a half hours later, and, again – no one scratched! The gracious Columbine hosts actually catered in dinner from the Olive Garden for all the competitors and show staff. The last score was posted at 8:30pm.

After Saturday, Sunday was pretty anticlimactic... running from 7:00am – 6:30pm non-stop with only one scratch.

A huge THANK YOU goes to all the competitors, who were so gracious under difficult circumstances and to the wonderful volunteers who adjusted their schedules at the last minute! And '*muchas gracias*' to the incredible staff at Columbine! There is not another facility in the area that could have handled the conditions as well as they did!

The Collier indoor arena is now under repair and will be finished by August 6...in plenty of time for the High Plains show in late August. Heck! We may not even need it, if it doesn't rain – in August, in Colorado! Ha!

Show Secretary – Kate Engel



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Nominations may be made by any USDF member and are due August 31. Forms are available at <http://www.usdf.org/Programs/Awards/Forms.asp>. Send nomination forms or questions to Cindy Vimont, 220 Lexington Green Circle, Suite 510, Lexington KY 40503; phone: (859) 971-2277 or e-mail: cvimont@usdf.org

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Overcoming Show Jitters - Part 2

By John R. Garrett, C.H.T.

Last month we discussed why humans, when stressed, often lose “whole brain potential,” and therefore experience a drop in ability. The bottom line is, stress, or “show jitters,” takes points off your score. Finding a way to overcome or negate the natural reaction of your brain to stress gives you the benefit of increasing your performance ability.

Let’s recap last month’s discussion about the structure and function of the brain, and the role of the *corpus callosum*.

The human brain could literally be considered two separate brains. Generally, the left hemisphere controls such things as logical and linear thinking, focuses on details, breaks things down into parts, and includes your primary speech center. The right hemisphere specializes in emotions and intuition and is the center for creativity and imagination. It also enables you to see how details relate to each other and how they fit into the “big picture.” Physically, the left hemisphere of the brain controls the right side of the body, and the right hemisphere controls the left side of the body.

The left hemisphere and the right hemisphere are connected with a bundle of nerves in the center called the *corpus callosum*. Often, when stressed, the *corpus callosum* shuts down and becomes a block instead of a bridge, leaving us with what could accurately be called half a brain!

If you become too “right brained,” your emotions may take over and you may suddenly forget your dressage test or jumping pattern. If you over identify with the left hemisphere and become “left brained,” you may lose the feel and rhythm of your horse, or lose touch with your artistic expression.

To maintain “whole brain potential,” you must have access to your entire brain. To do this, you can train your brain by using simple but powerful techniques that activate the *corpus callosum*. These techniques are collectively called, Psychological Kinesiology.

One way to activate both hemispheres of the brain is to activate both sides of the body. By causing nerves on both sides of the body to “fire” back and forth, the *corpus callosum* opens and becomes active. There are several techniques to do this, but here we will focus on

just two.

The first is called “cross crawls.” The most effective way to complete this technique requires that you stand on the ground, but we will also discuss a modified version, which can be performed in the saddle.

Begin by standing straight, feet slightly apart, shoulders level. Take your right hand and extend it out in front of you. Lift your opposite or left knee in the air and then lightly slap your left knee with your right hand. Drop that knee and hand, and then lift the left hand while you raise your right knee. Slap your right knee with your left hand. Repeat this motion back and forth, slapping left knee with right hand, and then right knee with left hand, at least 20 times in succession. The act of crossing over the midline of your body with your arms and hands, and then activating nerves in your hand and opposite knee, causes your brain to register the sensation on both sides of the body, which, in turn, stimulates the *corpus callosum*. The brain MUST “fire” on both sides simultaneously, or you would simply lose your balance and fall down.

To do this on horseback, be sure your horse is comfortable with the slap noise and have someone on the ground hold the reins for you. Raise your right hand and twist your body so your right hand can tap your left knee or thigh, and then raise your left arm and twist the other way so your left hand can tap your right knee or thigh. Repeat at least twenty times. If you are nervous, you will notice an immediate drop in your stress level as you access your whole brain. The dressage test you just forgot as your mind panicked may suddenly reappear in your awareness.

The second technique may surprise you with its simplicity and effectiveness. This technique can be used during the test or show, as it requires no physical movement.

All it requires is for you to imagine a large X in your mind. Simply spend a moment thinking about a large X, and then go about your business.

Surprisingly, this is not as uncommon a technique as you may think. Have you noticed that a bow tie is often used for social, relaxed kinds of events, while a straight tie, or “power tie” is used in business or politics? The reason for this is, when looking at someone wearing a bow tie, you are seeing an X. The way the brain processes information, simply looking at that X creates a crossing of the midline in the mind, which automatically activates both hemispheres of the brain. This causes



SHOW JITTERS *continued*

the person looking at the bow tie to have both hemispheres activated and causes a relaxed, whole brain state. Looking at a straight line, like a straight tie, activates only one hemisphere of your brain. Wearing a "power tie" is powerful because it puts the person looking at the tie in a one-sided brain state, which causes their brain to be less powerful than the wearer of the tie!

To create this whole brain state using the X, it is not necessary that you see it with your eyes. All you have to do is imagine it in your mind. You can do this anytime you are confronted or feeling stressed. If you are looking at the judge, or if a person is yelling at you and you feel yourself getting upset, just imagine seeing an X in the middle of their forehead and notice how fast you get yourself under control. You will be amazed!

In our next article, we will explore Neuro-Linguistic Programming, or NLP. These powerful techniques can teach you how your particular brain best learns and processes information, and how you can use this information to increase your learning ability and your performance, both at the shows, and in life.

*John R. Garrett, C.H.T., Performance Coaching, founder of
The Garrett Institute, www.GarrettInstitute.com*

In Memory of 'PASHA'

*Beloved horse and friend of
Terri Wallace-Delora*

April 1990 - July 7, 2004

*May he graze the green, green pastures
Of heaven, far above
And gallop wild and free now
With memories of our love.*

*Your Reiterhof friends, human and furry,
will miss you!*

CALL FOR DANCING HORSES AT 2005 NAT'L WESTERN STOCK SHOW

The National Western Stock Show is in the planning stages for our 99th Stock Show January 8-23, 2005, and we are interested in making some changes to the Dancing Horses program, which is scheduled for January 19 and 20.

Following the 2004 Dancing Horses program, we initiated a survey through our customer list. We found the public loved the Pueblo Symphony Orchestra and the horsemanship involved with the event. But, our customers told us they did not like the story line and would like to see more dressage.

We are looking for Colorado riders interested in performing at the 2005 event as well as ideas for national riders we may want to contact to participate. We are also looking for an executive producer. Following the 2003 National Western Stock Show, Charles Sylvester retired as the show's general manager.

Call (303) 297-1166 ext. 200, or email admin@nationalwestern.com for more information. Send resumes regarding the executive producer position, as well as for riding positions in the 2005 show to:

Marvin Witt
National Western Stock Show
4655 Humboldt Street
Denver, CO 80216-2818



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Consignment Dressage Saddles!

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Elizabeth, CO 303.646.1049**

TECHNICAL DELEGATES, JUDGES & CERTIFIED INSTRUCTORS

DRESSAGE JUDGES RATINGS & LEVELS QUALIFIED TO JUDGE

Status	Status	Levels	Status	Status	Levels
USDF "L"	Learner (not a judge)	Training-Second	USEF "S"	Senior	All Levels
USEF "I"	Recorded	Training-Second	FEI "I"	International	All Levels
USEF "R"	Registered	Training-Fourth	FEI "O"	Olympic	All Levels

JUDGES

FEI 'I'

Janet Brown (CO)
(719) 633-0231

USEF 'S'

Debbie Riehl-Rodriguez (CO)
(303) 642-7708
Sandra Hotz (CO)
(303) 817-2030

USEF 'R'

Janet "Dolly" Hannon (CO)
(303) 467-3221

USEF 'I'

Amy Jablonovsky
(970) 493-2833
Kristi Wysocki
(303) 648-9877
Suzanne Zimmer
(303) 478-8325

USDF 'L' Graduate

Francie Brashear
(303) 840-7626
RaeAnn Curtis
(970) 225-1408

Emmy Detlof
(719) 495-4188
Martí Foster
(303) 277-1132

Joyce Hardesty (AZ)
(480) 513-6318

Gwen Kaawaloa
(303) 646-4363
Sandra Keeley
(970) 468-5095

Ann MacGuire
(307) 237-9148

Sarah Martin
(303) 652-1158
Bridget Milnes
(303) 660-4986

Jim Moore
(303) 805-0554
KC Parkins-Kyle
(303) 841-9953

Kathy Simard
(720) 981-4448
Maria Wasson
(303) 682-9594

Dressage Sport Horse Breeding Judge

Janet Brown
(719) 633-0231
Debbie Riehl-Rodriguez
(303) 642-7708
Kristi Wysocki
(303) 648-9877

Technical Delegates USEF

Joyce Hardesty (AZ)
(480) 513-6318
Veronica Holt (CO)
(303) 646-3829
Laurie Mactavish (CO)
(970) 926-8666
Debbie Moloznik
(253) 630-3340
Deeda Randle (WY)
(307) 745-4336
Diane Stanley (MT)
(406) 652-4061
Libby Stokes (CO)
(303) 688-2795

Technical Delegates RMDS

Joan Clay
(970) 490-1927
Jeannette Hillery (CO)
(303) 494-7718
Jane McBride
(719) 598-4496
M. Elaine Thomas
(719) 495-1510

USDF Certified Instructors

Training - 2nd
Simone Ahern
(719) 749-9274
Jill Cantor Lee
(970) 686-9163
RaeAnn Curtis
(970) 225-1408
Janet "Dolly" Hannon
(303) 279-4546
Deb Hindi
(970) 641-6586
Sabine Kallas
(307) 733-9497

Ellene Kloepper
(303) 828-3879
Clayton Martin
(303) 652-1158
Sheri Mattei-Mead
(970) 669-3733
Kathryn Meistrell
(303) 646-9059
Bridget Milnes
(303) 660-4986
Kathy Simard
(720) 981-4448
Kristi Wysocki
(303) 648-9877

USDF Certified Instructors

Training - 4th
Nancy Chesney
(303) 681-2516
Loma Fowler
(303) 841-0417
Sarah Martin
(303) 652-1158
Melinda Weatherford
(970) 484-5218

USDF INSTRUCTOR WORKSHOP

Applications are arriving for the 2005 USDF Instructors Workshop. Interest is equally split between Beginning to Second level and the Advanced level. At this time I am thinking of having two workshops so we can take as many of you as possible. If you would like to participate, or have an application but have yet to return it, please contact me as soon as possible.

Jill Cantor Lee has graciously donated her facility, Chatellen, to the program. Jill at Chatellen join Sheri Mattei-Mead at Cloud 9 at Stonegate in Ft. Collins, Simone Ahern and Sun Prairie Stable and Debbie Cranston and Canon Ridge Farms.

THANK YOU, THANK YOU, THANK YOU!!!!!!

Space is limited to eight Instructor Participants – if you are interested, please contact Pam Geier at 303-673-9840 as soon as possible for an application.

ALL RMDS CHAPTERS MAY USE UP TO 1/4 PAGE OF THE CENTAUR FOR THEIR NEWS AT NO CHARGE. SEND ITEMS IN WORD OR TEXT FORMAT TO THE CENTAUR AT BSWANSON2003@QWEST.NET

Support RMDS

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Tags are white plastic with black numbers. Please make checks payable to RMDS.

Send orders and payment to:

**RMDS Central Office,
2942 Park Lake Drive Boulder, Colorado 80301**

Chapter News

COLORADO SPRINGS

CSDA is doing a schooling show August 27th, the Friday before the Aspen Ridge RMDS Dressage Show. The schooling show will be at Aspen Ridge, so come practice and have some fun! Classes are \$20 and the Office Fee is \$15. All classes will be offered Intro thru Second Level, all divisions. Show closes August 21st. Use a 2004 RMDS entry form and send entries to Heather Petersen, 5575 Heatherbrook Ct, Colorado Springs, CO 80915

ASPEN

Aspen show was sold out on opening day. We had more riders above Fourth Level than below Fourth Level. Many Prix St Georges entries. Axel Steiner gave a wonderful symposium/clinic for 10 lucky riders. We had many compliments about our show and all went smoothly. *More to follow.*

HIGH PLAINS

The Columbine Arena will be repaired and ready for the August 21-22 show. Next meeting i August 10 at Canon Ridge.

NOTE TO ALL MEMBERS

The RMDS Entry Form has been slightly modified to comply with USEF regulations. The RMDS Board has printed a new form which you will be receiving in the mail shortly. Please use this form for all show entries as soon as you receive it.

Previous forms will still be accepted. If you do not receive the new form, contact the Central Office.



HIGH PLAINS DRESSAGE SHOW - 2004
at Columbine Equestrian Center
August 21-22, 2004
Open: 7/21 - Close: 8/4
USEF#4363-USDF#68802-RMDS#1027
Judges: Anita Owens 'S' & Jill Young 'S'

Check your Omnibus for details or
 Contact Heather Petersen, show secretary
 719-573-0398 or e-mail her at
 slush@drwgw.net

Advertisers for program call Heather Petersen

REPAIRS @ COLUMBINE--COMPLETION DATE 8/6/04

Happy Half Halts from Tri-State Chapter

Summer is just "moving on by" and somehow we keep finding the time to ride! How about a couple days just to spend with your horse? Or a few days in an exciting location with a bunch of other horse enthusiasts watching the most talented equines in the world.

Tri State, watch for a newsletter this next month as we have this and more planned. Welcome to all our new members. Please call or e-mail if you need info or updates.

Our raffle/silent auction at our show was a huge success. Thanks to Cathi Kramer for all her hard work. Final report in the upcoming newsletter. President – Darlene Vaughan Lander WY, 307-332-7261 popoagieranch@hotmail.com Vice President – Jackie Yeend Laramie WY, Secretary – Julie Feiler, Casper WY Treasurer – Denise Denhardt, Lander WY Membership Chair- Helsha Acuna, Lander WY

2004-2005 SHOWS & EVENTS

AUGUST 2004

- 1 PENDRAGON STUD DRESSAGE SHOW #2-LARKSPUR-USEF**
Christy Hutton 303-740-7039
- 3-8 ALEX WORTMANN CLINIC IN PINE, CO**
Kris Cooper 303-838-5430
- 6-8 CINDY SPALDING CLINIC-LOST LAKE EQUESTRIAN CTR & URBAN FARM**
Cindy Spalding 417-491-3131 somerset@sofnet.com
- 6 DRESSAGE IN THE ROCKIES #1-PARKER, CO-USEF**
Glenda McElroy 818-841-3554 glenda@glenroys.com
- 7 DRESSAGE IN THE ROCKIES #2-PARKER, CO-USEF**
Glenda McElroy 818-841-3554 glenda@glenroys.com
- 8 DRESSAGE IN THE ROCKIES #3-PARKER, CO-USEF**
Glenda McElroy 818-841-3554 glenda@glenroys.com
- 7-8 CHEYENNE DRESSAGE & HUNT CLUB-WYOMING-USEF**
Susan Rocha 307-632-1738 sue_rocha@hotmail.com
- 10 HIGH PLAINS CHAPER MEETING - CANON RIDGE**
Contact - Terri Wallace 303-695-8566
- 15 AUTUMN HILL SUNDAY SERIES #2-LONGMONT, CO-RMDS**
Barb Goldman 303-666-4528 boelandjarb@hotmail.com
- 21-22 HIGH PLAINS SHOW-LITTLETON, CO-USEF**
Heather Petersen 719-573-0398, slush@drgw.net
- 21-22 USDF "L" FINAL (ONLY THOSE IN FULL PROGRAM)**
Heather Petersen 719-573-0398, slush@drgw.net
- 21 UTAH DRESSAGE SOCIETY ANNUAL SHOW #1-SANDY, UT-USEF**
Eva-Maria Adolphi 801-254-3247 adolphi@redrock.net
- 21 UTAH DRESSAGE SOCIETY ANNUAL SHOW #2-SANDY, UT-USEF**
Eva-Maria Adolphi 801-254-3247 adolphi@redrock.net
- 28 ASPEN RIDGE RMDS DRESSAGE SHOW-MONUMENT, CO-RMDS**
Heather Petersen 719-573-0398, slush@drgw.net

SEPTEMBER 2004

- 4-5 AUTUMN HILL HARVEST DRESSAGE FESTIVAL-LONGMONT, CO**
Barb Goldman 303-666-4528 boelandjarb@hotmail.com
- 4-5 WESTERN SLOPE CHAMPIONSHIP & OPEN SHOW-GRAND JUNCTION - USEF**
Candace Rickard 970-858-9535 ppencil@juno.net
- 6 CONTINENTAL DIVIDE DRESSAGE SHOW-LOVELAND, CO-USEF**
Cathie Crosby 970-472-1748 ccrosby43@yahoo.com
- 9 RMDS EXECUTIVE BOARD MEETING - OPEN TO ALL**
RMDS Central Office 720-890-7825
- 10-12 CINDY SPALDING CLINIC-LOST LAKE EQUESTRIAN CTR & URBAN FARM**
Cindy Spalding 417-491-3131 somerset@sofnet.com
- 11 PENDRAGON STUD FALL SHOW -LARKSPUR, CO-RMDS**
Leslie Terry 303-688-4147 lesliet34@aol.com
- 23 RMDS BREED CHAMPIONSHIPS & OPEN BREED SHOW-USEF PARKER, CO**
Pam Geier 303-673-9840 pamgeierl@comcast.net
- 24-26 RMDS DRESSAGE CHAMPIONSHIPS & DRESSAGE OPEN SHOW PARKER, CO -USEF**
Heather Petersen 719-573-0398, slush@drgw.net

25-26 USDF L PROGRAM FINAL SESSION

Heather Petersen 719-573-0398, slush@drgw.net

OCTOBER 2004

- 10 FOOTHILLS CHAPTER FALL SHOW-GOLDEN, CO-RMDS**
Marti Foster 303-277-1132 mlfoster@msn.com
- 22-25 ALEX WORTMANN CLINIC IN PINE, CO**
Kris Cooper 303-838-5430
- 22-24 CINDY SPALDING CLINIC-LOST LAKE EQUESTRIAN CTR & URBAN FARM**
Cindy Spalding 417-491-3131 somerset@sofnet.com
- 23-24 USDF TRAINERS CONFERENCE-KATHY CONNELLY-COLORADO**
CONTACT USDF 859-971-2277

NOVEMBER 2004

- 5-7 REGION V CHAMPIONSHIPS -ARIZONA-USEF**
Jay Chabucos 480-513-6377
- 12-14 CINDY SPALDING CLINIC-LOST LAKE EQUESTRIAN CTR & URBAN FARM**
Cindy Spalding 417-491-3131 somerset@sofnet.com
- 13 RMDS BOARD OF GOVERNORS' MEETING/AWARDS BANQUET**
Heather Petersen 719-573-0398, slush@drgw.net
Western Colorado, TBA; : Linda Waag - (970) 923-6388

DECEMBER 2004

- 10-12 CINDY SPALDING CLINIC-LOST LAKE EQUESTRIAN CTR & URBAN FARM**
Cindy Spalding 417-491-3131 somerset@sofnet.com

JANUARY 2005

- TBA "L" GRADUATES CONTINUING ED**
Contact: RMDS Central Office 720-890-7825

FEBRUARY 2005

- 12 TD WORKSHOP**
Contact RMDS Central Office 720-890-7825

APRIL 2005

- 9-10 USDF INSTRUCTOR LOUNGING WORKSHOP - LILO FORE**
Contact Pam Geier 720-890-7825

MAY 2005

- 7-8 RMDS SYMPOSIUM**
CONTACT LESLIE EASTER 303-646-5654
- 14-15 USEF "R" PROGRAM-REVIEW-JANET BROWN-TABLE MTN. RANCH**
Contact Heather Petersen 719-573-0398
- 28-29 USDF INSTRUCTOR RIDING WORKSHOP - LILO FORE**
Contact Pam Geier 720-890-7825

2004-2005 SHOWS & EVENTS

AUGUST 2005

- 6-7 USEF "R" TESTING-JANET BROWN & LOIS YUKINS
Contact Pam Geier 720-890-7825
- 13-14 USDF INSTRUCTOR TEACHING WORKSHOP – DEBBIE McDONALD
Contact Pam Geier 720-890-7825

SEPTEMBER 2005

- TBA USDF INSTRUCTOR WORKSHOP PRECERTIFICATION
Contact Pam Geier 720-890-7825
- 21 RMDS BREED CHAMPIONSHIPS & OPEN BREED SHOW-
PARKER, CO-USEF
Contact Pam Geier 303-673-9840 pamgeier1@comcast.net
- 22-25 REGION V/RMDS DRESSAGE CHAMPIONSHIPS & DRESSAGE OPEN
SHOW - PARKER, CO-USEF
Contact Heather Petersen 719-573-0398, slush@drwg.net

OCTOBER 2005

- TBA USDF INSTRUCTOR WORKSHOP FINAL TESTING
Contact Pam Geier 720-890-7825

Our apologies to Cyndi whose name was left off the roster:

Cyndi Mettler
1872 Highpoint Court, Fruita, CO 81521
970-858-0091

SHOW INFORMATION

ALWAYS CALL THE CONTACT, UNLESS YOU HAVE BEEN NOTIFIED ALREADY, AS DATES, TIMES AND PLACES MAY VARY.

CALENDAR SUBMISSIONS

Submissions of events for inclusion in the Centaur calendar need to be received no later than the 5th of the month prior to the month that the item is to run. Please be sure to spell all names (clinicians/judge, location, contact) and include a phone number where you can be reached with any questions. Send all calendar items and/or requiring RMDS sanctions to: Beth Geier, RMDS Central Office, (720) 890-7825

RMDS CHAPTER MEETING SCHEDULE:

Boulder Valley, 1st Monday – even months
Contact: Barb Goldman – 303-666-4528

Colorado Springs, Date and location vary,
Contact Felicia Music – 719-598-4496 or check www.csdressage.org

Foothills, 1st Wednesday – every month; Table Mtn Ranch;
Contact: Carol Milan – 303-279-1397

Grand Valley, 1st Thursday – every month; Roaming around;
Contact: Kelly Schlagel – 970-242-5935

High Plains, TBA;
Contact: Terri Wallace – 303-695-8566

Northern Colorado, 1st Thursday – every month; CSU Vet Teaching Hosp.;
Contact: Gail Burger – 970-226-6815

Penrose, 1st Wednesday – every month; Roaming around;
Contact: Sharon Ghilarducci – 719-462-5760

Tri State, TBA; Contact: Darlene Vaughan – 307-332-726

Western Colorado; Contact: Barbara McElnea – 970-962-3234

TRAINER/JUDGE TIP OF THE MONTH

Have a question or topic you'd like a trainer or judge to address? Mail your inquiry to:

The Centaur

5240 Highline Place, Denver, CO 80222, or
email to:

kevinhorst@yahoo.com or
bswanson2003@qwest.net

All queries will be kept confidential.

BARN PROFILE

and

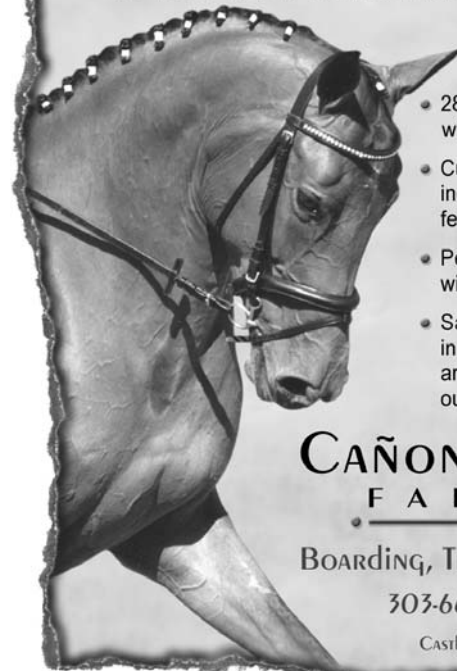
RIDER PROFILE

Beginning in September, we will be profiling a barn and a rider each month. Have a suggestion? Email to the above addresses!

ARE YOU DEDICATED TO DRESSAGE?

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CAÑON RIDGE
F A R M S

BOARDING, TRAINING, SALES

303-663-3243

Castle Rock

RMDS NOTES

DRESSAGE TRAINERS/INSTRUCTORS

GROW YOUR BUSINESS!

If you'd like your business posted on the new RMDS Webpage send information to Lori Oakley, 8670 N. County Line Rd., Longmont, CO 80503 or email loakley@equestrianwebdesign.com (make subject read "Trainer Info"). Include your: name, phone #, address, email address, barn location(s) where you train, if you travel/clinic, your experience/qualifications, what level you train through, what special awards earned (like USDF medals), if you have lesson horses available, and any other specialties.

Cost is only \$50 annually. The website currently averages 200 hits per month on the trainer page, and RMDS receives 25-30 emails a month requesting names of trainers/instructors in the RMDS region. Don't miss this opportunity to expand your client base and gain recognition.

Mail check to RMDS Central Office, 2942 Park Lake Drive, Boulder, CO 80301.

RMDS EXECUTIVE BOARD

All RMDS Executive Board meetings occur on the second Thursday of every odd numbered month. The steering committee meetings will be held on the second Monday of every even numbered month. The Board of Governors meeting is held on the second Saturday of November. Call the Central Office for exact dates.

ADULT AMATEUR

A copy of your USEF Adult Amateur Card must be filed with RMDS each year to update your record with RMDS and to qualify for RMDS A/A year end awards.

RMDS Central Office

Phone number: 720-890-7825
Address: RMDS Central Office
2942 Park Lake Drive, Boulder, CO 80301

Contact: Beth Geier, rmds@indra.com, www.rmds.org

Website Contact: Lori Oakley
8670 N. County Line Road
Longmont, CO 80503
loakley@equestrianwebdesign.com

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Horse/Rider pairs.*

Tags are white plastic with black numbers.
Please make checks payable to RMDS.

Send orders and payment to:

**RMDS Central Office,
2942 Park Lake Drive Boulder, Colorado 80301**

Bylaw and Standing Rule Changes

All suggestions for Bylaw and Standing Rule changes are welcome. To suggest a change, you **must** follow the guidelines. Remember, it is easy to criticize, but we must also include constructive alternatives when we do.

- * All suggestions must cite the Article number, the title, and the section below it that would be changed.
- * Put a line through the words to be deleted and type the new phrasing afterwards. RMDS will not rewrite the correction. You must make your suggestion and rewrite it as you would like it to be passed.
- * Send all suggestions via email to the RMDS Central Office: rmds@indra.com

THANK YOU!!!

Beth -RMDS Central Office
2942 Park Lake Drive
Boulder, CO 80301
fax & phone 720-890-7825



**DO YOU HAVE SOME NEWS?
A NEW BABY IN THE BARN?
AN AMUSING ANECDOTE?
TAKEN AN EQUESTRIAN TRIP?**

The Centaur would like to review your stories and/or pictures for publication. If you have an interesting tidbit, please send it to the Centaur at kevinhorst@yahoo.com. Electronic entries only, please, and remember, no advertorial content. This is just for fun!

NEWSLETTER NOTES

- The Centaur newsletter is published monthly .
- To guarantee that ads and articles will be run in any given month, they must be received with full payment by the 10th of the month prior to month of publication! i.e. January 10 for February issue.
- If not received by that date, they will be placed in the following edition if not time-sensitive

IMPORTANT ADDRESSES

Articles: Please send all articles for editorial review to:
 Kevin Horst, kevinhorst@yahoo.com
 P.O. Box 18857, Boulder CO 80308-1857, (303) 682-2817

The Centaur appreciates articles submitted by the membership for publication. Please remember – all articles submitted are subject to editorial changes and/or corrections at the discretion of the editorial staff.

Advertisement Production and Mailing Specifications:

- DUE DATE IS 10TH OF THE MONTH PRIOR TO MONTH OF PUBLICATION i.e. December 10 for January issue
- No Ads will be accepted without full payment.

DISPLAY ADVERTISING

For information about corporate advertising and/or sponsorships, please contact Stephanie Soule at (303) 621-2292 or email at briansoule@earthlink.net.

Artwork must be provided in electronic format only. The following are acceptable file formats:

- Collected Quark document (all fonts and images included)
- Press Ready PDF
- Adobe Illustrator with type converted to outlines
- Adobe Photoshop 300 dpi jpeg, eps or tiff file

No substitutes can be accepted. If your ad is submitted in a file format other than those listed above, you will be contacted regarding an additional separate charge for file conversion and/or redesign.

Please send a printed copy of your ad with your payment to represent your expectation of what the submitted electronic file should look like. These printed copies CANNOT be accepted as final art.

CLASSIFIED ADS

Classifieds may be submitted via e-mail to Beverly Swanson at bswanson2003@qwest.net. You may also type or clearly handwrite your classified and mail it to the address below. In all cases, a hard copy of your classified should accompany your payment. Please try to limit your ad to 50 words or less. Space constraints may require that we edit your ad to fit, or an additional charge per line may be requested.

PAYMENT AND DELIVERY

E-mail electronic ads to Beverly Swanson at bswanson2003@qwest.net
 Mail checks and hard copy to:
 RMDS Central Office, attn: Beth Geier
 2942 Park Lake Drive, Boulder, CO 80301

MEMBER AD RATES AND SIZE SPECIFICATIONS

Classifieds	\$12 per item for sale	
With picture (digital only)	\$22 per item for sale	
Full Page	\$125.00	7.5" x 9.5"
Inside Back Page	\$175.00	7.5" x 9.5"
Half Page	\$85.00	7.5" x 4.75"
Outside Back Page	\$100.00	7.5" x 4.75"
1/4 Page	\$50.00	3.625" x 4.625"
1/8 Page	\$25.00/issue	3.625" x 2.25"
	\$255.00/year	

ADVERTORIALS

Articles submitted that are considered "advertising" 1/4, 1/2, or full page formats are priced as above with photos included for an additional \$15/each. An editorial fee may be charged at a rate of \$25 per hour if required (by decision of editorial staff). 15% discount on all 1/4, 1/2 and full-page yearly advertising contracts.

Unsolicited manuscripts and photographs accompanied by return postage will be handled with care, but publisher, artist, and editor are not responsible for their safety or guaranteed return. Submitted articles herein are the opinion of the author and do not necessarily reflect the policies or position of the Rocky Mountain Dressage Society Executive Board or the Centaur Editor. RMDS defers copyright responsibility to submitting author.

RMDS 2004 MEMBERSHIP FORM

- Individual = \$50 Business = \$75 Lifetime = \$650
- Centaur newsletter only = \$35 (no other benefits)
- After one family member joins as an individual member, others in family may join at \$35 each.

Please include all information for person designated as representative.

All individual members receive the Centaur newsletter and the RMDS Omnibus.

RMDS is a group member organization of United States Dressage Federation and RMDS members are automatically USDF Group Members.

Indicate Local Chapter:

- Boulder Valley Northern Colorado (Fort Collins)
- High Plains (Parker, Littleton and Aurora) Colorado Springs
- Foothills (Golden, Evergreen) Western CO (Aspen, Carbondale)
- Penrose (Cañon City) Tri-State (Wyoming, adjacent states)
- Grand Valley (Grand Junction) Renewing member need new binder (\$6)

Name _____

Address _____ City _____

County _____ State/Zip _____

Phone (Home) () _____ (e-mail) _____

USDF No. _____ Occupation _____

Type of Membership

- (✓ one) Individual Business Family CENTAUR Only

Total Fees _____ Please remove my name from lists sold by RMDS

Date of Birth _____

Be sure to send a copy of your 2004 Adult Amateur Card from USEF along with this membership form!

RMDS is a USDF Group Member Organization and RMDS members are automatically USDF Group Members

2004 HORSE REGISTRATION FORM

- Horses must be registered with RMDS to be eligible for RMDS year-end awards and for horse-of-the year award.
- To be eligible for year end awards, both owner and rider must be members of RMDS and the horse must be registered with RMDS.
- The name on this horse registration must be the same used on horse show entry forms.
- \$35 for a lifetime registration of horse, \$10 change fee.

Horse Name _____ Sex _____

Breed (if known) _____

Breed No. (include copy of papers) _____

Name of Owner(s) (one owner must be an RMDS member)

Address of Owner _____

Owners Phone (Home) _____ (e-mail) _____

Name of Representative (if owner is a business)

Mail form and check payable to RMDS to:

RMDS Central Office,
 2942 Park Lake Dr., Boulder, CO 80301 • 720-890-7825

Membership renewal is January 1 annually.

Any memberships received after Oct. will be issued for the following year.

RMDS 2004 Championships Column

From Pam Geier, Heather Petersen, and Linda Bena

Vesicular stomatitis – These two words cause apprehension in riders across the board. Needless to say, Heather, Linda and I were concerned until we spoke with our Veterinarian for Championships and Colorado Horse Park Management. Rest assured that the Horse Park has and continues to take all-encompassing steps to ensure that their “Stomatitis FREE” status remains intact. There is an active bug (fly, tick, mites, and mosquitoes) eradication program whereby the Horse Park is spraying the entire premise on a weekly basis. All horses are being inspected upon arrival at the Park prior to unloading. If an infected horse is found, the trailer is turned around and sent home immediately. If, for some reason, a horse becomes infected while on the show grounds, a quarantine barn has been set up OFF PROPERTY for immediate isolation. Riders can be assured that all the necessary steps have been taken to make the Colorado Horse Park, and therefore Championships, safe and enjoyable for you and your horse.

For Up-to-date information on Vesicular Stomatitis and state restrictions, please click on www.kyagr.com

Current Sponsors:

Sport Horse Breeding - Grand Champion Horse	Taka Chi Dressage Stables / Sarah and Clayton Martin	Third Level - AA	Lost Lake Equestrian Center / Debbie Owens
Sport Horse Breeding - Young Horse Champion	Kathy Simard	Third Level - Junior	Sue Halasz
Champion Under Saddle	Freedom Farms / Maureen McGrady	Fourth Level - Open	Canon Ridge Farm / Debbie Cranston
Training Level - Open	Cloud Nine at Stonegate / Sheri Mattei-Mead	Fourth Level - AA	Marti Foster
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Training Level - Junior	Wild Rose Farm / Barringer-Richers Family	Intermediare I - Open	Amy Jablonsky and Lollypop
First Level - Open	Gretchen Moran	Intermediare I - AA	Stacy Susan McCullough
First Level - AA	Soraya van Asten / Rider Refinement	Prix St. George - Open	Aspen Ridge Equine Hospital / Drs. Chuck & Tracy Woodall
First Level - Junior	Anchorage Farm / Jim and Kris Cooper	Prix St. George - AA	Cabin Gulch Farm / Leslie Easter
Second Level - Open	Creekside Ranch / Barbara Ramlow	Prix St. George - Junior	Canon Ridge Farm / Debbie Cranston
Second Level - AA	Sun Prairie Stable / Simone Ahern	Grand Prix - Open	The Pyrok Memorial Perpetual Trophy
Second Level - Junior	Gemini Dressage / Glenda Needles	First Level Freestyle	Westmanton Stables / Grant & Sharon Schneidman
Third Level - Open	Spirit Horse Saddlery / Michelle Albertus	Grand Prix Freestyle	Foxmeadow Farm / Judi Tobias
			Dolly Hannon

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Turnout Time

ASK THE BARN PRINCESS

Dear Barn Princess,

Why are some dressage riders so snotty?

Signed,

(S)NOT!

Dear Not,

Well! Don't hold back!

Before you assume that dressage riders are snotty, you may want to look a little closer. Surprisingly enough, many people that are attracted to horses are shy and withdrawn. Our horses offer us a comfort and a haven from the "real world" and allow us to become part of their world. I know that when I am at the stable, the cares and woes of my other life slip away, and all I want to do is commune with my girl. So what you perceive as snotty may just be someone in their own little world.

Another factor you might think about is the serious nature of becoming a good rider. Like any athlete,

you need to be "in the zone" and completely focused in your mind, your body, and your horse. Think about when you are totally concentrated on yourself and your horse as one being. Hard to just snap out of that mode and chat it up with other riders, isn't it?

All that said, some people are just snotty by nature and there is nothing you can do about them. You can, however, change your own attitude and how you deal with it. Imagine that they just have such incredibly low self-esteem that their only defense is to act the opposite. Then just ignore them!

Yours in the Deep Seat,

Barn Princess

Have a question about etiquette or how to handle a sticky situation? Send your anonymous question to: The Barn Princess, 5240 Highline Place, Denver, CO 80222, or email bswanson2003@qwest.net

All queries will be forwarded to the Barn Princess and will be kept strictly confidential.

MORE NEW FEATURES - GET INVOLVED WITH YOUR NEWSLETTER!

ASK THE JUDGE

This month's guest judge is Suzanne Zimmer, USEF "r" Judge

Dear Judge:

I have just begun showing my Thoroughbred this year. Of course, I think he's beautiful, but I recognize that he and I both have much to learn. In our shows this year, it seems that even though we execute most of the movements in the test correctly, our scores are low on the gaits.

Is this partly because he is a Thoroughbred (and very much built to move like one)? I often wonder with all the different breeds you have to judge, what constitutes "good gaits?" There are draft crosses, Arabians, warmbloods - and they all move so differently. Plus, different breeds come into favor among riders from time to time, and now even ponies are becoming more popular.

Please share your thoughts on this subject.

Show Newbie

Dear Newbie,

Regardless of breed or size of the horse, the standards for judging are the same.

You'll see on every test sheet by "Gaits" the basic

elements the judge is using to determine that score: "freedom" and "regularity". Regularity is referring to the purity or the correctness of the rhythm (correct footfalls and phases) of the gaits. In dressage the walk must have four clear footfalls, the trot has two (2 distinct diagonal footfalls separated by a moment of suspension), and the canter has three (3 beat footfalls followed by a period of suspension). To give a score of '8' or 'good', all three gaits should be regular and exhibit good freedom, i.e. reach and scope. The degree of lightness, elasticity and expression shown in the gaits helps determine scores of '8' and above. Lower scores might reflect some limitation in the freedom of the gaits or perhaps a problem with clarity of rhythm in a gait (the walk for example.)

It's true that some breeds, and individual horses within a breed, by reason of their heredity, have a better chance to be successful and attain higher scores in dressage. However, bloodlines alone aren't the final determinant. As stated in the USEF rules, "The object of Dressage is the harmonious development of the physique and ability of the horse." Correct training is essential to realizing the full potential of any horse in dressage, regardless of breed. For those of us who love the sport and love our horses no matter what the breed, the training itself is the challenge, the achievement and the reward.

Notes from the Stall

by Kevin Horst

THE OLYMPICS ARE HERE!

August 11 to 29, 2004 - Opening Ceremonies on August 13th

It appears that there will be quite a bit of television coverage for the Equestrian events.

The NBC Olympics website (www.nbcolympics.com) gives the schedules, some biographical info and should report results as they come in.

The Equestrian event coverage begins Sunday (or is it Monday?) August 15 with three day event coverage overnight (12 midnight – 2 am) so get the clock on your VCR set! And, keep checking the website for changes in the very complicated schedule.

- Three Day Event competition runs Aug 15 – 18.
- Dressage competition is August 20, 21, 23 and 25, with the team dressage medal decided first, followed by the individual dressage finals.
- Jumping competitions are scheduled for August 22, 24 and 27th with team competition first....

I hope our American gang does well – and if they do you should expect the television coverage to shift to more and more during prime time. Unfortunately,

these athletes are not as celebrated in the United States as they are in Europe.

2004 USEF GRAND PRIX OLYMPIC SELECTION TRIALS FINAL RESULTS – AFTER DROP SCORE JUNE 7, 2004

DEBBIE MCDONALD	Bye	BRENTINA	75.793
ROBERT DOVER	1	FBW KENNEDY	74.139
LISA WILCOX		RELEVANT	73.461
GUENTER SEIDEL	2	NIKOLAUS 7	71.729
TINA KONYOT	3	ANNA KARENINA	71.2155
ROBERT DOVER	3	RANIER	70.966
STEFFEN PETERS	4	GRANDEUR	70.6665
STEFFEN PETERS	4	FLORIANO	70.084
LISA WILCOX		ROYAL DIAMOND	70.000
ARLENE PAGE	5	CLAIRE	69.593
GUENTER SEIDEL	5	ARAGON	68.681
LESLIE MORSE	6	KINGSTON	68.167
CAROL PLOUGH	7	KOMO	67.722
JAN BRONS	8	FERNANDO	66.903
SUSAN DUTTA		GUMSHOES DC	66.021
CHERRI REIBER	9	G TUDOR	65.153
GWEN BLAKE	10	JOEWELL	64.9165
MICHAEL BARISONE		NERUDA	64.773
SHELLY FRANCIS	11	JASPER	64.688
GEORGE WILLIAMS		MARNIX	64.375
TAMI CRAWFORD	12	DAKOTA	64.257



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Increasing Your Chances with Artificial Insemination

by Kris Garrett

The development of artificial insemination (AI) opened up a whole new world to horse breeders. No longer did we need to ship our mares across the country, or even across the state, to be bred by the stallion of our choice.

But with that opportunity came a whole new set of challenges. At the top of the list is the increased expense. When one adds the cost of collecting and shipping semen, as well as veterinary costs of monitoring and inseminating the mare, a stud fee can easily be doubled before a pregnancy is achieved. If the mare fails to become pregnant, the money spent is money down the drain. That doesn't make anyone happy.

Statistically, less than 50% of all shipped equine semen AI procedures result in a pregnancy. Live-cover breeding results in a pregnancy approximately 75% of the time. Logic would say that AI should be MORE effective, since a proper dose can be measured and introduced directly to the uterus, and is much more sanitary than live cover. So, why the difference?

Most people assume it is because the semen is not as fresh and has had a die-off prior to being introduced to the mare. However, research by several veterinary colleges and veterinarians has shown that, as long as there are at least 500 million progressively motile sperm present in the insemination dose, the semen is probably not the issue. Then what is it?

New research by veterinarians and observations by experienced breeders have resulted in a rather controversial theory. It would appear that introducing semen to the uterus of a mare who appears about to ovulate may not always be enough. The stimulation of pheromones and hormones in the mare by the presence of a stallion may play a bigger role in a successful pregnancy than was previously believed by most experts in the field.

When a mare is teased by a stallion (or "proud-cut" gelding) the release of the hormone oxytocin causes the mare to show heat by causing contractions, which results in "blinking" and repeated urination. Not only does this assist in uterine clearance, it also begins the release of a whole cascade of hormones. These hormones tell the mare she is about to be bred. The signals the body receives by this hormonal cascade causes her body to prepare for the release of the egg from the ripened follicle (ovulation).

Any experienced mare handler can attest to the glassy eyed, almost stunned expression a mare will demonstrate during and for several minutes after breeding. Neuroendocrine mechanisms in the brain are very likely involved. This apparent psychological overwhelm is believed to be caused by a release of a myriad of

hormones and pheromones as the body acknowledges the mare has just been bred. Natural chemicals quickly course through the mare's bloodstream while the sperm frantically search for the egg.

In a clinical situation, with no stallion present, these hormones may not be released or may simply not be released in sufficient quantities to signal the mare she has been bred. Many veterinarians and horse breeders are convinced that the lack of this hormonal release cuts the success rate of pregnancy significantly.

If this is the problem, then what is the solution?

Obviously, the presence of a teasing stallion would be the optimal choice. Besides stimulating the endocrine system, teasing the mare before and after breeding specifically releases oxytocin, which assists greatly in uterine clearance. Poor uterine clearance is recognized by many equine professionals as the number one mare-related cause of pregnancy failure. Many veterinarians will give a regimen of intramuscular oxytocin for one to three days, post breeding, to assist in this clearance. While this can be very effective, without a stallion present, the release of other required hormones may still not be sufficient.

Stimulating the mare without the presence of a stallion can be achieved in several ways. An audio tape of "stallion song" will arouse some mares to the point of oxytocin release. Also, when inseminating the mare, the veterinarian or technician can manually stimulate her by gently massaging the cervix for several minutes after introducing the semen dose. At the same time, an assistant should firmly massage the mare's neck at the crest, like a stallion would do with his teeth. The mare will react to the stimulation by contacting first her stomach muscles, demonstrated by her hunching her back, and then by shivering in the muscles of her hip and gaskins. Stallion song or IM oxytocin, post breeding, is still suggested, as cervical massage does not appear to assist much in uterine clearance.

If things did not go as hoped and there is no pregnancy, then it's back to the beginning. If the normal procedures are not working, isn't it worth trying something different?

Breeding horses can be very exciting and very frustrating. An open mind to alternative methods and ideas can help you find success, where you might otherwise be stuck with nothing but huge vet bills and a big dose of disappointment. Nature knows best and the closer we can get to mimicking nature, the better our chances of having that beautiful, perfect foal next spring.

Kris Garrett is the co-owner of FEI Dressage Champion, Temerario VII, Grand Prix Andalusians, Parker, CO



USDF Region Five Report

by Theresa Hunt, Region 5 Director

Congratulations to the three Region 5 riders that qualified and competed in the FEI Junior Team Championships held at the Pebble Beach Dressage Show held on July 8-11.

Reena Idnani, AZ, aboard Levant with a 66.513% was second in the individual standings. Reena and Eloise Aud, CO, aboard Crocodile Dundee were both on Team Independence, winning the Silver Medal. Vanessa Simon, CO, aboard Que-Cir-Que was on Team Freedom, winning the Bronze Medal. Good job and we are proud of you!

Congratulations to Megan Gregg who has qualified for the North American Young Riders Championships! Megan aboard Verden, a 14 year old Hanoverian gelding, will represent Region 5 and compete as an individual at the championships in Chicago in August. Megan is from Grand Junction, CO. She is currently living in Heber City, UT with her coach Margo Gogan. Megan began riding dressage with CaMary & Lee Wynne six years ago in Grand Junction. Good luck and have a good time!

We need to start planning for next year. Potential FEI Juniors and Young Riders should contact one of our FEI

JR/YR Coordinators. In the north we have Debbi Cranston, Canon Ridge Farms, Castle Rock, CO, email dbergtti@aol.com and in the south Tracy Roenick, Dynamite Dressage, Scottsdale, Arizona, email tracyroenick@cox.net.

Deadlines: Region 5 GMO volunteer of the year award is due to USDF by August 31. The Ruth Arvanette Grant for three members to go to the USDF convention (up to \$500 airfare expenses, plus free registration, and one-half hotel expense) is due to USDF by August 31.

Mark your calendars for the National Level Trainers Conference with Kathy Connelly at Canon Ridge Farms in Castle Rock, CO October 23-24. Applications for demo riders are on the USDF website with a deadline of August 20th. Also the FEI World Cup Jumping and Dressage will be held together for the first time in Las Vegas, Nevada on April 22-24, 2005. Tickets are available online.

The USDF website has a new look---no more annoying drop downs, more pictures, and easier to navigate. Go to www.usdf.org and take a look.

Stay Cool and Happy Riding!

USDF Group Member Grants & Awards for 2004

USDF is currently accepting applications for the following grants:

RUTH ARVANETTE GRANT:

The USDF will award grants from the Ruth Arvanette Memorial Fund this year for up to three (3) GMO members to be able to attend the 2004 USDF National Convention & Symposium to be held November 30 - December 5, 2004 in Lexington, Kentucky.

Each Grant includes:

- 1) Reimbursement of up to \$500 for airfare
- 2) Reimbursement for one-half of the lodging expense (5 night maximum)
- 3) Complimentary USDF Full Convention registration. Full registration includes the Convention and University sessions, but does NOT include the Awards Banquet or Gala.

Please complete the official application form at www.usdf.org/pdf/RuthArvanetteMemorialFundApplication.pdf. A committee will review all applications and the winners will be notified, by phone or mail, no later than September 30, 2004. Please be certain to com-

plete the form in its entirety. Incomplete applications will be disqualified.

GMO VOLUNTEER OF THE YEAR AWARD:

The Regional GMO Volunteer of the Year Award is awarded to up to one GMO volunteer from each USDF region. The award is USDF's way to recognize outstanding service at the local GMO level.

A panel of judges will review each application. The winners will be recognized at the USDF National Convention & Symposium, to be held on November 30 through December 5 in Lexington, Kentucky. Applications are due in the USDF office postmarked no later than August 31, 2004.

How to apply: The GMO president (or a designee of the GMO president) will nominate a volunteer.

BOTH APPLICATIONS MUST BE POSTMARKED NO LATER THAN AUGUST 31, 2004

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Ad must be paid before it will be placed in the classifieds. *Email ad copy/picture to bswanson2003@qwest.net.*

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