

**ROCKY  
MOUNTAIN  
DRESSAGE  
SOCIETY**

**CENTAUUR**  
NEWSLETTER

**August 2005**

**Nine Chapters in Colorado & Wyoming**

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### **USDF INSTRUCTOR CLINICS STILL OPEN**

*Top-Notch educational opportunities  
need your participation and support.  
These clinics are open to EVERYONE*

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*see page 20*

### **HOEFS/CONNELLY CLINIC**

*Registration page 7*

**YOU MUST SUBMIT APPLICATION  
AND A VIDEOTAPE TO  
PARTICIPATE IN THIS CLINIC**

## Debbie McDonald Coming to Town!

### Will Lead Pre-Cert for USDF Instructor Certification Program and Conduct JR/YR Clinic

Olympic Bronze Medalist and 2003 World Cup Finals Champion Debbie McDonald this fall for two special events: September 17-18, 2005 as part of the USDF Instructor Certification Program at Canon Ridge Farm, and October 22-23, 2005 for a JR/YR clinic at Crooked Willow Farm. The Pre-Certification program for Certified Instructor candidates is a closed session for candidates only. The JR/YR clinic will be open to auditors.

"We are thrilled that Debbie McDonald is coming to Colorado," said Deborah Cranston, Canon Ridge Farms' owner. "When the USDF asked us if we would like to host the event, we jumped at the chance." This is the second USDF program held at Canon Ridge Farms. In 2004, the USDF Trainers Symposium, featuring Kathy Connelly was held at the farm. Attendees came from around the country to learn from Connelly. Connelly will be joining forces with Toine Hoefs on October 14-16 for an RMDS educational clinic, also to be held at Canon Ridge (see clinic article and registration in this issue).

The USDF Pre-Certification program is a mock testing situation designed to help candidates become familiar with the testing format. Riding, teaching, lunging and oral sessions are conducted. Those that are ready can register for the final exam and hopefully become USDF Certified Instructors, an elite classification.

"I think it's a fantastic program," McDonald said of the USDF Instructor Certification. "We need guidelines so not everyone can just hang out a shingle as a trainer." McDonald was a member of the silver medal winning team at the 2002 World Championships, among many international accomplishments.

For information on the Pre-Cert, contact Beth Geier at 720-890-7825 or visit [www.usdf.org](http://www.usdf.org) for complete information on the certification program. For info on the JR/YR Clinic, contact Susan Gregg at 970-243-5525 and check next month's Centaur for details.



*Debbie McDonald at the  
Olympics in Greece*

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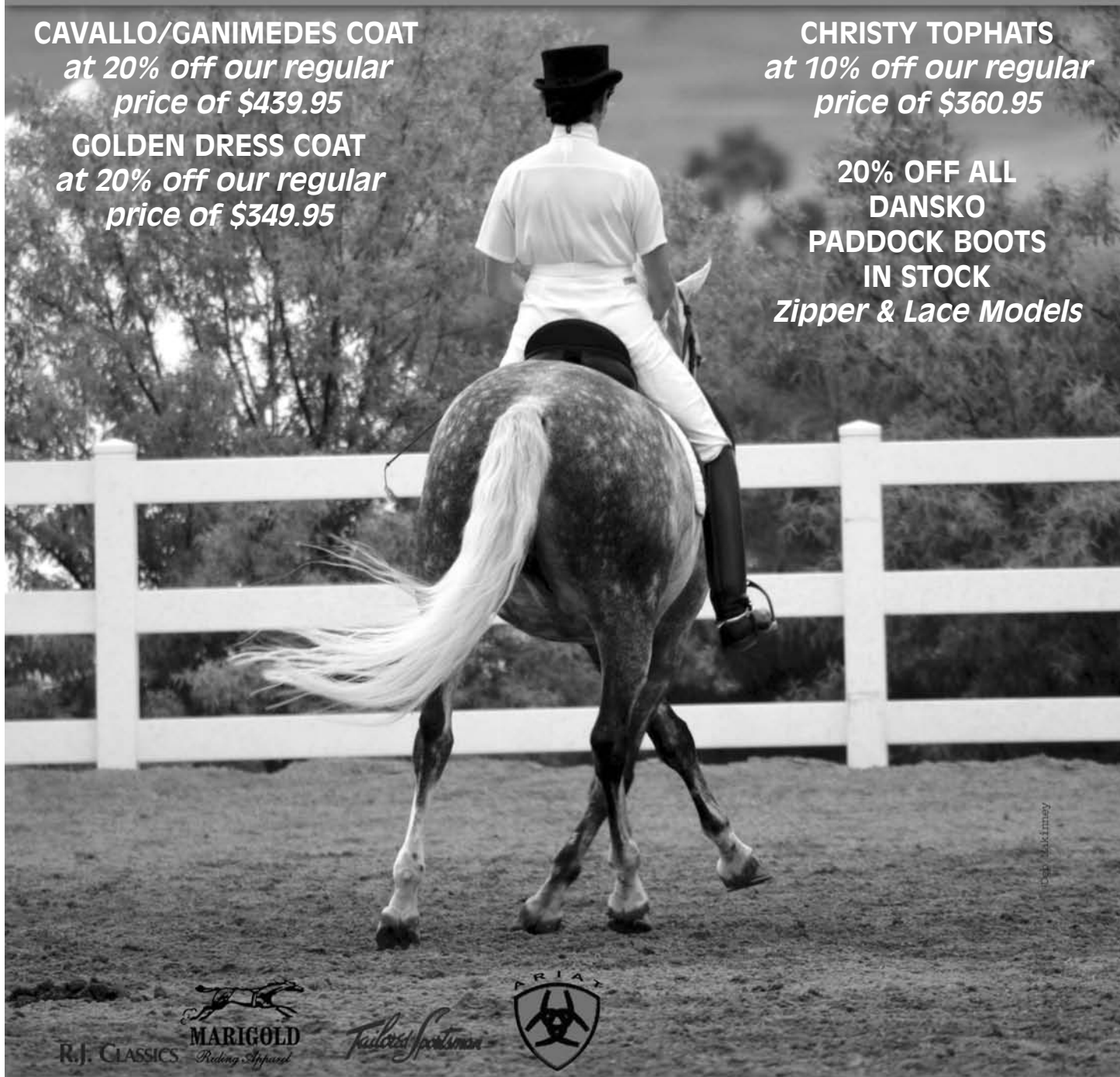
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**Centaur Newsletter**

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USEF, Inc (formerly USA Equestrian)	.....859-258-2472
RMDS is a USDF Group Member Organization and RMDS members are automatically USDF Group Members	

# Thoughts

## from the President

### Happy Summer...

Just a couple of things to catch up on -- this has been a very busy time. What happened to the long days of summer? They seem very short to me. With job, family, friends and my horse needing attention everyday, I've not gotten out to many horse shows.

Looking for Heather Petersen? Go to any horse show and she will either be in the office as manager or as secretary and if you can't find her there she will be showing her horse. She has more energy than anyone I know!

Congratulations to Region 5 Young Riders Anna Wood, Tyler Haney, Megan Gregg and Leigh Romano who will be representing the United States in the North American Young Riders Championship 2005 Dressage in Lexington, Virginia, July 26-31, 2005. May the force be with all of you.

Congratulations to Hanna Lewis of Highlands Ranch for winning second place for 15 & under in USDF "Art of Dressage Contest" Her black & white will be in the USDF yearbook and also displayed at the USDF convention.

Take time to read the article "The Senior Horse" in the July USDF Connection as RMDS member Sue Gentle and her horse Pogo are featured on how to keep the senior horse happy and productive.

Nominations for the 2005 USDF Volunteer of the Year Award are due to the USDF office on or before August 31. The nomination form, judging criteria, and an outline of the nomination process are available at [www.usdf.org](http://www.usdf.org).

Thanks everyone for all you do for RMDS!

Stay Cool...

Susan

## The Latest Scoop From The Editor's Stall



With the heat wave rolling steadily on in July we can only hope that August will bring us a little bit of relief. The show season is almost completed, but fall is bringing many different RMDS events including an incredible clinic with Toine Hoefs and Kathy Connelly.

The horse world is quite small and this is an example of how the United States and Europe can be brought together in one weekend.

I was surprised at how small the horse world really is when I was recently at a tire store waiting for my new tires to be put on. I was dressed in my breeches since I had just come from the barn. I noticed a gentleman looking at me and thought to myself that people will never get used to the look of riding pants. How wrong I was! A few minutes later that gentleman walked up to me and said, "Dressage or jumping?" I was shocked at first, but answered his question. I soon found out he is from Wichita, Kansas and breeds Holsteiners for both jumping and dressage. I thoroughly enjoyed our conversation about breeding, training, and just horses in general. I believe this goes to show that the sport horse industry is growing by leaps and bounds, as is our sport.

## Letters to the Centaur

I would like to send a special Thank You to Susan Alvey for giving me the opportunity to ride in the Lars Petersen clinic at Phantom Hill Farm in Fort Collins, Colorado on June 30 through July 2. Lars is a very talented instructor, and I would highly recommend him to anyone who wishes to improve their riding skills. I had a wonderful time and learned a lot listening to him all weekend. Thank you again!

Sincerely,

*Jessica Kern*

I just want to say "good job" on the Centaur these days. I now read it from cover to cover! The nutrition articles have been very informative.

*K.C. Parkins Kyle*

Hidden Ridge Farm

On a Centaur topic, several Northern Colorado areas are not receiving their Centaurs in a timely fashion. This was brought up at the last RMDS board meeting and this seems to be a post office problem. This could take a while to sort out and there is a possibility that nothing can be done. If you have not received your Centaur please contact Beth Geier at the RMDS Central Office. She will mail extra copies if necessary. Also, the website posts a copy of each issue in PDF format.

I would also like to stress that advertising and calendar events need to be submitted to either Beverly Swanson (bswanson2003@qwest.net) or Beth Geier (rmids@rmids.org). I receive many of these e-mails and try to send them on to the correct person, but I cannot guarantee any ads or calendar events sent to me will end up in the Centaur. Please read the guidelines on page 17 of the Centaur to correctly submit these items.

Thanks for all of your patience as we iron out these problems! Best of luck at all of the remaining shows and here's to the end of summer and the beginning of cooler days! Championships are coming!

Best regards,

*Kathleen*

## JUNIOR DONATES TIME FOR JUNIORS

Tiffany Busch, a junior young rider, is donating her time and money to help support our Junior Young Riders to raise money. Will you help too?

Tiffany Busch has given up her time this summer to attend many shows in order to photograph our Juniors, so she can put together a Black and White calendar. She is putting together a 14 month calendar ranging in price from \$14 - \$16 depending on printing costs. All proceeds will go to support the Junior Young Rider Team for 2006. They really need your support and you will love the calendar. Tiffany has given up many hours to put together this calendar, won't you give up some money to support our future Olympians?

Tiffany will also have an Adult Black and White 12 month calendar ranging in price from \$14 - \$16. Please let her know as soon as possible if you are interested in purchasing one or both and which one so she can have an idea how many calendars she will need. Both calendars will be available by RMDS/USDF Championships. Tiffany Busch can be reached at: 719.237.4115 or tiffany\_busch@yahoo.com. Thank you in advance for all your support and to RMDS for publishing this article.

# RMDS Sporthorse and Dressage Clinic

With Toine Hoefs and Kathy Connelly

October 14,15,16 2005

To be held at Debbie Cranston's Canon Ridge Farms, Castle Rock, Co

This clinic contains something for everyone! Do you have a young prospect [weanling to 2 year old] you would like to get input on?

Or a young horse started under saddle [3-5] that you want to be sure you are starting correctly?

Or a more mature horse [6 and up] that you are interested in getting help from two world class Dressage trainers for?

Are you willing to ride in front of a large audience and candidly discuss your horses' conformation issues that are incorporated into your training method?

## THEN THIS CLINIC IS PERFECT FOR YOU!!!

On the other hand...do you not currently have a horse to present, but you wonder "What are ways that you can strengthen a horse with a long back vs. a short backed horse? "

"When a horse has a very short poll and blocky throatlatch, how can 'on the bit' be comfortable?"

"How can you look at a weanling and predict what their future career can be?"

## THEN THIS CLINIC IS FOR YOU, TOO!!!

Toine Hoefs is a KWPN Breed judge in Holland. He has bred and trained some of the top stallions in that country. Kathy Connelly is a well-known Grand Prix trainer here in the States. The two of them are being brought in to present a clinic on Conformation and Development of the Dressage Horse from Weanling to Grand Prix. On Friday Oct 14 Toine will look at young sporthorse prospects and discuss with the audience what you are looking for in Dressage and Jumping prospects. He will review with the audience what the Dutch Stallion Judges are taught to examine, and bring his lifetime of experience judging and selecting young stallion prospects to share with the participants. In the afternoon he will look at 3-5 year olds in hand and under saddle, and discuss their conformation and how it will affect their training plan for the weekend.

On Saturday Toine and Kathy will look at the mature horse group, and discuss with the participants what conformation aspects are manifested in the horses' performance and start working on exercises that affect those issues. Saturday afternoon the young horses will be worked again under saddle, with continuing direction on specific exercises to balance and develop issues



*Kathy Connelly and friend*

related to the conformation of the young horse.

Saturday evening Toine and Kathy will be available for discussion and questions after an appetizer buffet for all auditors and participants.

Sunday will be the conclusion of work for the mature horses, presented mainly by Kathy and incorporating any long line or in hand work that may also enhance the development of these horses.

Interested in attending, or bringing a horse to present? Contact Beth Geier at the RMDS Central Office at [RMDS@indra.com](mailto:RMDS@indra.com) or call 720-890-7825 during office hours. Or, fill out and mail the application form in the Centaur on pages 23-24, or on the web at [rmds.org](http://rmds.org)



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OCT 14,15,16 at CANON RIDGE FARMS, CASTLE ROCK, CO**

**RIDER/HANDLER/OWNER INFORMATION**

Name \_\_\_\_\_ phone \_\_\_\_\_ email \_\_\_\_\_

Address \_\_\_\_\_

**HORSE INFORMATION**

Name \_\_\_\_\_ Breed \_\_\_\_\_ Age \_\_\_\_\_

Sire \_\_\_\_\_ Dam \_\_\_\_\_ Intended use \_\_\_\_\_

Show in hand only \_\_\_\_\_ Show in hand and under saddle [3 yrs and up] \_\_\_\_\_

Have you shown a horse on the triangle in hand before? \_\_\_\_\_

If a foal or weanling, will the dam be present? \_\_\_\_\_

**FOR RIDING HORSES 3 and UP:**

Has your horse shown before and if so what level [including materiale classes?] \_\_\_\_\_

What level would you like to demo? \_\_\_\_\_

What conformation aspects do you feel your horse presents that make him/her interesting for this clinic? [Perfection is o.k., too!] \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Is your horse comfortable working in long lines? \_\_\_\_\_

Please submit a short video by August 20 that shows conformation of your horse from front, both sides and rear, walking and trotting on a more or less straight line from the camera and if applying under saddle please include a test ridden at the highest # at the level you wish to demo. [i.e. Training 4, 1st 4, materiale just walk, trot, canter, etc.]

**WE HOPE TO PRESENT A HORSE AT EVERY LEVEL. THIS IS A CLINIC FOR EVERYONE- IF YOU CANNOT RIDE, PLEASE PLAN TO AUDIT. TOINE AND KATHY HAVE GIVEN RMDS A BREAK SO EVERYONE CAN AFFORD TO ATTEND OR PARTICIPATE. YOUR HORSE CAN BE ANY BREED OR NO BREED AND YOU CAN STILL APPLY!!!!**

(Schedule on back of this form)

**SCHEDULE FOR TOINE HOEFS/KATHY CONNELLY CLINIC**  
**To be held at Debbie Cranston's Canon Ridge Farms, Castle Rock, Co**

**FRIDAY OCT 14 - Toine Hoefs**

8:30 AM Introductions

8:40 Toine will address the KWPN Conformation sheets used in the stallion and KWPN criteria. He will review conformation issues and common themes.

9 AM- 12 PM Horses from weanlings to 2 yr olds presented to audience and discussed.

12- 1:30 LUNCH

1:30 – 5:00 Mature Horses presented in hand and 3 year old brought back under saddle

**SAT Oct 15 - Toine Hoefs and Kathy Connelly**

8:30- 12:30 Horses presented from Training through 3rd level

1:30-5:30 Horses presented from 4th level through Grand Prix

**SUN Oct 16 - Kathy Connelly**

8:30-12:00 Training through 3rd

1-4pm 4th- Grand Prix

**COST OF CLINIC**

Horses in hand only [weanling -2 year old] - \$40

Horses under saddle [3 and up] - \$170 for all three days

(If space available, it will be \$140 under saddle - weekend only)

Prepaid Audit Fees: (Postmarked prior to October 1)

1 day - \$30

2days - \$50

3 days - \$70

All fees will be \$10 more at the door.

Send application to:

Beth Geier RMDS Central Office 2942 Park Lake Drive Boulder, Co 80301

AUDITOR ONLY:

Name\_\_\_\_\_phone\_\_\_\_\_email\_\_\_\_\_

Address\_\_\_\_\_

# of days\_\_\_\_\_

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# Ralf Schmitzer Clinic Review

from Petra Lechner-Jorah

Ralf and Martina Schmitzer have over 25 years of experience in teaching the Classic School of Riding. Originally both were very active, successful riders in dressage competitions and taught accordingly. Over the years a change of heart evolved to the Classic Art of Riding which answers most questions of why or why not only competitive riding and its teachings will not get the best of your horse. This learning experience and broadening of knowledge was certainly not easy, especially when certain ways of riding and teaching seemed to have been carved in stone.

Over the years Ralf and Martina Schmitzer teach the Classic Art of Riding where each horse is treated individually as the center point, where what the rider desires of their horse will be triggered, not taught to the horse. Actually there are very few things a rider needs to teach their horse as the horse already has all the capabilities it takes to perform. The key is to trigger these physical exercises without force, strength or coercion. Through a relaxed approach, both horse and rider reach their potential and come out of their lesson in most positive anticipation for the next lesson. Ralf and Martina Schmitzer teach all levels, all the way through the Haute Ecole, the highest disciplines for dressage and further specialized exercises. Each horse and rider

receives training at the level that needs support, from basic to advanced. No shortcuts are taken as Ralf emphasizes a solid foundation before approaching further steps. Ralf and Martina Schmitzer school with Bent Brenderup of the Royal Academy of Classic Art of Riding of Denmark and Marc de Brossia from France, two of the most integrated representatives of Classic Riding of our times. This demonstrates that Ralf and Martina Schmitzer strive only for the best and finest resources to complement their experience and teaching. I consider Ralf and Martina a real treat for every rider! I believe we are fortunate to have Ralf and Martina as clinicians.

I would like to thank Ute Neubecker for hosting the Clinic 19-22 May at her Reiterhof Ranch. I would also like to thank all the boarders at Reiterhof Ranch for their support. Finally I am also grateful that Ralf and Martina Schmitzer left their Academy for Classic Art of Riding in Germany behind for a few days and came to Colorado to share their extensive experience and knowledge of riding and teaching horse and rider of all levels. I also want to say Thank You to each rider as they made this Clinic very productive and a great experience for everyone!

## RIDER COMMENTS

### Ute Neubecker

"Ralf showed me how I can supple my horse through the walk. The hindquarters had to be activated. Without force and with my own body and weight shift and light hands my horse was led into any direction desired. Circles, "Volten", lateral work made my horse very supple and created a looseness without any effort on the horse or rider. After 20-30 minutes of exercises I had a very willing horse and I was able to trot my horse in a very supple and relaxed, yet collected frame. Ralf says that any horse, properly trained by his method can show large results and will be able to work for you and will stay sound well into a high age."

"Ralf is a fantastic instructor who teaches every rider to feel their horse and understand what the horse's reaction means to each movement the rider executes."

### Bridget Milnes and "Schnitzel"

"During the three-day clinic, Ralf drew from his extensive experience as a rider, trainer and teacher. Each horse/rider combination was treated to Ralf's keen eye as he identified small faults before they developed into major resistances. In my case, he noted that the walk needed to be more active. So, with a little help from the ground, "Schnitzel" became more energetic with a supple and lifted back. This work carried over into the trot and canter, and movement was effortless.

continued on pg. 24

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### Invitation to a Ralf Schmitzer Clinic At Reiterhof Ranch, Elizabeth, CO

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- Riding lessons according to the Classic School of Thought with Ralf Schmitzer from Germany.
- All Levels Welcome!
- A total of 10 riders will be accepted and should commit to all four days.
- Clinic cost is \$300 for four days, or \$100 for each unit.
- Auditors Welcome, No Admission Charge. Please Pre-register.

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Ralf Schmitzer and the Classic School of Thought  
at

[www.rockymountainsaddlerybypetra.com](http://www.rockymountainsaddlerybypetra.com)

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A treasure like this comes on the market once in a lifetime. Situated at the end of Nebo Road on the site of the historic Bell Park Arabian Ranch, this breathtaking 29-acre property features a beautiful custom home and a lucrative and expansive equestrian facility surrounded by open space, conservation easement land and Left Hand Creek. Uniquely private and pristine, the area remains a haven for wildlife, drawing deer, elk and eagles to its tranquil environs. This is an opportunity not to be missed!

3507 Nebo Road., Boulder  
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## BOULDER CREEK

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1767 WCR 20.5, Longmont  
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17503 Highway 7, Allenspark  
\$1,850,000 | MLS# 455809



## FULL MOON FARM

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# 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 Foy (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  
Kristi Wysocki  
(303) 648-9877

#### USEF 'r'

Amy Jablonovsky  
(970) 493-2833  
Suzanne Zimmer  
(303) 478-8325

#### USDF 'L' Graduate

Simone Ahern\*  
719-749-9274  
Francie Brashear  
(303) 840-7626  
Julie Burt  
719-852-5269

RaeAnn Curtis\*

(970) 225-1408

Emmy Detlof

(719) 495-4188

Marti Foster\*

(303) 277-1132

Beth Geier

303-673-9840

Janet Goodrich-Spear

303-664-0152

Linda Ohlson Gross\*

303-840-9818

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

Kathleen Mayger

970-310-8729

Bridget Milnes

(303) 660-4986

Jim Moore\*

(303) 805-0554

KC Parkins-Kyle

(303) 841-9953

Sally Robertson

303-237-6915

Kathy Simard\*

(720) 981-4448

Maria Wasson

(303) 682-9594

Regina Wendler

970-879-7505

Simone Windeler

719-540-2000

#### Dressage Sport Horse

#### Breeding Judge "R"

Janet Brown Foy

(719) 633-0231

Debbie Riehl-Rodriguez

(303) 642-7708

Kristi Wysocki

(303) 648-9877

#### Technical Delegates

#### USEF

Eva-Marie Adolphi (UT)

(801) 254-3247

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) 638-6737

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

Susan Selby

970-227-9530

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

(970) 733-9497

Ellene Kloepfer

(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 Devaney

(303) 681-2516

Loma Fowler

(303) 841-0417

Sarah Martin

(303) 652-1158

Melinda Weatherford

(970) 484-5218

\* denotes graduating with distinction



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Jenny Brauer 303/548-9850  
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Alice Kremers, MSA CSF  
303-759-1771  
[FoxManRed@aol.com](mailto:FoxManRed@aol.com)

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# Chapter News

## HAPPY HALF HALTS

*From Tri State Dressage Chapter*

A heads up to all horse owners: the federal animal ID program that you may have heard about for cattle and other livestock will include HORSES! Now is the time to get into the discussion on how this will be implemented. Just visited with the former Wyoming State veterinarian and he says the plan will not happen this year or even next, but there is a horse discussion group working right now! Hopefully USDF and USEF will have someone with input, as this will effect those of us who transport our horses to shows, clinics, lessons or even just a trail ride.

Hope all are having a great riding summer, Our show was fun as usual with lots of wonderful exhibitors, spectators, volunteers and really outstanding horses.

## PENROSE CHAPTER

A BBQ and hayride was held at Jane Wustrow's on the 4th of July after the weekly clinic! Weekly clinics continue with several members attending local schooling shows.

The club has voiced an interest in hosting some RMDS schooling shows and wondered if any other clubs had any scheduled in order to avoid a scheduling conflict. Many people are interested in attending schooling shows and feel that this would be a way to encourage interest in the sport locally, and to help our new "L" graduates get more experience.

Please notify our club regarding any firmly scheduled RMDS schooling shows to help us plan the upcoming year and solidify our plans.

A road trip may be in the works to attend a Conrad Schumacher clinic in California in October.

Also in the planning stage is a fall camp, however no date has been set yet.

*"Most riders ride from  
movement to movement.*

*Effective riders ride from  
half-halt to half-halt."  
-Robert Dover*

## HIGH PLAINS DRESSAGE SHOW

August 20-21st

Columbine Equestrian Center

Open Date: July 15, 2005

Judges: Hilda Gurney and  
Thomas Poulin

TD: Veronica Holt

Show Manager - Terri Wallace

303-478-8838

Show Secretary - Angie Joyce

303-887-3720

See Prize List in Omnibus!

We need Volunteers!

Notice: Proofs of photos from the Dressage at the Peak and Dressage at High Prairie shows will be available for viewing at [www.equineeventphoto.com](http://www.equineeventphoto.com).

## CLINICIANS COMING TO OUR REGION

*see calendar for details*

Paul Belasik	Debbie McDonald
Janet Brown	Leslie Morse
Jill Cantor Lee	Lars Peterson
Kathy Connelly	Steffen Peters
Jan Ebeling	Gerhard Politz
Toine Hoefs	Kathleen Raine
Max Gahwyler	Ralf Schmitzer
Stephen Kiesewetter	Donna Snyder-Smith

If you have a clinician coming to your barn, please list it on the RMDS calendar and we will include it on our clinician list!

# 2005-2006 SHOWS & EVENTS

## AUGUST 2005

- 5 Dressage in the Rockies #1-Parker, CO USEF**  
Contact Glenda McElroy 818-841-3554 glenda@glenroys.com
- 6 Dressage in the Rockies #2-Parker, CO USEF**  
Contact Glenda McElroy 818-841-3554 glenda@glenroys.com
- 7 Dressage in the Rockies #3-Parker, CO USEF**  
Contact Glenda McElroy 818-841-3554 glenda@glenroys.com
- 6-7 USEF "r" Testing-Janet Brown & Lois Yukins CLOSED**  
Contact USEF 859-258-2472 or RMDS Office 720-890-7825
- 6-7 Cheyenne Dressage & Hunt Club Show-Cheyenne,WY-USEF** - Contact Susan Rocha 307-635-3296
- 10-11 Stephan Kiesewetter Clinic-Windsor, CO**  
Contact Jill Lee 970-686-6025 or 970-209-8491
- 13 Foothills Chapter Show-Golden-RMDS**  
Contact Heather Petersen 719-573-0398, slush@drwgw.net
- 13-14 USDF Instructor Workshop 3rd-4th Level-Ft. Collins**  
Rachel Saavedra atChatellen, Pam Geier 720-890-7825
- 14 Autumn Hill Sunday Series #3-Longmont-RMDS**  
Barb Goldman-303-666-4528 boelandjarb@hotmail.com
- 20 Utah Dressage Society Show #1-Sandy, UT USEF**  
Eva-Marie Adolphi 801-254-3247 adolphi@redrock.net
- 21 Utah Dressage Society Show #2-Sandy, UT USEF**  
Eva-Marie Adolphi 801-254-3247 adolphi@redrock.net
- 20-21 High Plains Dressage Show-Littleton,CO-USEF**  
Contact Angie Joyce 303-887-3720
- 25-28 Lars Peterson Clinic-Phantom Hill Farm-Ft Collins**  
Contact RaeAnn Curtis 970-225-1408 phfdressage@msn.com
- 27 Aspen Ridge Schooling Show-Monument**  
Contact Heather Petersen 719-573-0398, slush@drwgw.net
- 28 Aspen Ridge Show-Monument-RMDS**  
Contact Heather Petersen 719-573-0398, slush@drwgw.net
- 28 Conti'Divide Morgan Horse Asso.—Loveland-USEF**  
Contact Jane Donnelly 970-669-5775
- 28-29 Kathleen Raine Clinic - Table Mtn Ranch**  
Contact Marti Foster 303-277-1132

## SEPTEMBER 2005

- 1-4 Equine Touch Level 3 Clinic-Jock & Dr Ivana Ruddock-Loveland**  
Raian Kaiser 970-203-0725 equinetouchinfo@yahoo.com
- 3 Boulder Vly. Dressage Summer Show-Boulder-RMDS**  
Contact Barb Goldman 303-666-4528
- 3 GVDS Open Show-Grand Junction-USEF**  
Contact Candace Elderkin 970-216-1963
- 3-4 Jill Cantor-Lee clinic, Larkspur area.**  
Call Meg 303-249-8695 (cell) or 303-681-2215 (home)
- 4 GVDS Western Slope Champs & Open Show-RMDS**  
Contact Candace Elderkin 970-216-1963
- 4-6 Equine Touch Level 4 Clinic-Jock Ruddock-Loveland**  
Raian Kaiser 970-203-0725 equinetouchinfo@yahoo.com
- 9-11 Max Gahwyler Clinic - Creekside Ranch-MT**  
Contact Barb Ramlow - www.CreeksideRanch.com
- 10-11 Leslie Morse Clinic - Legacy Hill Farms**  
Contact Patty Sponseller 303-660-5648

- 9-11 Stephan Kiesewetter Clinic-Casper, WY**  
Contact Anne MacGuire 307-237-9148

- 12-13 Stephan Kiesewetter Clinic-Windsor, CO**  
Contact Jill Lee 970-686-6025 or 970-209-8491
- 16 Swedish Warmblood Inspections-Hudson**  
Contact Yarbrough Stables 303-536-9524
- 17-18 USDF Instructor Workshop Precertification - Debbie McDonald - 3rd/4th Level**  
Canon Ridge Farms, RMDS Central Office 720-890-7825 rmds@indra.com
- 21 RMDS Breed Championships & Open Breed Show-Parker, CO-USEF** -Contact Camille Griffin 303-663-0041 breedsec@twowhitefeet.com
- 22-25 RMDS Dressage Championships & Dressage Open Show - Parker, CO-USEF**  
Contact Heather Petersen 719-573-0398, slush@drwgw.net
- 22-25 Region V Championships -Parker, Colorado-USEF**  
Contact Heather Petersen 719-573-0398, slush@drwgw.net
- 30 - 2 USDF Instructor Workshop Final Testing 3rd/4th Level**  
Contact Pam Geier 720-890-7825
- 30-Oct 2 - Equine Touch Level 1 & 2 Clinic-Raian Kaiser & Andrea Datz-Loveland**  
Raian Kaiser 970-203-0725 equinetouchinfo@yahoo.com

## OCTOBER 2005

- 15-16 Kathy Connelly & Toine Hoefs-**  
Canon Ridge Farms  
More details in this issue and on website.  
Contact RMDS Central Office 720-890-7825 rmds@indra.com
- 20-21 Stephan Kiesewetter Clinic-Casper, WY**  
Contact Anne MacGuire 307-237-9148
- 22-23 JR/YR Clinic-Debbie McDonald-Crooked Willow Farm**  
Contact Susan Gregg 970-243-5525

## NOVEMBER 2005

- 12 Board of Governors - High Plains Chapter host**

- 25-28 Stephan Kiesewetter Clinic-Casper, WY**  
Contact Anne MacGuire 307-237-9148

## DECEMBER 2005

- 3-4 Paul Belasik Clinic-Cottonwood Farms-Grand Junction**  
Contact Lynea Schultz-Ela 970-872-3961 or Debbie Hanley 970-248-9594

## JANUARY 2006

- 28 "L" Graduates & Judges Continuing Ed - OPEN**  
Contact: RMDS Central Office 720-890-7825

## FEBRUARY 2006

- 11 TD Workshop & Competition Management - OPEN**  
Contact: RMDS Central Office 720-890-7825

# 2005-2006 SHOWS & EVENTS

## MARCH 2006

**31-April 2 Equine Touch Level 1 & 2 Clinic-Raian Kaiser & Andrea Datz-Loveland**  
Raian Kaiser 970-203-0725 equinetouchinfo@yahoo.com

## APRIL 2006

**8-9 Steffen Peters & Janet Brown Symposium**  
Canon Ridge Farms  
Contact Heather Petersen 719-573-0398, slush@drwg.net

**21-23 USDF CERTIFIED INSTRUCTOR FINAL TESTING**  
Penrose Stadium Contact RMDS Central Office 720-890-7825  
rmds@indra.com

**NEED DEMO RIDERS & HORSES**

## RMDS Community

### CONGRATULATIONS TO JANET BROWN FOY

Janet L. Brown, USEF "S" and FEI "I" Dressage judge was married July 2 to Dr. Michael J. Foy in Colorado Springs. The ceremony took place at the Flying W Ranch with a chuckwagon dinner and a show by the Flying W Wranglers following the ceremony. The couple will make their home in Colorado Springs and Las Vegas, where the groom has orthodontic practices.

### THERESA HUNT, REGION 5 DIRECTOR

Terry writes that she has finished her radiation and is on the mend. She recently was up showing in Spokane, WA, where the 70-80 degree weather was a welcome relief from Phoenix at 114!

### CINDY PEACOCK

Thank you, Cindy, for being one of the first people to rally the RMDS community to support Karen Perkins after her accident. Cindy will be closing the donation account on August 15 and will send the balance to Karen. Reach her at 303-979-0921 if you want to make a last-minute donation!

### FROM KRIS GARRETT (WHO SHOULD KNOW)

*"God grant me the serenity to take in as many horses as possible;  
the courage to convince my husband that this is a good thing,  
and the wisdom to know how to make it all work!"*

### AN APOLOGY TO ALL FOOS

For those of you who noted my very egregious typo last month in the prize list for the Foothills Chapter Show, I hope all the Foes enjoy themselves and have a great show on August 13! -- Beverly

The 2005 Great American/USDF Region V Championships and RMDS Championships and Open Show will be an Official Qualifier for the 2006 NAYRC Championships. Please see the championships column and RMDS website for the appropriate classes in which to enter.

### CALL FOR CHAMPIONSHIPS VOLUNTEERS

If you want to volunteer for Championships, please call Clarissa 303.517.6427

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# RMDS and Centaur Information

## DRESSAGE TRAINERS/INSTRUCTORS GROW YOUR BUSINESS!

If you'd like your business posted on the new RMDS Webpage send information to Michael Petersen, 5575 Heatherbrook Ct, Colorado Springs, CO 80915, 719-573-0398 or email [webmaster@rmds.org](mailto:webmaster@rmds.org) (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](mailto:rmds@indra.com), [www.rmds.org](http://www.rmds.org)

Website Contact: Michael Peterson  
5575 Heatherbrook Ct,  
Colorado Springs, CO 80915  
[webmaster@rmds.org](mailto:webmaster@rmds.org)

NOTE: All competitors should do a score check with the Central Office, especially prior to Awards. Call the Central Office at 720-890-7825 or email [rmds@indra.com](mailto:rmds@indra.com)

## 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, 3rd Tuesday, Penrose Equestrian Center, Sirloin room, Contact Simone Windeler - 719-287-2040 or

check [www.csdressage.org](http://www.csdressage.org)

### Foothills, 2nd Wednesday – every month;

Table Mtn Ranch; Contact: Tina Wright 720-297-5192

### 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.; Jennifer Nisbet 970-221-5545

### 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 – 970-963-3234

Website ads provide your event with high visibility on the RMDS homepage. Because of the implicit connection with RMDS by being on the homepage, we reserve the right to:

- 1) Refuse any ad
- 2) Edit the content of the ad
- 3) Limit the number of ads displayed at any one time

Your ad will run for one month from the date it first appears on the website. Unless the webmaster is notified in advance ([webmaster@rmds.org](mailto:webmaster@rmds.org)), the ad will be removed from the website once the date for the event being advertised has passed. Please limit content of ads to 20 words. Email and website addresses will be displayed as links.

## BECOME A CENTAUR COLUMNIST

**Features:** 1000-1500 words. Find a great story and take the time to write it up as a feature.

**Clinic Review:** 750-1000 words. Write up in detail what you learned from your favorite clinician. Include name, date, and location.

**Junior Corner:** 500-750 words. Hey kids! Tell the Centaur what is going on in your area, profile juniors or horses, write in about special awards won, or just anything in general with riders 21 and under.

**Ask The Barn Princess, Trainer, or Judge:** Back by popular demand from our readers. Have a burning question that you don't know who to ask? This is your chance! Send your questions to the Barn Princess, Trainer, or Judge via the editor's e-mail. Each question will be answered personally.

**Letters to the Editor:** Have any article ideas or just have a comment about the Centaur? Here is your opportunity to voice your opinion. Write a letter to the editor!

**Chapter News:** Attention all RMDS Chapters. Every month there is a 1/4 page just for your chapter news. There is no charge for this 1/4 page, so submit your material ASAP!

## 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:  
 Kathleen Mayger, kathleendonnely20@hotmail.com  
 2304 Brianna Ct. Johnstown CO 80534(970) 587-5546

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 Beverly Swanson at (303) 584-9904 or email at bswanson2003@qwest.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 2005 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 2005 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

## 2005 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 \_\_\_\_\_

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# 2005 USDF and RMDS Championship Column

*From Heather Petersen and Veronica Holt*

Please make an important note – the 2005 Championships will be a qualifier for the 2006 North American Young Riders Championships. The designated classes will be the classes listed or the FEI Tests of Choice – this will allow the Young Riders to possible ride their qualifying tests on Thursday or Friday and not conflict with their respective Championship classes. We will be offering fun and exciting competitor parties each day – please look for these events and be sure to thank their sponsors!

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First Level - AA	Cottonwood Riding Club - The Gandomcar Family
First Level - Junior	Mistanny Troika Memorial Trophy - Madeline and Debi Smith
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Second Level - Junior	Taka Chi Dressage Stables - Sarah & Clayton Martin
Third Level - AA	8th Heaven Gaited Farms - Sarah Bushong-Weeks
Third Level - Junior	Gemini Dressage - Glenda Needles
Third Level - Freestyle	Skelton Mountain Dream Ranch - Joe and Dee Skelton
Fourth Level - Open	Kiamana Farm - Gwen Ka'awaloa
Fourth Level - AA	Marti Foster
Fourth Level - Junior	Sue Halasz
Prix St. George - Open	Taka Chi Dressage Stables - Sarah & Clayton Martin
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For the 3rd-4th level workshops, the response has not been as overwhelming. We still have a few slots available for the participating instructors. The slots for participating auditor are filled.

If you still wish to attend, please do so by signing up at the Central Office now. There can be unlimited auditors at \$30 per day. A great deal with a chance to greatly enhance your education!

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For more details, call Pam or Beth Geier at 303-673-9840 or at 720-890-7825.

Reservations will be necessary. Please be clear as to which level you are attending and which dates. Please make your reservation today by sending your check. Remember, it is first come first serve.

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# USDF Region Five Report

by Theresa Hunt, Region 5 Director

Congratulations to our riders who qualified for the North American Young Riders Championships at the end of July! Anna Wood on Novarredo qualified in Europe with a 67.071% average; Tyler Haney on Phoenix with a 66.400%, Megan Gregg on Verden with a 62.586%, and Leigh Romano on Dominos Jongleur qualified with a 61.614%. Tyler and Leigh live in Colorado and train with Sarah Martin. Megan is from Grand Junction, CO, but lives in Utah and trains with Margo Gogan. Veronica Holt is our Chef d'Equip. This is our first team since 2002! It really has been a team effort from the shows that hosted NAYRC Qualifying classes, to all the effort of the riders, parents, silent auction contributors, and supporters throughout our region. The transportation costs to Virginia alone were a significant hurdle. Susan Gregg, our northern FEI Jr/Yr Coordinator worked diligently with everyone to make this happen. I am sure our team will do well at the Championships.

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 Susan Gregg in Grand Junction Colorado, email [MikesOtto@aol.com](mailto:MikesOtto@aol.com) and in the south Tracy Roenick, Dynamite Dressage, Scottsdale, AZ, email [tracyroenick@cox.net](mailto:tracyroenick@cox.net).

The Region 5 USDF Adult Clinic featuring Betsy Steiner will be held in Santa Fe, NM September 10-11. Go to [www.usdf.org](http://www.usdf.org) for participant and auditor applications. The final qualifying and closing date for our Regional Championship show that will be held in Parker, Colorado September 22-25 is August 25. You can find the prize list and entry form on [www.usdf.org](http://www.usdf.org). Sponsorships and volunteers are also needed to help with the show.

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 \_ hotel expense) is due to USDF by August 31.

Stay Cool and Happy Riding!

*Theresa Hunt*

Region 5 Director

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# Nutrition Q & A

by Gretchen Topel

## TRANSITION FEED FOR NEW HORSE

Dear Gretchen:

*I just bought a Hanoverian gelding and would like to safely transition his feed from what he has been eating onto what I have here at home. I feed an orchard/brome mix of grass, while he has been on mostly alfalfa. He has also been on a high protein sweet feed with added nutrients. How do I best transfer him over to a grass hay and lower protein grain mix?*

Dear New Owner:

First of all, congratulations on your new horse!

You mentioned that he is a Hanoverian, so I will assume that he is a good-sized horse. What is important to understand is that he will most likely eat you out of house and home for awhile until he gets more balanced nutritionally. So, free choice grass hay will be important in this transition process. The free choice grass hay is also one of the best sources to keep a horse's gut moving properly.

Since he is used to a diet loaded with alfalfa, he will most likely not prefer your straight grass hay. I would still feed him maybe a small, skinny flake of alfalfa or grass/alfalfa mixed hay for two weeks or so, while you are providing the free choice grass. Please do not free choice the alfalfa or grass/alfalfa mix hay ever!

There are some things to be aware of during this two week transition period. It is very common for horses that have been on quite a bit of alfalfa and also any high protein grain or concentrate to lose a lot of water weight in a matter of weeks. Because your horse has been on both, I would like to prepare you. There is a really good chance that he will not only be drinking a ton of water to help flush his kidneys from the higher protein and toxicity from the sugars, but with that, he will also be detoxifying and quite possibly could lose even 300 pounds of water weight. I have seen it with my own eyes more than once.

Referring back to my past articles on pH balance, a horse who has been eating a diet high in protein will most likely look like he's in good flesh, but take the high protein away and you can literally watch the weight fall right off of him. He's not losing lean muscle mass, but instead, water. The body holds onto water therefore diluting the acid from the high protein meals.

Because you will be slowly relieving him of the prior toxicity he has been unfortunately eating, you may also notice some other detoxification symptoms. He may have loose stools, he may be cranky (which is typical during a cleanse as the toxins are being released from the body), or he may even lose some hair. I once heard of a horse that, after being on a no-sugar, lower protein diet for a month, lost all of his hair down to looking like

he had "pig-bristles". Can you imagine how scared his owner must have been? He then grew the most slick and shiny coat the owner said she had ever seen on him. That's how detoxification sometimes rears its' head.

When people are prepared for the detox symptoms, it doesn't seem as scary. The key is to go slowly. If you decide that you want to take a full month to switch him over to your orchard/brome grass and plain grains, that's more than fine. Since you do not know him and how sensitive his system might be, possibly one full month of transitioning is best. Better safe than sorry. I do encourage you, however, to feed him a good probiotic daily during this time. Not a live probiotic though, remembering that the live organisms will only be killed off in the stomach acid and not reach the intestines where the beneficial gut bacteria reside.

When the body is finally relieved of stress, be it chemical, nutritional, environmental, or emotional, it can then have the required energy to get rid of toxicity that has been in the body for years and years, even decades. I always tell people, "Better out than in when it comes to toxins." The key is just go slowly enough as to not send the body into what I term a "healing crisis." That is where the symptoms of detox are pretty difficult to handle: diarrhea, abscesses, lethargy, etc.

As far as your daily training sessions with him, I would encourage you to take it easy this first month. He needs the extra energy to detoxify. I am not saying to not ride him, but do take it easy. This will also be a good time for you two to start bonding with out the added stress of having to perform. Focus on getting him healthy!

Enjoy the journey,  
Gretchen Topel





## Nutrition Q & A continued

### FLAXSEED AND RICE BRAN

*Hello Centaur, I read with interest the nutrition article by Gretchen Topel and I do have a question for her. So many supplements now come with a base of flaxseed and some pretty hardy with flaxseed. How does flaxseed use for horses compare and is it recommended? Also, if rice bran is not preserved with animal fat, is it ok?*

*Thank you so much, Daisy Shepherd*

Thanks so much for writing in to the Centaur...and your wonderful questions.

**FLAX SEED:** Linseed or flax is acknowledged as goitrogenic due to the cyanogenetic linamarin that it contains. Cyanides in small amounts (especially in the absence of adequate iodine) are known to be goiter producing and thyroid-inhibiting. In cases of hypothyroidism, according to Equine Medicine and Surgery, the diet should also be evaluated for the presence of ingredients containing antithyroid compounds, such as linseed, raw soybeans. According to Poisonous Plants of North America, the poisonous principle is "leaves and seed chaff contain the cyanogenetic glycoside, linamarin, and enzyme (linamarase) is present in the plant material which is capable of releasing cyanide from linamarin. The production of cyanogenetic glycoside in the plant varies with genetic and ecological conditions under which the plants are produced. (A cold snap will produce more cyanide in the seed). Immature seed is also more likely to be toxic than mature seed."

Linseed is widely used in the beef industry as a deliberate thyroid inhibitor, so the animals put on weight faster and get to market quicker. Dr. Regan Golob has also noted that linseed or flax does not test well using kinesiology and thyroid reflex points on people and horses. I have no doubt about its ability to put on weight and give a shiny coat, and in the presence of a balanced mineral profile with adequate iodine and fed in very small amounts, many people get away with it just fine. I personally prefer not to take the chance, especially when I believe there are safer options out there. If one does choose to feed flax seed to their horses, they need to boil it for at least 10 minutes, preferably longer, before feeding. That will destroy most of the unwanted enzyme activity that makes flax toxic. That would probably be reason enough for me to not feed it. Standing over the stove to boil a handful of flax into a gelatin goop daily before feeding is a bit of work! Make sure you buy organic flax seed from the health food store. Like a lot of other supplements that are fed to cattle and sheep and other livestock which are raised for food (and are lucky to see their first birthday), the long term toxic or thyroid inhibiting effects of flax can be a whole different thing for a performance athlete that will hopefully live a useful life into their 20's and beyond.

Hypothyroidism is becoming rampant in the horse world. This experience came from one of my business associates: I remember a the noted Arab trainer of

national fame back in the 70's and 80's in Washington was noted for feeding flax. He would just throw in a cup or so at the evening grain feed, uncooked of course. His halter horses were legendary, they could pool water down the creases in the middle of their backs, they were so fat. And shiny!! And he had virtually NO winning performance horses. They were wacko and could not move freely, and he had a lot of trouble getting mares in foal.

Yes, there is info on the net that supports flax seed, but it's really about making informed choices. From what I know about flax seed, I do not choose to use it. Toxicity is such a problem, if I know that something is toxic or out of balance, or even is potentially toxic, I choose not to feed it. A good website to check out on flax is Dr. Joseph Mercola's: [www.mercola.com](http://www.mercola.com)

**RICE BRAN:** Rice bran will cause liver reactions in most horses, as most rice is very heavily treated with herbicides and/or pesticides in growing. Also bran of any kind (wheat included) is very high in phosphorus and also in phytic acid, both of which tie up calcium. Bottom line: high phytate, high phosphorous both tie up calcium. Rice is a very heavy chemicalized crop, with herbicides, pesticides, etc. often applied. Rice is at the top of the list on Consumer's Reports for being one of the most chemically treated crops. Always buy/eat organic rice for yourself and your family. Toxins will only break down the body over time, while putting undue stress on the organs of elimination, not to mention clogging up the liver.

I don't intend to denigrate anyone's feeding program, only to educate. Feel free to ask more questions if you'd like to. This is how we ALL learn! Thanks for your inquiry.

*Gretchen Topel*

Equine Nutritional System



## SCHMITZER CLINIC...cont. from pg. 9

The clinic was a welcome reminder of the importance of the basics.”

### Cindy Schindler, 7 Star Quarterhorses

“Our dressage community here in the Rocky Mountains had a very special opportunity this spring. Ralf Schmitzer brought his “Classic School of Thought” to a four-day clinic at the Reiterhof Ranch. I was lucky enough, or should I say my horse was even luckier, to have attended this clinic. Ralf creates a learning atmosphere that anyone at any level or discipline can grow from, and the facilities at the Neubecker’s lovely Ranch made the educational experience even easier.

Ralf emphasized the correctness of the rider position, as it impacts the horse’s ability to carry us. How often have I asked my wonderful horse to do something in the hardest way possible for her to perform it? Besides my position, we did a lot of exercises to encourage the horse to “carry” the rider’s weight properly and specifically by each leg. This was all taught in manner of accomplishment without negativity and in a calm manner. Ralf’s teaching is very close to horse & rider, therefore he does not miss the smallest variation in position or response. I can highly recommend this clinic and I look forward to Ralf’s return!”

### Siri Downie and “Radio Flyer”

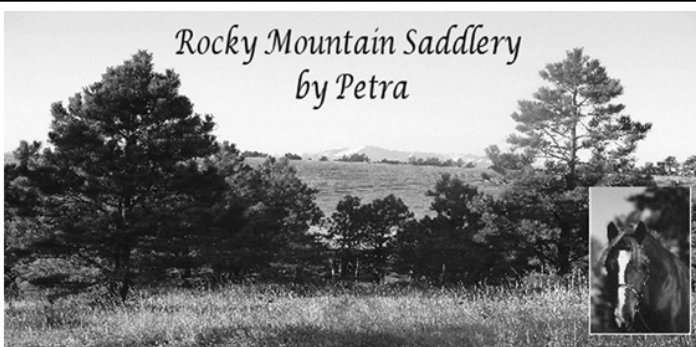
Recently my husband gave me the wonderful opportunity for mother’s day to attend the 4-day clinic presented by Ralf Schmitzer.

I have always been fascinated by the more Classical form of Dressage. I brought my coming 4 year old Trakhener “Rad” that had a little showing at schooling shows and one lesson with my regular trainer, but considerable training was done at home. The first day of the clinic was observation for Ralf. Ralf first checked my tact to make sure nothing would compromise my horse’s comfort. He recommended a wider brow band to my bridle so it would not cut into the back of Rad’s ears. Rad was a little nervous in the new surrounding, so Ralf helped me with a few relaxation exercises. The next day we worked on engaging the haunches in the walk and trot. What I really appreciated was the fastness of his training approach. Rad has the tendency to get rushed, drop on his forehead and curl over on his nose. Ralf had me raise my hands, give more rein and widen my hands to match my shoulders more. Rad responded by working in a natural self-carriage. We then introduced haunches in along the long side of the arena. We finished with a small amount of canter work. The next day we repeated the exercises with the introduction of 10m serpentine using minimal hands, just turning my shoulders slightly. Rad, who is very sensitive, thrived under this type of riding and just flowed through the corners; it was a wonderful feeling! On the


fourth day we repeated the exercises for engagement. Rad’s balance and self-carriage came along nicely and he felt very relaxed as nothing was forced. Ralf introduced riding him more forward and bringing him back with minimal rein aids. I was very appreciative of my horse. I can think of several horses less sensitive that I have ridden I would have struggled with. The main take home message that I understood about the Classical approach is that it is all about the comfort of the horse, using the lightest aids possible. You shouldn’t have to be physically strong to ride a truly well trained horse. It is a long, time consuming process to do it correctly with a lot of steps to build upon. I really enjoyed the Clinic and plan to attend again if Ralf comes back (and after the birth of my son).




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**Beautiful Black/White Draft X Gelding:** Looking for a husband horse or a trail horse? Cree is currently doing lower level Dressage work, but he really prefers to be out on the trail. He is a follower though, not a leader, and is best when with another horse. However, he is fine with traffic, bikes, and dogs. He is not bomb-proof, so he would be best for an advanced beginner to intermediate rider. He has never bucked or reared, but he does do a 'stop, freeze and stare', or a sideways bolt if he is by himself on a spooky trail (like if scared by invisible things in the woods that eat horses). Cree has excellent ground manners and has a funny personality. He has never worn shoes and has excellent feet. No vices - clips, ties, trailers, bathes, fine with vet and farrier. Cree is for sale only because we want a more forward horse that enjoys the Dressage work. We are particular about where he goes, as we are most interested in a great match and a great home for him. His dam is full Shire and his sire is 7/8 Arab and 1/8 Paint. \$4,700. Contact Teresa @ (970) 214.0150 or Garret @ (970) 669.3726.

**Edan - 6 yr old Bay Oldenburg,** standing 16.2 hands. This wonderful mare is already showing First Level Dressage and is schooling second and third level. She has been schooled cross country over jumps up to three feet, but could easily go higher. She has also been worked over 3'6" fences in the arena. A very solid practical mare with no vices. Her sire is a winning Eventer in CA and her dam is an eventer in TX. Her full brother is

only 8 and will show in Dressage at the PSG level this summer. She has the bloodlines to do great things in Eventing or Dressage. All offers considered, asking \$25,000. Call 303.437.4353

**Donner Tonzer:** 16.2 hand, 4 yr. old, reg. Oldenburg, gelding. Phenomenal temperament, quite easy to ride and handle. Has shown two times with scores of 63-65%. Most training in Dressage, and a little jumping. Would make a great Junior or Adult Amateur horse. Schooling some First Level movements without difficulty. He will be fun and easy to train in almost any discipline. \$15,000 Call K.C. : (303) 841-9953

**Registered American Warmblood mare, 4 yo, grey, 14.3H,** lots of ground work, started under saddle, willing, athletic, Lippizan sire Conversano II Aloha II showing at Grand Prix, registered QH dam. \$2000 Contact Krista 970-435-5716 or Krista@LRRanch.com.

## TACK/CLOTHING

**Crosby Freestyle Dressage saddle.** Black, Medium tree, 17" seat. Very good condition, no fittings. \$600. Contact Garret @ (970) 669.3726

**For Sale, 17" Wintec Pro Dressage saddle,** black. No gullet change system. Wide tree, lightly used, excellent condition. No fittings included. \$600. cell phone 970-231-9313, home 970-226-2663. Ask for Vicki.

**Clothing For sale:** Ladies Saddle Derby, Fur felt, Black, size 7 1/8 (with plastic rain cover), EXCELLENT CONDITION \$60. Ladies Top Hat, Reed Hill, Fur blend/Wool, Silk top, Dark Navy, size 7, EXCELLENT CONDITION \$130. Pikeur Dressage Coat, Black with red lining and 4 buttons, size 10 - 12, EXCELLENT CONDITION \$220. White Eurostar breeches, size 28 L, GOOD CONDITION, \$50 obo. Hunt Coat, Devonaire, Black, size 12, GOOD CONDITION, \$60 obo Contact - Jody 720-494-9898 jodymarken@hotmail.com

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**Passier Dressage Saddle:** 16 1/2" seat, extra wide tree. Good condition, reflocked in '99, seldom used since. \$200 obo. Debi Jones 303.646.9215

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**Portable full size dressage arena...** all the 3 inch white plastic pipe, white and black pylons, and tall triangle shaped letters... the letter decals are faded but it is in great shape and easily moved in the back of a pickup or trailer.. \$500.00 or make offer... thanks.. jbjorlo@frii.com 970-377-1336 Pam Bjorlo

## CLINIC

**Donna Snyder-Smith** is coming to Cheyenne, WY Sunday Aug. 28th! All neighboring states are welcome. World renowned riding instructor and Author, Donna has competed and coached students in jumping, dressage, three day eventing, western pleasure and Endurance riding. Come get in tune with your horse and learn how rider biomechanics influence your horse's performance skills. Rider participation \$250 auditors \$50 Contact CJ #307-433-1008 riders limited to 10.





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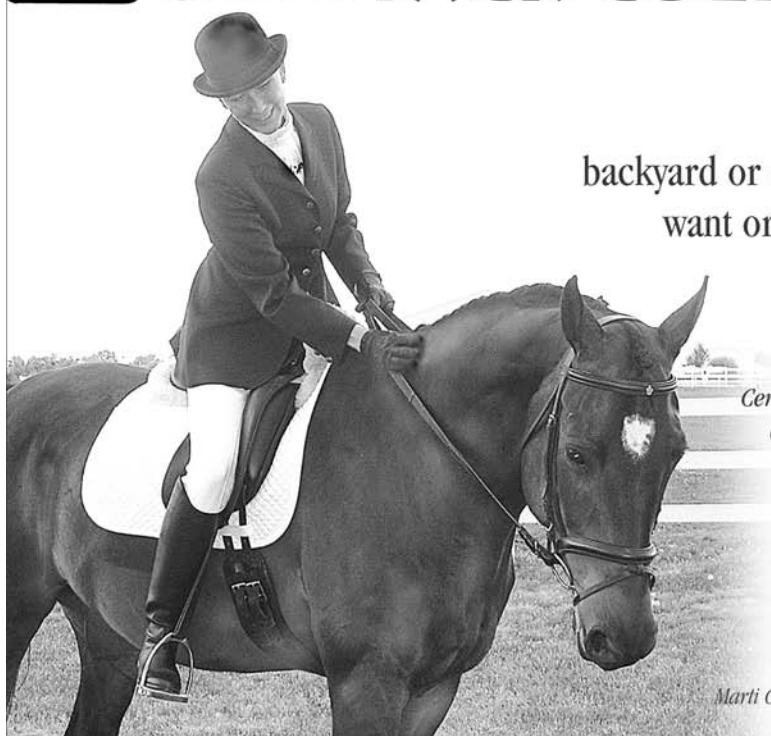
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