

THE CENTAUR



Summer with

RMDS

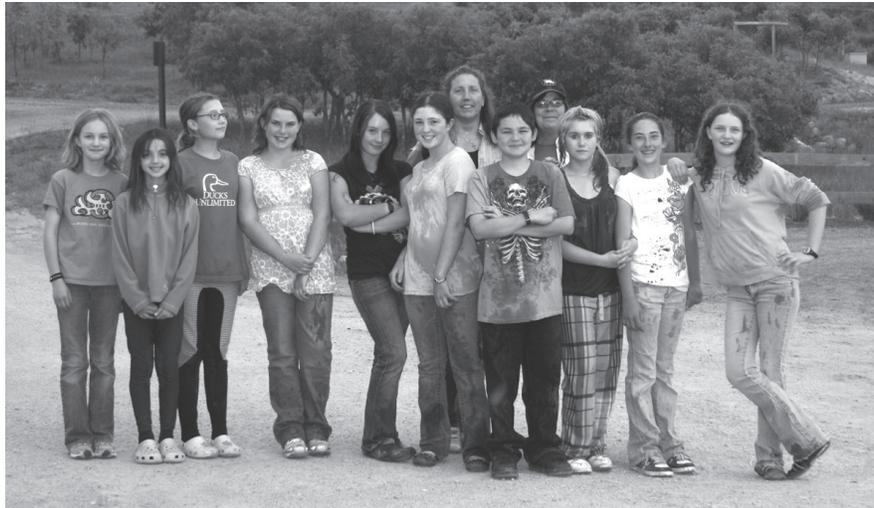
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RMDS Youth Summer Camp

- Beverly Swanson, Piaffe Design & Marketing

Rain, hail, lightning, tornadoes...it must be RMDS junior camp!

Yes, we "weathered" it all, camping out in tents on the lawn at 8th Heaven Farms in Castle Rock, host for a second time to our fabulous junior dressage riders. Double the number from last year, our ten campers were Sabine Dordick, Hailey Davis, Caitlin McMillon, Destinee Boyd, Jennifer Hoffman, Lysette Johnson, Heather Howell, Brooke Bolen, Raissa Chunko, and...Jonathan Trujillo, a truly courageous young man amongst this gaggle of girls.



This year's Campers L to R: Hailey Davis, Raissa Chunko, Lysette Johnson, Brooke Bolen, Caitlin McMillon, Sabine Dordick, KC Parkins Kyle, Jonathan Trujillo, Beverly Swanson, Destinee Boyd, Heather Howell, Jennifer Hoffman

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Special Business

Bylaw and Standing Rule changes are due to the Central Office by September 1, 2009.

Survey

In order to get a top name European trainer to do a symposium for RMDS, we might need to schedule during the weekdays in October (2010) due to WEG. Would you be able to participate:

___ weekend only, ___ during the week, ___ doesn't matter. Check only one.

Return to: RMDS Survey, 2942 Park Lake Dr., Boulder, CO 80301

or

phone: 720-890-7825

Chapter News and Scholarship Updates

Boulder Valley Dressage

VOLUNTEERISM

An army may march on its stomach, but a horse show marches on volunteer hours. The shows, clinics, and educational events we all enjoy attending and participating in would not be possible without the efforts and time donated by countless volunteers. However, finding enough volunteers for these events is an ongoing problem that has show managers and event organizers racking their brains and their phone lists, usually right up to the last minute, to fill the positions that make these events possible.

We are ALL busy - with jobs, families, our own riding and training, but we all need to find some time to give back to our sport. There are many benefits to this, above and beyond ensuring that shows and clinics continue to be offered. At our last meeting, Boulder Valley chapter voted to subsidize members' attendance fees for either the Lendon Gray clinic this fall, or the Steffan Peters/Janet Foy educational seminar next year, if members would volunteer 4 hours at another show or event. There are also the less tangible, but no less rewarding, benefits of being involved in your dressage community and participating in a role besides that of a competitor. I recently spoke with someone who has re-discovered her enjoyment and involvement with the dressage community by volunteering at several shows this summer - and she's not competing at all!

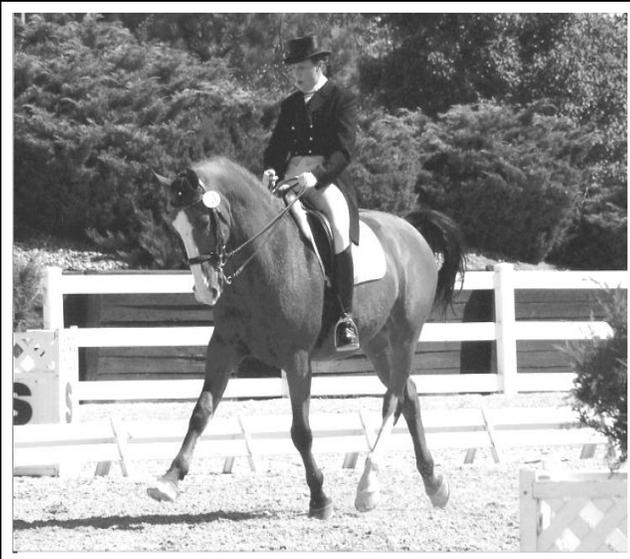
We are all aware of the educational benefits of scribing for the judge at a show, but there is also a lot to be learned by volunteering as a ring steward, setting up arenas, scoring tests, or running the warm-up arena. If you pay attention while doing any of these jobs, you WILL learn something, meet some great people, and probably improve your riding, even if you're not competing.

It DOES take a village - contact the show manager and offer to volunteer at the next show, or help the clinic organizer with the next clinic in your area. You might be pleasantly surprised at how good it feels to come away from a show with something besides a ribbon!

"Whatever your purpose in riding, be sure that it includes the elements of fun and appreciation of your horse. Then you will be well on your way to becoming a true horseman."

-Sheila Wall Hundt, Invitation To Riding.

-Nicole Donohue, President, Boulder Valley Dressage Chapter



K.C. seen here showing 8th Heaven Farms' "Olaf"

Featuring Head Dressage Trainer **K.C. Parkins-Kyle**

USDF Silver Medalist and Silver Bar Freestyle Award
USDF "L" Graduate

Competed Successfully through Intermediaries
and

Gigi Brittain

FEI Trainer – USDF Silver Medalist,

*FEI Level Award Winner at Regional, GCDA, & RMDS
Championships

Upcoming Dressage Clinics at 8th Heaven Farms

August 7, 8 & 9, 2009

Patrice Edwards Clinic

September 5 & 6, 2009

Paul Belasik Clinic

November 7 & 8, 2009

Jane Savoie Clinic

 **8th Heaven Farms is now Welcoming Dressage Boarders!**

- All Stalls 12x12 with 12X24 Runs
- 100 x 200 indoor arena and 200 x 110 Outdoor arena
- Conveniently located in Castle Rock, CO

Call 303-688-5727 or check out our Web Site at
www.8thheavenhorses.com



Chapter News and Scholarship Updates

Wasatch Mountain Dressage

Since becoming a new chapter of RMDS, our little group from the Park City, Kamas, and Heber Valley areas of Utah have been very busy. On two beautiful days: May 30 & 31, member Adrianna Silvestri, the Equestrian Manager of Promontory Equestrian Center, had a very successful 1st show at her venue which resembles the horse version of Deer Valley Ski Resort. Member Alison Child and her group "The Collectives" along with Margo Gogan organized their show, July 10 & 11 – The Wasatch Back Dressage Festival I & II, which at the last moment had to be moved to a new venue at the Salt Lake Events Center in South Jordan. It was very successful as well and they had entries from Colorado and Idaho as well as greater Utah. Kudos to all !!

While chapter treasurer, Patti Thurman is off working with Gary Rockwell in the Chicago area, chapter officers, Sally Shafer, Linda Nickerson and Amanda Trickett have organized the chapter's first Jr/Yr clinic with Kristi Wysocki ("R" Judge), who worked with Patti while she did her "L" program training. All Jr/Yr RMDS members were given full scholarships for this clinic. We are working on our website and currently have a Facebook page. Next meeting we will give ourselves a pot luck dinner and wine party – all people and ideas are welcome. Call for time and date (we try to do this once a month).

- *Sally Shaffer*, President, Wasatch Mountain Dressage

2009 Scholarship Recipients

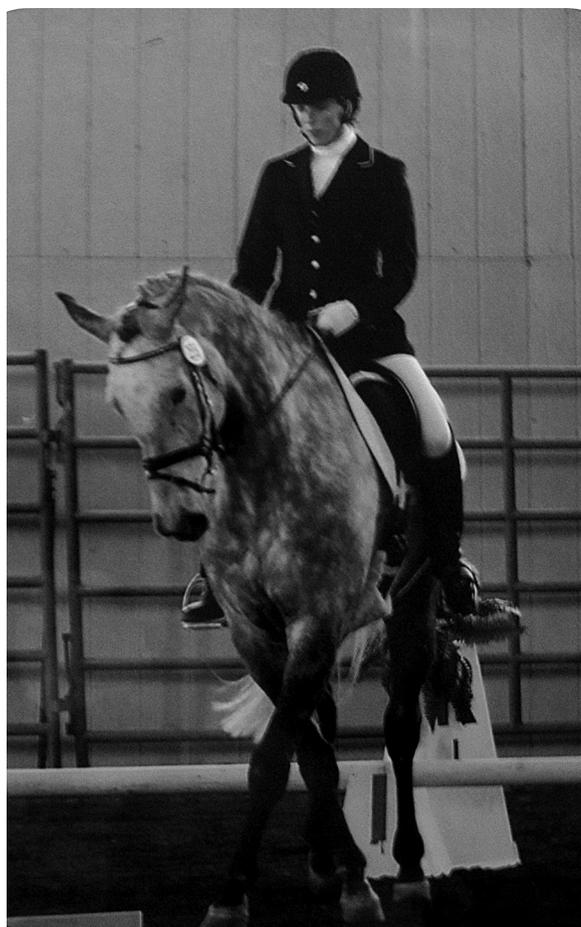
Sharon Gilbert & Black Manassis

It's June 28th, and I'm thrilled to be having a lesson with Sarah Dodge! Finally, Manassis is fully recovered from a bout with laminitis that kept him confined to his stall for most of June. I'm at the barn on a beautiful, sunny morning, warmed up and ready to ride. Today is a lesson with a review of prior elements; the roundness and self-carriage of my horse, prompt transitions, and keeping my horse balanced under me. M starts the lesson with lots of energy - no small feat for a schoolmaster of 25! He tests my cues for coming round, challenges me to sit deep in the saddle, and rewards me when I get it right! Sarah and I bring him through varied walk/trot/halt transitions and into walk/canter work. A bulging right shoulder at the canter as we track left doesn't get by Sarah and she cues me to correct him with the outside rein. M responds in less than a stride and I feel the thrill of "getting it right!" I work in a few halt to trot transitions that feel heavenly, and his canter work towards the end of the lesson feels effortless, as if he isn't even touching the ground, coming up into the canter, with each footfall wonderfully in balance with the others. Lesson over, I'm sweaty, tired, and breathing a little heavy...but who cares? All I can think of is "how soon can I feel that again?"

Next lessons are scheduled for July 16th and 19th.

Connor McPeak & Passhawn

Starting off this season with a new horse and big goals, I was completely sure of two things. I wanted to show as much as I could, and I wanted to do the most I could to get ready for next year when I would try to make the Region 5 Jr. Team. But right off I knew that if I wanted to do this, I would need a little help, and that was when I decided to apply for the RMDS scholarship program. When I first started riding I was always just excited to be around the company of horses, but when I started to progress as a rider, I found that my love for horses had developed into the love of competing with an animal that wanted to do anything and everything it could for me. Because I loved competing so much the price of showing was adding up. So when I discovered I had been accepted for the RMDS scholarship I was thrilled to know that I was awarded \$500 to spend on clinics and showing as I pleased. This scholarship completely gave me a leg up starting this season. I spent my money on varied show expenses and riding with different clinicians. I would definitely highly recommend any Jr/YR that is in need of financial aid to apply for this program: it can open many important opportunities for you and your horse. I am very thankful I was awarded this scholarship and I want to thank RMDS for giving dressage riders the opportunity for success through such a great program.



Connor and Passhawn

Region 5 Report

Congratulations to our riders who qualified for the North American FEI Junior and Young Riders' Championships at the Kentucky Horse Park this year. Our Region 5 Junior Team: Catherine Chamberlain and Verdicci, Jackson Freismuth and Dalwhinnie's Martijn, Morgan Heinrichs and Royal Mirage, with Deeda Randle as our Chef d'Equip. It really has been a team effort from the shows that hosted Qualifying classes, and a big "Thank You" to all the efforts of the riders, parents, silent auction contributors, and supporters throughout our region and especially Susan Rudman, our FEI Jr/Yr Coordinator. Everyone who participates in this premier competition with its Olympic-like atmosphere is a winner.

Our 2009 regional championship show will be October 16-18 in Albuquerque, NM. The prize list and entry form will be on the USDF website www.usdf.org.

Utah Dressage Society will be conducting a USDF "L" program starting with session A, October 24-25 with Sandy Howard

teaching biomechanics. If you are interested in participating, contact Stephanie Brown-Beamer at 435-513-0930, or sbbeamer@earthlink.net.

Deadlines: Region 5 GMO volunteer of the year award is due to USDF by August 31. The Ruth Arvanette Grant for 3 members to go to the USDF convention (up to \$500 airfare expenses, plus free registration, and ½ hotel expense) is due to USDF by August 31. Also it is time to start thinking about GMO baskets for the convention, a great way to show off your GMO at the convention.

The 2009 convention will be in Austin, TX. In 2010 it will be in Jacksonville, FL, and in 2011, in San Diego, CA.

Stay Cool and Happy Riding!

- *Theresa Hunt*, Region 5 Director

Learning to Hear

- *Elizabeth Meyer*, Intuitive Horse Rehabilitation through Nutrition

The first time a horse woke me up at 3am, I was a little shocked. Four years ago, my mustang gelding, Elto was having a hard time. He was lethargic, grouchy, and was not eating. He was definitely not colicking and was totally sound. For a hardy mustang, who has never been sick or off a day in his life, this was more than a little unusual.

I even called the vet. She took blood and found nothing unusual and said he might just be having a bad day. Completely unsatisfied with her answer, I decided to dig deeper on my own. My Biology brain took off and the analysis-minded Lizzy came out. I toted all of my books to the barn. They ranged from acupressure, to herbs, to bodywork, to muscle injuries, to nutrition, to anatomy, to essential oils, and to chakra systems. I searched for areas and points to poke, prod, and question. I examined his body from ears to tail, stared at his perfect manure, and marveled at his urine.

Neither me, nor my books could find a thing wrong. Every time I would approach him with the attitude of finding what was "wrong," he pinned his ears, and with his left front, would reach out and paw right at my leg, deliberately. My detective work at that time was rooted in my brain and Elto was having none of it. My German skull would not allow the horse's thoughts to penetrate; so I continued my investigation only to catch the normally docile horse snap his head around and bite me right above my waist. He held onto a couple inches worth of flesh and his eyes drifted up to meet mine. In that moment, it clicked. I needed to get out of my brain to help this horse. He

gently released his grasp and sighed.

Elto could not have been any clearer; but I took it personally. I went to bed, asking that Elto make it clear what was going on. At 3 am I sprung out of a deep slumber with a vivid image of Elto's stomach and how it felt like hot needles singeing the mucosa, with burning, ulcerated intestines. Lying in bed, debating if this was real, I decided to go out and see him. My brain fought my gut, but I needed proof.

That Colorado January night, I put on my Carharts and trekked out to the barn. Elto stood in his stall, keenly aware of what was going on. He perked his head up and fixed his eyes on me, and did not voice his normal greeting nicker. I held his head in my hands and asked for him to show me what he needed. I also asked that if I was on the right track he would give me an unmistakable confirmation sign. I was drawn to check a specific stomach ulcer point and he promptly kicked me in the left thigh, hard enough to make his point. He put his head on my chest and sighed.

I gave him a couple ounces of aloe juice and borrowed another horse's free choice mineral powders-which he has never eaten. Of all the ten powders, he went to the calcium and ate probably half a cup, like it was sugar. He sucked the aloe juice from the 60cc syringe and wanted more. I did work to help him balance his gut and deal with the ulcer, which was so unusual given he's always had free-choice grass hay, ample turnout and regular exercise without significant stress.

That night I was stunned once my scientific brain activated and analyzed what had just happened. This horse had found a way to tell me exactly what he felt was going on and what to do to help him. My brain was still asleep so the purest intuitive communications could come through clearly. Elto was completely fine within days, without another gut issue. Pressure over the same acupuncture point never elicited pain again.

Somehow, I had to learn how to quiet that scientific brain of mine. I trusted that the right things would happen and the right situations would teach me what I needed to know.

I did not tell many people that account and I was still in a great deal of doubt that this could actually work. I ignored the possibility that maybe I just have a gift for this. I tried not to acknowledge it. It was uncomfortable and not something other people could relate to. It was easier to hide it. My brain questioned everything to the point of exhaustion. Somehow, I had to learn how to quiet that scientific brain of mine. I trusted that the right things would happen and the right situations would teach me what I needed to know.

Several months later, one June morning, Elto gave me another test. He hopped in from the night turnout meadow on three legs. Fourteen of his buddies galloped by him, eager for breakfast as he hobbled behind the herd. My heart sank as he hopped right to me. His muscles were shaking; he had a grimacing facial expression, and steam was rising from his turgid body in the freezing mountain air. My brain kicked in: fracture, severe abscess, tying up, etc. The dire pain he was in made me rush into the barn for a shot of Banamine® until I knew what else to do. As I found his jugular with my shaking hands, something inside me said “wait.” That was completely against my brain because this horse needed pain relief, now! I re-grouped and asked Elto if he needed something different and if so, he needed to do something obvious so I would know. He took a deep sigh and batted the syringe out of my hand with a single fling of his head. I did bodywork and gave him homeopathics for the muscle spasms and pain. He relaxed significantly but the leg had not changed at all.

As I worked my way to his right hind, he tensed all over. His leg was drawn at the level of his opposite hock. There was no heat, no pain, no swelling from hoof to stifle. He could flex and extend each joint without any concern. I worked up to his hip, and he nearly fell over when I tried to flex or extend it. I called my favorite lameness specialist, who was in his seventies and was usually right. I grilled him about why a horse could not perform this movement and what it could mean. He said it sounded like he had a dislocated hip and that it was very rare. He of course recommended I get him to the clinic, three hours away, immediately. He wanted to anesthetize him and have three men provide traction for the affected leg so the joint would re-stabilize. Then, the risk of the hip staying in was slim and chances were high that he'd have to be euthanized despite their efforts, and best-case scenario it would not stay in joint. However, this horse was immobile and not able to walk down a mountain and travel three hours in a trailer.

I put him in deeply bedded double stall and he contentedly ate hay as his leg stayed elevated. I had no idea what else to do. I put my hands on him and asked that whatever was causing all of this to make itself clear. After doing some energy balancing and more homeopathics for pain and muscle spasm, he relaxed even more. The issue seemed more mechanical than painful. A clear image of the ball and at what angle it was out

of the socket came in very clearly. How in the world to get that back in place was another question. I called a couple of chiropractors and none returned my calls. The only mobile vet would not come because the ranch was out of her radius (there were no other vets in the area either). She too agreed, it sounded like a dislocated hip and that he would need to be euthanized and that she could come do that on Monday.

I needed to be away from Elto for a little while. He was the horse of my life and the idea of losing him so soon was too much. I needed to be alone and ground myself so I could tune in to him without distraction and without attachment. After a quick meditation, out of desperation, my gut completely took over. I wanted nothing to do with my brain. For the first time, something in me selectively tuned into the horse and turned off the brain.

A crisp image popped into view and I visualized the ball going back into the socket as I focused on the highest good happening for Elto. I put my hands on his hip however they were guided, and directed slight pressure and strong energy a certain way and exhaled. The leg cautiously relaxed as a baseball-cracking pop broke the silence of the mountain air. Elto's hoof hit the ground and he curled his head around and let out a huge yawn and sigh. All the blood rushed out of my face and I had to sit down.

Shockingly, he walked up and down the stall as if nothing happened and was sound. As much as I wanted to dis-believe this had actually happened, I called the specialist two days later, completely out of breath, and told him the story. He was in astonishment too. He asked me what I did. I told him, and in not so many words; he uttered in a monotone, “I will keep that in mind for the future. Good job, Lizzy.”

This is not a gift given to just certain people. Everyone can learn how to communicate with their horse. It is hard, and it requires enormous patience. What determines the ability of two species to communicate is equal parts trust and the relationship. Of course, there is a large amount of time and dedication that also plays into this. With good intentions and open ears, a total detachment to the human ego and the final outcome, it is possible to hear them. I challenge you to listen to your horse and allow him to communicate with you. Communication is a lifelong process, but I can assure you it will be one of the most rewarding endeavors of your life.

Preparing an Effective Scholarship Application

- Loni M. Gaudet, Scholarship Committee Chair

The 2009 RMDS Scholarship program drew 39 applications for the four available scholarships! The field was very competitive and I have had several requests for an article on how you can make your application stand out from the crowd.

I would like to start with a description of how the applications were handled and graded. All start at my mailbox and desk - and this is where my **first suggestion** comes in. Last year we required electronic copies of the applications. While this is a wonderful idea, as with any new process, I found out that this is not practical. I wish it was, and I'm sure many trees do as well. It actually created much more work and waste on my end. Next year, applications should be sent by US Mail only. Applications should NOT be mailed with any type of signature requirement, such as certified mail. I am happy to confirm arrival by email, and may suggest that this become part of the process.

My next step was to dissect the applications, literally. We had some beautiful presentations with cover sheets, binders, etc. The hard work and thought that went into making these applications look professional and organized was wonderful. However, because everyone put their application together in a different order, I had to take them all apart, bringing me to my **second suggestion**. Please present your application on plain paper or stationary, without binders, tabs or advertisements. A cover page or photo is well appreciated though! There is so much paper to go through that practicality became a necessity, and all those beautiful applications became ordered, numbered droids in the process.

One of the main reasons for the application dissection was to ensure that all waivers and referral letters were included and all applicants were RMDS members. This year I sent emails notifying applicants if their application was incomplete, and what information they needed to send. Next year, my ability to do so may be limited as this is very time consuming. So, **Suggestion number three**: Have your membership up to date and paid, and be sure you have included your signed waivers and referral letters.

On the subject of referral letters, because we required electronic submittals last year, I received many of these letters without signatures which had to be chased down. Please be sure to include your SIGNED referral letters with your application. You may also ask your referrers to send their letters directly to me if that is more convenient.

One more note on referral letters. Be sure that the person you ask has the time to write a little bit about you. These letters are key in the decision making process because they provide

a different perspective and a personal touch. Letters that say "I recommend Dee Queue Rider for a scholarship" don't hurt, but they don't help either.

For those of you who are asked to write referral letters, please be up front if you don't have time to do so, and if you take on the task, please be sure to write about the potential recipient. Extraneous information and/or advertisements included in referral letters do not help your friend receive a scholarship.

It is important at this point to recall the "Basis for Awarding Scholarship Funds" as outlined in the scholarship guidelines:

"RMDS will award funds on the basis of financial need... Scholarship recipients may spend funds on any activities involving both horse and rider that will make a significant positive impact on the horse-and-rider pair's level of understanding of the principles of dressage and general horsemanship, as well as their level of competitive achievement."

Many of the applications demonstrated financial need, but some demonstrated this more clearly than others. Because this is the basis for awarding funds, it has to be strongly considered in the evaluation process. It is very important that you demonstrate clear financial need on your application. This does not mean that if you can easily afford our expensive sport that your application will not be considered, but it does mean that you will not score as high in this particular category (see table below for categories).

That gets some very basic items out of the way. Let's talk briefly about the actual decision process. After the steps above, I met with two other members of the scholarship committee. We sat down for several hours, reading applications and grading them. This was the grid we used:

Applica- tion Num- ber	Need Demon- strated	Financial Plan Sound- ness	Recom- mendation Letters	Overall Merit of Applica- tion
	LEG-UP			
1				
2				
etc				

And this is the scale we used in the grading process:

- 5 – Exceeds criteria
- 4 – Clearly meets criteria
- 3 – Meets criteria
- 2 – Somewhat meets criteria
- 1 – Does not meet criteria

While not perfect, this allowed us to grade based on the “Basis”– financial need and planning – and gave us the opportunity to take the recommendation letters into account. The far right column – Overall Merit of Application – was the collective marks or general impression, and typically reflected the contents of the answers to the four questions on the application.

Once the points were tallied, the top two scoring applications in each category were “condensed” and the names removed from the “Reader’s Digest” versions. The short versions were then presented to the entire RMDS board who then selected the winners.

We’ve now covered the basics and can get to the meat and potatoes of the matter. You now know how to correct all the small mistakes. Your application will contain all the pertinent information, be printed on boring paper without tabs or binders, and will be snail mailed to the Scholarship Drill Sergeant. How are you going to make your application stand out and scream “PICK ME?”

This is going to sound redundant, but keeping it simple is key. There are four questions on the application. Your answers to these questions are all the committee really has to understand WHY you deserve this scholarship.

Keep your answers to each question clear and concise. Try to make your answers 1 to 2 short paragraphs only. A good example of an answer to the first question (Explain why you are in need of financial aid) was submitted by our Leg-Up Scholarship recipient, Sharon Gilbert:

“I love my job as a therapeutic riding instructor working in the non-profit industry. It is a fulfilling job, teaching people with disabilities to love and how to ride horses. It is not, however a paycheck that will make you rich financially. Due to two surgeries in 2007 and 2008, I was unable to work in my job – or any

other- until January 2009. It has been seven months since I was allowed to ride or work and I am ever so grateful to be healthy, but very much in need of a financial “leg-up” with my riding and its advancement in 2009.”

Sharon clearly and concisely demonstrates, in one paragraph, why she needs financial aid for her riding education.

A good example of an answer to the second question (Discuss your background in the sport of dressage... Include such items as how long you have been riding ... your background and commitment to the discipline... non-riding involvement like show management or volunteer activities that involve dressage) came from Connor McPeak, our Jr/YR Scholarship recipient:

“I started riding when I was 10 years old and I am now fourteen... I also volunteer for the NCDCA when their show is in Cheyenne. For the past three years I have also volunteered at the schooling show at Sue Gentle’s in the office and as a runner. I try to mentor the younger kids in our local Pony Club which I have been a member of for a year.”

Finally, provide a very clear description of how you are planning to spend your scholarship money and any ideas that you may have for sharing your knowledge and experience.

Carol von Michaelis, our Opening Doors recipient, provided a breakdown of expenses for the summer season including lesson costs, show entry costs and a list of shows she plans to attend.

Sarah Haney, our Solid Seat scholarship recipient had this to say in her application: “If I receive this scholarship, I would be honored to write articles, speak or give demos on how this has helped me.”

This year, the scholarship application period is from August 1 to September 30, and winners will be announced at the BOG meeting this fall. Please note the different dates this year. These will be the application dates from 2010 forward.

I hope that this article has given you the tools you need to write a clear, concise and successful application.

Best of luck in your endeavours.

2010 Scholarship applications will be accepted for a 2 month period from

August 1 - September 30, 2009

Leslie O'Neal Olson Clinic

Perspective I

- Julia McSherry

Thanks to the Northern Colorado Chapter of RMDS, I had the opportunity to study with Leslie O'Neal Olsen at her clinic at Freedom Farm May 9-10. I learned so much about rider position from Leslie and appreciated her constant reminder about the importance of "never sacrificing correct position for the movement."

Leslie emphasizes five points about position: a straight line from shoulder to elbow to seat to heel as well as from the bit to shoulder; a tall upper body and long lower body; weighted and anchored elbows and knees to balance and stabilize the core body; projection and centering of the energy and direction to maintain accuracy and fluidity; and soft hands/soft seat to naturally follow the movement of the horse's back.



Leslie working with Ellen Storeim.

"It's important to centralize the core of balance over the center of the horse's body," she explained. "Drape your legs like a wet cloth on the horse's side. If you get the basics of position down, everything else will follow."

Thanks to her insistence on correct position, my balance, and therefore my horse's balance, dramatically improved on the second day of the clinic.

It was a great group of riders and horses and I think everyone likewise benefited from Leslie's training and teaching talents. Leslie's "Five Simple Steps for Secure, Solid Success" DVD was an added benefit. Lori Mitchell did a great job with the clinic organization including door prizes and providing wonderful Moxie Equestrian exercise sheets for each rider in the clinic. Susan Rudman and the Junior/Young Riders provided outstanding food services, and Freedom Farm was a lovely location and a hospitable host.

I really appreciate this fabulous opportunity through RMDS to help me make progress in my quest to improve my ability as a dressage rider while riding in lightness and harmony with my beautiful Hanovarian, Passat.

Julia McSherry and Passat were the lucky team sponsored by the Northern Colorado Chapter to ride in the Olsen Clinic.



Leslie working with Julia McSherry and Passat.

Leslie O'Neal Olson Clinic

Perspective II

- *Ellen Storeim*, an Adult Amateur living in Evergreen, Colorado. She rides and competes her 15-year-old Paint gelding, Mac at Second Level. Storeim trains three times a week with Laura Ware at The Lonestar.

In early May, I was selected by the Foothills Chapter to participate in a two-day clinic with clinician Leslie O'Neal Olson, a USDF Bronze and Silver Medalist and USEF "R" judge from Georgia.

Leslie is soft-spoken, friendly, and full of southern comfort. She immediately put me at ease when I met her at dinner two nights before the clinic.

We convened on Friday evening in the lounge at Freedom Farm, where we presented short videos of ourselves riding. This gave Leslie the opportunity to learn about our strengths and weaknesses, discuss the things we would like to improve upon, and what we expected to take home from our time under her watchful eye. It is a clever way to start a clinic and it helped maximize the experience.

I showed her and the other participants a video of me riding my Paint horse, Mac, in Second Level Test Three at Dressage for the Cure in Colorado Springs. I struggle with show nerves and so does Mac, and lately our tests have had a consistent theme—braced and hollow.

Leslie is a huge proponent of rider position, so in my rides I heard more about what I needed to do to improve my position and less about what my horse needed. She emphasized the importance of having a strong, stable core, and in my case, to allow my horse's neck to be longer so he could come through

his back. As my position improved, so did Mac's ability to swing and become rounder over his topline.

Another great benefit of this clinic was the opportunity to see the same types of transformations taking place with my fellow riders. The "befores" and "afters" were remarkable.

Over the course of the two days, there was a dramatic change in my body position and my effectiveness as a rider. Mac felt great—round and relaxed and swinging—and I was able to translate my experience into better scores at my most recent show in Peyton.



Leslie working with Ellen Storeim on position.

I owe a debt of gratitude to Lori Mitchell, the Adult Amateur Chairperson for RMDS Foothills Chapter, who spent countless hours organizing this clinic and sponsoring an Adult Amateur to attend—a value of more than \$210 when you include all the goodies that came with the clinic.

Of course, thanks to Leslie for braving our whimsical Colorado weather to give us all a taste of Dressage Simply Southern.

I greatly appreciate the hospitality of Debbie Wilke and Freedom Farm, who gave my horse his first taste of green grass in months (Spring comes slowly in Evergreen). Three cheers to Susan Rudman and her tireless fundraising for Young Riders through the sale of those delicious lunches she prepares. And thanks to Susan DeSylvia—one of the most generous and talented people I know—for capturing my progress on videotape over the last few years.

About RMDS

2009 RMDS Executive Board

President	Laura Speer	970-330-7233	riversidestables_evans@yahoo.com
Past President	Heather Petersen	719-683-8435	slush@drwg.net
Vice President	Alexandra Curnutte	303-663-0358	curnutt@msn.com
Secretary	Simone Windeler	719-540-2000	simonedressage@gmail.com
Treasurer	Sharon Soos	303-904-7534	sksoos@mesanetworks.net

Permanent Committees

Adult Amateur	Lori Mitchell	303-816-2375	baffledressage@aol.com
Awards	Lauren Smith	303-799-1443	hh_smith@msn.com
Results	Central Office	720-890-7825	rm@rm@rm@rm.org
Championship Show	Debbie Wilke	303-646-8937	ddwilke@msn.com
Communications	Susan Rudman	303-697-8528	sewrunred@msn.com
Centaur Production	Cathy Van Berg	303-916-6136	vanbergc@yahoo.com
Omnibus Advertising	Central Office	720-890-7825	rm@rm@rm@rm.org
Omnibus Production	Burke Design-Nicole Bizzarro.....	720-890-7825	rm@rm@rm@rm.org
Webmaster	Michael Petersen	719-683-8435	webmaster@rm@rm@rm.org
Constitution, By-laws	Central Office	720-890-7825	rm@rm@rm@rm.org
Education	Heather Petersen	719-683-8435	slush@drwg.net
Insurance, Show Standards	Central Office	720-890-7825	rm@rm@rm@rm.org
Junior/Young Riders	Colleen McFadden	303-665-2631	Mcfadden_colleen@hotmail.com
Junior Camp	KC Parkins-Kyle	303-841-9953	murphyhors@aol.com
Membership			
Horse Registration	Central Office	720-890-7825	rm@rm@rm@rm.org
Registration Officials and			
Show Standards	Central Office	720-890-7825	rm@rm@rm@rm.org
Scheduling	Central Office	720-890-7825	rm@rm@rm@rm.org
Scholarship	Loni Gaudet	970-532-0852	lonigaudet@earthlink.net

Chapter Presidents

Arkansas Valley	Brenda Haley	719-275-0118	shininghorse@copper.net
Boulder Valley	Nicole Donohue	303-678-8870	hobbyhorse6789@yahoo.com
Colorado Springs	Simone Windeler	719-540-2000	simonedressage@gmail.com
Foothills	Dolly Hannon	303-919-4112	dollyhannon@msn.com
Grand Valley	Lisa Binse	970-243-8543	lbawprints@yahoo.com
High Plains	Alexandra Curnutte	303-663-0358	curnutt@msn.com
Northern Colorado	Laura Speer	970-371-2934	riversidestables_evans@yahoo.com
Tri-State	Darlene Vaughn	307-332-7261	popagieranch@hotmail.com
Wasatch Mountains	Sally Shaffer	435-640-8797	sshaffer4@yahoo.com
Western Colorado	Judith Family	970-923-8832	dns@rof.net

Governing Bodies

UNITED STATES DRESSAGE FEDERATION

USDF	859-971-2277	www.usdf.org
4051 Iron Works Parkway		
Lexington, KY 40511		

USDF Region 5:

Director	Theresa L Hunt	huntery@mindspring.com
FEI JRYR Coordinator	Susan Rudman	303-697-8528
Website		www.usdfregion5.org

US EQUESTRIAN FEDERATION, INC	859-258-2472	www.usef.org
USEF		
4047 Iron Works Parkway		
Lexington, KY 40511		

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

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About RMDS

RMDS CHAPTER MEETING SCHEDULE

Arkansas Valley: 3rd Thurs., location TBD, 6 pm.
Brenda Haley, 719-275-0118,
www.horsetop.net

Boulder Valley: 2nd Mon., even months, location TBD,
Claudia Barkmeier 303-417-1675,
claudiabarkmeier@yahoo.com,
Nicole Donohue 303-678-8870,
hobbyhorse6789@yahoo.com

Colorado Springs: 3rd Tues., Colorado Springs City Hall, Simone Windeler 719-540-2000, simonedressage@gmail.com
www.CSDressage.org

Foothills: quarterly meetings, location TBD, Dolly Hannon, 303-919-4112,
dollyhannon@msn.com

Grand Valley: 1st Thurs. each month, location TBD,
Lisa Binse, 970-243-8543,
Lbpawprints@yahoo.com

High Plains: 3rd Tues. each month, 7 pm, Warhorse Inn, Parker,
Alex Curnutte, 303-663-0358,
curnuttes@msn.com
www.highplainsdressage.com

Northern Colo.: 3rd Tues., each month, location TBD,
Laura Speer, 970-330-7233,
riversidestables_evans@yahoo.com

Penrose: Inactive for 2009,
Sharon Ghilarducci, 719-462-5760,
quailridgedrsg@hotmail.com

Tri State: TBA,
Darlene Vaughan, 307-332-7261,
popoagieranch@hotmail.com

Wasatch Mountains
Sally Shaffer, 435-640-8797
Location TBD

Western Colorado: Judith Family,
970-923-8832, dns@rof.net

Meeting Schedule of the RMDS Executive Board

All RMDS Executive Board meetings occur on the second Thursday of every odd-numbered month. Steering Committee meetings are held on the second Monday of every even-numbered month. Board of Governor's meeting is held the second Saturday of Nov. Contact the Central Office for precise details.

RMDS SPONSORED EDUCATIONAL EVENTS

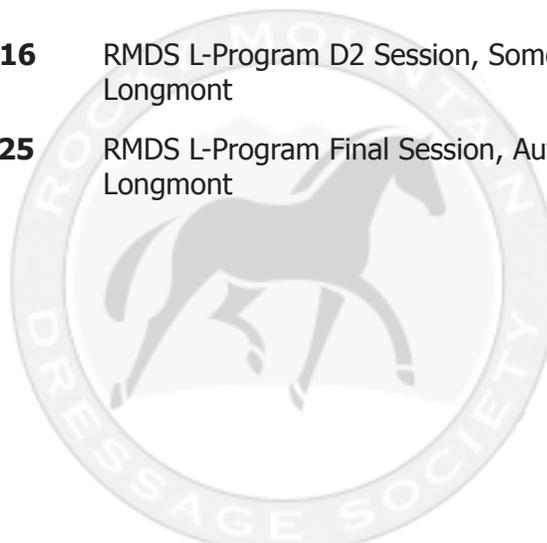
All events are open to everyone to audit or participate unless otherwise stated. A great opportunity to continue your education.

2009

- Sept 24** Rocky Mountain Series-Sport Horse Breeding Finals & USDFBC Finals, Colorado Horse Park, Parker
- Sept 25-27** RMDS Open and Championship Show, Colorado Horse Park, Parker
- Oct 10-11** RMDS Continuing Education with Lendon Gray, Somerset Farms, Longmont. Instructors, riders, and auditors welcome.

2010

- Jan 30** RMDS Judges' Continuing Education featuring Janet "Dolly" Hannon. Location TBA.
- Feb 13** TD & Show Managers' Continuing Education-Comfort Suites-Castle Rock
- May 15-16** RMDS L-Program D2 Session, Somerset Farms, Longmont
- July 24-25** RMDS L-Program Final Session, Autumn Hill IEC, Longmont



For details on these and other RMDS events:

- Contact Heather Petersen, 719-683-8435, slush@drgw.net - Education Chairman
- Read the Centaur, or go to the website at www.rmids.org
- Contact the RMDS Central Office 720-890-7825, or email rmids@rmids.org

The Centaur Newsletter

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

CONTACT INFORMATION

For article suggestions, articles, columns, letters-to-the-editor: Centaur Editor, Cathy Van Berg, 1767 Rose Petal Lane, Castle Rock, CO 80109, Phone: 303.916.6136, email: vanbergc@yahoo.com

ADVERTISING

RMDS Office, Beth Geier, 2942 Park Lake Dr., Boulder, CO 80301, Phone: 720.890.7825, email: rmds@rmds.org

DISPLAY ADVERTISING

For information about corporate advertising and/or sponsorship, please contact Beth Geier (contact info above.)

Artwork (ads) must be provided in electronic format. Acceptable forms include: jpeg, pdf, tiff, eps, and doc. IF UNSURE ABOUT AD FORMATTING, please contact the editor (contact info above) for consultation. No substitutions may be accepted. If your ad is submitted in a file format other than those listed above, you will be contacted regarding an additional charge for reformatting or redesign. Hourly charge for redesign/reformat is \$35, in minimal units of one hour.

Please be sure to include a printed version of your ad with your payment so that the ad may be proof-read against the electronic version. Printed ad copy cannot be used as final art.

CLASSIFIED ADS

Classified ads may be submitted via email to the RMDS office (address above.) You may also type or hand-write a classified ad and mail it to RMDS headquarters, attn: Beth Geier, *The Centaur*. Please limit your classified ad copy to 50 words or less. Exceeding 50 words will result in additional charges per line.

PAYMENT AND AD COPY DELIVERY

Email ads to: rmds@rmds.org, and cc the electronic copy to vanbergc@yahoo.com. Send payment and hard-copy to the RMDS office, Beth Geier, 2942 Park Lake Dr., Boulder, CO 80301.

AD RATES AND SIZE SPECIFICATIONS

Classified \$20 per item for sale (includes web listing.) 50 words maximum. Classified w/photo \$32 per item for sale.

Full Page.....	\$1507.5" x 9.5"
Half Page.....	\$907.5" x 4.75"
Outside back half	\$1057.5" x 4.75"
1/4 Page (Vertical Only)	\$553.75" x 4.25"
1/8 Page (Business Card)	\$30	.. 3.625" x 2.25" (horizontal only)

Ask about discounts for multi-month or annual ad contracts.

Payment for ads is due on the 10th of the month. If not received by the following 10th of the month, the person will be listed on the RMDS website under the suspended category.

EDITORIAL POLICY

Articles submitted for publication will not be returned. Please contact the editor before submitting unsolicited articles or photos. Articles represent the work and views of their authors, and not necessarily the RMDS, its officers or employees.

Utilize the RMDS Network:

Trainers and Instructors - Get on the Web and Build New Business

If you wish to increase business, you can place your information on the RMDS website at very low cost. Send information to: RMDS Central Office, 2942 Park Lake Dr, Boulder, CO 80301, Phone 720.890.7825, or email: rmds@rmds.org (note on subject line "Trainer Info".) Please include your name, phone, postal address, email, training locations and other pertinent info, i.e. award, certifications, lesson types, schooling horses, etc.

The website averages 200 hits per month on the trainer page and RMDS receives 25-30 emails per month requesting names of trainers in the RMDS region. Don't miss the opportunity to expand your client base and gain recognition.

Cost is \$50 annually. Mail check to: RMDS Central Office, 2942 Park Lake Drive. Boulder, CO 80301.

Advertise Events on the RMDS Website

Website ads on the RMDS site provide your event with high visibility. Your ad will run for one month from the date it first appears. Unless the RMDS Central Office is notified in advance (rmds@rmds.org), the ad will be removed from the website once the date of the event advertised has passed.

Please limit content of the ad to 20 words. Your email and website addresses will be displayed as links.

Because of the implicit connection to the RMDS, we reserve the rights to:

- Refuse any ad.
- Edit ad content.
- Limit the number of ads displayed at any one time.

Important Info on RMDS membership

Awards are based on the information on your membership card. Be sure to double-check everything very carefully.

Duplicate cards are available for \$2.00. If emailed to you, they are free. Request a new one by mailing the Central Office at rmds@rmds.org.

Proof of adult amateur status must be sent to the Central Office every year. Showing proof at shows is not enough for the year-end awards. Owner, rider, and horse MUST be current members PRIOR to any ride for the score to count towards qualifying for RMDS Championships and for qualifying for any year-end award. If PONY is not listed under breed and you have a pony, send a copy of the measurement form or the permanent pony card to the Central Office. Remember, membership and its details are your responsibility. Be sure corrections are made.

About RMDS

Technical Delegates, Judges, and Certified Instructors Dressage Judge Ratings and Levels Qualified to Judge

Any class ridden before a judge not qualified to judge at that level must ride "Hors d'concours" where the score does not count.

Status	Status	Levels	Status	Status	Levels
"L"	Learner*	Training - Second (RMDS only)	"S"	Senior	All
"I"	Recorded	Training - Second	"I"	International	All
"R"	Registered	Training - Fourth	"O"	Olympic	All

*may only judge at RMDS recognized shows.

FEI 'I'

Janet Foy 719-260-1566

USEF 'S'

Debbie Riehl-Rodriguez 303-642-7708
Sandra Hotz 303-817-2030
Anita Owen 303-953-9904
Janet "Dolly" Hannon 303-919-4112

USEF 'R'

Kristi Wysocki 303-648-9877

USEF 'r'

Loni Gaudet 970-532-0852
Amy Jablonovsky 970-493-2833
Suzanne Zimmer 303-478-8325

USDF 'L' Graduates (Schooling and RMDS

Only recognized shows)

Simone Ahern-Harless* 719-749-9274
Barbara Bell (WY) 307-548-7079
Gigi Brittain* 303-646-1506
Julie Burt 719-372-6270
Alison Child* (UT) 435-640-3287
Rae Ann Cook* 970-225-1408
Marti Foster* 303-277-1132
Beth Geier 303-673-9840

Jan Goodrich-Spear 303-664-0152
Gwen Ka'awaloa* 303-646-4363
Linda Coates-Markle 303-469-0279
Sarah Martin* 719-379-3716
Kathleen Mayger* 970-310-8729
Linda Ohlson-Gross* 303-840-9818
KC Parkins-Kyle 303-841-9953
Kathy Simard* 720-981-4448
Maria Wasson 303-682-9594
Simone Windeler 719-540-2000

*Denotes Graduation with Distinction

Dressage Sport Horse Breeding Judges

Janet Foy 'R' 719-260-1566
Debbie Riehl-Rodriguez 'R' 303-642-7708
Kristi Wysocki 'r' 303-648-9877

Technical Delegates USEF

Eva-Maria Adolphi (UT), r 801-254-3247
Rusty Cook (NM), r 505-877-1456
Veronica Holt, R 303-646-3829
Laurie Mactavish, R 970-390-5160
Heather Petersen, r 719-683-8435
Deeda Randle (WY), R 307-638-6737
Catherine Siemiet, r 719-942-5311
Dianne Stanley (MT), r 406-652-4061
Libby Stokes, r 303-688-2795

TD, RMDS sanctioned shows only

Joan Clay 970-420-0887
Jeannette Hillery 303-494-7718
Susan Selby 970-227-9530
M. Elaine Thomas 719-495-1510

USDF Certified Instructors

Training - Second

Julie Burt 719-372-6270
Jill Cantor Lee 970-686-9163
RaeAnn Cook 970-225-1408
Janet "Dolly" Hannon 303-279-4546
Sabine Kallas 307-733-9497
Ellene Kloepfer 303-828-3879
Clayton Martin 719-379-3716
Sheri Mattei-Mead 970-669-3733
Kathryn Meistrell 303-550-5130
Bridget Milnes 303-660-4986
Kristi Wysocki 303-648-9877

Training - Fourth

Simone Ahern-Harless 719-749-9274
Nancy DeVaney 303-681-2516
Loma Fowler 303-841-0417
Sarah Martin 719-379-3716
Kathy Simard 720-981-4448
Melinda Weatherford 970-484-5218

Roster 2009 Corrections

Phone Number Change:

Grace Maddox

720-320-8857

Address Change:

Kathy Layton
Sandi Rosewell
Mandy Shepard

7750 Preservation Trail, Parker, CO 80134
640 Gooseberry Drive #404 Longmont, CO 80503
1850 S. Ulster Street Denver, CO 80204

Add:

Debra Frank 2208 Clermont Street Denver, CO 80207 303-355-2288
Libby Stokes 1393 Mesa Ridge Lane, Castle Rock, CO 80108-9336 303-688-2795

Equine Dental Care

-Shannon Lemons, DVM, Teller Park Veterinary Service, Divide, CO

Although horse owners have become more aware of the benefits of preventative health care in recent years, one area consistently gets neglected among many horses. Dental care is an often ignored part of your horse's necessary medical care.

The anatomical structure of the NORMAL horse's mouth is such that all horses will develop sharp enamel points over time, due to the fact that the upper arcade or top teeth are wider than the bottom teeth. As the horse chews, these teeth overlap, which means that there is not consistent occlusion on all surfaces, leading to overgrowth of the areas where there is no opposing tooth. A horse's teeth also erupt continuously throughout life, exacerbating the problem. So, even if your horse's teeth meet and grind together in a normal fashion, he or she will experience dental abnormalities that should be addressed. Imagine the amount of pathology that can occur in a horse whose teeth do not meet normally, in the horse that has suffered tooth loss due to trauma, or in the older horse experiencing tooth attrition.

Luckily, modern veterinary medicine emphasizes the importance of dental health in the horse. Your veterinarian should check your horse's teeth on every wellness visit. You should also have your horse's teeth checked any time you see dropped food, weight loss, poor haircoat, or quidding (oblong balls of hay wadded up and found around feeding areas). A visual oral exam is usually all that is needed to determine that there are points, hooks, waves, or other problems that need to be addressed.

A dental float is a painless procedure when performed properly. It is my belief that to ensure a painless and complete procedure, horses should be sedated and a full mouth gag utilized so that all the teeth can be visualized and felt manually. It is impossible to see the last molars without a gag in place, and most horses will not tolerate the gag without sedation. Sedation also ensures that the horse stands quietly, preventing trauma to the mouth during the procedure. For a routine float to remove normal enamel point growth with no significant hooks, waves or steps, your veterinarian may use a series of hand floats. There is, however, a risk of oral trauma if hand tools are used improperly. Many veterinarians prefer to use a motorized float, usually consisting of a guarded rotating grinding disc on a specialized drill. This ensures removal of all points with no oral trauma as there is no "in and out" movement that could cause the hand float to hit the tissues in the back of the mouth. A horse with significant abnormalities will almost al-

ways require use of power equipment to ensure adequate occlusion and proper grinding. To ensure a proper and complete dental procedure, please note that according to the American Association of Equine Practitioners Ethical Guidelines and Position Statements, any procedure including administration of sedatives, removal of enamel points and hooks, removal of damaged or extraneous teeth (ie wolf teeth) are considered to be medical procedures and should only be performed by a licensed veterinarian.

Abnormal tooth formations that you should be familiar with include hooks, waves and steps. Hooks occur on the front (nose side) of the first cheek teeth or on the caudal, or back surface of the last molars. They usually occur on the front of the top arcades and on the back of the lower arcades. They form when there is a discrepancy between the length of the arcades (one is slightly longer than the other) or when the upper arcade is set slightly in front of the lower arcade. Hooks can be as small as 5mm or so large that they actually start puncturing the gum on the opposite jaw. If your horse develops hooks, he or she will always need regular dental care. Waves occur when teeth wear more rapidly in one area of the arcade than in another, resulting in a "wave" from front to back instead of a nice flat grinding surface. The opposing teeth then overgrow, resulting in a mirror image wave on the other arcade. These waves can eliminate any circular motion when grinding and limit your horse's efficiency in grinding hay into digestible portions. The overgrowth needs to be removed so that the horse has full range of motion when grinding feed. A step occurs when a tooth is lost due to trauma or decay. This leaves a gap in the arcade, and the opposing tooth will grow into the empty space, effectively locking the jaw when grinding. The overgrowth must be removed, and it will require regular maintenance as the problem will continue to recur as the tooth erupts.

The frequency of dental floats needed varies among horses. Some horses require yearly floats; others can go 2-3 years in between. Do not forget, however, that even young horses can exhibit dental abnormalities that will need to be addressed. In short, horses of all ages should have their teeth checked regularly. Dental care improves the overall health and longevity of your horse, and it improves your financial health as well. Remember that your horse can eat hay all day long; however, if they cannot grind it into small enough pieces, the colon will not digest it properly and nutrients will end up on the ground in road apples instead of being metabolized by your horse. Don't waste hay and feed - get your horse's teeth checked!

Shannon is the owner of Teller Park Veterinary Service in Divide, CO, a mixed animal practice where her emphasis is in small animal surgery and dentistry, as well as equine dentistry. She says "I'm not from CO, but I got here as soon as I could!" She grew up farming and ranching in TX, went to college at UCCS, and graduated from CSU vet school 1998. She has always been horse crazy, but has become even more obsessed since beginning training in dressage. Her comment: "I'm addicted!"

About RMDS

Omnibus 2009 Corrections

- Page C-6 August 21, 22
 Utah Dressage Society Shows I and II
 New show manager: Sue Jero 801-254-9107 sjero@aol.com
 New secretary: Kay Van Patter 801-968-8277 vanpatterkay@aol.com
- Page C-29 Boulder Valley Dressage
 August 30 Show, Open: July 30, Closes: August 20
- Page C-31 AHIEC Sunday Series: August 16 is the correct date
- Page C-50 August 9: change name to Centaur Rising Dressage Show III

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 970/231-2251
 Windsor, Colorado

WESTMANTON STABLES Established in 1984

3 instructor/trainers:

Grant Schneidman
 USDF Silver & Gold Medals

Sharon Schneidman
 USDF Gold Medal & Asst.
 Coach Beijing 2008 USA
 Paralympic Dressage Team

Nicole Gluesenkamp
 German FN Bereiter
 USDF Silver Medal

BARN LOCATION
Cañon Ridge Farms
 2940 Cañon Ridge Road
 Castle Rock, Colorado
 80104 USA
www.canonridgefarms.com

MAILING ADDRESS
 Westmanton Stables LLC
 7493 Windlawn Way
 Parker CO 80134
 Tel #: 303.841.5280 Fax#: 303.993.5366
 E-mail: gsschneidman@comcast.net

2009 Shows and Events

All shows are RMDS recognized except schooling shows.

AUGUST 2009

- 1 **Dressage in the Rockies #2-Parker, CO-USEF-BREED**
Contact Glenda McElroy 818-841-3554
- 1 **Sage Creek Dressage #3-UT-USEF**
Contact Jennifer Layman, 435-901-3480
- 1-2 **Cheyenne Dressage & Eventing Club Open Dressage Show-Cheyenne-USEF**
Contact Rowena Heckert-307-632-4151, rlheckert@msn.com
- 1-2 **Cottonwood Dressage I, Bozeman, MT**
Contact Deborah McCabe, 406-600-1754, dtowers@cbscorp.com
- 2 **Dressage in the Rockies #3-Parker, CO-USEF**
Contact Glenda McElroy 818-841-3554
- 2 **Sage Creek Dressage #4-UT-USEF**
Contact Jennifer Layman, 435-901-3480
- 4 **Janet Foy Clinic, Reiterhof Ranch, Franktown**
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/
- 4 **Ballet on Horseback at the Boulder County Fair, Longmont**
Contact: 303-077-2717, www.bouldercountyfair.org
- 8 **Whispering Winds Schooling Show #4, Monument**
Contact Simone Windeler, 719-287-2040, simonedressage@gmail.com
- 9 **Centaur Rising Dressage Show II-Pine, CO**
Contact Kristann Cooper, 303-838-5086, kris@anchoragefarm.com
- 15-16 **Dressage at Sun Prairie-Peyton, CO-USEF**
Contact Camille Griffin, 719-488-2812, camillegriffin@msn.com
- 15-16 **Jan Ebeling Clinic, Ft Collins Equestrian Center**
Contact Laura Speer, 970-371-2934
- 16 **Autumn Hill Sunday Series #3-Longmont**
Contact Julie Barringer-Richers, 720-341-5033
jbarringerrichers@comcast.net
- 18 **Janet Foy Clinic, Reiterhof Ranch, Franktown**
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/
- 21 **Paragon Dressage I- -Estes Park-USEF-BREED**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 22 **Paragon Dressage II- Estes Park-USEF**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 22 **Utah Dressage Society Show #1-Saratoga Springs, UT-USEF**
Contact Eva-Marie Adolphi, 801-254-3247, adolphi@redrock.net
- 23 **Utah Dressage Society Show #2-Saratoga Springs, UT-USEF**
Contact Eva-Marie Adolphi, 801-254-3247, adolphi@redrock.net
- 23 **Paragon Dressage III- Estes Park-USEF**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 27 **Walk in the Park I- Colorado Horse Park, Parker-USEF**
Contact Veronica Holt, 303-646-3829, veronicholt@q.com
- 28 **Walk in the Park II- Colorado Horse Park, Parker-USEF**
Contact Veronica Holt, 303-646-3829, veronicholt@q.com
- 29 **CSDA Fall Schooling Show-Colorado Springs-Whispering Winds-Monument**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 30 **CSDA Fall Show-Colorado Springs-Whispering Winds-Monument**
Contact Simone Windeler, 719-540-2000, simonedressage@gmail.com

- 30 **Boulder Valley So Long to Summer Show-Longmont**
Contact Beth Geier, 303-673-9840

SEPTEMBER 2009

- 1 **Janet Foy Clinic, Reiterhof Ranch, Franktown**
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/
- 5 **Pendragon Stud RMDS Dressage Show #2, Larkspur**
Contact Mindy Maguire, mindy@frontrangeinsurance.com, 701-301-0089
- 5-6 **Paul Belasik Clinic, 8th Heaven Farms, Castle Rock**
Contact Beverly Swanson, 303-688-5727
eighthheavenhorses@yahoo.com
- 5-6 **Grand Valley Dressage Fall Show & Western Slope Champs-USEF**
Contact Kathy Sassano, 970-245-0806
- 13 **Foothills 'Last Chance' Dressage Show-Golden**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 15 **Janet Foy Clinic, Reiterhof Ranch, Franktown**
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/
- 24 **Rocky Mountain Sport Horse Breeding Championships & Qualifying Open Breed Show-USEF**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 25-27 **RMDS Championships and Open Show -Parker-USEF**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 29 **Janet Foy Clinic, Reiterhof Ranch, Franktown**
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/

OCTOBER 2009

- 3-4 **Millbrook Farms Fall Show**
Contact Jan Lawrence, 801-768-8739
- 6 **Janet Foy Clinic, Reiterhof Ranch, Franktown**
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/
- 10-11 **RMDS Continuing Education with Lendon Gray,**
Instructors, riders, and auditors welcome. Somerset Farms, Longmont
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 16-18 **Great American Insurance Group/USDF Regional Dressage Championship-Albuquerque, NM USEF**
- 17-18 **Fall Harvest Schooling Show-Grand Junction**
Contact Kathy Sassano, 970-245-0806
- 20 **Janet Foy Clinic, Reiterhof Ranch, Franktown**
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/

NOVEMBER 2009

- 3 **Janet Foy Clinic, Reiterhof Ranch, Franktown**
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/
- 14 **RMDS Board of Governors' Meeting, Colorado Springs**
- 17 **Janet Foy Clinic, Reiterhof Ranch, Franktown**
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/

DECEMBER 2009

- 8 **Janet Foy Clinic, Reiterhof Ranch, Franktown**
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/
- 29 **Janet Foy Clinic, Reiterhof Ranch, Franktown**
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/

JANUARY 2010

- 30 **RMDS Judges' Continuing Education, Janet "Dolly" Hannon,**
Location TBA.
Contact Heather Petersen, 719-683-8435, slush@drwg.net

2009 Shows and Events

FEBRUARY 2010

13 **TD/Show Manager Continuing Education, Comfort Suites, Castle Rock.** Laurie Mactavish, Camille Griffin, Heather Petersen
Contact Heather Petersen, Education Chairman, 719-683-8435, slush@drgw.net

MARCH 2010

12-14 **Rocky Mountain Horse Expo, Denver, CO**

MAY 2010

15-16 **RMDS L-Program D2 Session, Somerset Farms, Longmont**
Contact Heather Petersen, 719-683-8435, slush@drgw.net

JUNE 2010

19-20 **Dressage Through the Levels-Steffan Peters & Janet Foy**
Contact Heather Petersen, 719-683-8435, slush@drgw.net

JULY 2010

24-25 **RMDS L-Program Final Session, Autumn Hill IEC, Longmont**
Contact Heather Petersen, 719-683-8435, slush@drgw.net

AUGUST 2010

20-22 **Paragon Dressage Shows I, II, III, Estes Park, CDI****
Contact Heather Petersen, 719-683-8435, slush@drgw.net

SEPTEMBER 2010

1 **Rocky Mountain Sport Horse Breeding Championships & Qualifying Open Breed Show, Colorado Horse Park, Parker - USEF**
Contact Heather Petersen, 719-683-8435, slush@drgw.net

2-5 **RMDS Championships and Open Show, Colorado Horse Park, Parker - USEF**
Contact Heather Petersen, 719-683-8435, slush@drgw.net

For updates to the calendar, go to www.rmids.org

THESE EVENTS ARE DEPENDENT UPON VOLUNTEERS.
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Debbie McDonald Clinic

-Tara Nolan

What an amazing educational experience the Debbie McDonald clinic was.

I was looking forward to meeting our previous Olympian and was pleasantly surprised as Debbie proved to be a good teacher too. Debbie provided an emphasis of basics and the importance of thoroughness. All the riders were FEI level and it was clear why physical conditioning is such an important facet of rider training. I have to say that all of my local training has been correct and my trainers should be happy to know their daily lessons were reinforced by Debbie.

to some of Debbie's vernacular. *Tuck* means for the horse to step up and under behind. "*Tuck, tuck*" was used frequently to cue the riders to get their horses through. *Closing up the horse* meant getting the horse to step well under, lift the front end and carry their own head and neck. A few of the riders verbalized not doing what Debbie asked because they did not quite understand what she wanted. This helped the lessons immensely as Debbie was able to readily distinguish whether disconnects were communication versus ability. Once we

Debbie explained that the half-halt must be firm and then light, teaching the horse that a half-halt does not mean to stop the hind leg. She then explained that every halt means tuck behind.

As I share the Debbie clinic, you will see the clinic through the lens of an adult educator and serious dressage student. I enjoy linking new ideas to old ideas and Debbie highlighted the link between training level and Grand Prix many times. I am now going to be much more aware of standards and consistency in my daily riding.

The clinic was sponsored by Nutrena and hosted by Westmanton stables. Kristin Allen and Brad Vercimak provided a well-organized event, and lunch was much appreciated along with the door prizes and horse body analysis. The "snack ladies" provided much needed hot coffee and snacks for the cold day. Canon Ridge is a beautiful facility. Despite the inclement weather outside, the open and light indoor arena set the stage and backdrop for the anticipated rides and training to take place.

There was a superb line-up of riders, which was a real treat for us Adult Amateurs still learning by watching. It is motivational to see where we're going. The rider/horse combinations were as follows:

Morgan Heinrichs & Royal Mirage (4th)
Shannon Dahmer & Viva Las Vegas (I2/GP)
Jenny Baldwin & Alexander (PSG)
Kristi Wysocki & Red Adair (GP)
Christina Rudman & Oncorde (4th)
Anna Wood & Novarredo (I1)
Sarah Dodge & Lorenzo (GP)
Grant Schneidman & Superman (GP)

Let's Get Acquainted

As with any teambuilding event, the first moments included getting to know each other. I'd like to begin by introducing you

(audience and riders) were on the same page as Debbie, the learning truly began.

Debbie started by reviewing and reaffirming the half-halt with each rider on the first day. Again, it was a good way for the riders to adjust to Debbie's teaching style. She explained that the half-halt must be firm and then light, teaching the horse that a half-halt does not mean to stop the hind leg. She then explained that every halt means tuck behind. The horse must be thinking of his hind legs. It's interesting as a rider that when your trainer tells you to think about the hind legs, something happens and the horse does connect seat to leg. When the reins are loosened or relaxed (not thrown away) after the half-halt, the horse must immediately move over the back and forward. The clinic horses were expressive and strong enough so you could clearly see when this happened.

Ride right, Right now

Debbie focused on basics and you could see the link from training and first level work to Grand Prix. The horse had to first understand and accept his job for the movements to flow. Here are some of the basics ridden and critiqued on day 1.

Debbie insisted on good transitions. This was emphasized right at the beginning with canter-walk, walk-canter transitions. For the half-pass, if the horse was lazy, Debbie had the rider immediately transition to a leg yield to get the horse quick and responsive. She had riders briefly play with one tempis—being on the aids was the most important aspect of the movement. Another key aspect to working on the ones is feeling the canter that's needed to make them happen.

When a horse wouldn't come back—halt immediately. One horse was fighting the rein aid and Debbie had the rider canter

in leg yield to get the horse to stop fighting the rein. The leg yield would get the horse to step sideways and under showing the horse where the release was. As the rider consistently held the contact, the horse more quickly found the release over the top of the back.

Another key training idea to begin from training level: You must be able to change the neck position without getting a flying change. Some horses think that a change in bend means to switch leads versus the leg aid. As a rider this limits your tool box and prevents you from being able to supple your horse for fear of getting a change.

Following are some aspects of the rides that were very educational to observe. Each rider demonstrated their FEI ability by being able to effectively ride each direction given by Debbie. The entire clinic solidified the picture of good position in the auditors' heads.

Highlights

Anna Wood's Novarredo is a fairly long horse with a very flexible neck. Debbie had Anna work on closing up the horse by getting the horse to carry from behind. Novarredo had to carry his nose out in a more vertical position and raise his poll to be the highest point. Debbie said, "Rock back, tap and lighten," to communicate to the horse. Anna then moved out to the rail with Debbie walking along aiding a few steps of piaffe and passage to help the horse collect and step more under himself. Debbie wanted quick, sharp, compact steps. She had Anna wake him up and then pet him. Half pass was done next once the throughness was established. For the mediums Debbie instructed Anna to use legs once, half-halt and go. Anna's horse was amenable to pressure and this lesson was able to focus more specifically on the rider. We were all treated to a one-on-one lesson refining the timing of the aids.

Debbie insisted on good transitions. This was emphasized right at the beginning with canter-walk, walk-canter transitions. For the half-pass, if the horse was lazy, Debbie had the rider immediately transition to a leg yield to get the horse quick and responsive.

Jenny's Alexander came out pretty hot and spooky. Debbie had Jenny ride on a circle in leg yield as a calm way to help Alexander accept contact with the bit and the leg moving him towards the bit. Debbie had many exercises to get the horses to do what she wanted in a subtle way (little rider's have great techniques!). Debbie then had Jenny go around the arena in renvers and travers while holding the aids steady. Debbie explained how it becomes tempting to wag the head and "bait" the horse into taking contact which is dealing with the symptom (head) versus the cause (hind leg). Using an exercise such as renvers keeps the rider focused and gives the horse a clear job. Alexander visibly started to come over his back and mentally relax through these exercises.

Shannon worked on the quality of her changes by getting the horse straight with an honest contact. Debbie explained, "If the horse sucks back then the quality will be poor. Use legs to send the horse forward, not the seat. A strong seat at a critical

moment can cause the horse to tighten her back." Shannon worked on the throughness of her mare. Once they got the horse's shoulders straight Debbie identified that the mare was tight in the right side of her back. She had Shannon post the passage on a circle until the mare released her back. It was great to watch because the mare's back went from flat and stiff to a beautiful lift with an overall picture of softly flexing muscles. Debbie then had Shannon sit and trot on. Debbie discussed that this would be a continuing process to retrain the muscle memory in the mare's back.

Christina's lesson began with "rock back, lighten, and tap" because her horse was not coming through after her half-halt. On day 2 Christina worked changes. Oncorde would take such an airborne leap that he could not maintain a rhythm for tempis. Christina had to work on getting Oncorde more earth-bound. Debbie then zeroed in on Oncorde's right shoulder. They focused on getting his right shoulder straight so that he could come through the right side. This was tricky because although he was sucking back on the right, he didn't like the whip either. Christina had to be quite tactful in her application of the aides with a tap tap and tickle—no sharp and to the point aids. At the end of this work Oncorde went around the arena in a beautiful trot and the change in his body could clearly be seen directly in front of the saddle as the withers had risen in a beautiful bascule.

They next worked on pirouettes. Debbie explained that the beginning of the pirouette is on the spot, and the horse needs to understand coming back and not have to be held back. You then allow the pirouette to get a bit bigger after a few strides so as not to lose the forward energy. It became clear that to have a good pirouette required canter work to get the horse to come back to a small canter and then move forward. If this was not easily done around the arena or on a large circle, then the pirouette was not going to happen.

Kristie on Red Adair showed even a Grand Prix school master can be quite tricky if he feels like it. Her first task was getting Red Adair through his right rein. Red Adair wanted to lift his head and croup. His distracter was quite effective because rather than becoming explosive he simply lifted into an expressive piaffe or passage. Debbie (unlike most of the auditors) was not impressed by Red Adair's evasive performance and worked diligently with Kristie to get an honest contact over his back. It was immediately evident when Red Adair came through his back because Kristie's seat became more still with an effortless quality. I could just hear reruns from my lessons with instructors telling me to let the horse do the work.

This honest canter was taken to tempi changes and Kristi felt that Red Adair was falling left. Debbie didn't see it so she moved down to the end of the arena and said that Kristie was right. They'd worked so much on getting him through his right side that they had to remember to manage the left side. Debbie



RMDS Membership Form

RMDS is a USDF Group Member Organization. All members are automatically USDF Group Members.

Individual Membership - \$55.00 (October December) **(\$60 after January 1)**

Additional family members (same address) - \$40

Business Memberships- \$75.00 Centaur newsletter only - \$35.00 Life Membership - \$650.00

All business memberships include one individual membership.

Please include all information for person designated as individual member. *If an adult amateur, include current copy of USEF card.*

All individual members will receive Centaur newsletter & the Omnibus.

Indicate Local Chapter (only one):

- Arkansas Valley
- Boulder Valley
- Colorado Springs

- Foothills (Golden, Evergreen)
- Grand Valley (Grand Junction)
- High Plains (Parker, Littleton, Aurora)
- No. Colorado (Ft. Collins, Greeley)

- Penrose (Canon City)
- Tri State (Wyoming, Adjacent States)
- Wasatch Mountains (Utah)
- Western Colorado (Aspen, Vail etc.)

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Names, DOBs, & USDF #s of additional family members _____

I pledge \$ _____ to go towards the RMDS pledge to the USDF Capital Campaign. (Include amount with your membership check)

Type of Membership: (check one) Individual Business Family Centaur Only

____ Please remove my name from lists sold by RMDS Renewing member: Need another binder-include additional \$8.00

-----Tear Here-----

Horse Registration Form

→ Horses must be registered with RMDS to be eligible for year-end awards and for horse-of-the year award.

→ Eligibility starts on the date the envelope containing this form and check is postmarked.

→ The name & all information on this registration must be the same as that used on horse show entry forms.

Lifetime Horse Registration Fee - \$40.00 Changes (i.e., owner or horse's name) \$15.00

Horse Name _____ Sex _____

Breed (if known) _____ Registration No. (include copy of papers) _____
(list grade if no registry papers available.)

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

Address of Owner _____

Owner's Phone (Home) _____ (E-Mail) _____

Name of Representative (If owner is a business) _____

Membership & horse registration acknowledged via postcard. Mail completed form with check made payable to RMDS to: RMDS Central Office - 2942 Park Lake Dr. - Boulder, CO 80301 720-890-7825

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Call For Centaur Articles

Do you love to write? See your byline in the Centaur! Give back to the dressage community and share your enthusiasm through informative articles.

Do you have a specialty the rest of the community would benefit in knowing about? We want to know!

Contact: Cathy Van Berg, Centaur Editor at
vanbergc@yahoo.com

Photographs are always welcome!

September Topics: **RMDS Chapter Appreciation**
What's great about your GMO
and local Chapter?

October Topics: **Training, Training, Training**

November Topics: **Horse Health**

December Topics: **Holidays with RMDS**

Rider Fitness: Diet Hints and Tips

Third of a Three Part Series

- **Julia McSherry, Adult Ameteur who uses diet, walking, yoga, meditation and Pilates to get fit in the hopes that she can one day catch up as a dressage rider to the abilities of her 12-year-old FEI Hanovarian, Passat.**

In the past two issues, we have covered yoga and Pilates as wonderful complimentary disciplines to dressage and rider fitness. Also essential to rider fitness is diet and eating healthy to maintain appropriate body mass index (BMI). There are hundreds of diet books out there and if you are like me, you have tried many of them. Here are a few tips that work for supporting health and conditioning.

1. Cut portions. Just as your horse will get fat if you feed him too much (to say nothing of being dangerously unhealthy), the right amount of food is important to weight control and health.
2. Eat protein to support calories burned in dressage.
3. If you are a vegetarian, don't forget to include non-meat forms of protein to support strong muscles and provide energy.
4. Consider alternatives to starch and sugar. For example, grill eggplant or vegetables instead of a loaded baked potato with your steak.
5. Cut sugar especially from sodas. Avoid drinking sodas if at all possible or limit them to small ones several times a week, not daily.
6. Eat three balanced, small meals a day or five mini-meals a day. Breakfast is one of the most important meals of the day for energy. If your ride is early in the day, eat a small amount early and something more substantial when you are done.
7. Avoid processed and junk food!
8. Especially at shows, pack a small ice chest of healthy snacks, lots of protein and low on sugar and carbs (although carbs aren't all bad when you are expending energy). Good examples of protein rich snacks include thinly sliced turkey, cheese, salami as well as peanut butter and houmous. Try peanut butter spread on sliced bananas or apple. It can be hard to eat with pre-arena jitters and it's certainly not good to eat a big meal before strenuous physical activity such as dressage (or yoga or Pilates), but not eating at all can create low blood sugar or lack of energy that detrimentally affects riding.
9. Consider sandwiches rolled in lettuce with sprouts instead of bread.
10. Drink lots of water. Especially in Colorado's semi-arid climate and especially with the physical exertion involved in dressage, water is critical to physical fitness. Don't wait until you are thirsty, drink in advance, drink often, and drink lots. It is especially important to drink plenty of water before you ride.

Personally, I find a good diet combination to be one that incorporates meat, chicken, or fish several times a week with vegetarian days in between, but everyone is different and you will know what's right for you.

Just as good riding becomes a way of life, so can rider fitness. Yoga, Pilates and diet are great ways to start.



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Colorado Horsecare Foodbank Launches Helping Unemployed Colorado Horse Owners Keep Their Horses Fed

Evergreen, July 3, 2009: The Colorado Horsecare Foodbank™ is coordinating a statewide, call-to-action effort to mobilize the public and bring greater attention to the growing issue of unemployed Colorado horse owners facing the financial difficulty of feeding and caring for their horses.

"My goal is to try to keep people and their horses together," founder Juliana Lehman of Colorado Horsecare Foodbank expressed. "I formed Colorado Horsecare Foodbank to help horse owners who currently are facing the fact that they can no longer afford to buy food for their horses. These horse owners are taking desperate measures – abandoning horses and letting them forage for food or cutting back food to near-starvation levels. We need to provide a solution, and we can."

The Foodbank works like a human foodbank: those in need can pick up supplies so their horses do not starve to death. Food grant recipients will go through rigorous questioning process and will need to provide financial need documentation to qualify. Forms to request support are available on the Colorado Horsecare Foodbank Web site at www.horsefoodbank.org.

The Colorado Horsecare Foodbank is currently seeking donations from feed vendors, veterinarians, farriers, tack stores,

and other businesses and individuals to help build a foodbank inventory and provide voluntary and/or discounted services where needed. In addition, the organization intends to partner with facilities that can provide interim board and/or pasture to families in need. Finally, Lehman is donating 100% of the 2009 profits from her own flower basket business Flower Power, to Colorado Horsecare Foodbank. Details are available on the Colorado Horsecare Foodbank Web site.

Colorado Horsecare Foodbank is a subsidiary of the Horse Care Program™, a 501(c)(3) nonprofit foundation. Colorado Horsecare Foodbank was developed to address the growing challenge associated with feeding Colorado horses whose owners have been impacted by the current economic environment. The organization's primary goal is to keep people and their horses together during these difficult times, by providing food grants and locating facilities that can provide interim help during this crisis. www.horsefoodbank.org.

Contact:

Juliana Lehman
Colorado Horsecare Foodbank
303.670.6762

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Sunday morning check-in and orientation were followed by the first lesson, given by trainer Maureen Sterling. Riders were evaluated and placed in three groups of similar riding levels. There were some just beginning riders this year, along with more experienced horses and riders. Special thanks to alumni



Tornado 5 miles east of camp.

campers Caitlin, Hailey and Lysette for helping the newbies find their way around and settle in to the routine! Those groups not in lesson were busy choosing and diagramming their tests for the final show on Wednesday, or exercising their creative juices in the Artist's Corner by designing stall card posters.

As always, every camper was expected to feed and clean up after their own horse, with stall checks conducted by KC, the wicked witch of mucking, twice a day. This included a neat and tidy tack room and cleanly swept stall aisles. And no human food until AFTER horses were fed – including breakfast!



Caitlin McMillon balances with Rachel Hughes' help.

Sunday evening concluded with Roger Kyle teaching ground work and basic horsemanship, followed by a scavenger hunt around the farm. Thanks to Sue Kreutzer of Cheval for providing several cute "horsey" gifts as prizes.

Monday morning's lessons were with trainer Dee Kirby of Spoiled Rotten Sporthorses, who kept everyone on their toes following patterns and listening carefully to instructions. Hannah Lewis and Jessica Sheppard, both accomplished young riders, gave show grooming lessons and demonstrated braiding and clipping techniques.

That afternoon, Star Hughes of EquesTraining, brought in two of her experienced vaulting horses (in the middle of the hail-storm and tornado watch), and everyone had the opportunity to give vaulting a try. Riders even stood on the back of the beautiful draft mare with the help of Star's daughter Rachel, a top competitor in vaulting events. A big hand to all campers for having the daring to give this their best shot. April Walker of the South Metro Search & Rescue brought her dogs over on the same afternoon and demonstrated how these talented canines do their jobs in disaster-stricken areas like Hurricane Katrina, or our campsite (!).



Trail ride with Andie Lee.

Evening was spent with each group practicing yoga for equestrians with Shirley Sandbothe of "Yoga for All Occasions," and then a literal run-through of the tests in a make-shift dressage arena set up between the stall rows. Interesting interpretations of extended trot, free walks, and canters were performed for the "judges" commenting at C, while also attempting to keep the horses from eating the paper letter signs taped on their runs!

Tuesday's instructor was Kathy Simard, well-known trainer and L judge, who assisted the riders with test movements and how to ride them correctly. 8th Heaven Farms intern, Emily Grand, went through cleaning tack properly (a task she is well acquainted with as an intern). 8th Heaven assistant trainer Andie Lee led each group on a trail ride around the farm, including a walk through the on-site trail obstacle course. Farrier Al Agnew gave the campers a thorough lesson on horses'

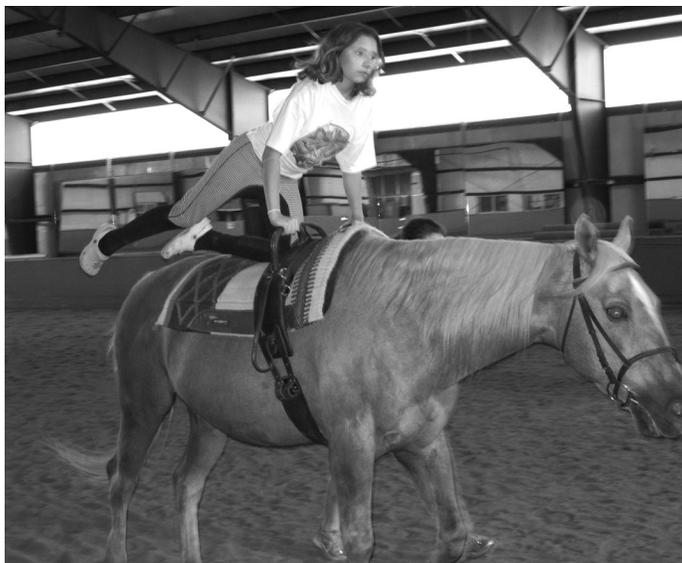
feet and proper shoeing and care. Late afternoon was an aromatherapy class conducted by Frances Cleveland, creator of Pete's Equine Remedy, who also treats Denver Zoo animals with her herbal blends.



Frances Carpenter demonstrates aromatherapy.

The final night was brought to a close with pizza for dinner and S'mores for dessert, and the traditional water balloon toss and general water fight. Awards were handed out in several appropriate categories for each camper, along with goodie bags from Bev Harrison of The Tack Collection – thanks, Bev! This year, thanks to RMDS members, participants received a commemorative T-shirt for attending camp emblazoned with "RMDS Jr/YR Camp 2009 – Dressage: Letter Perfect."

Wednesday morning dawned with campers readying themselves and their horses for the traditional closing dressage show. Gigi Brittain, FEI rider and trainer, judged the show (most kindly) along with Denise Hetherington as her scribe and Emily Grand acting as runner and scorer. All the hard work of the past three days paid off for the riders, with significant improvements in skills and reflected with good scores. Several parents



Lysette Johnson concentrates on her vaulting position.

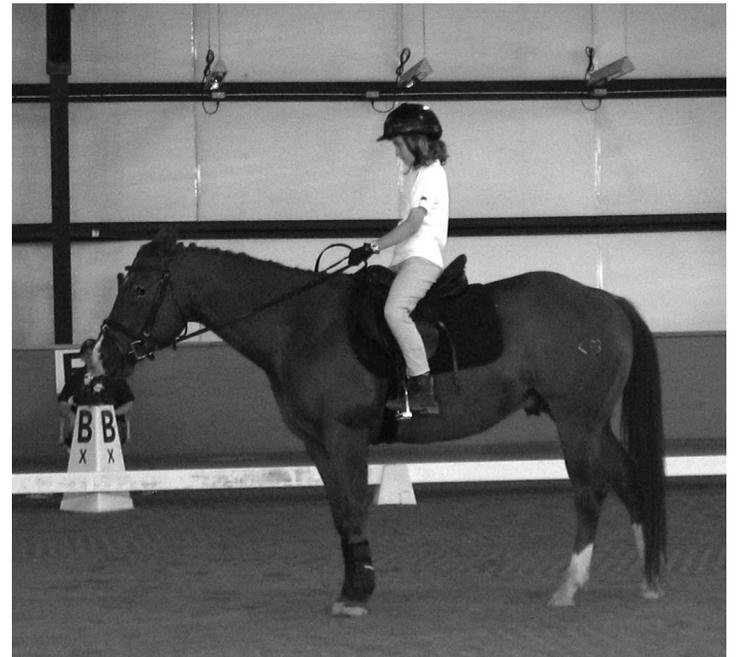


The campsite - with a cat on the tent!

and supporters were in attendance, providing applause and cheers for everyone.

Camp concluded with ribbons to the riders, plus elaborate Grand Champion and Reserve Champion ribbons, all donated by 8th Heaven Farms. Congratulations to all of our 2009 RMDS junior riders – job well done!

Thank you to all RMDS members, who provide this opportunity to develop the next generation of dressage riders. Your support is greatly appreciated. Another big thank you goes to all



Hailey Davis shows her new horse, Jimmy.

of the trainers and educators who donated their time to come out and teach. Thank you to all the parent moms who delivered lunches and dinners, and the husbands and fathers who set up and broke down tents. Thank you to 8th Heaven Farms staff and owner Sarah Bushong for the use of your facility again this year. And a final thanks to KC Parkins Kyle and Beverly Swanson for serving as camp coordinators again – they are currently recovering in a Tibetan monastery and are expected back by next year's camp date.

**RMDS Lendon Gray Continuing Education Clinic
October 10-11, 2009**

**WANT SOME NEW TRAINING IDEAS??
WANT TO MEET NEW AND FELLOW RIDERS??
WANT TO SEE OTHER TRAINING TECHNIQUES IN ACTION??
WANT TO DO ALL THIS WITHOUT SPENDING A LOT OF MONEY???**

THIS CLINIC IS OPEN TO ALL □ TRAINERS, ADULT AMATEURS, JUNIORS

The plan to attend the RMDS Continuing Education Clinic led by Lendon Gray, Head of the USDF Instructors Council, two time Olympian and member of several US teams to various World Competitions.

To be held at Somerset Farms, 5555 Nelson Road, Longmont, Colorado.
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INSTRUCTORS: Receive the opportunity to market your skills to a broad audience. Receive input and exercises to add to your portfolio. Brainstorm with Lendon and other participating trainers.

RIDERS: Receive a lesson geared to your specific needs. Get input from Lendon as well as the trainer you ride for in your session. Watch a number of lessons to gain a variety of approaches, and learn about the many trainers in the Colorado area.

AUDITORS: Come observe the wealth of information provided as trainers hone their skills under the expert advice and guidance of Lendon Gray. Listen to the exchange of information, and submit your questions that will be discussed before lunch and at the end of each day.

This will be a two-day format with the opportunity to participate on one or both days. Lessons will be 50 minutes long and there will be 10 sessions per day. Riders will be matched with a trainer new to them or they may request to work with their current trainer. An evaluation will be held, whereupon the rider, trainer and Lendon will agree on the topic to be worked on. 30 minutes will be allowed for work, and 15 minutes left for Lendon to add her input to the rider. Lendon is an exceptionally talented and tactful instructor. She is positive and very effective, and her teaching workshops and camps receive rave reviews from all involved across the United States. This clinic is in answer to the request that we "DO THIS AGAIN" but this time make it accessible to all riders and trainers who care to participate- not just Certified Instructors. RMDS hopes that this format will provide an opportunity for Certified Instructors to receive continuing education, for those not Certified to get exposure to the caliber of training guiding the program, for general membership to get the opportunity for a huge educational experience, either riding or auditing, and for everyone to get an opportunity to meet and exchange ideas away from the hectic atmosphere of horseshows.

Lendon Gray RMDS Educational Clinic October 9-10, 2009

RIDER APPLICATION

(Closes October 1)

Name _____

Address _____

E Mail _____ phone _____

Please list one reference with phone or email contact:

What level are you currently riding and what topic would you like help with?

Would you like to ride Sat ____ Sun ____ or both _____.

\$60.00/day – includes lunch

Stalls available @ \$35/day/night – must sign up & pay through Central Office.

INSTRUCTOR APPLICATION

(Closes October 1)

Name _____

Address _____

E Mail _____ phone _____

What levels are you comfortable teaching _____

Are you USDF Certified OR have you participated in any workshops?

Number of lessons you would like to teach Sat _____ Sun _____

Riding level you would like to teach [not guaranteed] _____

Please list one reference from a student or another trainer who knows your work: _____ Phone or email _____

\$90.00/day/ lesson – includes lunch

AUDITOR APPLICATION

(Auditor spots open up to October 5 After October 6 there is a \$10 late fee)

Name _____

Address _____ E Mail _____

Check enclosed for Sat _____ Sun _____ Both _____

\$40.00/day – includes lunch - non-RMDS members \$50/day

MUST have prior reservation in order to receive lunch!

**Riders & Instructors: CHECKS MADE OUT TO RMDS MUST BE ENCLOSED and received
by October 1, 2009**

MAIL TO: H Petersen 12395 Gull Lane, Peyton, CO 80831; 719.683.8435 or education@rmds.org

pointed out that the “problem area” moves around and when you fix one evasion you have to remember balance of the aids and be ready for the next challenge area. Debbie had Kristie work on 1-4 one tempis versus the full 15. Red Adair was able to do the changes but he needed work on maintaining an honest canter—all the time. The basics just kept coming back into play the entire clinic.

Morgan’s left to right change was not consistently clean. It was interesting to see how a throughness issue (one of our basics) would manifest in a movement. Debbie worked to get Royal Mirage more through on his right side. She had Morgan kick Royal Mirage up, hold the contact with right rein and flex the poll to the right. Royal Mirage found softness when he stepped up and came through. Debbie had Morgan hold the exercise despite lead changes on the circle stating that you must finish what you start. Morgan is quite a talented rider with a competitive future.

...as a rider you sort of carry around a mixed bag of history. When someone like me comes in I can only see you and the horse today. “You have to forget the past and ride the future.”

Sarah and Lorenzo were focusing on Grand Prix. Debbie was more picky and said, “Tuck, tuck, tuck” with legs to get sharp walk, trot, and canter transitions. The moment of suspension is when he disconnects. It was much easier to see once Debbie pointed it out. Debbie explained to Sarah, “finish what you start—if working throughness at the canter by pushing your horse off your right leg and the horse begins changes, keep pushing the horse right until he yields with his hind end and gives at the base of his neck.” On day 2 Lorenzo came out in his double bridle. Debbie told Sarah that even in warm-up not to let him canter long and low in the double bridle—it would be too hard to pick him up. Also, use half-halts when he dives his head down.

Grant came out ready to work specifically on his Grand Prix test. In fact, a copy of the test was quickly pulled out by auditors to determine who (meaning Debbie vs. Grant) had the right test sequence. They began with pirouettes. Debbie said, “own the pirouette turn, don’t let the horse spin around quickly, each step must be clear and deliberate.” The pirouette improved on the next try. Moving on, the pair completed 15+ one tempis across the diagonal and drifted a bit right. Debbie said, “I think you worked so much on the left and are now losing him to the right. Do another set of 3-4 to work on quality as he can clearly do multiples.”

You have to forget the past and ride the future

On their walk break Grant was giving some training background and saying how easy it is for Superman to do the one tempis now. Debbie said that she didn’t know Superman’s past and as a rider you sort of carry around a mixed bag of history. When someone like me comes in I can only see you and the horse today. “You have to forget the past and ride the future,” said Debbie. They picked back up after the walk with piaffe. Debbie said, “don’t hurry the tempo with spur because you don’t want to lose the diagonal; tap with the whip a little or supple with your hands but make him stay comfy.” Summarized; piaffe and passage work must not come from tension but because the horse wants to (and knows he has to). Grant then brought up his pendulum of being too strong and then not strong enough. To help sensitize Superman Debbie shared a personal training secret. Bringing a bit of humor to the day Debbie reminded us how we inadvertently train our horses that work is done when we say good boy/girl.. She shared some

reverse psychology by having Grant pet Superman and then immediately tap Superman with the whip. She had Grant repeat this sequence several times. Debbie said, “It looks great to the public when you reach forward to give you horse a loving pat on the neck—but the horse knows what’s coming (laughter). I don’t want to give away all my secrets but when you’re little... reverse psychology works.”

From start to finish, the horse/rider pairs became more beautiful. For the auditors, just as many take-home improvements were provided. Debbie said to keep power in the hind end; DO NOT let them pull you out of your seat. This statement, coupled with the strong seats of the riders, helped to solidify this picture and concept. Debbie taught that the rider stays put and the horse must learn that the release comes when they carry behind and lift in front. Watching a clinic of this caliber was a great way to mentally reprogram bad habits, especially when one rider after another is correct.

Thanks to all again for the hard work putting this clinic together. I look forward to following these pairs through the upcoming season!



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- Buffon

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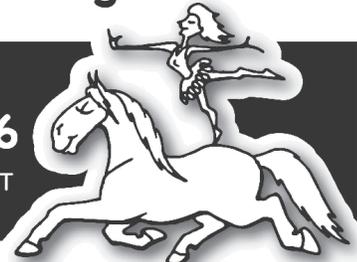
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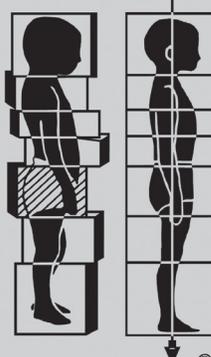


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