

USDF Region 5 FEI Jr/YR Clinic with George Williams

-Susan Rudman, RMDS Region 5 FEI JRYR Coordinator

On October 23rd and 24th, 8 Region 5 junior and young riders had the privilege to ride in the USDF Region 5 FEI Jr/YR clinic with George Williams at Stellar Stables in Parker, CO. Many thanks to the Renee Isler Dressage Support Fund at The Dressage Foundation for funding this clinic and making it possible. Everyone learned much from George's instruction, not only from their own rides, but also those of their peers. Daily lunch talks brought personal insights as Mr. Williams was always open to answering questions.



Those who made the clinic possible: Kristen Schenk, Terri Baker (who donated use of Stellar stables), John Schenk (who, along with Kristen, donated food for the Jr/YR fundraiser), and Susan Rudman (orgainzer). Thank you everyone!



From L to R: Anna Wood, Talia Hershaft, Morgan Fleming, George Williams, Susan Rudman, McKynzee Wiggins, McKinley Harvey, Connor McPeak, Aylin Corapcioglu, and Jordan Farr.

RMDS 2010 Year End Awards are soon to be posted on the website! They will also be published in the 2011 Omnibus.

Region 5 Report

I would like to thank everyone in Region 5 as I depart as your Regional Director after nine years. What an experience, and what an exciting time for USDF! The move to Lexington and the Capital Campaign to pay for our National Educational Center resulted in a rent/mortgage free home in the center of United States horse country which hosted the 2010 World Equestrian Games.

While I was Regional Director I had the opportunity to visit and meet members from all of our states, extending from the Canadian border all the way to the Mexican border. Since our region is so large, I made it a priority to balance our regional championships and educational opportunities between our northern and southern tier. Historically, we have had the championships in these states: 1996-NM, 1997-WY, 1998-AZ, 1999-CO, 2000-CO, 2001-NM, 2002-AZ, 2003-CO, 2004-AZ, 2005-CO, 2006-NM, 2007-CO, 2008-AZ, 2009-NM, 2010-CO, and 2011-AZ. With a sixteen (or more) hour drive from the population centers of Denver, CO, and Phoenix, AZ, this is the only fair solution. Again, with the Adult Clinics, we had Walter Zettl in AZ, Jane Savoie in CO, Betsy Steiner in NM, and Charlotte Bredahl in AZ. Region 5 hosted the USDF Convention in Denver with the Kyra Kyrkland Symposium in 2008.

What is it like to be a Regional Director? Day long meetings at the Convention and Spring Executive Board meetings, discussing the move to Lexington, balancing the budget, restructuring to improve and streamline governance, plus conference calls and countless emails and phone calls. Our governance is all-volunteer including the President, Vice President, Secretary, Treasurer and Regional Directors, as well as the Participating Member and GMO delegates. We have a unique, grass roots organization and I am glad that I've had the opportunity to participate. It's amazing and exciting, along with tense and challenging, utilizing our compromising skills in the Board of Governance meetings. Love those roll call votes!

The most rewarding benefit has been meeting people along the way, both in our region and getting to know those outside of our region.

Happy Holidays! I would like to thank everyone in the region for the time and energy donated to our sport on top of the demands of busy personal lives.

Hug your horse! Our horses are such fragile, forgiving, and generous animals. They put up with our efforts, and when we do it right, they give us their best!

Happy Riding!

-Theresa Hunt, Region 5 Director

RMDS Special Business

- Membership Renewals received before December 31st are \$60. (Yes, rates have increased.) Renewing early makes it easier on the Central Office and cheaper for you! Dues received after December 31st are \$65.
- The **RMDS Membership card** is now available online through the RMDS website, rmds.org.

Colorado Springs

Fall is a busy time for CSDA. We have elections taking place and we will have new faces running for president and treasurer. We look forward to the new board members and the president's appointments for volunteer coordinator, educational coordinator, as well as other key spots. We have also started work on our 2011 show schedule and events, deciding on who will be staffing and supporting our show management.

The November meeting will be held at Bingo's Tack where we will doing our annual "Shop Till You Drop" buying that enables our members to shop, socialize, and score some amazing deals on riding apparel, horse apparel, and all the gifts we need for others and ourselves.

December is the CSDA Christmas party (hosted by me) and all members are invited to come and share some cheer, and participate in our annual "Sock Swap." It's big fun and tends to get everyone laughing.

The Colorado Springs meetings are held the 3rd Tuesday of the month. Please check our website at www.csdressage.org for details on meetings and educational events.

Have a great holiday season and a wonderful new year!

-Elaine Haberman, Chapter President

Foothills Chapter

During the November chapter meeting, Foothills Chapter officers for 2011 were voted and confirmed as follows: Dolly Hannon, President; Lori Mitchell, Vice President; Laura Quakenbush, Treasurer; Heather Fitzgerald, Secretary. These four will represent the chapter as delegates for the BOG meeting.

The focus for Foothills Chapter activities in 2011 will be on educational events, the first of which is currently in development featuring a new test clinic on January 30, the day after the Judges' continuing education event. This will allow opportunities to build on auditors' learning from the Judges' continuing education for those who can attend both events, and for those who can only attend one, a chance to get up close and personal with the new tests at least once early in the new year.

Other education plans include a twoday Ride-a-Test on April 30-May1 in the Foothills Chapter geography. The hope is to feature two different 'S' judges so people can maximize their rides and feedback opportunities.

The chapter is also planning a "noseto-tail" horse care seminar in the fall of 2011, as well as a holiday party and awards recognition event in December 2011. The Foothills "Last Chance" Show will return in 2011 and will be held September 18 at *A Rising Star Equestrian Center*.

Finally, the chapter approved a 2011 Scholarship in the amount of \$500. Scholarship application information and deadlines will be distributed to chapter members early in 2011.

-Heather Fitzgerald, Chapter President

Wasatch Mountain Chapter

Various members organized and participated in several clinics this past month making it a training intensive period.

A trainer new to the area, Kathryn MacLeod, hosted a clinic with Tom Dvorak at the *Shooting Star Ranch* in South Ogden. Kathryn is a new trainer to Utah but has a long history of coaching in Canada where she was involved in bringing young riders to the National Young Rider Championships. Tom is also from Canada and is a well known and popular clinician. He also trains in Florida and has represented Canada in the Pam American Games.

Marlo Vivenzio, a new member and now training out of the Park City area, hosted a Heather Blitz Clinic. It was held at her new training location at *High Star Ranch* in Kamas.

Member Alison Child, a Trilogy saddle representative, organized a return clinic with USDF Vice President and "S" Judge Melissa Creswick at *Hilltop Farm* in Heber City.

Our Vice-President Linda Nickerson and Snowy Peaks Ranch owner, with her husband Dick Nickerson-President of The Foundation for the Pure Spanish Horse-hosted the PRE Foundation Board of Directors' Fall Meeting and sponsored a clinic with Colorado "S" Judge, Kristi Wysocki. They also had Faith Fessenden, the KWPN Keuring Judge brought to Utah by our Chapter this past Spring, present the KWPN program on breeding goals, conformation and performance tracking methodology for the PRE Foundation Board of Directors to follow up on the success of Juan Manuel Muñoz Díaz and Fuego XII at WEG.

We are meeting shortly to decide on Chapter dinners and clinics for this coming year. An announcement will be sent to old and new members.

-Sally Shaffer, Chapter President

Boulder Valley

This is my last submission to the Centaur as Boulder Valley president. It's been a great two years! I've had the opportunity to meet and work with a lot of incredible people, both in Boulder Valley and the larger horse community of RMDS, and look forward to continuing to work with, and learn from the people and horses who have been such a big part of my life.

I would like to congratulate our new officers for 2011: Kim Lampert, President; Bill Terry, Vice President; Wiley Gilmour, Treasurer; and Kathie Hibbard, who is serving her second year as Secretary. Best of luck to all of you, and thank you for volunteering!

-Nicole Donohue, Chapter President

President's Message

Dear Fellow Riders:

Tempus fugit – and 2010 is almost gone. RMDS looks back at a successful year with some wonderful educational events as well as two great RMDS run shows – the Winter Wake Up that was held this year in the summer, and of course Championships, which also included USDF Region 5 Championships.

We just finished the Board of Governors' meeting and made some important decisions that will move RMDS forward into 2011 and beyond.

Please welcome all your new officers and chapter presidents and thank everyone that has served on the board this past year, or past several years. Without these folks we could not run this amazing organization.

Some highlights from our meeting include the budget – we actually were able to budget for a small positive balance rather than a negative one, as we had to last year. One of the more thankless jobs in the organization is that of Treasurer, and Sharon Soos does an outstanding job. She always tries to save RMDS money and has answers to our budget questions. We thank her for all her hard work.

Thanks to our marketing committee and our communications group. We now have a media kit that will allow us to go out and solicit sponsors and advertisers for the Centaur and Omnibus. This kit will soon be available on the website, and can be requested from the Central Office as well. All marketing efforts were spearheaded by our Marketing Chair, Heather McEntee. A big thank you to all her work.

Elaine Haberman was elected new Marketing Chair and has some interesting ideas – we hope that many can be implemented. We are able to save on printing thanks to Anne Schmid who brought this idea to us earlier this year and Cathy Van Berg that followed through with it.

You probably have noticed the new, cleaner and crisper look of the RMDS website, thanks to our webmaster Michael Petersen.

Nicole Bizzarro has stepped up as Communications Chair – she put together a logo usage guide and archive. If you wish to use the RMDS logo for anything, we have you covered. Please contact the Central Office for more information.

Lori Mitchell did a wonderful job as Adult Amateur Chair. She had interesting results for us from the adult amateur survey and we will try to post this information on the website. Lori was responsible for two well received events – the Pilates for Dressage Clinic, and the Youth/Adult Team Competition. We are very fortunate to keep Lori on as Adult Amateur Chair.

The Juniors/Young Riders were well represented by Colleen McFadden, supported by Susan Rudman. Both ladies did an outstanding job, especially fundraising for the juniors and young riders that went to NAJYRC. Many a show or educational event benefitted from their tasty breakfast and lunch service - we hope they keep this going for next year. The incoming chairperson is Cindi O'Shea. The juniors also had a great camp hosted by 8th Heaven Farms and KC Parkins-Kyle. We are looking for a new host and new venue as KC cannot continue on - if you are interested please contact me or the Central Office.

The Youth/Adult Team competition was a joint venture between the two chairs and very successful. I had the pleasure of attending as judge and had fun with all the costumes and team spirit. Everyone should consider attending this event next year.

About half-way through the year Lauren Smith had to step down as Awards Chair and the void was quickly filled by Shannon Lemons. Shannon did an outstanding job organizing the trophies - they are now color coded and you have to sign in blood promising to return them in good shape and on time. One of the changes we made was to engrave the trophies with the name of the winner before they got handed out - which was extremely well received by the winners, and made the awards even more special. We have over 60 awards that were given out at the banquet and the tables holding them went clear around the room. The banquet went extremely well - a big thank you to the High Plains Chapter for organizing, especially Cindi O'Shea, and of course our MC extraordinaire, Julie Barringer-Richers. She had us in stitches several times throughout the evening.

The RMDS run shows both did very well, thanks to some generous sponsors and contributors, and a lot of hard work by many. One of the hardest working was Heather Petersen and her company Two White Feet. Rumor has it that Heather is in the process of buying a little Hanoverian filly – with of course: two white feet. Laura Speer is our chair for RMDS-run shows and was extremely supportive throughout the year.

Heather Petersen was also our Education Chair this year and was in charge of numerous events – judges' continuing education, the TD/Show management workshop, and the "L" programs at various shows. She was instrumental in putting on the Steffen Peters/Janet Foy symposium and has her feelers out for a major symposium in 2011. Heather is running Continued from page 4

for Region 5 Director at this year's USDF convention and has therefore declined to be re-elected. Michelle Anderson has stepped up as Education Chair and we are looking forward to her ideas.

Loni Gaudet did a wonderful job as our Scholarship Chair and has improved our policies and guidelines as far as scholarships are concerned. Elaine Haberman will take over as chair this coming year. In conjunction with the scholarships we have received questions about what activities are allowed for volunteer hours besides the obvious ones helping out at RMDS or chapter-run shows. We have heard quite a few good ideas, but if you have anything you'd like to add – please contact Elaine or I.

We did have a few changes in our bylaws and unfortunately had to raise a few fees, including our membership fees. We did so reluctantly but USDF is taking a bigger bite out of our dues and we are also looking at an increase in mailing rates for the Centaur. By the way, if you renew before the end of the year you will save a \$5 late fee that covers the increased mailing cost of the Omnibus if you're not included in the bulk mailing before Dec 31st. You can renew online via PayPal if you wish – it's a quick and easy option. The RMDS membership card can also be printed right off the website – how easy is that? I also want to clarify that you can join any chapter you'd like regardless of your physical location.

I would like to mention the great work that Beth Geier does at the Central Office – she is very diligent, always has an answer to difficult questions, and knows the history of RMDS from many years back. We could not be as efficient and well organized as we are without her.

Thank you also to MaryJo Hoepner, our Vice president who was re-elected into this position. MaryJo has volunteered many hours this year on top of her busy show schedule and fulltime job. She is a wonderful sounding board for me and I am lucky to be able to work with her for another year.

Keeping us on track and making sure we have accurate minutes is Susan Rudman who will be Secretary for another year. Minutes are available on the website to review topics discussed at board meetings. Also, board meetings are always open to any member. If you have anything you'd like to bring before the board you can contact me or the Central Office and we will make sure it gets on the agenda. Remember we are here to represent and serve the membership – so make your voices heard.

Thank you all for a great 2010. Have a wonderful and contemplative holiday season. I am looking forward to seeing you next year.

-Simone Windeler, RMDS President

Through the Grapevine

What's happened lately in your life or with the friends you hold dear? Let us know "Through the Grapevine" at vanbergc@yahoo.com.

I'm trying to determine if there are a total of 5 or more RPSI (Rheinland Pfalz Saar) registered horses showing in RMDS at this time. I have one. We do not yet have a breed award but if there are 5 we can request that the club create one and donate it. Thanks! Michelle Anderson, 303 646 1375 or michand@hotmail.com

Congratulations to Meredith Mathers and Gordon for Earning the USDF GOLD medal! -Suzie Hallé

hen Rocky Mountain Dressage Society 2009 Opening Doors Scholarship winner Carol Von Michaelis of Golden, CO, was 14, she bought a 3-year-old pony as part of her Adventure Passage project for Jefferson County Open School. Her teachers at the suburban Denver school praised the teenager's plan to buy a green, unbroken pony, turn it into a hunter/jumper pony and sell it, then let go "without being heartbroken."

Carol bought Hazel, a Leopard Appaloosa, as her project pony. Later, Hazel's previous owners told Carol that her horse had six owners before the age of 2, was called untrainable and dangerous, and survived two slaughter ring auctions. But, both Carol and Hazel succeeded when Hazel learned to trust people again.

Ten years later, Carol's Appaloosa pony faced her own Adventure Passage when the dressage and hunter/ jumper schoolmaster became totally blind. For two years, Hazel had adapted to the loss of vision in her right eye, and was comfortable continuing as a children's jumping pony. Then last winter, she began bumping into fences in her pasture. Moon blindness in both eyes was the diagnosis, turning her future black at age 13. Euthanasia was the recommendation.

The news came in a phone call from Hazel's owner in Littleton urging Carol to come to say good-bye to her pony. "You can't put a horse down just because it's blind," argued Carol's father Hans, a non-rider in the family from Golden. "We discussed it quickly and agreed to give her a chance, and to see how she does," said Elma, Carol's mother. "But, we weren't sure how we were going to pay for her or how we were going to move her, since we already had six other rescue horses." Wonderful is the word that describes Hazel's year as a blind, blue-ribbonwinning dressage horse. "She's leading a life of luxury," said Elma, who rides her almost daily indoors where she is stabled at Table Mountain Ranch in Golden. "Everyone stands aside when we come by and they are very careful leading her" for her daily turnout, she said. "No one knows she is blind unless we tell them." And, the Appaloosa still is a good teacher. With Hazel depending entirely on her rider, Elma concentrates not only on precisely cueing her horse's every step, but also on accurately using her weight and balance. "If you're not really on top of it, she won't go well," Elma said.

Things have gone well for them in lessons with local dressage trainers Bridget Milnes and Dolly Hannon

Moon Blindness

also called anterior uveitis, is a disease of the horse's eye that can be caused by many different things, including bacteria, virus, parasites or trauma. Appaloosa and paint horses are predisposed to developing it, with their irregularly pigmented skin around their eyes, muzzle and genitals, as well as their white sclera around the dark iris of their eyes.

It isn't very common to hit a horse as young as Hazel, at age 13, or in both eyes. Horses that are affected by moon blindness in only one eye can become very spooky and, sometimes, unridable, because they only see shadows. However, a horse that becomes blind in both eyes, "who already has a good disposition and who is given time to adapt, still can be a great riding animal," said Stephenie Hoke, DVM, MS, formerly with Aspen Creek Large Animal Clinic in Conifer. "I've personally ridden an Appaloosa dressage horse who was blind in both eyes who was quite the schoolmaster," she said. "It's amazing, if given time to acclimate, how steady, consistent and well-behaved blind horses can become."

These horses do best with flat footing and a predictable riding area. They never should be ridden over obstacles; dressage arena boundary fencing also can be dangerous.

Elma is enjoying Hazel's adventure, too, happily experiencing Hazel's "fabulous," smooth gaits, including a beautiful extended trot. "People are always commenting on how well she moves." Everyone at the barn – including barn workers – loves Hazel. The summer camp children know her, and the barn crew take good care of her. "They sing to her when they take her out and put her sunglasses on," Elma said. Everyone from vet to farrier to riders are so protective of her and use extra care to keep her safe, Elma said. and in Introductory I and II tests at 8th Heaven Farms in Castle Rock last winter. Hazel took home two blue ribbons, getting one of the highest scores of the show. This simply continued her early dressage successes. As a 3-year-old, she was a surprise champion against approximately 50 seasoned competitors at Training Level at RMDS Junior/Year championships just months after being started. Hazel was Carol's fill-in mount when her experienced horse became lame. The goal for 2010 is to resume Hazel's dressage career, again at Training Continued on page 7

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Level. "Of course, we won't tell the judges she's blind," Elma said.

"Dressage is perfect discipline for a horse that can't see," said Stephenie Hoke, DVM, MS, formerly with Aspen Creek Large Animal Clinic in Conifer. The disciplined, consistent pattern and pace can be comfortable and reassuring to a horse, she said. The repeated patterns, 20-meter circle, turn across the diagonal and other patterns in dressage tests ridden in a designated space enable blind horses to enjoy themselves and relax. "It seems they can see the arena in their mind's eye and, after awhile, they can really use themselves, knowing the confines of where they are working," Dr. Hoke said.

Some keys to working successfully with the blind horse are to talk to her

all the time, open doors wide, pay attention, watch where you are going and keep her nearby. Hazel prefers to stay very close to Elma. "When I get too far away, she stops and smells the ground" for direction. She also relies more now on her hearing. "When someone clicks to a horse, Hazel reacts." Trail rides aren't possible, nor is riding on uneven ground. She will trip on a slight incline.

Now very dependent, Hazel also is more attentive and trusting, and not afraid. "I think she feels secure," Elma said. "Hazel's life is pretty comfortable." And, she has an awful lot to offer everyone who can see. "She honestly does so much good for people," Elma said. "She's a thoroughly positive force. Hazel makes everyone at the barn happy."

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Hazel and Elma

Linda Gaber of Evergreen. CO, is a former writer at the Rocky Mountain News and The Denver Post. She and her Section D Welsh Cob Gallod Enki won 2009 adult amateur high show series' score for Centaur Rising's introductory tests in Conifer, CO.

Update: "Hazel is still doing very well, she is being ridden almost every day and is doing beautiful extended trots. She gets lots of compliments and people at the barn are always commenting on her and how they just cannot believe that she is blind. She definitely has a fan club and is very much loved by all who come into contact with her - a very special lady!" *-Elma Von Michaelis*

Scholarship Report - Judy Carnick

ver the 2010 year I was able to use the RMDS Scholarship fund money to further my education both personally and as an instructor.

I found that it was very helpful to watch others (Dolly, Janet and Steffen) teach to further my own goals of being a better trainer. I enjoyed the knowledge I gained about my own weaknesses and strengths by being able to see how my personal evaluations of what I watched compared to the clinicians.

Then I had an opportunity to improve my own riding skills and gain

some insights as a rider to the very free approach of Ralf Schmitzer. Riding with Ralf brings you back to the lightest and most classical feeling of dressage. He catches the slightest resistance in both horse and rider and tries to help you find a way to diminish both. I really enjoy three day clinics for myself as I feel it affords the best opportunities for the rider and clinician to evaluate, work, and improve both horse and rider. I came away with plenty of "homework!"

I want to thank RMDS for giving me the opportunity to take some time for me. It seems like there is never enough time for self improvement. Having the scholarship provided an impetus for me to seek out clinics and set aside time to go to them. I was able to find a good variety that suited my needs very well.

I think we're fortunate that RMDS provides both the financial support and a wide range of opportunities for riders to improve their skills, and for instructors to gain knowledge that they can pass on to their students.

I sincerely hope that others will apply for these scholarships and take advantage of all the wonderful opportunities provided through RMDS.

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Two Days with Debbie McDonald -Suzie Hallé and Tennyson-ISF

Excerpts from the notebook of Suzie Hallé, originally published on **Barnby Notes**, www.barnbynotes.com.(See the insert at the end of the article for further information.)

Day 1

Ave you ever been an Adult Amateur looking forward to riding with the most decorated Olympian in dressage? Well, I hadn't ever been in that position, until early this March when I was fortunate enough to get into Debbie Mc-Donald's clinic. I justified the extravagance to my husband by telling him I'd deny myself beloved Starbucks until the clinic arrived. March through September I didn't have even one.

October finally came, then the day ... then entering the ring ... and then Debbie said hi... Nerves from months of anticipation (and Starbucks deprivation) kinda bolted from the tummy right up to my throat. Suddenly my mouth was a cotton ball. Debbie, experienced and kind as she is, has seen cotton fluff nerves before no doubt, because she immediately put me at ease by removing a piece of grass from my horse's mouth and telling a quick story to the auditors about western trail riding the day before, and allowing her horse to graze along the way not knowing she wasn't supposed to allow this. She said she felt like a beginner again ... and just like that, the cotton disappeared, nerves left, and we got down to business.

I have quietly wondered how one develops more expression in the gaits. My horse Tennyson is 18-hands, marvelous as is, yet after going to the WEG and witnessing first hand those magnificent horses, I couldn't help wonder how much more you could get from your horse and how to ask for it. Debbie asked what his strengths and weaknesses were, and I didn't mention this, but told her his strengths were his mind, his capacity to collect, and his willingness to never say no and always try harder. And maybe his weaknesses are that I would like to learn how to get him more bendy...and that he falls out of one of his shoulders a little more than the other. She loved that description of wanting a horse to be "more bendy." The interesting thing is before we finished our first trot circle, her quick eye picked up right away on my underlying question (how do you get more expression?) Soo ... that is where the lesson began much to my delight.

What we learned:

The way to get a bigger looking gate at trot, is to develop more of a passage feel while keeping him compacted. (The canter she said was a whole different story being quite good.) How do you do this?

The first exercise: While in the saddle, align the horse against the wall, have someone on the ground with a whip tapping gently on each leg one at a time to encourage him to move each leg independently. Do this both directions on the wall. Tap until you

get a response. As soon as the horse lifts its leg, pat and reward. Make a big fuss. If the horse becomes nervous, walk out and change direction. Once all four legs are responding, ask for trot and approach the person on the ground putting yourself between the wall and the person with the whips. The person on the ground should hold a lunge

whip in one hand, angled to influence the hind, and the regular whip held horizontally so the horse's knees bump into it as he trots forward. It kind of makes a little tunnel for the horse. Debbie held one whip low in front and the lunge whip dancing behind Tennyson's hind legs. We proceeded at trot along the wall. As we approached her, she warned that the horse would slow and not want to come up to her, so to be firm on the approach. Debbie is very fit, and when we got to her, she ran alongside us in this position, his knees knockknocking into the whip in front and his hind legs tucking under the lunge at his back feet. Lo-and-behold, with a cluck and constant firm pressure with the lower legs, (not kicking at all, just firm pressure), the horse went into a nice low passage rhythm. It felt lovely. She then had us "open the door without giving away the neck," to go forward while still squeezing firmly with the lower leg. This, she explained, will allow the horse to carry the action forward, making it bigger, all the while keeping the rhythm and continuing to respond to the cluck. The horse is then rewarded on the short side while Debbie jogs across the arena to the other long



Suzie and Debbie

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side. We trotted up to meet her again, and I gave a half-halt as we entered her low-whip tunnel, and she ran along side-by-side as we seemed to dance again in passage. She said this is the feel you need to generate in order to accomplish a bigger and more expressive gait at trot. The trot gait, she said, is the one that can be most easily influenced. We did this for two circles around the indoor and then changed direction. Important to note that within the gait, you must practice coming back and going forward while keeping this cadence without giving away anything in the neck.

That was the biggest take-away for me on day one: an exercise that teaches the horse to trot with more suspension. Try it with your trainer. It's fun and the horse doesn't get stressed if it is introduced gently. What I was surprised to find out about Debbie was that she is about the most unpretentious, fun, kind person who keyed in on the rider and horse with an intensity that I'd expected, but in a relaxed way that was effective and powerful. And she is tiny! To think she moved that big beautiful Brentina so well, confirms that technique is what it's all about, not muscle. Sensitive, willing, happy horses are the heart of what we are developing...we win them over with correct training so they are proud of themselves.



Beautiful Tennyson.

Day 2

You know what I am going to say.... Day 2 couldn't come soon enough. Oh, and I forgot to suggest if you are riding in a clinic with Debbie? Stay for as many of the other rides as you possibly can. It was interesting to see that in Day 1, Tennyson was the only beneficiary of the "whip tunnel against the wall," technique, but throughout Day 2 Debbie chose to employ this with almost all the other horses. You could see their improved trot gaits right away, so this is a good one to try at home if you have someone on the ground to help you. Also, I gathered there is no single correct way to teach passage. I heard her say "for your horse, this will work for him" and "he WILL get it THIS way" ... which makes me think there are other ways to teach passage, but this one works for sure if you have a big horse that could benefit from more expression. We were better on day two at this exercise and really it will be a matter of improving the timing while practicing at home. The lessons placed importance on catching things quicker. Anticipating and catching.

So, once again, to create a bigger impression in trot? Add suspension. It will present the picture of what you want to see if you are riding a big horse. Suspension creates a bigger looking trot in a horse that doesn't have a lot of natural scope in that gait. How do we do that? Put suspension into your routine: use the whip along the rail exercises. Then trot the ring getting the passage feeling, and teach the horse how to carry that forward by being firm with the leg, clucking and holding that suspension as they go forward. Don't let it get quick either, and no running! Keep them round. Do this, and the picture, the impression, will improve dramatically. Building suspension into the trot...this new way of going will become the only way of trotting the horse knows. I plan to tap his legs every morning while

tacking up to see how good he will get at this fun little game. I think the idea with the tapping is to transfer that to the ring. A tickle back there with the whip and he will make the eureka leap "oh, she wants me to pick up my legs more! I get it!" Debbie didn't say that exactly but I'm pretty sure this is the idea. Another thing? You always want to feel you can ride the passage BIG and then SHORTER. When you feel the suspension, back off and see how long they can hold it on their own.

OK. On to second part: **The Canter Pirouette:**

"If you can ride shoulder-in, you can ride canter pirouette." "Don't tighten the seat and don't over ride it, if you do, it will block the horse." When you are beginning to ride the preparation for canter pirouette, the horse will sit. It will feel like he's dying so your natural urge will be to drive it. I sure felt like I needed to! But DON'T drive it! Avoid this urge. And, "use your shoulders to bring him back when asking for collection." "Sit tall." That was Debbie's introduction to the pirouette.

Exercise: On a 20-meter circle in canter, go forward and back softly. Counter flex for straightening, be a little more dominant on the outside rein if you need to get straighter in one direction. Keep the poll high. If you feel the horse hanging on your hands, balance him up. Remember they don't need you to make them sustain canter, you are just there to direct them where they are going.

Once you have them in this frame, the preparation for canter pirouette is to think haunches-in when you begin to collect. Act like you are going to ride a half-pass and think shoulder-in next. Be sure to half-halt, and make sure the neck stays slightly bent, sit quiet without driving. Then think of bending and collecting at the same time. NEVER at the same time make them hot to the leg while balancing them back, but do bend and collect

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together. Don't let them hang in the hand either, you'll lose your ability to make them supple. Remember, play with the bit all the time to avoid hanging. Once you get that feel, it's time to bring them around in a closer circle from the outside leg. It was a lot to digest focusing 6 minutes in one direction and 6 in another with a 4 minute walk break between, but by the end, Debbie said it was excellent technique. I couldn't feel for sure while riding it if he was sitting, because it was all so new, but on the video, my God, this exercise really got him to sit!

So the most important thing is that you gotta learn the feeling of "the sit" before you think of turning she said. If you don't learn to feel the sit, and are not comfortable relaxing in it, you'll try to drive it, and then it will never develop into a beautiful pirouette. She said forward doesn't get you the turning either. CARRYING



Suzie and Tennyson at Championships 2010.

themselves will provide you with the ability to turn. "Ride the horse into it from behind. Keep them light in front. Tuck them under then make 'em hot to the leg and then, and only once you feel them sitting, bring the shoulders to the inside. Really don't practice the turning part for a while. Just practice the sitting feeling." Since the trot isn't as naturally scopey, I was happy when Debbie said he will be "sooooo goood" at the canter pirouette because "he sits really, really well." My take away was to know how little you need to be involved when they are balanced and active. When they are hanging, you will know because you will feel like you are having to drive it. Learn the feeling of the sit (you think it's dying but it's not dying), trust they can stay there on their hind leg, imagine them jumping under themselves, not jumping forward.

It's never as easy to duplicate at home but I think we are getting bits and pieces. I hope you get a tidbit or nugget of something from this that helps you in your training. Debbie was great and if you get a chance to ride with her, do it, or audit if you can. And the video is great because you can watch it over and over again, each time finding something new in there.

So much to practice before Spring!

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About Barnby Notes:

Bannby notes.

www.barnbynotes.com/training_community

Barnby Notes offers a full line of inspirational training notebooks for equestrians and was created around a very simple idea: No disconnect. No fuzzy memory. Just barn notes. And a happy rider with clarity.

You see, we believe that almost every rider prefers to take notes. Why? Because when they do it results in clarity and they move more quickly toward an honest connection, collection and harmony. And that feels heavenly!

At the forefront of our training notebooks we offer an online notebook for those who love the bells and whistles of technology while connecting with other riders. We also offer a hardcover notebook for those who are having a fling with their own handwriting. Both of these Barnby Notes training notebooks come with our Getting Started guide as well as writing prompts and public notebook entries from some of the sport's favorite pros and amateurs.

We believe it matters to ride, write and reflect. It takes active learning --writing-- and lots of reflection to make honest connections. So if it's you who would love to keep a notebook but you're not sure where to start....or if you worry about not having enough time to do it right...let's just say there's something for everyone in a Barnby Notes training notebook.

For those who want to sign up for a free online private notebook, please use a USDF promo code which is retrievable at our site. Barnby Notes is celebrating its one year anniversary this month. We started without a Training Community and today we feature the public notebook entries of some of the sport's most admired pros and their students including Courtney King-Dye, Betsy Steiner, Debbie McDonald and Lendon Gray. The first Paragon CDI* went off without a hitch in Estes Park! The August weather was lovely, cool in the morning and no rain! We shared the venue with the rodeo and the draft horse competition, which was fabulous. I have heard stories of "partying" with the cowboys and I knew when I could not find my dressage judges I had to go to the draft horse competition!

Heather Petersen (show secretary) and I (show manager) welcomed riders from 5 different countries. The United States, Canada, Australia, Germany, and New Zealand were all represented.

The President of the Ground Jury, Cara Whitham, said the show was a wonderful event and would pass the word to the Canadian competitors for next year! Since she has judged WEG and Olympic games, we were so glad to hear she was impressed! In 2011 the CDI* will be upgraded to a 3*. This means the competition in the CDI ring will have 5 judges and will include the Grand Prix Level. The Paragon show will also be the last qualifier for the 2011 Pan American Games.

For those of you who have never competed at the CDI there are a few different rules. First, you must have a passport for the 3*. If you are thinking of competing please contact the USEF office now as these things take time! The competition has a vet jog for soundness prior to the competition. Warmup rings are designated just for CDI competitors. All classes have at least 3 FEI judges from foreign countries and 5 in the Grand Prix Events. Prize money is awarded and awards ceremonies are mandatory. The awards are complete with a national anthem and victory gallop! Even the horses have special security!

Anyone from Ponies up to Grand Prix riders who desire to get on the USEF training or ranking lists will need to compete in CDI events. This is your chance to compete at home, rather than hauling to either the east or west coast! You can also compete in the national classes, which are the normal dressage classes you find at all shows, and just soak in the atmosphere of the CDI while cheering on your friends and family.

We had wonderful sponsors this year and we hope they will sign on again next year! The Paragon party was truly an event to remember. The progressive cocktail and snacks party on opening night will be repeated and held in the party tent!

Heather and I hope you enjoy the pictures! Be sure to put August 19-21, 2011 on your calendars!

111



Competitor in the Saturday afternoon Costume Class. Newly appointed "S" Judge Kristi Wysocki on Dominante XXXIV, an Andalusian stallion, both dressed as pink flamingos.



CDI Intermediare I and CDI Intermediare Freestyle winner Susan Schneider with President of the Ground Jury, Canadian "O" Judge Cara Whitham.

2010 RMDS Executive Board

President	Simone Windeler	719-540-2000	simonedressage@gmail.com
			riversidestables_evans@yahoo.com
			vicepresident@rmds.org
			sewrunred@msn.com
2			sksoos@mesanetworks.net

Permanent Committees

I ennumente Committeees			
			bandwdressage@aol.com
			lemons_shannon@yahoo.com
Results			
Championship/March Show	Laura Speer	. 970-371-2934	riversidestables_evans@yahoo.com
Communications	Nicole Bizzarro	. 303-939-0110	nicoleb@burkedes.com
			vanbergc@yahoo.com
Omnibus Advertising	Central Office	. 720-890-7825	rmds@rmds.org
Omnibus Production			
			webmaster@rmds.org
Constitution, By-laws			
Education			
Insurance, Show Standards			
			Mcfadden_colleen@hotmail.com
			murphyhors@aol.com
Marketing	Heather J. McEntee	. 719-338-9913	heather@hjmcdressage.com
Membership			
Horse Registration	Central Office	. 720-890-7825	rmds@rmds.org
Registration Officials and			
Show Standards			
Scheduling			
Scholarship	Loni Gaudet	. 970-532-0852	lonigaudet@earthlink.net

Chapter Presidents

Arkansas Valley	Mary Rae	. 719-784-6853	marraelambs@hotmail.com
Boulder Valley	Nicole Donohue	. 303-827-6150	hobbyhorse6789@yahoo.com
Colorado Springs	Elaine Haberman	. 719-358-1577	stabiledicavallo@gmail.com
Foothills	Dolly Hannon	. 303-919-4112	dollyhannon@msn.com
Grand Valley	Lisa Binse	. 970-243-8543	lbpawprints@yahoo.com
High Plains	Cindi O'Shea		cindioshea@yahoo.com
Northern Colorado	Laura Speer	. 970-371-2934	riversidestables_evans@yahoo.com
Wasatch Mountains	Sally Shaffer	. 435-640-8797	wasatchmtnsdressage@yahoo.com
Western Colorado	Judith Family	. 970-923-8832	dns@rof.net

Governing Bodies

UNITED STATES DRESSAG		859-971-2277	www.usdf.org
4051 Iron Works Parkway, Lex			6
USDF Region 5			
Director	.Theresa L Hunt		hunterry@mindspring.com
FEI JRYR Coordinator			
Website			
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USEF			8
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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: 2nd Saturday, 1 pm, location TBD. Mary Rae, 719-784-6853, marraelambs@hotmail.com

Boulder Valley: 2nd Mon., even months, location TBD, Nicole Donohue, 303-827-6150, hobbyhorse6789@yahoo.com

Colorado Springs: 3rd Tues., For location information contact Elaine Haberman, 719-358-1577, stabiledicavallo@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, 6:30pm, location TBD. Cindi O'Shea, 720-951-3517, cindioshea@yahoo.com, www.highplainsdressage.com

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

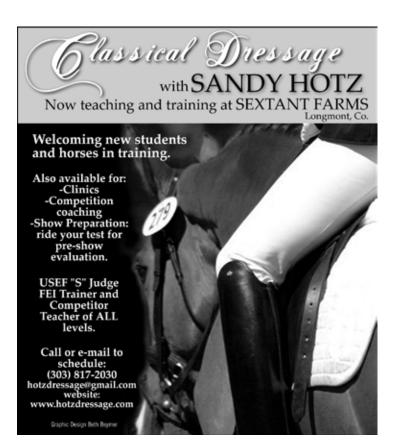
All RMDS Executive Board meetings occur on the second Thursday of every oddnumbered month. Steering Committee meetings are held on the second Monday of every even-numbered month. Board of Governor's meeting is held the second Saturday of Nov. Contact the Central Office for precise details.





May this holiday season bring us all peace and joy.

970/686-6025 • 970/231-2251 Windsor, Colorado • www.chatellen.com



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 \$50, 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	\$150	7" x 9.5"
Half Page		
Outside back half	\$105	7" x 4.5"
1/4 Page (Vertical Onl	y).\$55	
1/8 Page (Business Ca		

(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:

Use the RMDS Website to 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, address, email, training locations and other pertinent info such as awards, 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 <u>RMDS membership</u>

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.

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.

Levels All All All

Status "L"	Status Learner*	Levels Training - Second	Status "S"	Status Senior
		(RMDS only)	""	International
"r"	Recorded	Training - Second	"O"	Olympic
"R"	Registered	Training - Fourth		
*may only judge at RMDS recognized shows.				

FEI 4*

Janet Fov	 7	19	-260	-1	566
	 	10	200	- L	000

FEI ParaEquestrian Dressage 'O'

Anita Owen	 303	-953-9904
	 	000 000 1

USEF 'S'

Debbie Riehl-Rodriguez	303-642-7708
Sandra Hotz	303-817-2030
Anita Owen	303-953-9904
Janet "Dolly" Hannon	303-919-4112
Kristi Wysocki	303-648-9877

USEF 'r'

Loni Gaudet	
Amy Jablonovsky	970-493-2833
Suzanne Zimmer	
Gwen Ka'awaloa	

USDF 'L' Graduates	(Schooling and RMDS
--------------------	---------------------

.719-749-9274
. 303-646-1506
.719-372-6270
.435-640-3287
. 303-469-0279
.970-310-8729
. 303-673-9840

Jan Goodrich-Spear	
Jessica Greer	
Sarah Martin*	719-379-3716
Linda Ohlson-Gross*	
KC Parkins-Kyle	
Kathy Simard*	720-981-4448
Patti Thurman* (UT)	435-640-1362
Maria Wasson	
Simone Windeler	719-540-2000
*Denotes Graduation wi	th Distinction

Dressage Sport Horse Breeding Judge

Janet Foy 'R'	719-260-1566
Debbie Riehl-Roo	driguez 'R' 303-642-7708
Kristi Wysocki 'r'	

FEI Chief Steward

VEI UI IICA I IUIL	Veronica Holt	
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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), r406-652-4061 Libby Stokes, r303-688-2795

Technical Delegates, RMDS sanctioned shows only

Joan Clay	970-420-0887
Jeannette Hillery	303-494-7718
Mindy Maguire	
Susan Selby	

USDF Certified Instructors Training - Second

•	
Julie Burt	
Jill Cantor Lee	
RaeAnn Cook	970-225-1408
Janet "Dolly" Hannon	
Ellene Kloepfer	
Clayton Martin	719-379-3716
Kathryn Meistrell	
Bridget Milnes	
Kristi Wysocki	
Training - Fourth	
Simone Ahern	719-749-9274
Nancy DeVaney	
Loma Fowler	
Sarah Martin	719-379-3716
Kathy Simard	
Melinda Weatherford	

"If there's a lot of try in the human, there's a lot of forgiveness in a horse." -Walter Josey

Shows and Events

All shows	are RMDS recognized except schooling shows.	23-24	Dressage for the Cure at the Center, Colo. Springs, CC Contact Heather Petersen,
DECE 7	MBER 2010 Janet Foy Clinic, Reiterhof Ranch, Franktown, CO Contact Jody, 303-646-9520, jbdrsj@hotmail.com	24	Boulder Valley Spring Fli Contact Beth Geier, 303-67
11-12	USDF L Program, Session B, Central Arizona Riding Academy, Arizona Contact Dorie Vlatten Schmitz, dvschmitz@msn.com	30	Foothills Chapter Ride-A Center, Arvada, CO Contact Dolly Hannon, 303
JANUA 15	ARY 2011 Mariah Farms Schooling Show, Mariah Farms, Castle Rock, CO. Contact Lisa Lamke, 303-660-2456, www.mariahfarms.net	MAY 2 7	2011 8th Heaven Spring Starte Contact Denise Dunkin, 30 eighthheavenhorses@yaho
15	Triple Creek Dressage Schooling Show, Triple Creek Ranch, Longmont, CO. Contact Lynn McChesney, 303-444-4291, www.triplecreek-ranch.com	7-8	GVDS Schooling Show, M Contact Inka Spatafora, 97/ classicaldressage@earthlin
29	Judges Continuing Education, Sandy Hotz, Ft Collins Equestrian Center, CO Contact Heather Petersen, 719-683-8435, slush@drgw.net	14	Mariah Farms Schooling CO, Contact Lisa Lamke
29-30	USDF L Program, Session C, Central Arizona Riding Academy, Arizona Contact Dorie Vlatten Schmitz, dvschmitz@msn.com	14	Rocky Mountain Dressag USEF-NAJYRC Qualifier Contact Heather Petersen,
FEBRU	JARY 2011 Show Managers Training & TD Clinic, Comfort Suites, Castle Rock, CO	15	Rocky Mountain Dressag USEF-NAJYRC Qualifier Contact Heather Petersen,
12	Contact Heather Petersen, 719-683-8435, slush@drgw.net Mariah Farms Schooling Show, Mariah Farms, Castle Rock, CO, Contact Lisa Lamke, 303-660-2456, www.mariahfarms.net	22	Autumn Hill Sunday Seri Contact Julie Barringer-Ric jbarringerrichers@comcast
12	Triple Creek Dressage Schooling Show, Triple Creek Ranch, Longmont, CO. Contact Lynn McChesney, 303-444-4291, www.triplecreek-ranch.com	27	Dressage in the Plains I, S USEF Contact Simone Ahern, 719 simone@sunprairiestables.
26	8th Heaven Spring Starter Series I, Castle Rock, CO Contact Denise Dunkin, 303-688-5727, eighthheavenhorses@yahoo.com	28-29	Dressage in the Plains II, USEF Contact Simone Ahern, 719
MARC 12	H 2011 Mariah Farms Schooling Show, Mariah Farms, Castle Rock, CO, Contact Lisa Lamke 303-660-2456, www.mariahfarms.net	JUNE	simone@sunprairiestables. 2011
12	Triple Creek Dressage Schooling Show, Triple Creek Ranch, Longmont, CO. Contact Lynn McChesney, 303-444-4291, www.triplecreek-ranch.com	3	High Prairie Dressage I, G USEF Contact Glenda McElroy, 8
19-20	GVDS Schooling Show, Mesa County Fairgrounds Contact Inka Spatafora, 970-260-2660, classicaldressage@earthlink.net	4	High Prairie Dressage II, USEF Contact Glenda McElroy, 8
APRIL 2-3	2011 USDF L Program, Session D1, Central Arizona Riding Academy, Arizona Contact Dorie Vlatten Schmitz, dvschmitz@msn.com	4-5	GVDS Schooling Show, M Contact Inka Spatafora, 97 classicaldressage@earthlin
9	8th Heaven Spring Starter Series II, Castle Rock, CO Contact Denise Dunkin, 303-688-5727, eighthheavenhorses@yahoo.com	5	High Prairie Dressage III CO-USEF Contact Glenda McElroy, 8
9	Mariah Farms Schooling Show, Mariah Farms, Castle Rock, CO, Contact Lisa Lamke 303-660-2456 www.mariahfarms.net	11	Mariah Farms Schooling CO, Contact Lisa Lamke
16	RMDS Show at Sun Prairie I, Peyton, CO Contact Simone Ahern, 719-749-9274, simone@unprairiestables.com	11-12	RMDS Winter Wake Up- Contact Heather Petersen, 7
22	Arabians for the Cure at the Peak, Norris Penrose Event Center, Colo. Springs, CO-USEF	11-12	Millbrook Farms Dressag Contact Jan Lawrence, 801
23	Contact Heather Petersen, 719-683-8435, slush@drgw.net Boulder Valley Ride-A-Test, Singletree Farm, Boulder, CO	18-19	USDF L Program, Session Academy, Arizona Contact Dorie Vlatten Schu
	Contact Beth Geier 303-673-9840	19	Centaur Rising Dressage CO Contact Kris Cooper, 303-8
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- t the Peak, Norris Penrose Event CO-USEF-NAJYRC Qualifier 719-683-8435, slush@drgw.net
- ling, Singletree Farm, Boulder, CO 673-9840
- A-Test, Rising Star Equestrian 03-919-4112, dollyhannon@msn.com
 - ter Series III, Castle Rock, CO 303-688-5727, loo.com
- **Mesa County Fairgrounds** 70-260-2660, ink.net
- g Show, Mariah Farms, Castle Rock, 303-660-2456 www.mariahfarms.net
- ge I, Somerset Farms, Longmont-719-683-8435, slush@drgw.net
- ge II, Somerset Farms, Longmonter , 719-683-8435, slush@drgw.net
 - ries #1, Longmont Lichers, 720-341-5033 st net
- Sun Prairie Farms, Peyton, CO, 19-749-9274. s.com
- I, Sun Prairie Farms, Peyton, CO, 19-749-9274, s.com
- Colorado Horse Park, Parker, CO,

818-841-3554, glenda@glenroys.com

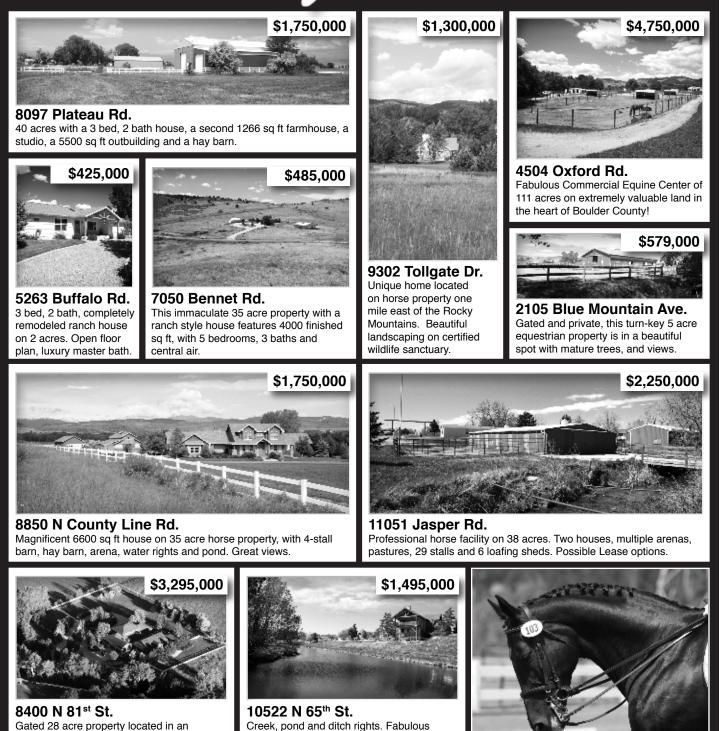
- I, Colorado Horse Park, Parker, CO, 818-841-3554, glenda@glenroys.com
- **Mesa County Fairgrounds** 70-260-2660, ink.net
- II, Colorado Horse Park, Parker, 818-841-3554, glenda@glenroys.com
- g Show, Mariah Farms, Castle Rock, 303-660-2456 www.mariahfa
- -USEF-NAJYRC Qualifier 719-683-8435, slush@drgw.net
- ge Show, Fairfield, UT-USEF 1-631-2516, millbrk@xmission.com
- on D2, Central Arizona Riding hmitz, dvschmitz@msn.com
- e Show I, Anchorage Farms, Pine, -838-5086, kris@anchoragefarms.com

25	Autumn Hill Dressage Festival I, Longmont, CO-USEF- NAJYRC Qualifier Contact Julie Barringer-Richers, 720-341-5033, ibarringerrichers@comcast.net	13-14	Dressage at Sun Prairie, Peyton, CO, USEF Contact Simone Ahern, 719-749-9274, simone@sunprairiestables.com
26	Autumn Hill Dressage Festival II, Longmont, CO, USEF- NAJYRC Qualifier Contact Julie Barringer-Richers, 720-341-5033,	14	Centaur Rising Dressage Show III, Anchorage Farms, Pine, CO Contact Kris Cooper, 303-838-5086, kris@anchoragefarms.com
JULY	jbarringerrichers@comcast.net	14	Autumn Hill Sunday Series #3, Longmont, CO Contact Julie Barringer-Richers, 720-341-5033, jbarringerrichers@comcast.net
2	RMDS Show at Sun Prairie II, Peyton, CO Contact Simone Ahern, 719-749-9274, simone@sunprairiestables.com	19	Paragon Dressage I & CDI***, Estes Park, CO-USEF Contact Heather Petersen, 719-683-8435, slush@drgw.net
3	RMDS Show at Sun Prairie III, Peyton, CO Contact Simone Ahern, 719-749-9274, simone@sunprairiestables.com	20	Paragon Dressage II & CDI***, Estes Park, CO-USEF Contact Heather Petersen, 719-683-8435, slush@drgw.net
9	Rocky Mountain Dressage III, Somerset Farms, Longmont- USEF-NAJYRC Qualifier	21	Paragon Dressage III & CDI***, Estes Park, CO-USEF Contact Heather Petersen, 719-683-8435, slush@drgw.net
10	Contact Heather Petersen, 719-683-8435, slush@drgw.net Rocky Mountain Dressage IV, Somerset Farms, Longmont-	28	Boulder Valley So Long to Summer, Somerset Farm, Longmont, CO Contact Beth Geier, 303-673-9840
10	USEF-NAJYRC Qualifier Contact Heather Petersen, 719-683-8435, slush@drgw.net	SEPT	EMBER 2011 GVDS Fall Show I, Grand Junction, CO USEF
15	Wasatch Back Dressage Festival I, South Jordan, UT-USEF Contact Alison Child, 435-640-3287, achild@kirwin.com	L	Contact Inka Spatafora 970-260-2660, classicaldressage@earthlink.net,
15	Dressage at the Peak Summer Warm-up, Fountain Valley School, Colo. Springs, CO-USEF Contact Heather Petersen, 719-683-8435, slush@drgw.net	3	GVDS Fall Show II, Grand Junction, CO USEF Contact Inka Spatafora, 970-260-2660, classicaldressage@earthlink.net
16	Wasatch Back Dressage Festival II, South Jordan, UT-USEF Contact Alison Child, 435-640-3287, achild@kirwin.com	4	GVDS Fall Show III, Grand Junction, CO USEF Contact Inka Spatafora, 970-260-2660, classicaldressage@earthlink.net
16	Dressage For The Cure, Mariah Farms, Castle Rock, CO Contact Donna Baxter, 303-229-9085, highbrowbling@mesanetworks.net	10	CSDA Fall RMDS Show, Whispering Winds Farm, Colo. Springs
16-17	Dressage at the Peak II Summer, Fountain Valley School, Colo. Springs, CO-USEF Contact Heather Petersen, 719-683-8435, slush@drgw.net	10	Contact Heather Petersen, 719-683-8435, slush@drgw.net Mariah Farms Schooling Show, Mariah Farms, Castle Rock, CO, Contact Lisa Lamke, 303-660-2456, www.mariahfarms.net
17	Centaur Rising Dressage Show II, Anchorage Farms, Pine, CO Contact Kris Cooper, 303-838-5086, kris@anchoragefarms.com	18	Last Chance Show, Rising Star Equestrian Center, Arvada, CO Contact Lori Mitchell, 303-816-2375, bandwdressage@aol.com
17	Autumn Hill Sunday Series #2, Longmont, CO Contact Julie Barringer-Richers, 720-341-5033, ibarringerrichers@comcast.net	22	RMDS Sport Horse Open Show & Championships, Colorado Horse Park, Parker, CO, USEF Contact Heather Petersen, 719-683-8435, slush@drgw.net
23	Autumn Hill Dressage Festival III, Longmont, CO-USEF Contact Julie Barringer-Richers, 720-341-5033 jbarringerrichers@comcast.net	23-25	RMDS Championships, Colorado Horse Park, Parker, CO, USEF
24	Autumn Hill Dressage Festival IV, Longmont, CO-USEF Contact Julie Barringer-Richers, 720-341-5033, jbarringerrichers@comcast.net		Contact Heather Petersen, 719-683-8435, slush@drgw.net DBER 2011 Mariah Farms Schooling Show, Mariah Farms, Castle Rock,
AUGU	IST 2011		CO, Contact Lisa Lamke, 303-660-2456, www.mariahfarms.net
5	High Prairie Dressage I, Colorado Horse Park, Parker, CO- USEF Contact Glenda McElroy, 818-841-3554, glenda@glenroys.com	15-16	GVDS Schooling Show, Grand Junction, CO, USEF Contact Inka Spatafora, 970-260-2660, classicaldressage@earthlink.net
6	High Prairie Dressage II, Colorado Horse Park, Parker, CO-	NOVE 4-6	CMBER 2011 USDF L Program, Final Exam, Central Arizona Riding
	USEF Contact Glenda McElroy, 818-841-3554, glenda@glenroys.com	4-0	Academy, Arizona Contact Dorie Vlatten Schmitz, dvschmitz@msn.com
7	High Prairie Dressage III, Colorado Horse Park, Parker, CO-USEF	12	Board of Governors' Meeting and Awards Banquet NCDA Chapter host
	Contact Glenda McElroy, 818-841-3554, glenda@glenroys.com	12	RMDS Awards Banquet. Begins 5:30 pm. NCDA Chapter host.
6-7	Cheyenne Dressage & Eventing Dressage Show, Cheyenne, WY, USEF Contact Rowena Heckert, 307-632-4151, rlheckert@msn.com	12	Mariah Farms Schooling Show, Mariah Farms, Castle Rock, CO. Contact Lisa Lamke, 303-660-2456, www.mariahfarms.net
12	Utah Dressage Society Annual Show #1, Utah-USEF Contact Susan Jero		
13	Utah Dressage Society Annual Show #1, Utah-USEF Contact Susan Jero	Foi	r updates to the calendar, go to www.rmds.org
	Contact Suball JUIO	1	7 The C



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RMDS SPONSORED EDUCATIONAL EVENTS

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

2011

Jan 29	Judges' Continuing Education with Sandy Hotz
Feb 12	Show Management & TD Training-Comfort Suites
Sept 22	RMDS Breed Show
Sept 23-25	RMDS Championships
Nov 12	Board of Governors' Meeting & Awards Banquet-NCDA host

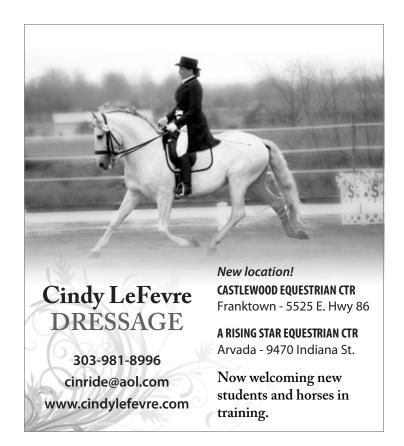
For details on these and other RMDS events:

Contact Heather Petersen (Education Chairman), 719-683-8435, slush@drgw.net, read the Centaur, go to www. rmds.org, or contact the RMDS Central Office at 720-890-7825, rmds@rmds.org.

"I heard a bird sing In the dark of December A magical thing And sweet to remember.

'We are nearer to Spring Than we were in September, I heard a bird sing In the dark of December."

-Oliver Herford, I Heard a Bird Sing



<u>RMDS and USDF</u> <u>JUDGES CONTINUING EDUCATION</u>

OPEN TO ALL!

- Want to know how your scores are given?
- Want to become a judge?
- Want to learn what the judges are looking for?
- Need to clarify your thoughts?
- Already a judge and need to stay sharp?
- Lecture and Demonstration horses will be used.
- Counts for RMDS & USDF Continuing Education for Judges and L Graduates.

Please encourage others to join you for a successful workshop!

Presented by USEF "S" Dressage Judge:

Sandy Hotz

At

Fort Collins Equestrian Center - 5400 E Mulberry St-Fort Collins, CO 80524

From Interstate 25 go East on Mulberry St/CO 14 (exit 269). Gate to facility in on the North side of the road approx. 1.5 miles. Barn phone number is (970) 567-8619.

Saturday, January 29, 2011 9:00 am – 4:00 pm

	Members	Nonmembers	At the door-everyone
Saturday	\$60	\$75	\$80

We need reservations so we can plan on numbers for any handouts.

Please fill out the form below and return with a check made payable to RMDS to: Heather Petersen

> 12395 Gull Lane Peyton, CO 80831

Name:		
E-Mail	Phone:	
Address:		
City, State, Zip:		

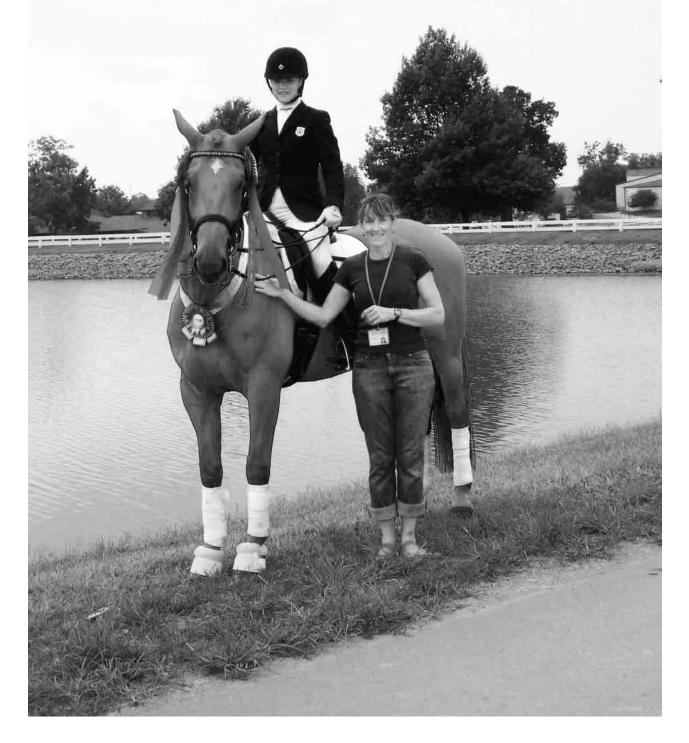
Breakfast/lunch/drinks/munchies will be available for sale

To Karen Whitman,

Many Thanks for all your help, patience, support, and sacrifice, and most of all for a wonderful show season!

You are Awesome!

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Learning Styles—So What? -Tara Nolan

Almost everyone has heard about learning styles. In fact most people can rattle off the three most commonly named—Auditory, Tactile and Visual. Some of you may even know your preferred style. Teaching at the Air Force Academy on the first day of class I would introduce the concept of learning styles to my cadets. It would surprise me how many of these college sophomores did not know what their learning styles were, much less what to do if they did know their learning style. Stepping the cadets through this series of questions helped clarify the point of discussing learning styles.

1. Think of a class you really didn't like and write down the name.

- 2. Was the class a long boring lecture? Yes or No
- 3. What is your learning style?
- 4. Does your learning style match the teaching style? Yes or No
- 5. Did you not like the topic or was it the presentation style?

Topic or Presentation

To wrap up the discussion with the cadets I would ask them how to put the knowledge of their preferred learning style to good use. Could they simply raise their hand in their next class and inform the teacher that a lecture format was not going to work for them because they were tactile or visual learners?

Top Competitors and Pilots are Tactile Learners

In Dressage Today, Oct 2010, Karen Waite pointed out that many top riders have a tactile learning preference. It is probably no surprise that many cadets who want to be pilots also tend to be tactile learners. Do you know your preferred learning style? How will you learn to ride if you are not a tactile learner? What are your options?

Please Tell Me Something New About Learning Styles

Dr. Neil Fleming came to present his research to the Academy's Center for Educational Excellence. Dr. Fleming identified 4 learning style categories (VARK) by breaking the visual style into two separate categories: visual and read-write. He also added a multi-modal learning style taking into account that by the time you are an adult you have added more learning tools to your toolkit. So, although you may prefer a visual learning environment, you have adapted to learn in additional ways, too.

How Does This Help Me Learn Dressage?

Think about your learning style. Re-

view the VARK website (www.varklearn.com) for the optimum ways to learn based on your tested results. Remember, no matter what your preferred learning style is, the more ways you put information into your brain, the better you will learn it. Use this knowledge about how you learn to get the most from your riding lessons. Listen when your instructor is talking. And, make sure you clarify any questions you have about the lesson before you go home. Don't be afraid to read a book and don't be surprised if your instructor may not be thrilled you did read a book. Know your preferences and be aware of your instructor's preferences, too. Good communication is key. Good luck and Have Fun!

* * *

Learning Style Questionaire

Answer the questions in this table to evaluate yourself.

Action	Circle One
What is your Learning Style? Take free test @ www.vark-learn.com	Visual/Aural/Kinesthetic/Read- write
How do you currently study dres- sage riding?	Clinics, Lessons, Other
What learning style does a lesson use?	Visual/Aural/Kinesthetic/Read- write
What learning style do you use to review a test and the judge's comments?	Visual/Aural/Kinesthetic/Read- write
What additional learning style task can you add to your tool kit?	Auditing/Reading/Journaling/Clin- ics/Other

About the author: Tara Nolan was a military pilot and instructor of Biology at the Air Force Academy. She currently trains regularly with Janet Foy and Sarah Martin. Tara is an advisor that helps people achieve and retain the lifestyles they want.

HOLIDAY GREETINGS

CHAMPIONSHIP PURE SPANISH DRESSAGE HORSES FOR SALE



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Producing Dressage at WEG -Janet Foy

had the ultimate dressage job at WEG. My title was officially L "Producer of Dressage." When Lloyd asked me to do this, I said YES, but wasn't sure all it entailed. I envisioned sitting and watching the competition and getting in free. Turned out the stress level of my job was WAY more than that! My job basically was to get the show on the road! I was in charge of coordinating all the different aspects of the production. Brian O'Connor was the announcer. He and I had a script to follow. This script was also given to the director in the NBC truck. My job was to make sure the script was followed, and call up on the air either the commercials, highlights or live broadcast. I also was in charge of the material put up on the jumbotron, including the scores, riders information, commercials, and much more. Brian and Joe Coleman, my assistant, were in charge of finding music to play during the production. I had head-sets to the NBC truck. I did things like: 30 seconds to broadcast. 5-4-3-2-1: Broadcast. Then NBC gave me a countdown when I took over again. So I would cue Brian or the scorers in the same way. So knowing what my job would entail, I worked on how to get there and where to stay.

I found that coming up to the event there were several communication problems. First, I had been told I would have a place to stay. It wasn't until Jayne Ayers mentioned that the volunteers were being housed in FEMA trailers from New Orleans, AND they did not have running water I started to stress. Luckily, one of my students from Wisconsin had an extra room. However, this room cost me \$2,050.00 out of my own pocket. But, I did have hot water and cable TV. The other perk was a restaurant that served room service. I was told two days before I arrived that they had found a room in an apartment for

me, but by then I had already sent my check for the hotel. Did I mention that the volunteers that stayed in the FEMA trailers had nicknamed their camp "Little Tijuana?" Glad I missed it.

The next problem was a car. I did end up renting one out of my own pocket. When I arrive however, 2 hours late, Enterprise tried to up the fee \$300.00 as I had not called them to tell them I was late. Hmmm. I was trapped on the airplane? Anyway, I was able to get them to back down and happily walked out to my car. Flat tire. Another fine mess.

Happily at my hotel eating my room service I called Lloyd. I had also talked to my assistant, Joe Coleman. We had planned to meet at 9:30 am and get ready for the jog. When I woke up and turned by phone on the next day there were many frantic calls. The jog had been moved up an hour. OH NO! Why? Turns out the Event Manager for Endurance had changed the course without telling Lloyd. It meant that all 200 endurance horses would be galloping past the jog site exactly as our original jog was set to start. We all know dressage horses could not deal with that scene!

Brian O'Connor, Joe, and I assembled volunteers. We set out plants, and measured the jog lane. We put out barriers so we had an in-gate and out-gate. I put volunteers all along the path from the warm-up arena to the jog to keep the path clear of spectators. With 15 minutes to go the vets came to me and said there was no sand on the holding arena. Well, this would involve heavy equipment which we could not get in 15 minutes. The vets were great and found a nice meadow. Crisis ended. New crisis. No one told the sound man about the time change. Brian went to the top of the hill and managed to get the speakers turned on. However, there was no mic for the jog track, so we had to wave to him at the top of the hill with information: Pass, Hold, Reinspect.

There were several horses that were held and then reinspected. Only one was held until the next morning. This created a new issue. There was a schooling scheduled in the main arena right after the jog. This would be the only chance the horses would get to see the arena. If this horse could not train, it would not be a fair competition. So in the end, three members of the vet panel went to the schooling and watched. There were no issues and the schooling was allowed to continue. The horse then passed the final exam the next morning.

Bill Solyntjes and I enjoyed bringing the horses into the jog lane. We stood right by the President of the Ground Jury, Linda Zang, and watched the horses up close and personal. Linda shook everyone's hand and welcomed



Steffen in the tunnel after Ravel's ride.

Continued from page 26

them to the United States. It was very cool.

Bill, Endel Ots, and I went over to the main stadium and watched the schooling. It was my first time to see Totilas under saddle in person. WOW! The USA riders looked great too, and we took the opportunity to cheer when they finished their schooling.

That afternoon, I had my first meeting with Peter Doubleday, my boss. He told Joe and I what our jobs were and it did not sound too tough. Hah. The next morning told the story.

I had been given a script from the FEI TD, which told me the exact time frame for each competition. Lloyd had given me a schedule which showed the timing for each horse to be sent from the barn, into the first warm-up, into the 10 minute ring, down the ramp, and then finally the first foot on the sand. When the hoof hit the sand, Bill who was the Assistant to the Judge at "C" would start his stopwatch. Each horse had exactly the same amount of time to go around the arena. Bill would tell the judge at "C" when to ring the bell, and the 45 second clock would begin the countdown. (For those of you who have not seen this type of competition, there is a large clock by the "C" box that the rider can see. It counts down from 45 to 0, showing the rider exactly how much time they have left in order to enter the arena.)

The Grand Prix started with only one hitch. I was not connected to the NBC truck. This was quickly taken care of and the show went on! My job was to communicate with Brian, NBC, and the scorers, and be in control of the Jumbotrons. Our first order was to get music going (Brian and Joe worked hard here getting fun and peppy music to get the crowd up and cheering). Then I had a countdown of when to start the commercials and which commercials to run. I was also in charge of telling NBC which highlights to run. We tried to switch between Endurance, Reining, Dressage and Eventing. The other events had not yet taken place. I had to make sure all judges' computers were locked, and all tests picked up before I could let the scorers put the scores up on the Jumbotron.

I also called the name of the horse and rider up to the Jumbotron. We got behind 4 minutes when one foreign



rider would not leave the warm-up. Elizabeth Williams was the FEI Chief Steward and we were on the radio to her to speed it up! She did a great job and soon we were back on time. This was important as the live streaming had to stay on time!

Once the rider went down centerline I was free to watch! As soon as they were "coming home" I had to get back to work!

The highlight of working in the tower was meeting Gunter and Regina. They did the background music for the rides. They had picked music they thought would match the country and type of horse. Gunter had a board surrounded by video feeds. This board could either speed the music up or slow it down, depending on what he saw the horse doing. It was so amazing. The music was perfect, even the final halt was right on time!

We also had the "real" scorers in the tower with us, and they would tell us each time the score was confirmed or changed.

I also ran the awards ceremonies. It was very important that the NBC folks had the right cameras at the right places. I had slides made to show the medals, riders, horses, and countries that we could put over the live broadcast.

Brian cooked up the Edward Gal interview, and Lloyd invited Anky to give a reining demo right before the awards. Our goals were to keep the people in their seats so they could watch the medal ceremonies and also to applaud our sponsors who were awarding the medals.

It was a wonderful week! I had a great time, saw lots of friends, made lots of new friends, and was very proud of Kentucky and the Horse Park.

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RMDS Membership Form

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

Individual Membership - \$60.00 (October - December) (\$65 after January 1-late fee) Additional family members (same address) - \$45

Business Memberships- \$100.00 Centaur newsletter only - \$35.00 Life Membership -\$750.00

Life Business Membership \$1,000.00 Transfer Life Business to new owner \$100.00 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	2):	
O Arkansas Valley	O Foothills (Golden, Evergreen)	O No. Colorado (Ft. Collins, Greeley)
O Boulder Valley	O Grand Valley (Grand Junction)	O Wasatch Mountains (Utah)
O Colorado Springs	O High Plains (Parker, Littleton, Aurora)	O Western Colorado (Aspen, Vail etc.)
Name	Date of Birth	
Address		
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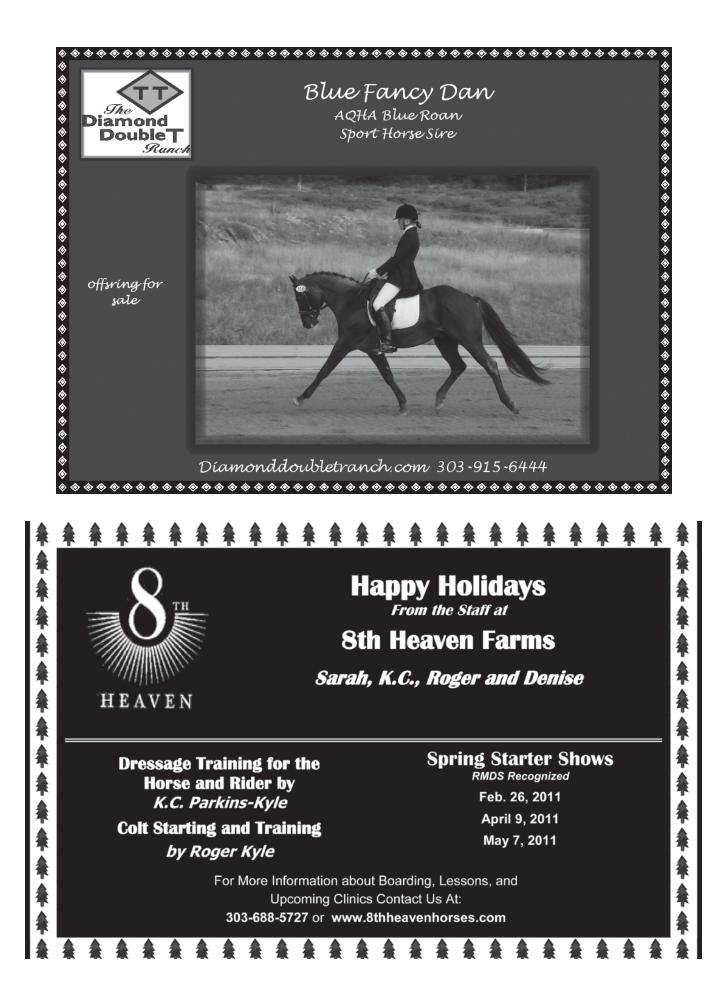
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January, 2010



Business Ads



HORSES

2004 Hanoverian Mare For Sale! Galette by Graf Top II, Bay, 16h, Registered AHS. 2009: Shown First Level by Professional, RMDS HOY First Level Reserve Champion, Median 70.132%., Qualified Regional Championships, First Level Open, 71.842%. 2010: Schooling Second Level, Confirmed Flying Changes. DVD available soon. Asking \$35,000. Call Jolie 303-823-5044.

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