

**REMEMBER TO CLICK FOR LINKS!**

**JUDGES CE WITH MELISSA  
CRESWICK**  
JAN. 27

**MELISSA CRESWICK  
CLINIC**  
JAN. 28-29

**RMDS BANQUET &  
AWARDS**  
JAN. 13, 2018

**USDF INSTRUCTOR  
TRAINER WORKSHOP**  
JAN. 27-28- AZ

**TD/SHOW MANAGEMENT  
CE**  
FEB.10

### Annual RMDS Awards Banquet!

Don't miss our celebration of 2017 and [Silent Auction!](#)

**PRESIDENT'S MESSAGE**

It's December and the last month of 2017.

Hello winter and colder temperatures. Less time to ride. More time for Holiday planning. No matter what holiday you celebrate I hope you and your family have a joyous season. Plan ahead for the care and needs of your equine partners. Hay and water are even more important when the temperatures drop.

**Now as a rider with goals for next season . . .**

Well we ride when we can. As long as our horses have exercise, a few extra days off is okay. Time with family and friends over the Holidays is very important to our mental health. Enjoy the time you have this season as the New Year is almost here. RMDS is already planning our clinic and show schedules. Make time in your plans to participate as opportunities for education are plentiful.

I am looking forward to our Awards Banquet on January 13th, 2018. I enjoy watching everyone celebrate their own accomplishments and the success of friends as well. Dinner and celebration of a successful show season is so special for all members and the silent auction is so much fun. Hopefully you have already made your reservations.

*Happy Holidays*

*Mele Kalikimaka from my family to yours*

Aloha, Gwen Ka'awaloa



Now accepting *Young Horses*  
in training - establishing a  
solid foundation with a  
well-rounded education.

Kelly Boyd, USDF Silver Medalist  
720 480 8266  
olearykelly@hotmail.com • classicalequestrian.com

Guess what? TDF's Young Rider International Dream Program is going to the European Championships at Aachen this year! Are you eligible?

2018 applications must be received in the TDF office by Friday, March 30, 2018.

The program is open to USDF Young Riders, riding at Fourth Level or above, who are 16-21 years of age. Also, 22-year-olds who competed at Fourth Level or above in 2017 may apply. The tentative dates for the trip have been set for July 16-23, 2018

[READ MORE](#)

**GVDS Fall Schooling Shows**

*From Arlene Rhodes, GVDS President*



*September Show Pictures:*

*Pic #1: Sally, owned by Alice Hofner, ridden by Jennifer Weber, was High Point AND Reserve High point for the Sept schooling show with scores in both of her classes being 73.750%*

*Pic #2: Believe WS "Twiggy" ridden by Judi Devore was High Point Friday with a 71.875% in Intro AA. She also got a 72% in Materiale for 4-5 year old mares. She was Reserve High Point on Saturday with 73.750% in Intro AA and she got a 72.600% in Materiale.*

*Pic #3: Side Saddle Quadrille Freestyle:*

*Paige Burnham riding Chala Brittana*

*Leiah Burnham riding Zorro's Whispering Spirit*

*Trisha Hansen riding Dedra*

*Clara Hansen riding Chico*

We ended our show season with a fun and full schooling show in October. We decided to let members come in costume if they wanted, no prizes or competition. We were awed at how many riders went to very great lengths with their costumes. We had a pair ride a Pas de Deux for a musical freestyle each day and they had a different costume each day. Another rider rode in four classes and had four different costumes - all in medieval European themes. An assisted ride had a young girl in a lady bug costume following a lead rider. Next year we may offer prizes to reward the amount of energy poured into these efforts.



*Pic#1: Rod Stewart costume - Stephanie Soule riding her horse Ferragamo, a Trakehner.*

*Pic #2: Roman Centaur - Leanna Cinquanta riding her horse Galadriel, a Friesian*

*Pic #3: Shani Mihalich (adult) riding Jake (Clydesdale x quarter horse cross) Sadie Martin was riding Bella (Percheron x paint cross) Shani owns Bella, Alisa Martin (Sadie's Mom) owns Jake.*

All our shows were very full this year, with waiting lists for some of the schooling shows. We always have quite a variety for our judges - in September we had a quadrille musical freestyle western sidesaddle entry. All year we have had headline entries and Prix Caprilli entries. Our show manager Pat White, Volunteer Coordinator Anne Shofstall and show secretary Dee Closson made each show a success and enjoyable!

This year we were so fortunate to have Judi DeVore start monthly newsletters with lots of pictures and articles by members. She has done an extremely professional job and it has helped our club be a more supportive community as we learn about a member each month.



## THE COLORADO HORSE PARK

**In The Zone**

*By Pat Van Buskirk, VBFarms*

How many horse-type books do you have? If you're like me, your home and office teem with shelves covering everything from equitation to health, and especially dressage. However, it seems that no matter how many books I buy and read, I'm always going back to Sally Swift's *Centered Riding 2*, finding something I didn't remember from an earlier reading.

In my recent journey back to Sally's work, I found a reference to Ray Mulry's book, *In The Zone*, where she mentioned Ray's work on soft stomach breathing along with her instructions on ground-center-grow.

Ray's book, published in 1995, is subtitled *Making Winning Moments Your Way of Life*. Of course, as a true book junkie, I had to have it!

Although Mr. Mulry refers to Sally's work throughout his book, it is less about riding and more about being. He breaks down being "*in the zone*" into steps of relaxation, balance, flexibility and focus, both physically and mentally, giving practical exercises for developing these skills.

He ends with, "When you are in that sweet spot and at the top of your game, when you are at your best, you are in the zone where mind and body function as one. Your mind is focused on what you are doing. Your full body movements are spontaneous and effortless."

Sound familiar?

Ray Mulry's book is still available on Amazon, and a very good read. I highly recommend it.



Look what's in the "Back in the Saddle" catalog - original artwork "Pocket Ponies" from our own Renee Martig, Past President of NCDA.

Congratulations, Renee!