

January 2006

Nine Chapters in Colorado & Wyoming

## Highlights

Debbie McDonald Clinic . . . . .	Cover
Letter to the Editor . . . . .	4
More About Fat . . . . .	8
RMDS Continuing Ed Events 2006 . . . . .	20

## In Every Issue

Thoughts from the President . . . . .	3
The Latest Scoop . . . . .	4
Judges, TDs, Instructors . . . . .	12
Chapter News . . . . .	13
Events Calendar . . . . .	14-15
RMDS Info . . . . .	16
RMDS Membership Form . . . . .	17
Region 5 Report . . . . .	21
Classifieds . . . . .	26

### USDF Instructor Training

February & April

**NEED DEMO HORSES &  
RIDERS**

Check out the RMDS  
Educational Events for  
2006

on Page 20

## Debbie McDonald Clinic Review

by Devon Wycoff

On October 22nd & 23rd I went down to Crooked Willow Farm in Larkspur for the Debbie McDonald clinic expecting to learn a lot. But, after the first hour of auditing, I had learned more than a lot. Debbie teaches in a way that is so easy to follow along with.

All of the Advanced Juniors and Young Riders entered the arena kind of shy, but after a short time, you could just see them start to smile and become very comfortable with her. As they began to ride around, Debbie would praise them for any little effort from them or their horse, which encouraged the riders to really try and be O.K. with making a mistake because, of course, we all know that we learn from our mistakes. Here are some comments that I asked each of the riders to write down for me:

"I had a really good time this weekend. Debbie was a great teacher and I really enjoyed riding with her. It was a lot of fun to watch her work with all of the other riders and their horses. She was very good at helping each horse and rider with their individual problems. Thanks to everyone who helped put on this clinic. It was a great experience."

--Dawn White-O'Connor, age 16, CO

"The experience of the Young Rider Clinic is an experience you will never forget. Debbie McDonald has so much knowledge to offer. I am so happy I got to be a part of this program. I am taking all of the advice home with me so I can use it in my training."

--Ellie Hardesty, age 15, KS

"I was one of the eight fortunate Junior/Young Riders to ride in the Debbie McDonald Clinic in October. It was an absolutely amazing experience. She is so down to earth. She helped my horse Dundee and me so much. I would like to thank U.S.D.F., Crooked Willow Farm, Sue Halasz, Julie Barringer-Richers and Debbie McDonald for allowing me in this clinic. It was an honor."

--Eloise Aud, age 15, CO

"I learned so much this weekend. I think these opportunities are so wonderful to keep helping the Young Riders to learn to understand more about their horses and their riding. Debbie was a very patient teacher and was excellent at reading each horse and rider pair and formulating specific exercises to all their varying needs. We are very lucky to have gotten to experience such a top quality clinic. Thank you very much for the continuous support!"

--Tyler Haney, age 17, CO

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

# Thoughts

## from the President

The Holiday Season has now passed us by and it's time to start thinking about bringing ourselves and our horses back in shape for the upcoming show season. There are lots of things to put on your checklist to prepare for a new year! I'll try and give you a few reminders, but I'm sure that there are many, many more...

\*RMDS Membership - Have you renewed for 2006??? Do it now to get the full benefits of the Centaur, the Omnibus and discounts on RMDS sponsored events.

\*USDF Membership - You need to renew your USDF Participating Membership if you're going for Regional Championships this year (in New Mexico)

\*USEF Human Membership - Needed if you plan on showing in two or more fully recognized shows (reasoning is it's cheaper to get the membership than pay the nonmember fees). Also a required membership for Regional Championships

\*USEF Horse Membership - if you get the annual membership for your horse, it's time to renew! Lifetime membership is \$250, so if you plan on showing your horse for 4 years or more, it's definitely worth it to get the lifetime membership over the annual membership.

\*Other GMO Memberships - for those of you who belong to other Dressage organizations around the country, don't forget to renew those memberships too to stay on top of their latest and greatest.

\*Breed Memberships - Does your breed organization require annual renewal of memberships? Make sure you reup so that your current and eligible for awards or other benefits.

\*Coggins - Most shows are now requiring a current coggins as of the 1st of the year. This saves those show secretaries from trying to figure out if you coggins was drawn within a year of the end of the show so as to be compliant with State regulations.

\*Horse Check-Up - Schedule a time with the Vet while your getting your coggins drawn to get go over the general health and well-being of your partners. The vet doesn't see your horse as often as you do and might notice something you've been overlooking. Talk about training issues, digestive/conditioning concerns, joint health and anything else that might be of importance.

\*Human Check-Up - When was the last time you had a visit with your own doctor? Remember, we're athletes too and we need to make sure we take care of our bodies just as well as we take care of our horses.

cont. on page 13

## The Latest Scoop From The Editor's Stall



Happy New Year! I hope everyone had an enjoyable Holiday. I can't believe 2006 is really here. RMDS has plenty of educational symposiums planned for 2006 and my New Year's resolution is to attend as many as possible. All of the information on how to register

for these symposiums can be found in the Centaur.

We are a bit short on articles this month, so at risk of sounding like a broken record, I would love to have some articles from our members. Have you taken any horse related vacations? Have you ridden in a clinic and would like to share what you learned? Do you know how to correctly enter a breed show? Did you attend the USDF convention in LA? Do you own a special horse? I could keep going on with story ideas, but I would rather hear ideas from our own membership. In one of my journalism classes at CSU a professor told us that everyone has a story. The secret is simply to get everyday people to believe that they have a story. I

## Letters to the Editor

I am writing to finally protest some of what is put forth in the Centaur by your columnist, Gretchen Topel. She, like the many holistic, self-appointed medical experts proliferating these days, is entitled to her opinions. For the sake of stimulating interest, publications such as yours may even welcome controversial articles. This most recent article on dewormers certainly got my attention enough to go back through all of Topel's previous articles and I am now even less reassured of her competence to be giving so-called "nutritional" advice, bleeding into medical advice.

You have provided Ms. Topel with an unchallenged forum in a respected publication for spreading what may be dangerous nonsense to hundreds of horsepersons. I think you have an obligation -- if you continue to publish her opinions -- to give equal space to qualified scientific experts to publish competing points of view. Surely, in this region which includes the internationally respected veterinary medical school at CSU, hundreds of practicing veterinarians, probably many more hundreds of doctorates in animal nutrition, you could find ONE columnist who presents the conventional, contemporary scientific position on these many equine-related issues -- positions, by the way, which are arrived at through rigorous experimental paradigms or observational studies including thousands of subjects, not through just "one noted Arab trainer," or "I have seen it with my own eyes," as quoted in Topel's articles.

believe this is true about all of the RMDS members and I would like to receive those stories this year. If you need help putting an article together, please contact me. I will be more than happy to help you.

This month will finish up Gretchen Topel's year long series on equine nutrition. I would like to thank her for all her time and knowledge she has shared with us. Her last article covers the issue of fat in your horse's diet. After her first article on fats, the Centaur received many questions and opinions so we felt it necessary to go more in depth on this subject. Even though this is her last article, Gretchen would be more than happy to continue answering questions. Please contact me with any questions and I will send them on to her.

Thank you for a great 2005 and here's to 2006!

Best regards,

*Kathleen*

My own veterinarian observed, "It is scary how much misinformation gets circulated and how gullible people are and so willing to take a layperson's opinion over documented sound medical research and experience."

You have an obligation to present balanced equine information, and I expect better of you in the future.

Regards,

*Catherine Bender  
Boulder, CO*

Dear Catherine,

Thank you for your letter about Gretchen Topel's nutrition articles. These articles were not published to create controversy, but I have received many letters (both positive and negative) regarding the articles.

I would first like to state that the main goal of the Centaur is to provide RMDS members with a regional newsletter covering dressage news in our area. Dressage riders are also excellent horseman and the care of their horse is and should be their first priority. With this in mind, I asked Gretchen to write these articles because of the fact she graduated with an Equine Science degree from Colorado State University. She has the ability to give us some of the latest research in the nutrition world.

I do realize that there are many different opinions in  
*cont. on pg.13*



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## McDonald...from cover

I had a great time at the Junior/Young Rider Clinic with Debbie McDonald. I learned so much and it was nice to hear Debbie's perspective and teaching techniques. I also enjoyed watching the other wonderful riders.

-- Megan Gregg, age 19, CO

This clinic has taught me so much. Debbie's ability to focus in on the main problem has reinforced what I already know is a problem, but never address. She is sympathetic to the horse and never makes them do too much. I am grateful that Debbie could do this clinic and I hope that this is only one of many clinics with her.

--Vanessa Simon, age 17, CO

I really enjoyed Debbie's attitude towards the horses and riders. I felt very comfortable and encouraged while learning from her. Her passion for the sport and love for the horses was very apparent. The whole experience was very educational and inspiring and I hope to be a part of it again!

--Haley Halasz, age 18, CO

Debbie is an inspirational teacher. I really appreciate

how she strives to teach riders to work "with" their horses, instead of "against" them, and that is definitely how you get the most accomplished. I am honored to have ridden with her. Thank you to U.S.D.F., Crooked Willow Farm, The Dressage Foundation, Sue Halasz and everyone else who helped to make this clinic possible."

-- Greta Barringer-Richers, age 19, CO

So, as you can see, everyone, including the auditors, learned so much and we are all really looking forward to having Debbie back in Colorado again soon. Thank you to Crooked Willow Farm, USDF, The Dressage Foundation and everyone else that helped with the clinic. Also, thanks to all of the Young Riders for setting a great example for all of us younger riders and a special thank you to all of their wonderful horses!

*Devon Wycoff is a 12 year old Junior who rides at Autumn Hill I.E.C. with Julie and Greta Barringer-Richers. She and her horse SP Hollywood Eclipse have competed at Training and First Levels as well as First Level Freestyle. Among other awards, they were the 2004 RMDS Paint Horse (Horse of Color) of the Year and the 2005 USDF American Paint Horse of the year, Jr./YR, at First Level.*

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# More about Fat

By Gretchen Topel, *Equine Nutritional System, Inc.*

Many of you have been eagerly awaiting a follow up article on fats for horses since last June. I congratulate each one of you for your patience, for this is a topic that has stirred up much discussion, and takes time to properly and clearly provide answers to your questions.

Please allow me to take this time briefly to thank each one of you who write in and ask questions. My articles are to provide each one of you with information based upon a more holistic approach to equine health. It's easy to find a more Western medicine-based philosophy. My belief and personal experience with holistic practices and feeding management is that both the Eastern and Western medicines can accomplish far more together than separated from each other.

## WE CAN'T IMPROVE UPON MOTHER NATURE

It is my core belief that horses are designed to eat as close to nature as possible. When we keep things simple and natural, we tend to get better results. How are they designed physiologically to consume fat? How much fat are they designed to consume? These are questions that must be considered before going to the local grocery store and buying a large bottle of oil or feeding a commercial feed with mineral, corn, soybean oil, or the like.

Going back to the basics we discussed at the beginning of 2005, proper digestion is essential for our horses as they synthesize fatty acids in the hind gut. In nature, horses get omega 3 fatty acids from fresh grass, again something that is natural to the horse.

Seed heads are the primary source of fats in a horse's diet. Just by this simple conclusion alone, horses are not heavy fat consumers. Additionally, we discussed that horses do not have gallbladders which is the organ that emulsifies fats so that they can be digested; much like what dishwashing soap does to your greasy dishes to clean them. Horses do have liver bile however, which is secreted slowly and constantly. This makes sense as they are grazers by design. Because they do not eat high amounts of fat in nature, nor do they have a gallbladder to properly digest fractionated oils, it is for these basic reasons alone why horses should not be fed fractionated oils. Maybe you are reading this thinking, "That's crazy, my horse is doing just fine and I feed him oil." Or maybe the thought crosses your mind, "There are so many university studies out there and trusted professionals who endorse feeding oils to horses. The studies prove it improves their health."

Going back to thinking for yourself, and how the horse was designed to eat from the beginning of time, it makes no sense to add fractionated oils of any significant quantity to their diet. Sure, most horses have managed to cope with ingesting large amounts of oils,

but they obviously are not equipped to do so. We must look at these studies that are done at the university level, realizing that most are only looking at one or a few aspects, rather than the horse as a whole being. Let's not just look at what it does to improve the horse's weight, or his coat, or his energy level, let's also look at what it does to his digestion, immune system and joints over a longer period of time.

Horses who have been fed oils for at least nine months to a year (some will show these signs even sooner), I would observe carefully the quality of the hooves (dry, brittle, hard to keep shod, abscesses, founder); skin problems such as fungus, dry and coarse hair coat; inflammation in joints (especially around the hocks-seems to be the most noticeable); immune system problems such as upper respiratory infections, lymph congestion most noticeable as edema in legs; and digestive disturbances such as diarrhea and/or a digestive stress line that runs from the flank up at a diagonal towards the withers. Oils are not the only source of these symptoms, but they can contribute.

Bottom line: We can't improve upon Mother Nature. When the fat source is in the form of fractionated oils, the protein, enzymes and other factors that nature provided to absorb the oils has been stripped away; not to mention the simple fact that most oils are not cold pressed. Cold pressed oils still contain the enzymes. Any product heat processed over 118 degrees F loses its natural enzymatic activity, enzymes being absolutely necessary for digestion. Petroleum solvents such as hexane are commonly used to separate the oils from the seeds. I'd hate to say that I was supplementing my horse with petroleum products-scary stuff.

## RICE BRAN

Many find that rice bran is an acceptable fat source for their horse. In fact, rice bran is very popular in combination with corn oil to help support horses who struggle with PSSM (Poly Saccharide Storage Myopathy), which many of you may be familiar with as it is a common issue among Warmbloods.

Please recall in my last article on fats that I discouraged the feeding of rice bran. Why, one may ask? I did not have excess room to discuss rice bran in that article, so I believe now it's appropriate to explain in greater detail.

Again, there are some core issues when it comes to feeding a horse fat: 1) If you isolate an element from its natural compound, you need to make sure that its co-factors are added back to the feed; 2) Only vegetable fats should be used; 3) Fats should be used in moderation; 4) Fats should only be fed in the original

*cont. on pg. 19*

**CONTINUING EDUCATION**  
**“TD” & SHOW MANAGERS**  
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**Technical Delegates: 9:00 am with Veronica Holt**

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**Show Managers/Secretaries: 1:00 pm with Jane Donnelly & Heather Petersen**

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**Directions to Table Mountain Ranch:** Take I-70 west to Colorado Hwy 58. Go west on Hwy 58 to Hwy 93. Go north on Hwy 93 approximately 2 miles to W 58<sup>th</sup> Avenue. Turn right (east) on W 58<sup>th</sup> Avenue. Table Mountain Ranch is \_ mile on the right (south).

Reservations are necessary for the number of any handouts.  
 Please fill out the form below and return with a check made payable to RMDS to:

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 Boulder, CO 80301

Name: \_\_\_\_\_ TD or Show Manager \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

*We will provide morning coffee and some snacks. Bring your own lunch/drinks/munchies if you want more!*

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- Want to become a judge?**
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- Need to clarify your thoughts?**
- Already a judges and need to stay sharp?**

Please encourage others to join you for a successful workshop!

Table Mountain Ranch  
**Saturday, January 28, 2006**  
**9:00 am –4:00 pm**  
**&**

**Sunday, January 29, 2006**  
**9:00 am – 12:00 pm**

Lois Yukins & Janet “Dolly” Hannon (R )

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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:

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Boulder, CO 80301

Name: \_\_\_\_\_ E-Mail \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Reason for coming: \_\_\_\_\_

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www.sheerblackstallionser.com  
Contact Tisha Green  
801-541-9017 or 435-649-7155  
gioveto@hotmail.com  
P.O. Box 680357  
Park City, UT 84068

# Ser Gioveto

**2005 USDF RESERVE CHAMPION TRAINING LEVEL**  
Sired by the great Sandro Hit • Dam by Bismarck by Bolero

A "once in a lifetime" stallion with the pedigree, movement and disposition to become an outstanding sire. Ser Gioveto is proving to be formidable in the showing ridden by his amateur owner. First foals due spring 2006

	Sandro Song	Sandro
<b>Sandro Hit</b>	Loretta	Antenne II
		Ramino
		Lassie
	Bismarck	Bolero
<b>Belinda II</b>		Duellfarm
	Gesa	Gaston
		Dohle

# TECHNICAL DELEGATES, JUDGES & CERTIFIED INSTRUCTORS

## DRESSAGE JUDGES RATINGS & LEVELS QUALIFIED TO JUDGE

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

### JUDGES

#### FEI "I"

Janet Brown Foy (CO)  
(719) 633-0231

#### USEF 'S'

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

#### USEF 'R'

Janet "Dolly" Hannon (CO)  
(303) 467-3221  
Kristi Wysocki  
(303) 648-9877

#### USEF 'r'

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

#### USDF 'L' Graduate

Simone Ahern\*  
719-749-9274  
Ilyse Auringer  
970-588-3859  
Francie Brashear  
(303) 840-7626

Julie Burt  
719-852-5269  
RaeAnn Cook\*  
(970) 225-1408  
Emmy Detlof  
(719) 495-4188  
Marti Foster\*  
(303) 277-1132  
Beth Geier  
303-673-9840  
Janet Goodrich-Spear  
303-664-0152  
Linda Ohlson Gross\*  
303-840-9818  
Gwen Kaawalooa\*  
(303) 646-4363  
Ann MacGuire\*  
(307) 237-9148  
Sarah Martin\*  
(303) 652-1158  
Kathleen Mayger  
970-310-8729  
Bridget Milnes  
(303) 660-4986  
KC Parkins-Kyle  
(303) 841-9953  
Sally Robertson  
303-237-6915

Kathy Simard\*  
(720) 981-4448  
Valerie Spahr  
970-922-5650  
Maria Wasson  
(303) 682-9594  
Regina Wendler  
970-879-7505  
Simone Windeler  
719-540-2000

#### Dressage Sport Horse Breeding Judge "R"

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

#### Technical Delegates USEF

Eva-Marie Adolphi (UT)  
(801) 254-3247  
Veronica Holt (CO)  
(303) 646-3829  
Laurie Mactavish (CO)  
(970) 926-8666  
Deeda Randle (WY)  
(307) 638-6737

Catherine Siemiet  
(719) 942-5311  
Diane Stanley (MT)  
(406) 652-4061  
Libby Stokes (CO)  
(303) 688-2795

#### Technical Delegates RMDS

Joan Clay  
(970) 490-1927  
Jeannette Hillery (CO)  
(303) 494-7718  
Jane McBride  
(719) 598-4496  
Susan Selby  
970-227-9530  
M. Elaine Thomas  
(719) 495-1510

#### USDF Certified Instructors

**Training - 2nd**  
Simone Ahern  
(719) 749-9274  
Jill Cantor Lee  
(970) 686-9163  
RaeAnn Cook  
(970) 225-1408  
Janet "Dolly" Hannon  
(303) 279-4546

Sabine Kallas  
(307) 733-9497  
Ellene Kloepfer  
(303) 828-3879  
Clayton Martin  
(303) 652-1158  
Sheri Mattei-Mead  
(970) 669-3733  
Kathryn Meistrell  
(303) 550-5130  
Bridget Milnes  
(303) 660-4986  
Kathy Simard  
(720) 981-4448  
Kristi Wysocki  
(303) 648-9877

#### USDF Certified Instructors

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

\* denotes graduating with distinction



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Equal a Winning Combination*

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Conveniently located just minutes from Parker**

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our instructors:*

### Maureen McGrady

- FEI Level Trainer & Rider - Has  
trained numerous USDF &  
RMDS champions

*"Let me help you and your horse go  
to the next level and beyond"*

303.638.4176

www.maureenmcgrady.com

### Jenny Brauer

- Swedish Certified Instructor  
- Studied at the Swedish Riding  
Academy & 1 year in Germany  
with former Italian coach Eugen  
Schadler

303.548.9850

www.brauerdressage.com

**For boarding information, contact:  
Deb Wilke, Manager  
303.829.3805 (cell) or 720.842.0643 (barn)**

**Freedom Farms  
2142 Delbert Road, Franktown, CO 80116  
John and Pat Propp, Owners  
www.geocities.com/freedomfarms\_co**

*Alice Kremers  
MSA Certified Saddle Fitting  
Agent, County Saddlery, Inc.  
303-759-1771  
FoxManRed@aol.com*

### CLINICIANS COMING TO OUR REGION *see calendar for details*

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

Paul Belasik  
Janet Brown Foy  
Jill Cantor Lee  
Steffen Peters

# Chapter News

## HAPPY HALF HALTS

*Tri-State Dressage*

The thermometer reads 7 degrees outside.

It sure does make it difficult to muster up the motivation to ride doesn't it! Especially for those of us who have to hitch up the trailer and go to the nearest indoor arena.

It's dark and cold in the mornings when we feed before work, and it's dark and cold when we feed in the evenings after work.

I had to break ice off of my horse's "heated" water tank this morning. Hmm...how far away is Florida?

Well, if you just stick your cold hands under your horse's blanket to warm them up, it will make lugging hay through the snow more bearable!

Just watch out for those frozen apples.

You just have to love wintertime in the Rockies!

## HAPPY HOLIDAYS AND HAPPY HALF HALTS FROM THE TRI STATE DRESSAGE CLUB.

### President's Letter...*cont. from pg. 3*

\*Budget - Dare I say the word! Look ahead at feed, board, farrier, vet and other expenses for the year verses income and decide how much you can set aside for lessons, shows, and other educational activities for you and your horse.

These are just a few of the many things we need to remember as the New Year is upon us. I would like to say a big thank you to Susan Selby for her leadership this past year and I look forward to working for and with everyone in this coming year. Please feel free to contact me regarding an issues (bad and good!) that you are concerned with regarding RMDS as a whole. My home number is 719-683-8435 (I've moved so this is a change), my cell is 719-338-0854 and my email is slush@drwgw.net. Email is usually the best, but if I'm home, I answer the phone too :)

Happy New Year,

*Heather*

## BACK BY POPULAR DEMAND!

### HIGH PLAINS CHAPTER VALENTINE'S SCHOOLING SHOW - 2006

**FEBRUARY 12TH**

**LOCATION NEEDED -**

**CALL IF YOU CAN PROVIDE A VENUE**

**PRIZE LIST:**

**IN THE DECEMBER 2005 HIGH PLAINS  
NEWSLETTER**

**ALSO ON THE RMDS WEB SITE**

**OR CALL KATE ENGEL - 303-840-1559**



### Letters to the Editor...*cont. from pg. 4*

the nutrition world and I would love to have another columnist write a year long series of nutrition articles. As you pointed out we live in an area with hundreds of experts who could give us a hundred different views on how to care for our horses.

As the editor, I welcome proposals from other writers. If there is someone out there with the correct qualifications who would like to write a monthly column for the Centaur please contact me via e-mail at: kathleendonnelly20@hotmail.com. Perhaps your own veterinarian who you quoted would like to take this on?

Thank you for your letter to the editor. I appreciate your feedback.

Best regards,

*Kathleen Mayger*  
Centaur Editor

# 2006 SHOWS & EVENTS

## JANUARY 2006

- 5 **Janet Brown Foy Clinic – Black Forest Area**  
Contact Patricia Janssen 719-749-9866 patricia@parfaitranch.com
- 12 **RMDS Executive Board Meeting-6: 30 pm**  
**Perkins Restaurant I-25 & Buchtel-Denver**  
Contact Central Office 720-890-7825
- 28 **Continuing Education for Judges –**  
**Lois Yukins & Dolly Hannon OPEN**  
Contact: RMDS Central Office 720-890-7825

## FEBRUARY 2006

- 3-5 **Pre Cert-Training-2nd Level –**  
**Lilo Fore & Debbie Bowman Closed**  
Columbine Equestrian Center  
Contact RMDS Central Office 720-890-7825 rmds@indra.com  
NEED DEMO RIDERS & HORSES
- 5 **Mile Hi Pony Club Schooling Show-Douglas County**  
**Fairgrounds**  
Contact Lisa Wiggins 303-598-3619 lisawiggins1@aol.com
- 11 **Continuing Educ. for TD's & Competition Mgmt – OPEN**  
Jane Donnelly, Kathleen Mayger, Heather Petersen  
Contact: RMDS Central Office 720-890-7825
- 16 **Janet Brown Foy Clinic – Black Forest Area**  
Contact Patricia Janssen 719-749-9866 patricia@parfaitranch.com
- 18 **Columbine Spring Series #1-Littleton-RMDS**  
Contact Kate Engel 303-840-1559
- 26 **CSDA Show Series #1 – Penrose Stadium-RMDS**  
Contact Heather Petersen 719-683-8435 slush@drwgw.net

## MARCH 2006

- 4 **Kathleen Mayger Clinic - Whispering Wind Farm,**  
**Monument CO**  
Judi Tobias, (719)593-7310 horsinaroundevents@yahoo.com.
- 9 **RMDS Executive Board Meeting-6: 30 pm**  
**Perkins Restaurant I-25 & Buchtel-Denver**  
Contact Central Office 720-890-7825
- 11 **Columbine Spring Series #2-Littleton-RMDS**  
Contact Kate Engel 303-840-1559
- 16 **Janet Brown Foy Clinic – Black Forest Area**  
Contact Patricia Janssen 719-749-9866 patricia@parfaitranch.com
- 18-19 **Winter Wake Up Show – Colorado Horse Park – USEF**  
High Performance Qualifying Show and NAYRC Qualifier  
Contact Heather Petersen 719-683-8435 slush@drwgw.net
- 31-2 **Equine Touch Level 1 & 2 Clinic-**  
**Raian Kaiser & Andrea Datz-Loveland**  
Raian Kaiser 970-203-0725 equinetouchinfo@yahoo.com

## APRIL 2006

- 2 **CSDA Show Series #2 – Penrose Stadium-RMDS**  
Contact Heather Petersen 719-683-8435 slush@drwgw.net
- 6 **Janet Brown Foy Clinic – Black Forest Area**  
Contact Patricia Janssen 719-749-9866 patricia@parfaitranch.com
- 8-9 **Steffen Peters & Janet Brown Symposium –**  
**Penrose Event Center**  
Contact Heather Petersen 719-683-8435, slush@drwgw.net

- 20 **Janet Brown Foy Clinic – Black Forest Area**  
Contact Patricia Janssen 719-749-9866 patricia@parfaitranch.com
- 22 **Columbine Spring Series #3-Littleton-RMDS**  
Contact Kate Engel 303-840-1559
- 23 **Boulder Valley Spring FLING – Singletree-Boulder-RMDS**  
Contact Barb Goldman 303-666-4528 boelandjarb@hotmail.com
- 21-23 **USDF CERTIFIED INSTRUCTOR FINAL TESTING**  
**Training-4th Level - Penrose Stadium**  
RMDS Central Office 720-890-7825 rmds@indra.com  
NEED DEMO RIDERS & HORSES
- 29-30 **Columbine Dressage Show #1-Littleton-USEF**  
Contact KC Parkins-Kyle 303-841-9953

## MAY 2006

- 11 **RMDS Executive Board Meeting-6: 30 pm**  
**Perkins Restaurant I-25 & Buchtel-Denver**  
Contact Central Office 720-890-7825
- 12 **Grand Valley Dressage Spring Show #1 – Gr. Jct – USEF**  
Contact Zoe Krakowski 970-245-7444 songlady@rentalsgj.com
- 13 **Dressage for the Cure – Cottonwood Riding Club –**  
**Littleton – RMDS**  
Contact Heather Petersen 719-683-8435 slush@drwgw.net
- 13 -14 **Grand Valley Dressage Spring Show #2 – Gr. Jct – USEF**  
Contact Zoe Krakowski 970-245-7444 songlady@rentalsgj.com
- 14 **Autumn Hill Sunday Series #1 – Autumn Hill-**  
**Longmont-RMDS**  
Contact Autumn Hill
- 20 **Janet Brown Foy Clinic – Black Forest Area**  
Contact Patricia Janssen 719-749-9866 patricia@parfaitranch.com
- 20-21 **Dressage at the Peak – Penrose Stadium-USEF**  
Contact Heather Petersen 719-683-8435 slush@drwgw.net
- 26 **Dressage in the Plains I-Peyton-USEF**  
Contact Camille Griffin 303-663-0041
- 27-28 **Dressage in the Plains II-Peyton-USEF**  
Contact Camille Griffin 303-663-0041
- 27-28 **Dalwhinnie Dressage Show-Ridgway-USEF-YR Qualifier**  
Contact Veronica Holt 303-646-3829 veronicaholt@comcast.net

## JUNE 2006

- 2 **Dressage at High Prairie #1- Colorado Horse Park –**  
**Parker – USEF**  
Contact Jennifer Killinger 818-841-3554 jennifer@glenroys.com
- 3 **Dressage at High Prairie #2- Colorado Horse Park –**  
**Parker – USEF**  
Contact Jennifer Killinger 818-841-3554 jennifer@glenroys.com
- 4 **Dressage at High Prairie #3 – Colorado Horse Park –**  
**Parker – USEF**  
Contact Jennifer Killinger 818-841-3554 jennifer@glenroys.com
- 3-4 **USDF “L” D2 Session – Dressage at High Prairie –**  
**Marilyn Heath**  
Contact Heather Petersen 719-683-8435 slush@drwgw.net
- 3-4 **Creekside Dressage – Huntley, MT USEF**  
Contact Barbara Ramlow 406-348-2280 crkside@nemontel.net
- 10-11 **NCDA Rocky Mountain Dressage Classic -**  
**Cheyenne, WY-USEF**  
Contact Jane Donnelly 970-669-5775 denny20@msn.com

# 2006 SHOWS & EVENTS

- 10-11 **Millbrook Farms Dressage Show - Lehi, UT - USEF**  
Contact Jan Lawrence 801-768-8739 millbrk@xmission.com
- 17-18 **Black Hills Dressage Show-Rapid City,SD-USEF**  
Contact Sue Hinker 605-348-2816 thinker@rap.midco.net
- 17-18 **Columbine Dressage Show #2-Littleton-USEF**  
Contact KC Parkins-Kyle 303-841-9953
- 24-25 **Autumn Hill Dressage Festival - Longmont - USEF**  
Contact Autumn Hill Farm
- 30 **Dressage at the Peak II Warm up- Penrose Stad.-USEF**  
Contact Heather Petersen 719-683-8435 slush@drwgw.net

## JULY 2006

- 1-2 **Dressage at the Peak II Summer Show- Penrose Stadium-USEF**  
Contact Heather Petersen 719-683-8435 slush@drwgw.net
- 9 **Autumn Hill Sunday Series #2 - Autumn Hill, Longmont -RMDS**  
Contact Autumn Hill
- 13 **RMDS Executive Board Meeting-6: 30 pm Perkins Restaurant I-25 & Buchtel-Denver**  
Contact Central Office 720-890-7825
- 14 **Rocky Mountain Iberian All Breeds Dressage Show-Castle Rock-RMDS**  
Contact Kris Garrett 303-841-2875 temerarioVII@aol.com
- 15 **Twin Peaks Dressage #1 - Tomora Training Center-Greeley-USEF**  
Martha Fischer 303-652-1648 marthafischer@earthlink.net
- 16 **Twin Peaks Dressage #2 - Tomora Training Center-Greeley-USEF**  
Martha Fischer 303-652-1648 marthafischer@earthlink.net
- 15-16 **Tri State Summer Dressage Show-Riverton,WY-USEF**  
Denise Denhardt 307-332-4722 happyhalfhalts@hotmail.com
- 21-23 **Autumn Hill Summer Dressage Festival - Longmont - USEF**  
Contact Autumn Hill Farm
- 29 **Pendragon Stud RMDS Dressage Show #1 - Larkspur -**  
Contact Leslie Terry 303-688-4147

## AUGUST 2006

- 4 **Dressage in Rockies #1- Colo Horse Park-Parker - USEF**  
Contact Jennifer Killinger 818-841-3554 jennifer@glenroys.com
- 5 **Dressage in Rockies #2- Colo Horse Park -Parker - USEF**  
Contact Jennifer Killinger 818-841-3554 jennifer@glenroys.com
- 6 **Dressage in Rockies #3 - Colo Horse Park -Parker - USEF**  
Contact Jennifer Killinger 818-841-3554 jennifer@glenroys.com
- 5-6 **USDF "L" Final - Dressage in the Rockies - Marilyn Heath, Lois Yukins**  
Contact Heather Petersen 719-683-8435 slush@drwgw.net
- 5-6 **Cheyenne Dressage & Eventing Club Dressage Show-Cheyenne,WY-USEF**  
Contact: Rowena Heckert 307-632-4151
- 12 **Foothills Chapter Dressage Show-Golden-RMDS**  
Kathy Johnson 303-494-0905 kathykingjohnson@uswest.net
- 13 **Autumn Hill Sunday Series #2 - Longmont-RMDS**  
Contact Autumn Hill

- 26 **Utah Dressage Society Annual Show #1-Bluffdale, UT USEF**  
Contact Eva-Maria Adolphi 801-254-3247 adolphi@redrock.net
- 27 **Utah Dressage Society Annual Show #2- Bluffdale, UT USEF**  
Contact Eva-Maria Adolphi 801-254-3247 adolphi@redrock.net
- 27 **Aspen Ridge RMDS Dressage Show- Penrose Stadium**  
Contact Heather Petersen 719-683-8435 slush@drwgw.net
- 27 **CDMHA Dressage Show-Loveland-USEF**  
Susan Rocha 307-635-3296 sue@virtuallyoutsidethebox.com

## SEPTEMBER 2006

- 2 **Boulder Valley So Long to Summer - Somerset Farm-Longmont-RMDS**  
Barb Goldman 303-666-4528 boelandjarb@hotmail.com
- 2 **Grand Valley Fall Show - Grand Junction - USEF**  
Contact Zoe Krakowski 970-245-7444 songlady@rentalsgj.com
- 3 **GVDS Western Slope Championships and Open Show - Grand Junction - USEF**  
Contact Zoe Krakowski 970-245-7444 songlady@rentalsgj.com
- 9 **Pendragon Stud RMDS Dressage Show #2 - Larkspur -**  
Contact Leslie Terry 303-688-4147
- 10 **Table Mountain Ranch Dressage Show-Golden-RMDS**  
Contact Peg Cannell 303-279-4546 cannell747@aol.com
- 14 **RMDS Executive Board Meeting-6: 30 pm Perkins Restaurant I-25 & Buchtel-Denver**  
Contact Central Office 720-890-7825
- 21-24 **RMDS Dressage Championships & Dressage Open Show -Parker-USEF**  
**2006 Cosequin/Breeders Championship & RMDS Breed Championships & Open Breed Show**  
Contact Heather Petersen 719-683-8435, slush@drwgw.net

## OCTOBER 2006

- 6-8 **Region V Championships - Expo Albuquerque, NM**  
Contact Donald Simpson 505-550-6735 dsimpson62@aol.com

## NOVEMBER 2006

- 11 **RMDS Board of Directors**  
Contact Heather Petersen 719-683-8435, slush@drwgw.net

## SEPTEMBER 2007, 2008

- 26-30 **2007 RMDS Dressage Championships & Dressage Open Show -Parker-USEF**  
**RMDS Breed Championships & Open Breed Show**  
Contact Heather Petersen 719-683-8435 slush@drwgw.net
- 24-28 **2008 RMDS Dressage Championships & Dressage Open Show -Parker-USEF**  
**RMDS Breed Championships & Open Breed Show**  
Contact Heather Petersen 683-8435, slush@drwgw.net

*Thank you to everyone who supported me through the difficult time after my accident.*  
--Beth Geier, RMDS Office Manager

# RMDS and Centaur Information

## DRESSAGE TRAINERS/INSTRUCTORS GROW YOUR BUSINESS!

If you'd like your business posted on the new RMDS Webpage send information to Michael Petersen, 5575 Heatherbrook Ct, Colorado Springs, CO 80915, 719-573-0398 or email [webmaster@rmds.org](mailto:webmaster@rmds.org) (make subject read "Trainer Info"). Include your: name, phone #, address, email address, barn location(s) where you train, if you travel/clinic, your experience/qualifications, what level you train through, what special awards earned (like USDF medals), if you have lesson horses available, and any other specialties.

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

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

## RMDS EXECUTIVE BOARD

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

## ADULT AMATEUR

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

### RMDS Central Office

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

Contact: Beth Geier, [rmds@indra.com](mailto:rmds@indra.com), [www.rmds.org](http://www.rmds.org)

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

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

## SHOW INFORMATION

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

### CALENDAR SUBMISSIONS

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

## RMDS CHAPTER MEETING SCHEDULE:

### Boulder Valley, 1st Monday – even months

Contact: Barb Goldman – 303-666-4528

### Colorado Springs, 3rd Tuesday – location TBD

Contact Simone Windeler - 719-287-2040 or check [www.csdressage.org](http://www.csdressage.org)

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

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

### Grand Valley, 1st Thursday – every month; roaming around

Contact: Kelly Schlager – 970-242-5935

### High Plains, TBA;

Contact: Terri Wallace – 303-695-8566

### Northern Colorado, 1st Thursday – every month;

CSU Vet Teaching Hosp.; Jennifer Nisbet 970-221-5545

### Penrose, 1st Wednesday – every month; Roaming around;

Contact: Sharon Ghilarducci – 719-462-5760

### Tri State, TBA;

Contact: Darlene Vaughan – 307-332-726

### Western Colorado;

Contact: Barbara McElnea – 970-963-3234

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

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

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

## BECOME A CENTAUR COLUMNIST

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

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

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

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

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

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

## NEWSLETTER NOTES

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

### IMPORTANT ADDRESSES

Articles: Please send all articles for editorial review to:  
Kathleen Mayger, kathleendonnely20@hotmail.com  
2304 Brianna Ct. Johnstown CO 80534(970) 587-5546

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

### Advertisement Production and Mailing Specifications:

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

### DISPLAY ADVERTISING

For information about corporate advertising and/or sponsorships, please contact Beverly Swanson at (303) 584-9904 or email at bswanson2003@qwest.net.

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

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

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

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

### CLASSIFIED ADS

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

### PAYMENT AND DELIVERY

E-mail electronic ads to Beverly Swanson at bswanson2003@qwest.net

Mail checks and hard copy to:

RMDS Central Office, attn: Beth Geier  
2942 Park Lake Drive, Boulder, CO 80301

### MEMBER AD RATES AND SIZE SPECIFICATIONS

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

### ADVERTORIALS

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

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

## RMDS 2006 MEMBERSHIP FORM

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

Please include all information for person designated as representative.

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

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

### Indicate Local Chapter:

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

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

County \_\_\_\_\_ State/Zip \_\_\_\_\_

Phone (Home) (    ) \_\_\_\_\_ (e-mail) \_\_\_\_\_

USDF No. \_\_\_\_\_ Occupation \_\_\_\_\_

### Type of Membership

(✓ one)  Individual     Business     Family     CENTAUR Only

Total Fees \_\_\_\_\_  Please remove my name from lists sold by RMDS

Date of Birth \_\_\_\_\_

Be sure to send a copy of your 2006 Adult Amateur Card from USEF along with this membership form!

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

## 2006 HORSE REGISTRATION FORM

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

Horse Name \_\_\_\_\_ Sex \_\_\_\_\_

Breed (if known) \_\_\_\_\_

Breed No. (include copy of papers) \_\_\_\_\_

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

Address of Owner \_\_\_\_\_

Owners Phone (Home) \_\_\_\_\_ (e-mail) \_\_\_\_\_

Name of Representative (if owner is a business)

Mail form and check payable to RMDS to:

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

Membership renewal is January 1 annually.

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

# RMDS 2006 L Program

RMDS will be offering a USDF L Program D2 and Final in 2006 - an excellent opportunity to retest for those of you who may have participated previously and didn't pass or for those of you who would like to graduate with Distinction in order to move on to the USEF "r" Judges' Program. The D2 will be at Dressage at High Prairie and the Final will be at Dressage in the Rockies. If you are interested in participating, space is very limited, so please call Heather Petersen ASAP for a space - 719-338-0854. We will also be offering a full L program review in January.

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Skin Care for Riders has openings for riders who are looking for another source of income and can work part time. Check out our website at [www.skincareforriders.com](http://www.skincareforriders.com), click on My Horse Money or call Liz for more information at 605-348-5488 or e-mail [strand@rapidnet.com](mailto:strand@rapidnet.com). Great tax deductions for home based business and you can set your own hours. Exceptional product line.

## Fat Chance...cont. from pg. 8

unfractionated form; 4) The fat to protein ratio must be in balance; 5) The fat source must not stress the liver; 6) The fat source must be free of preservatives and must not be rancid; 7) The fat source must not tie up fat soluble vitamins.

With those basics in mind that have been discussed briefly throughout the articles written in 2005, I believe that rice bran does not fit the bill. Both rice and beets have been at the top of the list in Consumer Reports for being the most heavily chemicalized crops. With that alone, we know that herbicide and pesticide residue will be an issue with the bran unless of course the rice was grown organically. Secondly, rice is high in phytate, a naturally occurring substance that is present in all grains to some degree, with wheat and rice bran levels being very high. Phytic acid is the by-product upon digestion of the brans, which in turn ties up calcium. Brans already have an upside down calcium to phosphorus ratio. However, calcium is often added to rice bran feeds for this reason, but please notice what type of calcium is added. It is most often calcium carbonate. Referring back to my article on minerals in April 2005, the carbonate, sulfate, and oxide forms of minerals are inorganic, meaning that only 5-15% of the mineral will be used by the body; the remainder being a waste product and stressor to the organs of elimination.

Please take time to read the labels on the feeds you are supplementing with. Labels won't tell you everything as they only have to disclose a small amount of information legally, but please make sure that if you do in fact choose to feed brans, be very careful that they do not add animal fat, other fractionated oils, nor preservatives. Oftentimes preservatives will be added as the enzymes are destroyed upon heating any food items. Something has to be added back in to prevent rancidity.

### SOYBEANS AND BLACK OIL SUNFLOWER SEEDS A BETTER OPTION

With the understanding that each horse is a different metabolic type and one size does not fit all, we do need some healthful options. I firmly believe that both whole extruded soybeans and/or black oil sunflower seeds (BOSS) are the best options we have.

Both of these products are in the whole form, not fractionated, and the enzymes, vitamins, and minerals have not been removed. These products are not heat processed, leaving the natural enzyme in tact.

Please note however, that soy is often a GMO (genetically modified organism) crop. Monsanto's Roundup Ready soy is planted on more than 100 million acres in this country. Your soy source must be committed to using non-GMO soy. If you can locate a source that uses high quality, organic (no chemical pesticides or


herbicides have been used) soybeans that have been extruded naturally, not using chemical solvents, they are an excellent fat source to feed. Whole extrude soybeans are easy to digest, have a complete amino acid profile, and will not clog up the receptor sites for the fat soluble vitamins A,D,E, and K since the protein, fat, and enzymes are still intact.

Black oil sunflower seeds are great too. At the dosage of 1-8 cups per day, it is a great fatty acids source. The hulls will be with the seeds, but there is no need to remove them. Please be sure though that the seeds are truly black oil sunflower seeds as opposed to a bird feed mix. The bird feed mix will contain products you don't want to feed your horses.

### WRAPPING UP

Our horses deserve the very best which means they deserve what they would eat in nature: whole foods, balanced, minimally processed, and digestible in every way. This doesn't apply to just fats, but also to the source of minerals and vitamins, the type of hay consumed, the grain, the supplements, everything they eat, down to the last drop. As I have written many times before, the health and vitality of your horse will be the reward you will reap. Gorgeous coats, bright eyes, great performers, sound minds, everything else is icing on the cake.

*Gretchen Topel is a graduate of Colorado State University with a B.S. in Equine Science. She can be reached via the Centaur with any nutrition questions.*



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- Jan 28 Judges Continuing Education – Table Mountain Ranch - Lois Yukins & Dolly Hannon
- Feb 3-5 Instructors' Pre certification-Training – 2nd Level – Columbine Equestrian Center - Lilo Fore & Debbie Bowman **NEED DEMO RIDERS**
- Feb 11 TD and Show Managers Continuing Education – Table Mountain Ranch – Veronica Holt; Jane Donnelly & Heather Petersen
- Mar 18-19 RMDS Winter Wake up – Colorado Horse Park
- April 21-23 Instructors' Final Testing – Training – 4th Level - Penrose Stadium – Gerhard Poliz & Cindy Sydnor **NEED DEMO RIDERS**
- Sept 21 Breed Show and Breed Championship
- Sept 22-24 RMDS Open and Championship Show
- Oct 14-15 Region V Championship – Parker, CO
- Nov 11 RMDS Board of Governors meeting  
JR/YR Camp

ALSO (if we can find dates and people):

Freestyle Clinic, Understanding Bits, Understanding and Treating Lameness

Read the Centaur for details on these and other RMDS events.

Contact the RMDS Central Office for more information 720-890-7825 or [rmds@rmds.org](mailto:rmds@rmds.org)

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Early Reservations: \$150/2 days or \$90/1 day includes snacks & lunch  
Late Reservations (after 4/1/06) or at door \$190/2 days or \$100/1 day includes snacks & lunch  
Saturday Registration begins at 8:00 am; Symposium starts at 8:30 am



# USDF Region Five Report

by Theresa Hunt, Region 5 Director

The convention and symposium in Burbank, CA was one of the largest and best ever with over 1400 people attending at least one event. The highlight was the symposium with US dressage team Olympic coach, Klaus Balkenhol, and leading German veterinarian Dr. Gerd Heuschmann. The caliber of horses and riders was phenomenal: Steffen and Shannon Peters, Christine Traurig, Leslie Morse, Guenter Seidel, Hilda Gurney, Sue Blinks, Charlotte Bredahl-Baker. A special treat was Guenter's new freestyle on Aragon. Klaus emphasized asking for a longer neck and lighter contact. One rider demonstrated a trot extension with the horse's neck short, causing extravagant front leg movement with not much behind, then with a longer neck that enabled the horse to have correct, even movement in front and back. Dr. Heuschmann painted the skeleton, neck bones and ligaments, hip, stifle and hind bones on two demo horses to show how they moved in the different gaits and how they were influenced by neck position.

The Board of Governors passed a motion to raise minimum score requirements of All-Breeds eligibility from 58% to 60% for Training through 4th Levels, and from 55% to 58% at the FEI levels, effective October 1, 2006. The second motion recommends USEF allow resident aliens to participate in qualifying classes and Regional Championships in the 2008 season.

Sarah Martin is our representative on the Working Group on the National Championship Fund. USDF has been collecting funds from competitors qualifying for

regional championships for a National Championships. These funds currently total about \$390,000; however no plans have been made for a National Championship. This group will determine the likelihood of a National Championships being held, and if not, how this fund should be used. Contact Sarah at ahd@indra.com.

At the Salute Gala the American-bred 14.2 hand Thoroughbred-Connemara gelding, ridden by Lendon Grey was inducted into the USDF Hall of Fame. **Heather Petersen** was recognized as the Region 5 volunteer of the year.

At the convention California Dressage Society presented USDF a \$50K check for partial payment of their pledge to the Capital Campaign. USDF founder Lowell Boomer sent a check for \$50K. This brings the Capital Campaign to over \$2.46 million, almost half of the \$5 million goal. The National Education Center is under construction and is scheduled for ribbon-cutting April 21, 2006.

More details of the convention and symposium will be in the February issue of the USDF Connection magazine. Next year the convention will be in Kansas City, KS, and I hope to see many of you there. It is a great opportunity to participate in the governance of our sport. Happy Riding!

*Theresa Hunt*

Region 5 Director

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**Organizers:**

2White Feet

**Judges:**

Janet Brown Foy (S, FEI I), Colorado Springs, CO

Lilo Fore (S, FEI I), Santa Rosa, CA

Maryal Barnett (S, FEI C), Holt, MI

**Opening date – February 1, 2006    Closing Date – March 10, 2006**

**Fees (complete list in prizelist)**


Training - Fourth Level	\$20.00
FEI Level / Musical Freestyles	\$25.00
Stabling	\$65 Friday night through Sunday PM
Additional nights	\$35.00 per each extra night (24 hour period)
Day Stall	\$25 per day (7am-7pm)
Grounds (trailer in)	\$10 per day
Office fee	<b>\$20 (non-refundable)</b>
Post-entry Surcharge	\$25.00

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Complete prizelist available at [www.rmids.org](http://www.rmids.org) or [www.2whitefeet.com](http://www.2whitefeet.com)  
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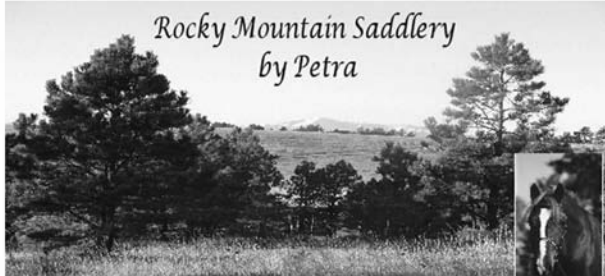
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To place an ad: please see instructions under RMDS Info on page 17

## HORSES

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**Handsome FEI Westfalen gelding** imported by Jo Hinnemann, shown thru Intermediare, working all Grand Prix, 1989 16.2H Dk bay \$45,000. Also beautiful black TB/QH gelding, 3rd/4th level, schooling FEI w/spectacular collected work inc. piaffe/passage. Ladies horse. 1991 16H \$25,000. Sharon 719-462-5760

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**2001 Bay 15.3 Oldenburg mare** by Bolivar. Professionally started under saddle, now training in dressage. Raised in perfect setting with room to run with buddies, and attention to health and footcare. Belle wants to be adored and is longing for a two-legged companion. \$9K to right home. Sheryl, 801-768-0464 (UT), shohle@attglobal.net

**2003 Bay Oldenburg filly** by Bolivar, full sister to previous ad. Refined mare, exceptionally beautiful, talented and intelligent. Orphaned at birth, Biscuit is very attached to humans. Ready to start under saddle. Should mature to 15.2 hh. \$6K to right home. Too many horses, too little time. Sheryl, 801-768-0464 (UT), shohle@attglobal.net

**Fancy 5 yo Pinto mare.** Dutch x TB 15.2 hh. Incredible work ethic plus super easy and sweet. Three great gaits. Loves people and will be dressage star! \$12.5K. 303-912-6564

**FEI prospect for sale.** 6 yr old 16.2 Hol/TB cross for sale with Cor de la Bryer on the sire side. In 2005 he was Champion FEI 5yr old at one of three WBFSH (World Breed Federation of Sport Horses) Selection Trials held in the US. Schooling 3rd level with unlimited potential. Excellent mount for professional or advanced amateur. Serious inquiries only 406-848-9892

**2 year old grey Holst/Hungarian filly** by Coromino. Her dam is out of the Hungarian foundation stallion Baron Gyemant. She has started ground work, loads, hauls, bathes, clips, etc. She should mature 16.1-16.2, but is a refined, very elegant type with large floating gaits. Asking 9k, 303-805-8484.

**4 year old Hanoverian broodmare,** 16.3, bay with 3 white socks. Injury cut short this special mare's career. She is a Weltmeyer granddaughter, by Wolkenstein II. Her dam line is Wertherson/Werther. This mare is very smart, quiet, sane with excellent ground manners. She is a larger type with powerful movement, lovely gaits. Asking 10k, 303-805-8484.

**Offered for 1/2 lease or 1/2 lease/purchase:** Paint/Hanoverian mare, black and white, 15.3h. 6+ yrs. Easily performs shoulder-in, travers, renvers, half-pass, leg yield. Fun to ride. Professionally trained. Lease would be in Larkspur area with indoor/outdoor arena. Lessons required with lease. She's ready to show next year. For the right person only. For information call 303-681-2215.

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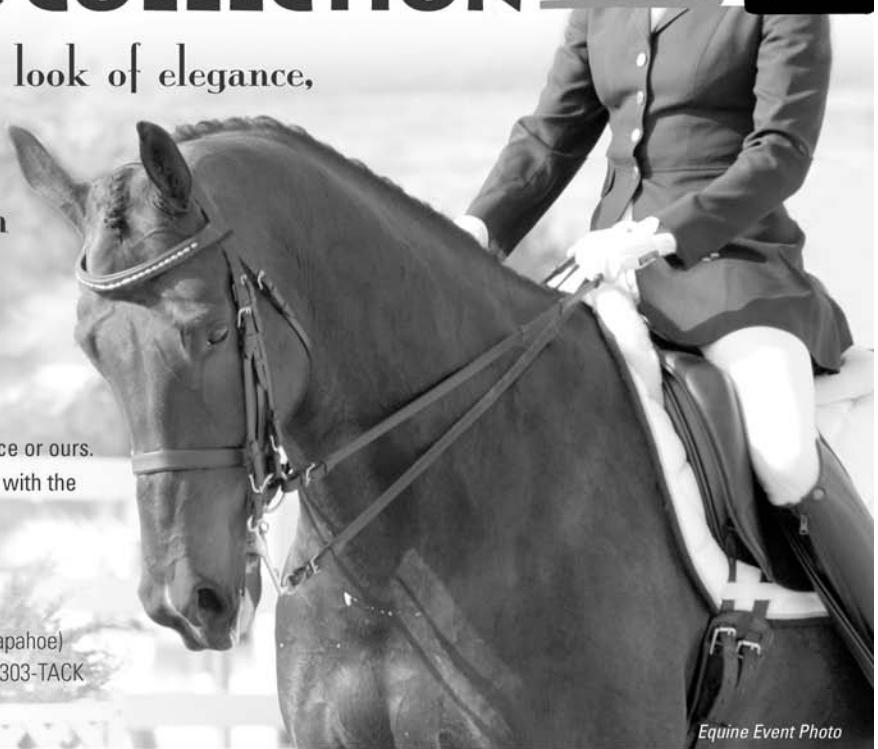


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