

THE CENTAUR



Symposium Wrap-Up.....1
 Scholarship Programs3
 Region 5 News.....5
 President's Message.....5
 Education Events7
 Patrice Edwards Clinic11
 Calendar14-15
 Chapter News.....22
 Classified ads24
 Biz ads26-27

Dressage with Altitude...

An indepth review of the 2008 USDF Symposium by Tara Nolan

The USDF Dressage Symposium was successfully both inspirational and educational. The 2-day symposium kicked off on Friday night with presentations from Dr. Clayton and Dr. Stubbs, Amerigo saddlery, and of course special guest Kyra Kyrkland. The education presentations provided the perfect segue to Kyra's theme—the dressage seat.

After months of planning led by RMDS, set-up began at the National Western Complex; a beautiful climate controlled indoor facility in Denver, Colorado. On Friday the demo riders rode in pairs for Kyra. Kyra watched all of the riders go and made notes. Kyra did not provide any instruction and asked all riders to remain until 1 pm and she'd decided on her program order of go. One rider asked Kyra if she was planning to ride or work any of the horses on Friday afternoon and Kyra replied that "no, I want the audience to see as we see. I can be flexible with my plan if necessary."

On Friday evening Dr. Hilary Clayton and Dr. Narelle Stubbs presented the University Education Session: The Effective Rider: How to Improve Your Posture, Strength and Balance. The doctors discussed how riders use their bodies and how it affects the horse. Also discussed were common physical problems and injuries in dressage horses and riders. Of particular interest was a comparison of an advanced rider's center of gravity in the saddle versus a therapeutic rider's center of gravity. We then learned in the saddle fitting presentation that the center of gravity for the rider is directly over the low spot on the horses' back directly behind the withers. These two presentations clearly highlighted Kyra's discussion of the rider maintaining a still and centered position on the horse.

Kyra Kyrkland ended the evening with her talk, "Reach Your Peak Performance at Every Level." She covered the rider's goal-setting process by addressing riders' ambition thru fi-

nances. Kyra discussed realistic goal setting, and how every competition from schooling show to the Olympics is important. After discussing the rider's seat, she wrapped up her talk by sharing a video of her recent ride on Max where they earned nearly 80%. Kyra also laid the foundation for the Symposium presentations on Saturday and Sunday. Kyra's specific goal was to send each rider home with at least one tool to improve their riding.

On Saturday morning, we were introduced to the impressive panel of riders: Kelly Layne, Castle Rock, Colo., riding a chestnut sorrel gelding "Troy" owned by Michelle Albertus;

Evan Hills from Holliday, Utah, riding a beautiful gray Oldenburg gelding, "Megabucks," owned by Gary Lawrence; Otto Koch from Boulder riding a bay Dutch mare, Navarello, owned by Nancy Brinkman; Grant Schneidman from Parker, riding a sorrel Dutch warm blood gelding "Superman"; Petra Warlimont from Hygiene, Colo., riding a black gelding "Rohmero," owned by Deborah Voigt;

Nicole Glusenkamp from Parker, riding a black Friesian stallion Eeltsje F, owned by Paula Marsh; Sarah Martin from Blanca, Colo., riding a sorrel Oldenburg mare, "Expertin B," owned by Laura Jane Crane; Lauren Smith from Littleton, riding a bay Dutch gelding, "Lamiro"; Kristi Wysocki from Elbert, Colo., riding a sorrel Danish gelding, "Red Adair."

Saturday began early with the volunteers attending to final preparations. Kyra opened the symposium speaking about developing the dressage seat and explained to the audience that she was going to focus more on the riders than the horses. Kelly warmed up her horse and then Kyra mounted for the initial demo ride. Kyra displayed her classic go, stop and turn basics. She explained how she likes to ensure that the basic buttons are in place before she begins further work. Kyra's goal was to get the horse responsive and *Continued, pg. 16*

Introducing... The RMDS Scholarship Program



2009 Application Information:

Application process is open: December 1, 2008 through January 31, 2009.
Recipients Selected: March 10, 2009 RMDS Executive Board Meeting.

\$1000 will be given away in 2009.
All 4 scholarships will be awarded for 2009 - \$250 in each category.

Scholarships To Be Awarded:

1. **The RMDS “Leg-Up” Scholarship** will be awarded to riders, regardless of age, who are training at Intro, Training or First Level. The recipients must, during the scholarship year, 1) be a member of RMDS and 2) attend at least one equine educational event or clinic.
2. **The RMDS “Solid Seat” Scholarship** will be awarded to current RMDS members in good standing who qualify as USEF Adult Amateurs (AAs) and provide the RMDS Central Office with a copy of their current USEF AA card. This scholarship is available to riders over the age of 21 and for any level.
3. **The RMDS Junior/Young Rider Scholarship** will be awarded to promising RMDS members of the USDF Junior or Young Rider Programs. This scholarship is available to riders of any level.
4. **The RMDS “Opening Doors” Scholarship** will be awarded to current RMDS members of any age who are considered professionals according to the USEF standards specifying what a professional is. RMDS will award funds to RMDS professionals, whether they compete or not, to help support their continuing education and/or competitive goals.

Complete Scholarship Applications and information may be obtained from the RMDS website –
www.rmids.org

Or you may contact the RMDS Central Office and an informational packet will be mailed to
you.

RMDS Central Office
rmids@rmids.org
720-890-7825

or

Loni Gaudet
lonigaudet@earthlink.net
970-532-0852

RMDS Launches New Scholarship Program

by Loni M. Gaudet, Scholarship Committee Chair

Rocky Mountain Dressage Society is dedicated to promoting dressage through educational programs. This year, as well as offering educational programs, RMDS is also able to provide scholarships to its members to advance their riding and competition goals.

After many months and much effort by Grace Maddox, Simone Windeler, and the members of the RMDS board, the scholarship program is off the ground and waiting for your application. The acceptance period for applications is currently open and will close on January 31, 2009.

Scholarships

This year, four scholarships of \$250 minimum each will be granted. The four categories which will be awarded are:

1. *The RMDS "Leg-Up" Scholarship* will be awarded to riders, regardless of age, who are training at Intro, Training or First Level. The recipients must, during the scholarship year, 1) be a current member of RMDS and, 2) attend at least one equine educational event or clinic.

2. *The RMDS "Solid Seat" Scholarship* will be awarded to current RMDS members in good standing who qualify as USEF Adult Amateurs (AAs) and provide the RMDS Central Office with a copy of their current USEF AA card. This scholarship is available to riders over the age of 21 and for any level.

3. *The RMDS Junior/Young Rider Scholarship* will be awarded to promising RMDS members of the USDF Junior or Young Rider Programs. This scholarship is available to riders of any level.

4. *The RMDS "Opening Doors" Scholarship* will be awarded to current RMDS members of any age who are considered professionals according to the USEF standards specifying what a professional is. RMDS will award funds to RMDS professionals, whether they compete or not, to help support their continuing education and/or competitive goals.

How to Apply

To apply for a scholarship you must fill out an application and a waiver form. In addition to these forms, you must provide the following: 1) at least two letters of recommendation—with one being from your instructor or mentor, 2) a detailed activity plan, and 3) a

budget. Without these items, your application will not be accepted for review.

Application forms are available on the RMDS web site at www.rmids.org. Mail your completed application to the Scholarship Chair at: Loni M Gaudet, 3000 Lake Hollow Rd, Berthoud, CO 80513. Be sure that all necessary signatures are provided in the original ink (no photocopies). You may submit your application by email but you must still send in a printed copy with the necessary signatures.

For our young applicants: If you are a minor, one of your parents or a legal guardian must sign your application. Do your best to complete the application in your own words; but if you need some help from your parents, a mentor or instructor that is alright.

What Can You Use the Scholarship For?

You may spend funds on any activities involving both you and your horse that will make a significant positive impact on your level of understanding of the principles of dressage and general horsemanship, as well as your level of competitive achievement. You must demonstrate a serious commitment to your studies and affirm that you will continue to pursue dressage training for the duration of the scholarship year.

This brings us to the next point: there's No Such Thing as a Free Lunch – Your Responsibilities as a Scholarship Recipient

In return for your Scholarship you will be required to put in some time and effort to help the entire membership benefit from your scholarship experience. The following must be completed during your scholarship year:

Write at least one article for the Centaur during the Scholarship year.

Notify the Chair of any changes in your activity plan. Changes in your plan must be approved by the Scholarship Committee. If you are unable to complete the approved activities, or to gain the approval of the Scholarship Committee for alternate activities, you must return any unspent scholarship monies to the Scholarship Fund.

Spend all scholarship funds within the calendar year for which they were awarded. (Probably the easiest of your required tasks!)

(Cont. pg 4)

Scholarships (Cont. from pg 3)

Provide a short update within two weeks of each of your approved scholarship activities (this can be through a simple email to the Chair).

Write a comprehensive report at the end of the scholarship year. This report will be published (with possible editing) along with a photograph of you and your horse in *The Centaur*, and on the RMDS website.

Donate either some of your time or talent, or both, to enrich our membership by sharing the knowledge and skills that you have gained from your scholarship experience.

Be prepared - you may be asked to speak to individuals or small groups about your scholarship experience.

Finally, and maybe most importantly, you will be expected (as age and schedule allows) to volunteer throughout your scholarship year.

Where does the Funding for the Scholarship Fund Come From?

For those of you wondering, RMDS set up a fund specifically for the scholarship program. Monies to the fund come from generous donations by members and were seeded by the RMDS general fund.

One of these donations was made recently at the RMDS Awards Presentation when Ms. Sarah Bushong Weeks donated \$2500 to the scholarship fund. Also at the Awards presentation, artists donated their time to create the lovely painted ponies which were auctioned off. The funds raised by the Painted Ponies also went to the scholarship fund. This is very exciting as it means that RMDS will be able to grant more scholarships of greater amounts next year.

Another simple way to help grow the fund is by rounding up your fees on next year's horse show entries. At the bottom of the right-hand column is a place where you can donate. If everyone rounded up their entry form to the nearest dollar, or maybe the nearest five dollars, it would give the scholarship fund a huge leg-up.

What are you Waiting For?

Think of it as the early 2009 birthday present that you get for yourself, but this one only costs you a bit of your effort. I'm looking forward to your applications.

Best Wishes for the New Year,
Loni

Trainer Wanted

with Clientele or Following in Castle Rock



Mariah Farms offers top quality care and feed for our clients' horses.

Our indoor arena is 70' X 250' with new sand footing. Our outdoor arena is 100' X 275' with rubber crumble footing. We also have a new 60' round pen. Our facility has a paved asphalt driveway and paved parking lot. Horse accommodations include 12' X 12' stalls with daily (all day) turn out, as well as outside shed runs.

Immediate availability
starting at \$430 per month.

Inquiries: Jim Lamke, owner/manager
(303) 660-2456

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15395 E. County Line Rd, Berthoud CO 80513

www.paragonequestrian.com

Martha Fischer (970) 532-4603

Sandy Hotz (303) 817-2030

Editor's Page

Region 5 Report from Theresa Hunt

The USDF Convention and Symposium in Denver, Colorado on December 2-7 was a wild one, starting with the weather! On Tuesday we saw 68 as the high, followed by snow on Wednesday and Thursday, and warming for the remainder. I have heard nothing but complements about the volunteers who helped with registration and the symposium. We had two very productive regional meetings, a great opportunity to put faces to names. I would like to thank each Participating Member and Group Member Delegate for attending and contributing your ideas. The Board of Governors spent the majority of the time discussing the budget, and it was quite heated at times. The proposed dues increase was defeated; and now budget cuts in are in the works. The new budget must be finalized prior to April 1, 2009. I am not pleased with the process. This should have been discussed much earlier in the year, with different proposals developed with pros and cons of each presented for vote at the BOG. I will work to improve this process. USDF has been working to improve its transparency by putting more information on its website, but needs to get the budget information out much sooner.

On a positive note, the ad hoc committee presented a proposal to steam line the USDF governance structure. It will be online and available for your comments. The USEF Dressage Committee withdrew its proposal for Performance Standards based upon member feedback and the current economic downturn.

The Symposium with Kyra Kyrklund was fabulous. I went to the symposium that she did in Scottsdale many years ago, and this one was even better with a greater emphasis on rider position and developing the balance of the horse. The arena decorations, sound system, horses and demo riders were great. The next convention will be in Austin, Texas and the symposium will feature Jan Brink.

Thank you to all the volunteers who helped with the convention and symposium.

Also, thanks to all our GMO's that contributed to the Friday afternoon social, everyone needed an energy boost during the Board of Governors. You all did a great job to make our convention a success!

Happy Riding!

Theresa Hunt

Region 5 Director

President's Message from Laura Speer

This month, I'd like to hand this space over to education chairman Heather Petersen and allow her to thank all the people who helped to put on the 2008 USDF symposium. It was an exciting year for the RMDS with all of the attention brought by the USDF symposium and the Jr./Yr. Championships.

Best wishes to all of you for a Happy New Year and let's work together to make 2009 even better than 2008!

With forward thoughts,

Laura Speer

The USDF Symposium - We couldn't have done it without YOU!

What a wonderful opportunity we've had this past year. Our RMDS area has been host to two of the biggest dressage events in the United States - the NA-JYRC Championships and the USDF Convention and National Symposium with Kyra Kyrklund.

In order for these events to even be considered a success, we depend on a large number of volunteers

to take things off the ground.

I was honored to work on the symposium with Kyra and I could not have done it without the help of many wonderful people from our organization. The compliments and feedback have been tremendous from all over the country. I'd like to take this brief moment to pass those thanks on to the folks behind the huge effort. Thank you to all of you who rode, attended, watched and learned.

Thanks especially to these volunteers who contributed hours and hours of time: Eva-Maria Adolphi, Julie Barringer-Richers, Anne Cizadlo, Rusty Cook, Alex Curnutte, Brooke DeVore, Nicole Donohue, Jennifer Gage, Trent Gage, Loni Gaudet, Robin Gay, Beth Geier, Dolly Hannon, Jeannette Hillery, Gwen Ka'awaloa, Tara Nolan, Elizabeth Petersen, Anita Owen, Christina Rudman, Susan Rudman, Sharon Soos, Laura Speer, Anne Sushko, MarJo Tinsley, Simone Windeler.

Yours,

Heather Petersen

ROCKY MOUNTAIN DRESSAGE SOCIETY

2008 RMDS EXECUTIVE BOARD

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

PERMANENT COMMITTEES

Adult Amateur.....	Lori Mitchell	303-816-2375	baffledressage@aol.com
Awards.....	Lauren Smith	303-799-1443	hh_smith@msn.com
Results.....	RMDS Central Office	720-890-7825	rmds@rmds.org
Championship Show.....	Debbie Wilke	303-646-8937	ddwilke@msn.com
Communications.....	Susan Rudman	303-69-8528	sewrudman@msn.com
Centaur Production.....	Beverly Swanson	303.746.6800	bswanson2003@comcast.net
Omnibus Production.....	Burke Design-Nicole Bizzarro	303-939-0110	nicoleb@burkedes.com
Omnibus Advertising.....	RMDS Central Office	720-890-7825	rmds@rmds.org
Webmaster.....	Michael Petersen	719-683-8435	webmaster@rmds.org
Education.....	Heather Petersen	719-683-8435	slush@drgw.net
Junior/Young Rider.....	Colleen McFadden	303-665-2631	Mcfadden_colleen@hotmail.com
Junior Camp.....	KC Parkins-Kyle	303-841-9953	murphyhors@aol.com
Membership.....	RMDS Central Office	720-890-7825	rmds@rmds.org
Registration Officials.....	RMDS Central Office	720-890-7825	rmds@rmds.org
& Show Standards			
Scheduling & Insurance.....	RMDS Central Office	720-890-7825	rmds@rmds.org
Scholarship.....	Loni Gaudet	970-532-0852	lonigaudet@earthlink.net

CHAPTER PRESIDENTS

Arkansas Valley.....	Brenda Haley	719-275-0118	shininghorse@copper.net
Boulder Valley.....	Nicole Donahue	303-678-8870	Hobby6789@yahoo.com
Colorado Springs.....	Simone Windeler	719-540-2000	wjsimone@msn.com
Foothills.....	Dolly Hannon	303-919-4112	dollyhannon@msn.com
Grand Valley.....	Lisa Bense	970-243-8543	lbpawprints@yahoo.com
High Plains.....	Alex Curnutte	303-663-0358	curnuttes@msn.com
Northern Colorado.....	Laura Speer	970-330-7233	riversidestables_evans@yahoo.com
Penrose.....	Sharon Ghilarducci	719-462-5760	quailridgedrsg@hotmail.com
Tri State.....	Darlene Vaughan	307-332-7261	popagieranch@hotmail.com
Western Colorado.....	Judith Family	970-923-8832	dns@rof.net

GOVERNING BODIES

RMDS is a USDF Group Member Organization.

RMDS members are automatically USDF Group Members.

RMDS Central Office: rmds@rmds.org

2942 Park Lake Drive

Boulder, CO 80301

Phone: 720-890-7825 Online dues paying now available at: www.rmds.org

United States Dressage Federation (USDF)
4051 Iron Works Pkwy. Lexington, KY 40511
859-971-2277 www.usdf.org

US Equestrian Federation (USEF)
4047 Iron Works Pkwy. Lexington, KY 40511
859-258-2472

USDF Region 5 Director

Theresa L. Hunt

huntery@mindspring.com www.usdfregion5.org

USDF YR Rep: Tammy Fitch, tfitch@lcfsystems.com

USDF Youth Coordinator: Julie Barringer-Richers, 720-341-5033 jbarringerichers@comcast.net

Federation Equestre Internationale (FEI)
Ave. Mon Repos 24, PO Box 157
1000 Lausanne 5, Switzerland
41 21 310 47 47

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RMDS Meeting Schedules RMDS Executive Board

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

RMDS CHAPTER MEETING SCHEDULE

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

Boulder Valley, 2nd Mon.,
even months, location TBD.
Nicole Donahue 303-678-8870.
hobbyhorse6789@yahoo.com

Colorado Springs, 3rd Tues,
Location TBD. (Check
CSDressage.org website).
Simone Windeler 719-540-2000
wjsimone@msn.com

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

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

High Plains, 3rd Tues. each month,
7 pm, location TBD.
Alex Curnutte 303-663-0358
curnuttes@msn.com

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

Penrose, 1st Wed, each month,
location TBD.
Sharon Ghilarducci 719-462-5760
quailridgedrsg@hotmail.com

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

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

RMDS SPONSORED EDUCATIONAL EVENTS

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

2009

- | | |
|------------|---|
| January 24 | USDF-approved Judges' Continuing Education
Janet Brown, Freedom Farms, Parker |
| February 7 | TD & Show Management Continuing Education
Comfort Suites, Castle Rock w/ Deeda Randle,
Heather Petersen, Camille Griffin, Laura Speer |
| April 4-5 | RMDS Winter Wake-Up Show, Norris-Penrose
Events Center, Colorado Springs |
| July 10-11 | USDF Youth Championships & USDF AA Championships,
Autumn Hill |
| Sept 24 | Rocky Mountain Series-Sport Horse Breeding
Finals & USDFBC Finals - Colo. Horse Park |
| Sept 25-27 | RMDS Open and Championship Show -
Colo. Horse Park |

For details on these and other RMDS events, contact Educational
Chairman Heather Petersen
719-683-8435 slush@drwg.net or
Read the Centaur
Go on the website - www.rmids.org
Contact the RMDS Central Office 720-890-7825 or rmids@rmids.com

COUNTRY SUPPLY

Help support our Junior Camp!
RMDS receives a small percentage back when you
make a purchase on line.
Go to: www.horse.com .
Place your order and use Code: RMDS camp Pass-
word: dressage

Calendar Info

Always contact the individual to check calendar information, as dates, times and places may change. SHOW COMPETITORS SHOULD DO A SCORE CHECK WITH THE CENTRAL OFFICE OR ON-LINE at www.rmids.org. Send calendar items and events requiring RMDS sanction to Beth Geier, RMDS Central Office, 720-890-7825.

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: Beverly Swanson, 303.746.6800, email: bswanson2003@comcast.net.

ADVERTISING

RMDS office, Beth Geier, 2942 Park Lake Dr., Boulder, CO 80301 ph. 720-890-7825, e-mail 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 only. Acceptable forms include: JPG, PDF, TIFF, EPS, Quark XPress (include all fonts and image files). IF UNSURE ABOUT AD FORMATTING, please contact editor (contact info above) for consultation and advice. **Microsoft Word IS NOT an acceptable form of advertisement submission, except in the case of classified ads.**

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 re-design/reformat is \$35, in minimal units of one hour.

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

CLASSIFIED ADS

Classified ads may be submitted via e-mail 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

E-mail ads to: RMDs@rmds.org, and cc the electronic copy to: bswanson2003@comcast.net. Send payment and hard-copy to: 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.....	7.5" x 9.5"
Half page	\$90.....	7.5" x 4.75"
Outside back half.....	\$105.....	7.5" x 4.75"
1/4 page (Vertical Only).....	\$55.....	3.75" x 4.25" (vertical only)
1/8 page (business card)	\$30.....	3.625" x 2.25" (horizontal only)

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

Payment for ads is due the 10th of the month. If not received by the 30th of that month, an 18% charge will be assessed. If payment is 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, not necessarily the RMDS, its officers or employees.

TRAINERS AND INSTRUCTORS - Get on the World Wide Web and Build New Business.

If you wish to increase business, you can place your information on the RMDS website at very low cost. Send information to: Michael Petersen, 12395 Gull Lane, Peyton, CO 80831, ph. 719-683-8435 or e-mail: webmaster@rmds.org (note on the subject line "trainer info").

Please include your name, phone number(s), postal addresses, e-mail, locations where you train and other pertinent info, i.e. awards, certifications, lesson types, schooling horses, etc.

The website averages 200 hits per month on the trainer page and RMDS receives 25-30 e-mails per month requesting names of trainers/instructors 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 webmaster is notified in advance (webmaster@rmds.org), the ad will be removed from the website once the date of the event advertised has passed.

Please limit content of the ads to 20 words. E-mail and website addresses will be displayed as links.

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

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

IMPORTANT INFO ON RMDS MEMBERSHIP

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

Duplicate cards are available for \$2.00. If emailed to you, they are free. Request a new one by emailing 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, 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.



RMDS Membership Form

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

Individual Membership - \$55.00 (add \$5 after January 1)

Additional family members (same address) - \$40

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

All business memberships include one individual membership.

Please include all information for person designated as individual member.

All individual members will receive Centaur newsletter & the Omnibus.

Indicate Local Chapter (only one):

- | | | |
|--|---|--|
| <input type="checkbox"/> Boulder Valley | <input type="checkbox"/> Arkansas Valley | <input type="checkbox"/> Foothills (Golden, Evergreen) |
| <input type="checkbox"/> High Plains (Parker, Littleton, Aurora) | <input type="checkbox"/> Colorado Springs | <input type="checkbox"/> Penrose (Canon City) |
| <input type="checkbox"/> Tri-State (Wyoming, Adjacent States) | <input type="checkbox"/> Northern Colorado (Fort Collins) | <input type="checkbox"/> Grand Valley (Grand Junction) |
| | <input type="checkbox"/> Western Colorado (Aspen, Vail etc) | |

Name _____ Date of Birth _____

Address _____

City _____ State/ZIP _____

Phone (Home) _____ (Work) _____ (E-Mail) _____

USDF No. _____ Occupation _____

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

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

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

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

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

Horse Registration Form

- Horses must be registered with RMDS to be eligible for year-end awards and for horse-of-the year award.
- Eligibility starts on the date the envelope containing this form and check is postmarked.
- The name on this registration must be the same as that used on horse show entry forms.

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

Horse Name _____ Sex _____

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

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

Address of Owner _____

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

Name of Representative (If owner is a business) _____

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

Patrice Edwards

Classical Dressage Trainer

Direct from England & Member of TTT Trust

"She takes the student at the pace they are ready to work at. If they need to take it slowly she is happy to do that. If the student has attained the higher levels, Patrice can refine those skills."



Please join 8th Heaven in welcoming classical dressage trainer Patrice Edwards back to Colorado for her second visit. A life member of the TTT Trust* ("Training the Teachers of Tomorrow"), Patrice recently received a commendation from **Charles de Kunffy** for her superior training skills.

Patrice Edwards is committed to the classical approach to dressage training. She calls upon a wide variety of training experiences to reach a *personal understanding* for each horse and rider partnership, and applies it all with a *sense of humor* thrown into the mix.



Riders of all levels and disciplines can explore classical training principles

Focus on the biomechanics of both horse and rider

Emphasis is placed on balance and harmony throughout the training scale

**Learn more about the
TTT Trust
at www.ttttrust.com*

February 6-8, 2009

8th Heaven Farms in Castle Rock

\$125 per ride - special \$325 for all 3 days (Feb. 6-8)

Audit \$25/day. Lecture and Q&A Feb. 5, \$10 (free to High Plains Chapter members)

*Reserve your ride by calling Beverly Swanson at 8th Heaven Farms,
303-688-5727.*



*For more information and schedule,
go to www.8thheavenhorses.com
and click on Clinics & Events*

Clinic with Patrice Edwards

by Beverly Swanson

The first thing you notice about Patrice is she loves to teach. You can't stop her – she was teaching every moment she was with us, easily answering questions from the auditors while working with the rider, and continuing throughout the lunch break. This is not surprising, when you consider that Patrice is a lifetime member of the TTT Trust in England, a non-profit organization designed to “Teach the Trainers of Tomorrow.” Guest instructors at this premiere organization include Charles de Kunffy, Arthur Kottas, Richard Clarke, and others, and the advice from these top trainers shows in Patrice's wide range of expertise.

Another of Patrice's great strengths is her willingness and ability to teach riders of all disciplines and all levels, from higher level dressage to basic western or gaited horses, even riders with serious physical limitations. Her focus is on the rider's seat and position above all. Correcting all the pieces and parts allows the horse to move more freely and relaxed, no matter what level you are at.

The third component of Patrice's training is her superb sense of humor. With comments like “give the pony the will to live” (give a little kick) or “you are not allowed to ride the pretty bits (the front) of the pony until you can ride the back,” she kept the teaching serious but light-hearted. Patrice is also forthcoming with praise when the rider and horse perform correctly, giving instant feedback and positive reinforcement.

The most profound “aha” moment for me was Patrice's advice to “let your back be the horse's back.” This image, along with the advice to “ride arrogantly,” straightened my spine while opening up my lower back and the space under my ribs. My mare's immediate response of straightening her spine and rounding her back to meet me was proof of the importance of communicating “animal to animal,” as Patrice advised.

Patrice is very hands-on with helping the rider to find the correct position. She shook ankles to release the tension, moved legs to open the hips, placed a whip against the rider's back to straighten the spine. She also had several exercises to help the rider loosen any tension and drop the leg or use the reins from the elbow. Flat shoulder blades – no wings – and elbows tucked into the rider's sides with no tension in the forearm, wrist or fingers allowed.

Carrying the reins was a concept with which I had difficulty. After demonstrating the correct way to hold the reins (the pad of the thumb on forefinger the only pressure), Patrice said “the horse is not responsible for holding your arm – you are to carry the reins.” I would not have believed this possible until I saw the results. In conjunction with a proper seat, of course, my mare went willingly to the contact on her own and carried the bit herself in a relaxed, forward and round position.

When I repeated this process two days later on my own, I again was astounded at how relaxed and happy my mare was to go for me. There was no head flinging or tension in her movements, and she came back to her stall in a playful and happy mood. A by-product of this relaxation in my girl was a corresponding relaxation in me. My seat was deep, my legs were free of any tension, and the lines of communication were flowing freely between us.

Patrice started every rider with the same assessment of seat and position. For those of us a little lower on the training scale, she

asked us to work at the walk, carrying the reins fairly long and guiding the horse with our position only. “Be where the horse is,” says Patrice, meaning if your horse moves off in a tight circle, just let it be and keep yourself straight and aligned “where the horse is” at the moment. Invariably, the horse would eventually find its own straightness and move off in a wider circle or go straight ahead.

Again, I found this a frustrating exercise, as my mare falls out the right shoulder on the circle tracking left. I counteract this with my legs, my shoulder coming forward, my right hand coming across the withers – in general, a fairly messy job of controlling the shoulder or direction of travel. When Patrice asked me to keep the reins loose, predictably we were well on our way out the arena to the right. I had to really concentrate to stifle my desire to pull her over with the reins! But we kept trying, and as I gradually got my body to direct the motion, the better it got. At this point, Patrice told me to “keep my mind with the horse's mind.” This was an immense help to me, as it kept me focusing on where my horse was, what I wanted her to do, and correspondingly keeping me straight and guiding her with both body and mind. Aha!

When I began marketing this clinic to people, I said it was a great clinic for beginners or amateurs wanting to attend a clinic where they would be welcome at a lower level and not feel pressured or be demeaned by the clinician. This was proven to be completely true, as I had two additional riders sign up for the second day after auditing on the first. One rider (who shall remain nameless) has an especially difficult time with clinics and usually ends up in tears whenever she tries. After observing Patrice, she felt that this was someone she and her horse could truly learn from in a relaxed and patient manner, where Patrice “takes the horse and rider where they are.”

When I asked her how it went, she was thrilled with the new ideas and concepts presented – although not so much with her sore hips from the work on rotating them outwards! I happened to watch her ride a few days later, and I was impressed with how much straighter and evenly balanced she was in the saddle, sore hips and all.

It is always difficult to introduce a new, sometimes unknown, clinician to the area. I'd like to thank Michelle Wright for asking – then strongly persuading – me to have Patrice Edwards to 8th Heaven. The two of them actually met through the Internet on Patrice's classical dressage chat group, and Michelle has often sent videotapes of her rides for Patrice to critique. I commend Michelle for her excellent choice. Patrice is truly a gem!

For more information, visit www.TTTTrust.com, or www.8thheavenhorses.com



Patrice Edwards and student.

CONTINUING EDUCATION - "TD" & SHOW MANAGEMENT

Saturday, February 7, 2009

OPEN TO EVERYONE! Learn the Inner Workings of a Show.

Technical Delegates: 8:30am - 12:15 pm with Deeda Randle (USEF TD)

Want to find out what happens behind the scenes of a show?

- Want to be a TD?
- Need to hone your skills?
- Need clarification of the rules and/or become aware of the new ones?
-

Show Managers/Secretaries: 1:00 pm with Heather Petersen, Laura Speer and Camille Griffin

- What are the responsibilities of the secretary vs. show manager
- Scheduling, general logistics, needed forms and information
- Handbook available for \$30

RMDS is strongly encouraging all show management to attend. There are more upcoming changes in the rules!!!

This workshop is for you!

Comfort Suites Castle Rock
4755 Castleton Way, Castle Rock, CO 80109

COST

One session only \$35 Non RMDS members \$45
Both sessions \$50 Non RMDS members \$60
At the door - \$65 for everyone.

Directions to Comfort Suites Castle Rock: Take I-25 to the Founders Parkway exit in Castle Rock. The hotel is on the southwest corner of that interchange. 303-814-9999.

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:

Heather Petersen
12395 Gull Lane
Peyton, CO 80831

Name: _____ TD or Show Management _____

E Mail: _____

Address: _____

City, State, Zip: _____

**Breakfast/lunch/drinks/munchies will be available for sale by the RMDS
Junior/Young Riders.**



CR Dressage

Christina Rudman

303-506-6791

Judith Judd extends a hearty thank you to Christina Rudman for all of her work with Judith's Dutch Warmblood Oncorde. This unhappy gelding has found peace and joy in his work through Christina's patience, skill, and dedication. With this help Judith can take up the reins again!

2008 -'09 Shows & Events

All shows are RMDS recognized except the schooling shows

JANUARY 2009

- 10-11 **TT Touch for Horses, Humans, Companion Animals** Loveland
Contact Raian at raianclinic@yahoo.com
- 17-18 **Tanja Muench Clinic** Black Forest
Contact Alexandra Robinson 719-495-2153
therobinsons4@msn.com
- 17-18 **TT Touch for Horses, Humans, Companion Animals** Loveland
Contact Raian at raianclinic@yahoo.com
- 20-21 **Tanja Muench Clinic** Black Forest
Contact Alexandra Robinson 719-495-2153
therobinsons4@msn.com
- 24-25 **Tanja Muench Clinic** Black Forest
Contact Alexandra Robinson 719-495-2153
therobinsons4@msn.com
- 24 **Judges' Continuing Education w/Janet Brown**
Freedom Farms, Castle Rock
Contact Heather Petersen 719-683-8435
slush@drgw.net
- 31 **Mariah Farms Schooling Show**
Contact Lisa Lamke 303-660-2456 llamke@msn.com
- 30-Feb. 1 **TTEAM ground exercises for horses and dogs.**Loveland
Contact Raian at raianclinic@yahoo.com

FEBRUARY 2009

- 6-8 **Patrice Edwards Clinic** 8th Heaven Farms
Contact Beverly Swanson 303-688-5727
- 7 **TD & Show Managers Continuing Education**
Comfort Suites, Castle Rock
Contact Heather Petersen - 719-683-8435, slush@drgw.net
- 20-21 **Dennis Callin Clinic** A Rising Star, Arvada
Contact Glenda Needles 303-619-8292
geminidr@geminddressage-llc.com
- 28 **8th Heaven Starter Series #1** Castle Rock
Contact Beverly Swanson 303-688-5727
eighthheavenhorses@yahoo.com
- 28 **Mariah Farms Schooling Show**
Contact Lisa Lamke 303-660-2456 llamke@msn.com

MARCH 2009

- 14-15 **Spring into Fun Schooling Show** Grand Junction
Contact Kathy Sassano 970-245-0806
- 21 **Mariah Farms Schooling Show**
Contact Lisa Lamke 303-660-2456 llamke@msn.com
- 28 **8th Heaven Starter Series #2** Castle Rock
Contact Beverly Swanson 303-688-5727
eighthheavenhorses@yahoo.com

APRIL 2009

- 4-5 **RMDS Winter Wake-Up** Penrose Events Center, Colo. Springs
USEF-YR Qualifier
Contact Heather Petersen - 719-683-8435, slush@drgw.net
- 25-26 **CSDA Dressage for the Cure** Penrose Events Center
Colo. Springs-USEF
Contact Heather Petersen - 719-683-8435, slush@drgw.net

- 26 **Boulder Valley Spring Fling** Boulder
Contact Barb Goldman 303-618-9707

- 25 **Mariah Farms Schooling Show**
Contact Lisa Lamke 303-660-2456 llamke@msn.com
- 25 **Boulder Valley Schooling Show** Boulder
Contact Barb Goldman 303-618-9707
- 26 **Boulder Valley Spring Fling** Boulder
Contact Barb Goldman 303-618-9707

May 2009

- 2 **8th Heaven Starter Series #3** Castle Rock
Contact Beverly Swanson 303-688-5727
eighthheavenhorses@yahoo.com
- 3 **Autumn Hill Sunday Series #1** Longmont
Contact Julie Barringer-Richers
720-341-5033 jbarringerrichers@comcast.net
- 8 **Grand Valley Dressage Spring Show #1** USEF
Contact Kathy Sassano 970-245-0806
- 9-10 **Grand Valley Dressage Spring Show #2** USEF
Contact Kathy Sassano 970-245-0806
- 16 **Rocky Mountain Dressage I** Longmont USEF
Contact Heather Petersen 719-683-8435, slush@drgw.net
- 17 **Rocky Mountain Dressage II** Longmont USEF
Contact Heather Petersen 719-683-8435, slush@drgw.net
- 29 **Dressage in the Plains #1** Peyton USEF
Contact Camille Griffin 719-488-2812 camillegriffin@msn.com
- 30-31 **Ned Marshall Memorial Show** Grand Junction USEF
Contact Kathy Sassano 970-245-0806
- 30-31 **Dressage in the Plains #2** Peyton USEF
Contact Camille Griffin 719-488-2812 camillegriffin@msn.com
- 30 **Mariah Farms Schooling Show**
Contact Lisa Lamke 303-660-2456 llamke@msn.com

JUNE 2009

- 5 **Dressage at High Prairie #1** Parker USEF
Contact Glenda McElroy 818-841-3554
- 6 **Dressage at High Prairie #2** Parker USEF-BREED
Contact Glenda McElroy 818-841-3554
- 7 **Dressage at High Prairie #3** Parker, CO USEF
Contact Glenda McElroy 818-841-3554
- 6-7 **NCD A Rocky Mountain Classic** Cheyenne USEF
Contact Laura Speer 970-371-2934
- 6-7 **Millbrook Farms Dressage Show** MT USEF
Contact Jan Lawrence 801 768 8739
- 14-17 **Junior Camp** 8th Heaven, Castle Rock
Contact Beverly Swanson 303-688-5727
eighthheavenhorses@yahoo.com
- 19 **Sage Creek Dressage #1** UT USEF
Contact Jennifer Layman 435-901-3480
- 20 **Sage Creek Dressage #2** UT USEF
Contact Jennifer Layman 435-901-3480

2009 Shows & Events

- 21 **Centaur Rising Dressage Show I** Pine, Colo.
Contact Kristann Cooper 303-838-5086
kris@anchoragefarm.com
- 27 **Autumn Hill Dressage Festival I** Longmont USEF
Contact Julie Barringer-Richers 720-341-5033
jbarringerrichers@comcast.net
- 28 **Autumn Hill Dressage Festival II** Longmont USEF
Contact Julie Barringer-Richers
720-341-5033 jbarringerrichers@comcast.net
- JULY 2009**
- 10 **Wasatch Back Dressage Festival I** Heber City Utah USEF
Contact Alison Child 435-640-3287 achild@kirwin.com
- 11 **Wasatch Back Dressage Festival II** Heber City UT USEF
Contact Alison Child 435-640-3287 achild@kirwin.com
- 10-11 **USDF Youth Champ. & USDF Adult Amateur Champ**
Autumn Hill Farm, Longmont
Contact Julie Barringer-Richers 720-341-5033
jbarringerrichers@comcast.net
- 12 **Autumn Hill Sunday Series #2** Longmont
Contact Julie Barringer-Richers 720-341-5033
jbarringerrichers@comcast.net
- 17 **Dressage at the Peak Summer Warm-up** Colo. Springs USEF
Contact Heather Petersen 719-683-8435, slush@drgw.net
- 18-19 **Dressage at the Peak II Summer** Colo. Springs USEF
Contact Heather Petersen 719-683-8435, slush@drgw.net

- 25 **Autumn Hill Dressage Festival III** Longmont USEF
Contact Julie Barringer-Richers 720-341-5033
jbarringerrichers@comcast.net
- 26 **Autumn Hill Dressage Festival IV** Longmont USEF
Contact Julie Barringer-Richers 720-341-5033
jbarringerrichers@comcast.net
- 31 **Dressage in the Rockies #1** Parker USEF
Contact Glenda McElroy 818-841-3554
- AUGUST 2009**
- 1 **Dressage in the Rockies #2** Parker USEF-BREED
Contact Glenda McElroy 818-841-3554
- 1 **Sage Creek Dressage #3** Utah USEF
Contact Jennifer Layman 435-901-3480
- 2 **Dressage in the Rockies #3** Parker, CO USEF
Contact Glenda McElroy 818-841-3554
- 2 **Sage Creek Dressage #4** UT USEF
Contact Jennifer Layman 435-901-3480
- 1-2 **Cheyenne Dressage & Eventing Club Open Dressage Show**
Cheyenne USEF
Contact Rowena Heckert 307-632-4151 rheckert@msn.com
- 9 **Autumn Hill Sunday Series #3** Longmont
Contact Julie Barringer-Richers 720-341-5033
jbarringerrichers@comcast.net



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toll free: 866/303-TACK • info@tackcollection.com



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www.tackcollection.com

- 9 Centaur Rising Dressage Show II** Pine, Colo.
Contact Kristann Cooper 303-838-5086
kris@anchoragefarm.com
- 15-16 Dressage at Sun Prairie** Peyton USEF
Contact Camille Griffin 719-488-2812 camillegriffin@msn.com
- 21 Paragon Dressage I** Estes Park USEF BREED
Contact Heather Petersen 719-683-8435, slush@drwg.net
- 22 Paragon Dressage II** Estes Park USEF
Contact Heather Petersen 719-683-8435, slush@drwg.net
- 22 Utah Dressage Society Show #1** Saratoga Springs, UT USEF
Contact Eva-Marie Adolphi 801-254-3247 adolphiredrock.net
- 23 Utah Dressage Society Show #2** Saratoga Springs, UT USEF
Contact Eva-Marie Adolphi 801-254-3247 adolphiredrock.net
- 23 Paragon Dressage III** Estes Park USEF
Contact Heather Petersen 719-683-8435, slush@drwg.net
- 29 CSDA Fall Schooling Show** Whispering Winds, Monument
Contact Heather Petersen 719-683-8435, slush@drwg.net
- 30 CSDA Fall Show** Whispering Winds Monument
Contact Simone Windeler 719-540-2000
- 30 Boulder Valley So Long to Summer Show** Longmont
Contact Barb Goldman 303-618-9707
- 6 Pendragon Stud RMDS Dressage Show**
Contact Leslie Terry 303-688-4147
- 13 Foothills 'Last Chance' Dressage Show** Golden
Contact Heather Petersen - 719-683-8435, slush@drwg.net
- 24 Rocky Mountain Sport Horse Breeding Championships & Qualifying Open Breed Show** USEF
Contact Heather Petersen 719-683-8435, slush@drwg.net
- 25-27 RMDS Championships and Open Show** Parker USEF
Contact Heather Petersen 719-683-8435, slush@drwg.net
- OCTOBER 2009**
- 3-4 Millbrook Farms Fall Show**
Contact Jan Lawrence 801-768-8739
- 16-18 Great American Insurance Group/USDF Regional V Dressage Championship**
Albuquerque, NM USEF
- 17-18 Fall Harvest Schooling Show** Grand Junction
Contact Kathy Sassano 970-245-0806

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

THESE EVENTS ARE DEPENDENT ON VOLUNTEERS. IF YOU CAN HELP, PLEASE CONTACT THE EVENT ORGANIZER!

SEPTEMBER 2009

- 5-6 Grand Valley Dressage Fall Show & Western Slope Champs** USEF
Contact Kathy Sassano 970-245-0806

Technical Delegates, Judges & Certified Instructors

Dressage Judges Ratings & Levels Qualified to Judge

Status	Status	Levels	Status	Status	Levels
"L"	Learner*	Training-Second (RMDS only)	"S"	Senior	All Levels
"r"	Recorded	Training-Second	"I"	International	All Levels
"R"	Registered	Training-Fourth	"O"	Olympic	All Levels
* May only judge at RMDS shows.					
FEI 'I'					
Janet Foy	719-260-1566	Gwen Ka'awaloa *	303-646-4363	Catherine Siemiet - r	719-942-5311
USEF 'S'					
Debbie Riehl-Rodriguez	303-642-7708	Linda Coates-Markle	303-469-0279	Dianne Stanley - r (MT)	406-652-4061
Sandra Hotz	303-817-2030	Sarah Martin *	719-379-3716	Libby Stokes - r	303-688-2795
Anita Owen	303-953-9904	Kathleen Mayger*	970-310-8729	RMDS - (RMDS sanctioned shows only)	
USEF 'R'					
Janet "Dolly" Hannon	303-919-4112	Linda Ohlson-Gross *	303-840-9818	Joan Clay	970-420-0887
Kristi Wysocki	303-648-9877	KC Parkins-Kyle	303-841-9953	Jeannette Hillery	303-494-7718
USEF 'r'					
Loni Gaudet	970-532-0852	Kathy Simard*	720-981-4448	Susan Selby	970-227-9530
Amy Jablonovsky	970-493-2833	Maria Wasson	303-682-9594	M. Elaine Thomas	719-495-1510
Suzanne Zimmer	303-478-8325	Simone Windeler	719-540-2000	USDF CERTIFIED INSTRUCTORS	
USDF 'L' Graduate – Schooling & RMDS only recognized shows					
Simone Ahern-Harless*	719-749-9274	*Denotes graduating with distinction			
Gigi Brittain*	303-646-1506	DRESSAGE SPORT HORSE BREEDING JUDGES			
Julie Burt	719-372-6270	Janet Foy 'R'	719-260-1566	Julie Burt	719-372-6270
Rae Ann Cook *	970-225-1408	Debbie Riehl-Rodriguez 'R'	303-642-7708	Jill Cantor Lee	970-686-9163
Marti Foster *	303-277-1132	Kristi Wysocki 'r'	303-648-9877	RaeAnn Cook	970-225-1408
Beth Geier	303-673-9840	TECHNICAL DELEGATES USEF			
Jan Goodrich-Spear	303-664-0152	Eva-Maria Adolphi (UT) r	801-254-3247	Janet "Dolly" Hannon	303-279-4546
		Rusty Cook (NM) - r	505-877-1456	Sabine Kallas	307-733-9497
		Veronica Holt - R	303-646-3829	Ellene Kloeppfer	303-828-3879
		Laurie Mactavish - R	970-390-5160	Clayton Martin	719-379-3716
		Heather Petersen - r	719-683-8435	Sheri Mattei-Mead	970-669-3733
		Deeda Randle (WY) - R	307-638-6737	Kathryn Meistrell	303-646-9059
				Bridget Milnes	303-660-4986
				Kristi Wysocki	303-648-9877

December 1,
2008

Eli W.



*May the wild Wyoming winds once again
whip through your feathers...*

and scatter stardust at our feet.

With love and memories of your talent, beauty, and gentle soul.
Our hearts are with you, Norma and Gigi.

From 8th Heaven Farms, where you will always have a home
Sarah, Angie, Beverly, KC, Roger, and Benjamin

and your many friends,

Denise Hetherington & Dillon, Cathy Van Berg, Tyteeka & Feike, Colleen
Diamond, Deb Wilke & Freedom Farms, Sherri Fair and so many others...

RMDS and USDF CONTINUING EDUCATION

Upgrading Your Judging Eye!

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- **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:

Janet Foy

At

Freedom Farm – 2142 Delbert Road-Franktown

From High Prairie go East on Bayou Gulch Road to Flintwood. Go South on Flintwood to Grant. Go East on Grant to Delbert Road. Turn North on Delbert Road to 2142 Delbert Road—first driveway on the right side of Delbert Road. Barn phone number is (720) 842-0643.

Saturday, January 24, 2009

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 by the RMDS
Junior/Young Riders.**

Kyra Kyrklund Clinic review,*Continued from pg 1*

carrying himself immediately. Kelly's horse tended to lean into the right shoulder and Kyra turned the horse into the shoulder to prevent the horse from pulling.

Kyra focused on the dressage seat beginning with the feet. She began her ride on each horse by checking the responsiveness. Lower leg means go forward—now. Pulling back on both reins means stop—not stop and creep forward. The lower leg is not for gripping or squeezing.

"Yes, a horse can feel a fly on its leg but if the entire leg is covered in flies the horse begins to just ignore the flies," she said.

After discussing the lower leg Kyra moved to the seat. She focused our position to right behind the withers (which is where Amerigo saddles discussed the lowest point of the saddle should be located). This requires using your core muscles to maintain this position. Kyra discussed using your tummy muscles not your back. She put both of her hands on the (anterior Ischia protuberance) front of her hip and had riders then connect the front of their hips into the horses back right behind the withers. Kyra said "don't worry about bumping, the seat goes bump." She reemphasized to focus on your front hip bones sinking into the spot behind the horse's withers. She emphasized riding the horses back—not the saddle. Many of us end up to the left or the right and it can be a chicken or egg question. Did the rider lean or did the horse push you to their strong leg? Either way, the rider should focus on keeping one seat bone on either side of the horse's spine.

Kyra then discussed how the upper body needs to be stacked directly over the hips—not swinging forward or back. To aid the horse you need to remain in your center of gravity. When your core holds your body in a center position, you provide the horse a steady target to step under with their hind legs. So, in the canter, if you swing back and forth, you become a moving target. This prevents the horse from developing self-carriage because the horse is always moving around to try to find where the rider is.

Moving up the body, Kyra discussed the hands and elbows. She wanted riders to use their triceps muscle rather than their hands and fingers to make corrections.

Finally, Kyra got to the head. Many riders, some that jump, have learned to look almost over their shoulder or turn their head in. Kyra had the audience sit on their hands, turn their head, and feel how you redistribute your weight over your seat bones. To fix this tendency, she had riders look to the outside of the circle.

All of the riders had their seat corrected. If you took away the horse then you should be standing not too far forward or back. Kyra shortened several riders' stirrups saying that many riders have stirrups that are too long. She explained that it is about the angles to absorb the movement. She had the entire audience stand up and bounce up and down with knees bent. Kyra was able to see when people were squeezing because there was no movement in their feet/ankles. Kyra did not want people to squeeze their horses. She wanted the lower leg to quickly ask to go forward. If you ask gently and get no response you then ask again a bit more firmly, but

quickly, and tap with the whip in conjunction.

Kyra put Kelly back on her horse to get the new feel.

Next 16 yr old Evan came in the arena. Kyra had him stand his horse parallel from the audience so the audience could see and then described how to use the body. The horse should go from the leg, stop from the rein. You should not hold the horse with your legs. Kyra told Evan that she was going to "be the horse." Standing in front of Megabucks, Kyra took a rein in each hand, asked Evan to resist her like she was the horse, and then pulled. When Evan squeezed with his legs Kyra explained that the legs tell the horse to go forward and that Evan should use his stomach to resist the horse. Kyra demonstrated the point by standing slightly behind Evan and placing her hand behind his triceps muscle. She asked Evan to push her hand with his elbow and then feel which stomach muscles he used. She did the same on the other arm and then went back to the front of the horse to pull again. This time Evan resisted her pull, even though Kyra was almost completely hanging on the reins, without engaging his legs.

Evan then worked transitions on the circle. Walk-trot the rider was not to trot before the horse. She had Evan focus on the front of his hip bones and ensure both hip bones were down and on either side of the spine. She had him focus the rest of his weight on the hip bones. Kyra said that the seat bones will bump. She said not to worry she'd even seen advanced world class riders on high speed film bump. She had Evan shorten his stirrups to get the correct angles on hip, knee and ankle to absorb motion. She wanted to see some movement in the foot or it became apparent the rider was squeezing the horse.

Otto, the senior rider of the event, came next and worked the same seat exercises as Evan. Kyra explained that she'd chosen both of the riders purposefully because people learn through repetition. She wanted the audience to have 2 opportunities to absorb the basics and see the process work with different rider horse combinations. Both Evan and Otto showed an incredible improvement to their sitting trot work and in the self-carriage of their horses. The combination of improved focus on the seat and demanding precise response from the horses resulted in better self-carriage in the horse and an easier back to sit on—synergy in action.

Grant came out riding his horse, Superman, and Kyra worked on the same seat basics. She then got on Superman and amazingly developed his self-carriage by making him halt in each of the corners—thus waiting for her. Kyra rode 3-1 (both curbs in one hand) and said to imagine that the reins were like a strap around the neck so that the horse's breast could not run out in front when you were activating the legs. This resulted in Superman moving more over his top line instead of recruiting the muscles under his neck. This also provided a clear boundary for Superman to activate and his trot became more flashy and under himself. Kyra noticed Superman had a tendency to get heavy, but she did not play his "little game." Regarding the rein aid Kyra added, "What would happen if you had a strap around the horses' neck and only pulled on one side? The strap would simply go round in a circle." She explained that this is how a rider needs to balance the reins in both hands and riding aids are not an either or proposition. Kyra made quick corrections in and out with her hands and legs so there was noth-

ing for Superman to brace against. Kyra then put Grant back up on Superman to get the new feel in his body of how Superman should go.

During lunch The Horse of Course provided the demo riders with new clothes and sponsored a fun fashion show displaying their line of Kyra clothing. The Horse of Course also provided outfits for all the demo riders.

The afternoon began with Petra riding Rohmero. Kyra began with the seat exercise of having Petra push back with her elbows. Kyra had Petra put her heels more down but Kyra accomplished this by asking Petra to lift her toes up. Kyra explained that this shortens the muscle along the front of the shin versus locking the entire lower leg and raising the rider up out of the seat. Kyra had Petra establish a walk pirouette directly into a canter pirouette back to a walk pirouette. It was fun to watch Rohmero figure out that he was to stay on the pirouette line of travel and simply respond to Petra's aid of walk/canter. Kyra had taken her simple go forward from the leg basic to go to the canter from my leg even in a more difficult position. Petra asked for help getting Rohmero more under and stretch in his neck. Kyra also broke the canter half-pass down to the basics beginning with haunches in. She had Petra progress to haunches in on a diagonal, then change diagonals—stressing a stride of straightness before moving in the new direction—until the zigzag pattern was accomplished at the walk. Kyra pointed out that what cannot be done easily at the walk cannot be done at the trot or canter.

Nicole was next on her Friesian, Bob. Kyra extended Nicole a great complement stating to the audience that Eeltsje F. was very correctly ridden. Kyra decided to work on passage as a way to get the hind end more under and carrying. She did not think she would be able to teach the horse to passage in two days but intended to show the audience how the work began. Also, she said that this horse needed to understand in his body that he can lift his shoulders up and out while balancing on his other 3 legs. The training begins by tapping behind his front knees with a stiff whip—followed by a pat or a bit of sugar. Kyra shared that she used to think praise and sugar did not work, but she was wrong, sugar was a great training aid. Eeltsje quickly confirmed this by adding in extra leg lifts of his own. Kyra then had Nicole walk on a circle while Kyra tapped the knee to let Eeltsje feel his shoulder lift in motion. This was also taken to the trot on a small circle.

Sarah Martin entered the arena riding Molly. Molly was working on flying changes and was having some problem being late behind. Kyra got right to work on Sarah's riding position reviewing the weight on the hips, moving her heels a bit back under her seat, and keeping her seat more to the front of the saddle. Kyra reviewed that the rider should be keeping their weight behind the withers—neither creeping forward or back. She attached a flash nose band to the left D-ring for Sarah to hold with her reins. Kyra likes this as a different exercise than simply holding the bucking strap because it allows the hand to maintain a vertical position. After the ride, Sarah said, "Wow, what a great tool for your proprioception regarding how vertical the seat is and the exact hand position you maintain, especially when you don't have mirrors or a ground person!" Kyra pointed out that approximately 10% of a

Molly's weight was her head and, therefore, a rider spend 90% of your brain power behind the saddle. Initially Molly was a bit short and sucked up in front but as the work continued, she stepped more and more under. Kyra had Sarah activate Molly to take quick steps. Initially Molly wanted to increase her stride length or run through the front when Sarah asked for activation but this was fixed. You could see clearly how maintaining the weight directly behind the withers, especially through the changes, almost immediately got the horses in self-carriage. A previous rider allowed his body to rock forward and back a bit at the canter. Kyra explained how the horse would never be able to come through the back properly while trying to hit a moving target. The rider needs to anchor themselves directly behind the withers so the horse has a stable target to step under each stride.

Next was Lauren riding Lamiro. Lauren just made her debut at Grand Prix this year. He tended to get a bit high in the croup during his changes. Kyra got on to ride. As Kyra was going around she stopped Lamiro in the corner and then told the audience that he went around the corners "like a tram on a rail." Kyra began stopping Lamiro in each corner turning only when he allowed Kyra to drive. As Lamiro came more through and under, his croup got lower and the changes more reliable.

Finally, Kristi rode her horse Red Adair. Red Adair is a Grand Prix schoolmaster and he particularly enjoyed piaffe and passage. Kyra had Kristi work on her working trot. This was interestingly harder than the Piaffe. Kyra rode Red Adair as her last "catch ride" of the day. Red was a tiny bit recalcitrant to have to work hard but he quickly began to enjoy being ridden by a world-class rider and showed off his paces for the audience. Kristi got back on Red and wrapped up the symposium with a beautiful diagonal line of one-tempis.

One of the riders commented that, "Kyra had great exercises to develop your proprioception. Her exercises were so valuable because it allows you to monitor your 'feel' when you do not always have a ground person." Becoming familiar with most of the symposium horses after an entire competitive season, RMDS members especially appreciated this symposium. There's something extra special about seeing horses you know achieve the next degree of self-carriage. The demo riders provided a great learning experience for the audience as the riders were able to accomplish what Kyra asked. It was like seeing molded clay. All in all a beautiful venue with beautiful horses, an outstanding speaker and superior volunteers. The RMDS president, Laura Speer, was, was told that this year's symposium was the "Best venue in years and the RMDS volunteers were superb."



Chapter News

Arkansas Valley Dressage Association

Our club grew considerably this year, from 13 members to 26. We had two very successful schooling shows which included in hand classes and prix caprelli. We also had a "cowboy dressage" division, using USDF tests but riders could use western tack and clothing. We had a huge turnout for that - several "reining" riders, mostly male, that came to test and hone their skills!

Our clinics included a day learning in hand exercises on and off the horse and a day of equine touch, which combined lessons and massage techniques for both horse and rider. We also had a wellness clinic that was well attended, where members could get shots, worming, dentistry and other services from a local vet and equine dentist.

We began a dressage library with over 65 books that are available to members and plan on adding videos. Several of our meetings have been educational with talks and demos on equine dentistry, pilates with exercises, and dressage training videos. As a new club we have been evolving, gaining experience in combining ideas and differences in direction of what we want to do as a club. We do agree to continue with a schooling show series for next year, as they have been well received by the community.

New ideas have been to have clinics, giving youth discounts in order to encourage a young rider base. The local newspaper will be used for advertising

with an article on a former local 4-H rider that has done very well in dressage, winning the Dover award last year. Our checking account started out with \$511.32 and with three fundraising clinics, two shows, dues and donations, we ended up with over \$1,937.00 by the end of

May. We purchased our own insurance, which will last until June next year. Our balance today is \$1,359.89.

Our next meeting will be held at a tack and gift store and we expect a large turnout. We will discuss a membership drive, a holiday party and give out the high point rosettes from our two schooling shows. In January we will hold our planning meet-

ing and vote on our plans for 2009.

Boulder Valley Dressage Assoc.

Boulder Valley Dressage had a successful and eventful year. We sponsored three shows: The Spring Fling – hosted by Single Tree Farms. Dressage for the Cure Warm Up – hosted by Meadow Creek Farms. Dressage for the Cure – hosted by Meadow Creek Farms with the judging fee donated by Vance Diggins. We also we were to organize Adult Amateur Camp – hosted by Autumn Hill.

In 2009 we have already confirmed the show secretary and show manger for our Spring Fling and So Long to Summer shows. We are currently soliciting volunteers to take over the management of the Adult Amateur Camp.

2009 will also welcome a new slate of officers and executive committee members.

Financially the club remains in excellent condition and we look forward to 2009 and giving back to the members who have done so much to contribute to Boulder Valley Dressage and the sport of Dressage in general.

Claudia Barkmeier, President

Colorado Springs Dressage Assoc.

CSDA needs your help.

We are excited to announce our new partnership with Renee's Friends Fund. CSDA's spring show will be held in 2009 as "Dressage for the Cure at the Peak" at the Norris Penrose Event Center in Colorado Springs, April 24, 25 and 26.

How can you help?

1. We need items for the silent and possibly live auction to be held on the 25th of April. Since Renee's Friends Fund is a non-profit organization your contributions are tax-deductible.
2. We are looking for sponsors at different levels - class sponsorships start at \$50. There are many different levels available - all the way to main sponsorships at \$2,000. Would you like to sponsor in honor of a loved one? Maybe you know a business that would be interested or you would like to market your own business to a highly de-

Chapter News

sirable demographic group. Find out all the details about sponsoring at the CSDA website www.csdressage.org and click on SPONSORSHIP PACKAGE on the main page

3. We are bringing back the "Evening under the Lights" on Saturday, the 25th of April. For this evening we need about one hour to 90 minutes worth of riding performances - anything from Quadrilles, to musical freestyles, Pas de Deux. Performances are not limited to dressage either! If you know of someone with a good reining freestyle, a jumping quadrille or something entertaining on horseback - please have them contact Simone at either 719-287-2040 or wjsimone@msn.com.

Simone Windeler, CSDA President

Grand Valley Dressage Assoc.

January Meeting To Include Pasture Management Presentation Jan. 8: 6 PM, Pot Luck, Jockey Club Bldg. Mesa County Fairgrounds. The guest speaker will be Dick Antonio, Agriculture/Nature Resource Management Consultant. Dick is a state employee who travels all over consulting and ad-

vising on care and maintenance of pasture lands. Whether you have 1 acre or 1,000 he is the person who can advise you on how to get the most out of your pasture or hay field. He will come out to your home and evaluate the conditions. He'll make recommendations based on what you would like to do with your acreage and the most economical way to go about it. His lectures are very interesting and pertinent to all of us. Please bring a friend and/or the person who manages your acreage. Please let Dick know how we appreciate his taking the time to come and talk to us with a good turn out! Q & A's to follow lecture. Dick has asked everyone to prepare a question before the talk - please email your question to Kathy Sassano at stonyhill1@msn.com or call her at 245-0806.

Western Colorado Chapter

Our chapter has had a low activity year. Our membership demographic has changed. We plan to continue the chapter as an entity for the moment, as we feel there is still a need for us in this geographic region.

We have had an active clinic schedule this season. Clinicians visit our area on a regular basis.

While these have not been officially chapter-sponsored clinics, they have been well supported by chapter members.

Western Colorado Chapter maintains a website www.aspendressage.com as an electronic Newsletter. We are linked to the RMDS website and the Grand Valley Chapter website.

We invite members and other interested parties to access ongoing up-dates concerning chapter business, calendar of events, message board, electronic entry forms, membership applications, show prize lists, show results, Roster of Chapter Officers, and current Bylaws.

Western Colorado slate of Officers for 2008 are: President Judith Family DNS@rof.net, Vice President Sally Shaffer sshaffer4@yahoo.com, Secretary Barbara Graham Terry bgterry1@comcast.net, and Treasurer Barbara McElnea barmac@sopris.net.
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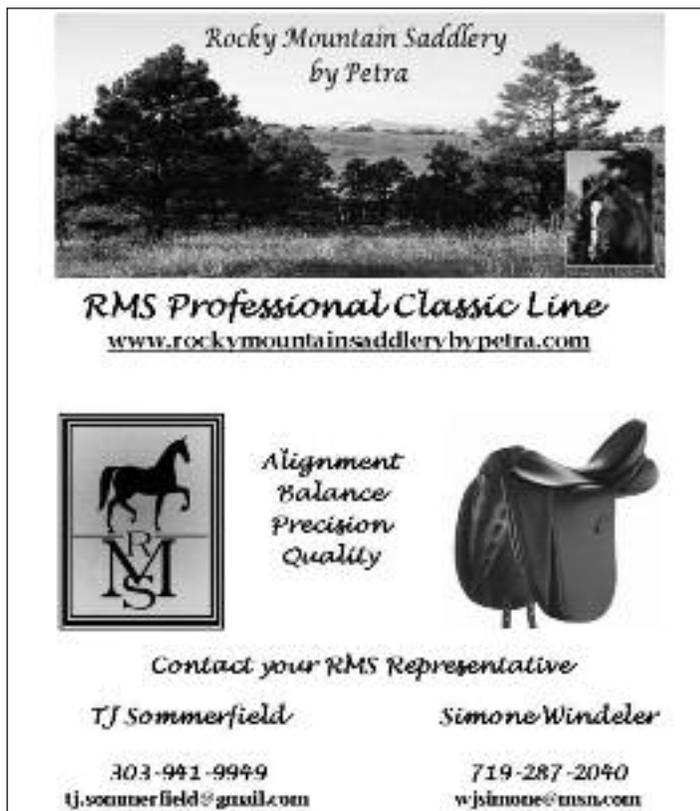
Clothing: Ariat Maestro boots size 8-1/2 tall slim calf \$250 w/boot bag, pulls & jack thrown in. Ariat halfchaps tall slim \$50. Cavallo washable coat size 10 \$200. All excellent condition, hardly used. Offered at 50% of new cost. Martha 970.214.2280 or mdbrown2@frii.com

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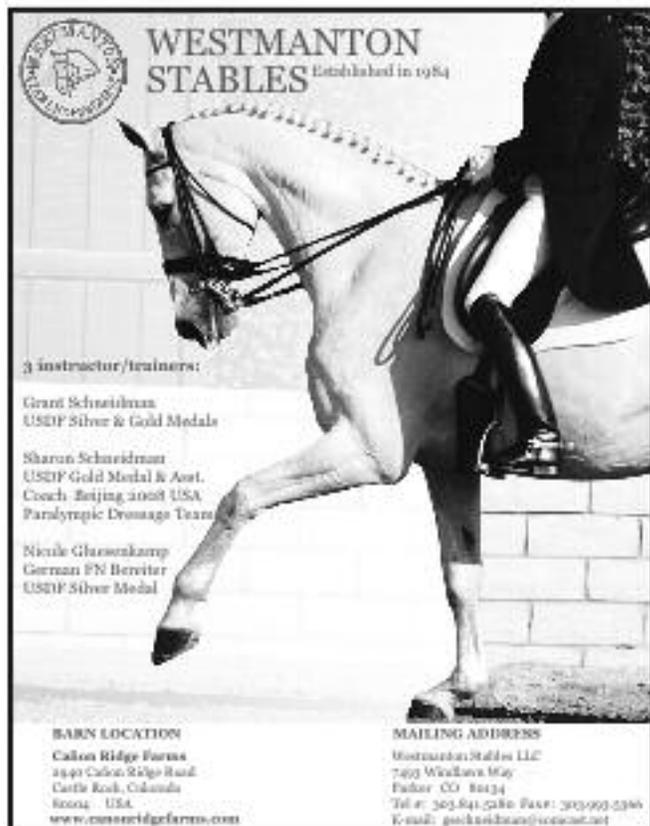
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