



THE CENTAUR

Educating Horse & Rider as Partners

JANUARY 2018

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**GET YOUR DUES IN
BY JAN. 10 -
SAVE \$\$\$**

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**THERE'S STILL TIME TO
DONATE TO THE AWARDS
SILENT AUCTION!**

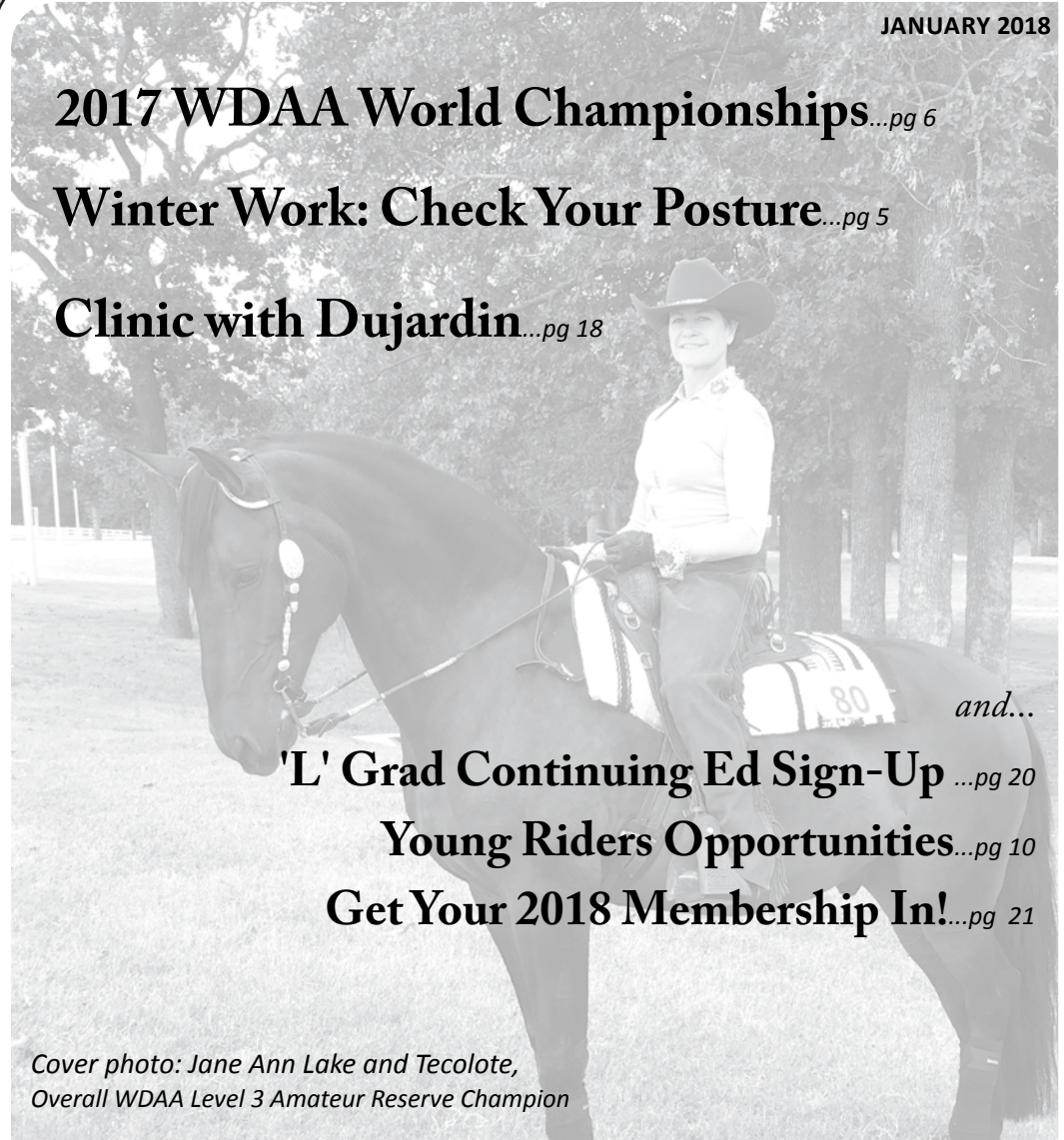
**CONTACT UNA SCHADE AT
MARKETING@RMDS.ORG**

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*Cover photo: Jane Ann Lake and Tecolote,
Overall WDAA Level 3 Amateur Reserve Champion*

UPCOMING EVENTS

RMDS ANNUAL BANQUET & AWARDS: Jan. 13

MELISSA CRESWICK 'L' GRAD CE CLINIC: Jan. 27

MELISSA CRESWICK RIDER'S CLINIC: Jan. 28-29

TD/SHOW MGMT CLINIC: Feb. 10

Happy New Year!

Another year to set goals and reach for the stars.

RMDS has a packed calendar full of shows and clinics. There are many opportunities to improve as riders and trainers. If you are showing make sure you know the rules as some things have changed.

After a year spent working on my judging education I hope to compete again in 2018. Some of my students took the year off as well so they are planning to get back to the show scene with me.



Safarie helped Gwen Ka'awaloa complete her USDF Gold Medal requirements. Photo by Kathleen Bryan.

We have some new faces on the Executive Board who will bring fresh eyes and new ideas. Please reach out to your board members, we need to hear your thoughts and ideas for RMDS. Let us work together to create and stimulate our organization.

Aloha, Gwen Ka'awaloa

I am looking forward to our Awards Banquet and the upcoming L Education program and Clinic with Melissa Creswick. January is already a busy month and we have so much planned for the rest of the year.

New for 2018

Riders or their representative are required to have a minimum of 4 recorded volunteer hours earned in the current competition year in order to be eligible for year-end awards.

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Obrigado

Foothills Chapter

Foothills Chapter honored its members at their last meeting in October 2017 by awarding Dover Saddlery gift certificates to recognize those who earned their USDF medals. They are Nancy Harrison - Silver, Lexy Donaldson - Silver, and Cassandra DiPentino - Bronze.

Attending members also elected a new 2018 board: President Linda Gaber, Vice President Cassandra DiPentino, Secretary Nicole Riffe, Scholarship Marilou Metcalf, Education Corey Holtman and Jewlee Barber and Treasurer Laura Quakenbush. Show Chair is vacant.

The chapter presented a gift certificate to outgoing President Kris Cooper for her outstanding contributions to the chapter over the past three years. They also thanked retiring Vice President C C Ross.

In other business, members selected Linda Gaber as Foothills Chapter Volunteer of the Year for the second year for her hard work as Show Manager for both shows in 2017.

Dates selected for the two 2018 shows are Sunday, June 10, and Sunday, August 26, at Table Mountain Ranch. Prizelists are included in the 2018 Omnibus. Members agreed to compensate show managers for their time putting together the shows: \$200 total for each show; \$100 each if there are two show co-chairs. Show managers for 2018 are Nic Sigler and Kelsey Jacobsen.

Join us at our important January meeting when we will decide events and activities for the year. Bring ideas that help you accomplish your goals. The meeting is on Monday, Jan. 22, at 6:30 p.m. at Table Mountain Ranch. We will look into ordering food for the meeting and for each meeting.

Linda Gaber, Foothills President

On The Bit

We are looking back on a successful year filled with fun activities and events!

The Christmas tree our club donated to the silent auction at the Art Museum in Laramie turned out beautifully. It was built out of horseshoes welded together (thank you, Robert and Tammy!) and decorated with shiny ornaments, a horse, and lights.

On December 10th, we had an interesting educational day with Steve Foxworth from the Equine Lameness Prevention Organization (ELPO). We learned everything about the anatomy of the hoof, hoof growth, and how and why feet

have to be trimmed in a certain way to keep our horses happy and sound. After a delicious lunch with pulled pork donated by The Butcher Block (thank you!), we moved on from a theoretical presentation to the practical part: we looked at cadaver legs before, during, and after trimming. What an inspiring day!

We finished up 2017 with a Holiday Party at Kelly and Tom's house. Thanks for hosting!

For the new year we have big plans: besides offering educational events for our members, we will have our first RMDS recognized show in August! Mark your calendars and come join us at the Spur Ridge Equestrian Center in Laramie, WY, to earn some good scores in a fun and friendly atmosphere!

If you would like more information or are interested in joining our chapter, connect with us through Facebook or join us at our meetings every first Tuesday of the month at 7 pm at Altitude Chophouse in Laramie, WY!

Ginka Kubelka, On The Bit President

Pikes Peak

Welcome to the beginning of 2018! We have re-elected the same board for 2018 with Tiffany Busch as President, Mary Jo Hoepner as Vice President, Heather Petersen as Secretary, Michelle Anderson as Treasurer, Beverly Swenson as Communications and Judy Carnik as Education.

We have planned for one of our chapter members to teach a Pilates evening in the month of February. In April we will be hosting our PPDS RMDS Show at Latigo Trials in Elbert, Co on April 14th. We also have planned for an educational evening to learn about the volunteer positions at the shows so everyone interested can help in volunteering this next show season.

Please keep looking and watching for update information on when we will be having events throughout this next year!

Stay warm!

For the most current information on our chapter activities visit our website at pikespeakdressage.org.

Tiffany Busch, PPDS President

Western Colorado

Western Colorado Chapter had a dinner meeting on December 6 to welcome our new President, Heather Laferty and our New Vice-President, Rosemary Strong, and to Honor 3 founding members, Sue Pietrzak, Sally Shaffer, and Sandy Smith.

Solutions for re-activating our website www.aspendresage.com and plans for next years Summer Schooling Show Series were discussed.

Upper Level Demonstrations and Ride-a- test options are planned for 2018.

Barbara McElnea, Secretary

Boulder Valley

We are looking forward to our Boulder Valley Dressage Awards Banquet and Silent Auction to be held on Sunday, Jan. 28, 2018. It will be at the Boulder Country Club and Dave Camp with his cool jazz has agreed to play for us! Check out Dave's website to sample some of his music <http://www.davecamp.net/Albums.html>

Big news for the Boulder Valley chapter in 2018 is we have secured use of the Boulder County Fairgrounds for shows at the end of June and in September.

We look forward to 2018! Sandra Rosewell - BVD President, Kristi-Cooper Camp - Vice President, Beth Geier - Treasurer and Stan Adamson - Secretary

Sandra Rosewell, BVDS President

New for 2018

Riders or their representative are required to have a minimum of 4 recorded volunteer hours earned in the current competition year in order to be eligible for year-end awards.



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At Functional Physical Therapy, we create a partnership between the patient and the therapist to return the patient to a full and active life in work and play. We are constantly questioning where the symptoms are originating so the cause can be addressed, and not just treat the symptoms.

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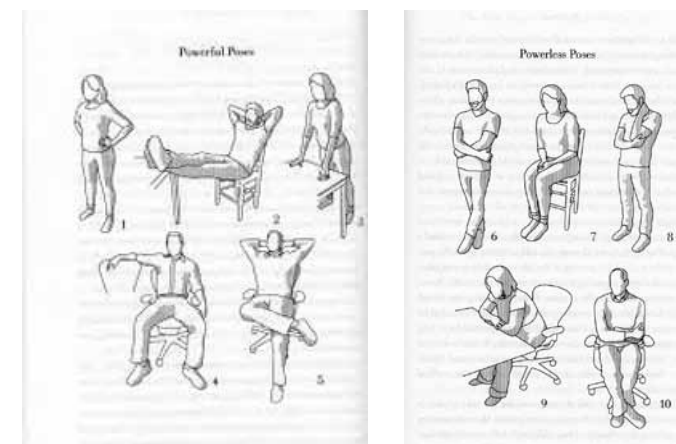
Can Your Posture Change Your Mind?

By Pat Van Buskirk

Sit Tall!! How many times have you heard this in a lesson or warm-up? It's better for you and your horse – you already knew that, but there's much more to it. As Mark Rashid once told me, "It's not about how you ride your horse, but about how you lead your life."

As you sit taller, smile that kind of smile that creates crow's feet. Did you know the same chemicals are produced in the brain when you fake that smile as when it is induced by something which truly sparks it?

Amy Cuddy, a Harvard Business School Professor and social psychologist, has shown how our body, specifically our posture, affects our mind. In her book, Presence, Dr. Cuddy documents her findings in the animal kingdom, especially with humans. She describes non-verbal expressions of power and dominance as compared to powerless postures.



Powerful and Powerless Poses, from Presence, Amy Cuddy. Little, Brown and Company, Hachette Book Group, New York, NY 2015

How do animals act when they feel powerful in the moment? They stretch out, make themselves larger and open up. When they feel powerless, they make themselves smaller and close down. Think of the fearsome silverback gorilla proudly beating his chest, the peacock strutting his colorful tail or the stallion prancing with head held high. Compare that to a dog slinking away, crouched with his tail between his legs, the low ranking chimpanzee wrapped in a fetal position or a submissive colt with his head lowered.

We humans do the same things. But Amy's research has shown that we can fake it and reshape our minds with tiny manipulations of only two minutes.

In her research, she asked people to adopt high or low power poses for two minutes and measured hormone

levels afterward. Her data showed changes in hormone levels that configured the brain to be either assertive and comfortable or stressful and reactive.

But can this change your life in meaningful ways? Yes, she tells us.

"Our bodies change our minds

...and our minds change our behavior

...and our behavior changes our outcomes."

But what about the faking it? Does that work? Amy began by telling people to "fake it until they made it" - until you can say, "Oh my gosh, I'm doing this." Amy faked it until she became it and made changes. She now says, "Fake it enough until you become it."

The tiny tweak is done by standing or sitting in one of the power poses for two minutes, which can lead to very big changes. So before your next stressful situation, go somewhere private – the elevator, bathroom stall, office or even your horse's stall. He won't mind! Stand like Wonder Woman for two minutes – longer is not better and can even be detrimental. I've even sat on my horse, stretching tall, with long legs and hands on hips for two minutes before a daunting exercise. I was astounded how well it worked!

And what about incorporating this into your daily life? Try to be more aware of your posture during stressful times and if you find yourself in one of the powerless positions, take a deep breath, sit tall and smile. Of course, it's not appropriate to stand like Wonder Woman in a board meeting or job interview, but you can do it internally – that alone will generate a smile and make everyone else wonder what you're up to.

To learn more about Dr. Cuddy's research, you can begin with her five-minute TED Talk on You Tube – there are many more. Her book, Presence, is a wonderful read which includes the story of her brain injury, which led her to this work. It's inspiring! There is also a longer article with more about her research on our web page, www.vbfarms.com/blogs.

Try it right now – sit tall, smile and picture the rider you admire the most. Then go fake it until you become it!

Phil and Pat Van Buskirk are the proud owners of VB Farms in Kiowa, Home of Total Equine® Colorado.

Western Dressage Association of America

2017 World Show

By Pat Van Buskirk

The 2017 Fifth Annual WDAA World Show was held in Guthrie, Oklahoma September 28 through October 1, 2017 at the Lazy E Arena. Many of our Colorado equestrians were in attendance and I had the pleasure of chatting with a few of them.

Jane Ann Lake and her 13 year-old Andalusian gelding, Tecolote (see cover photo), brought back the Reserve Championship in the costume freestyle class. For Level 3, she won the Champion for 4th Test, plus Reserve in two other classes along with Overall Level 3 Amateur Reserve Champion.

"Between Frances Carbonnel and me, we had three horses showing, with classes spread throughout the day and evening, so there was literally no down time and often we did not have lunch," Jane Ann reports. "Since I performed freestyles both Friday and Saturday night, I was showing earlier in the day for regular classes and 7:30 and 8:30 at night for the freestyle classes.

"It was pitch black when I rode from the barn to the indoor arena for my evening freestyle classes, which was about 500 yards away. I had to cross a narrow dirt bridge with water on both sides. The lights from the outdoor arena were shining on the water, looking like 100 light bulbs on the water. I had a hard time getting Teco to cross the bridge as there were no other horses around. Simone (Windeler) had to bribe him with cookies."

Horse shows always come with surprises. "We arrived Tuesday evening and I was told the next day by a competitor that they arrived around 2:00 am Wednesday and Teco had let himself out of his stall and was hanging next to Frances' horses.

"This is an exciting new sport, so it is nice to see the sport evolve and grow. Judges are looking for similar aspects and training scale of classical dressage with some movements the same and others that appeal to all horses, regardless of breed. Some examples are:

- Lengthening of frame in Level 3 versus extended paces
- Halt, back 20 steps (between 2 letters) and canter
- Turn on haunches 360 degrees versus 180
- Canter/halt/180 turn on haunches, canter

There are more movements in a WD test than classical dressage which is good for those horses with a busy mind!

Andrea Osmond is a trainer who, along with two of her clients, also took three horses to the World Show. Andrea rides Tiz A Way, an eight year-old Appaloosa mare. "We competed in Basic Open and finished around 20th out of about 34 rider/horse combinations. Kristin and Rylee Canale were the clients who attended with me.



Andrea Osmond and Tiz A Way

"It was a wonderful experience and the venue was very nice and accommodating. Most of the judges were from Colorado and my team and I had shown in front of a couple of them throughout the show season.

"I met several people from all over the country. I was able to make some wonderful connections and I can't wait to see them again next year!

"The staff running the show was very nice and did a great job with all of the events. There were several extra events that took place each evening... welcome party, dinner and silent auction, freestyle, costume freestyle, and awards dinner. There was something every evening."

Kristin Canale's horse, Thunder, is a 9 year-old gelding Mustang.



Rylee and Kenful Mr. Tom

WDAA *cont.*

"We competed in the Intro class and did not place in the top ten, but had a great experience. The exciting part about our trip was my daughter Rylee, who is 10 years old. She competed in the Intro Junior division on her 14 year-old Welsh pony, Kenful Mr. Tom (aka Tommy), and placed in the top ten, 6th overall. It was her first competition and experience at a big horse show. She was a trooper, never complained about the long days and getting up early before six am to get to the stables to compete in the show ring. She rode one test each day, Friday, Saturday and Sunday and Sunday night she was awarded with a top ten ribbon at the final ceremony. She plans on coming back next year to compete again in the Junior Basic level."

Sophia Harris of Versatile Equine rode RHM Miss Chic Please, a six year-old AQHA mare owned by Connie Klauzer of Grand Junction.



Sophia Harris and RHM Miss Chic Please

"We rode in the Level 1 (which is equivalent to First Level in English dressage) Open Division. We rode 3 tests: Level 1, Test 1 we scored a 68.889% and placed 7th out of 31 pairs; Level 1, Test 3 we scored a 71.852% and placed 4th out of 25 pairs; Level 1, Test 4 we scored a 73.846% and placed 2nd out of 27 pairs. We ended up in 3rd in the World standings in the Level 1 Open division.

"I absolutely loved the experience at the World Show. The whole staff running that gorgeous place were nothing but nice and extremely helpful (especially to newbies like me). They really made you feel at home. The arena itself was grand, and the whole experience for me brought out a lot of growth. Growth in myself, in a sense of, 'I could really belong here'. Attending the World Show raised my own standards for where I wanted to be and show in the future."

Cindy Rau-Sobotka competed on KB's Timepiece (Lex), her wonderful tobiano and black stallion, along with her

daughter Brandie aboard one of Lex's daughters, Tru Timepiece. Lex is named with the initials of Cindy's best friend who passed away from metastatic breast cancer. This was Cindy's fourth WDAA World show and Brandie's third.



Cindy Rau-Sobotka and KB's Timepiece

"Last year was our best," Cindy explained. "We had high point Paint, Intro High Point, Basic Level test 4 champion and Level 1, 3rd and 4th place. The intro and basic are the most competitive with 33-37 riders. Our biggest win this year was Champion in Level 1 test 4. Our winnings put us #10 WDAA Top 100 horses and we earned WDAA Register of Excellence (over 200

points) with very limited showing.

"The people are so much fun and it's a supportive, friendly atmosphere. Even though we are competitors, everyone helps each other out. It's a great group of people and that's what makes me keep going. It's a blast, fun and that's what it's all about – having fun with your horse.

"The facility is beautiful, there are lots of nice prizes, dinners, nice groups of people gathering and many, many different horses and people from all walks of life. We all had a commonality in Western Dressage."

The winners of each class were awarded WDAA jackets, which the rider may elect to have embroidered with their name, horse's name and class. The overall show champion is decided through tests for each level, spread over three days and that champion is awarded a commemorative belt buckle.

The Colorado Western Dressage group reports there were 20 Colorado attendees at the WDAA World Show and I'm sure their stories could fill many more pages. If you're interested in finding out more about Western Dressage, visit the national page at <http://www.wdaa.org> or the Colorado group at <http://www.wdaco.org>.

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Let's Talk About Camaraderie and Sportsmanlike Behavior in the Dressage Community

From Una Schade, Marketing Chair

It's lacking, to be honest. It's so easy to sit on the (internet) sidelines and judge a short video, or a single photo, of a rider you don't know personally and say some pretty harsh or critical things. (And no, we are not talking about the rider that has proven over and over again to have abusive training methods, or practice rollkur, etc).

But what happens when the person in those photos or videos comes across your comment? And they see you tear them apart for something they are working REALLY hard to get better at. Yea, you probably crushed them.

Or what if in that photo/video it is just a bad moment? Or they are coming back from an injury and are working on

strength? Or one of a hundred other possibilities?

You know that old saying "If you can't say something nice, don't say anything at all. Maybe more of us should start practicing it.

I know for one, I am ALWAYS working on things to become a better rider. And until I can beat Charlotte Dujardin in the Olympics, I probably have no place criticizing other riders and their "flaws".

So let's all try to be more sportsmanlike, and help each other instead of tear each other down. We all share this passion, why not make it a little easier to keep enjoying it for everyone!

2019/2020 RMDS Show Management Bids

Bids are open for the 2019/2020 RMDS Show management. This show is generally the 3rd weekend in September, with some flexibility.

Bids are due to the RMDS Central Office (rmds@rmds.org) by January 9th so they can be reviewed and awarded at the RMDS Executive Board Meeting on January 11th. The reason for this early deadline is that RMDS would like to bid for the 2019 Great American/USDF Region 5 Championships and those bids are due to USDF by February 9th, 2018.

PAID POSITIONS

Every two years, RMDS goes through the open bid process for the paid positions. The following positions are up for bid and/or renewal:

Bids due by February 28, 2018

- Centaur Production-effective with May issue 2018
- E-Centaur Production-effective with June issue 2018
- Omnibus Production

These are paid RMDS positions for qualified persons. Contracts will be awarded at the March Executive Board meeting.

Call the RMDS Central Office, email rmds@rmds.org or go to the RMDS website for guidelines for each position.

Bids must be received by February 28, 2018. We hope you will plan to attend the March 8 Executive Board meeting as there may be questions asked of you.

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Junior and Young Rider Opportunities

US Equestrian: Equestrian Athlete Lettering Program



You don't have to be a record setting quarterback, point guard or track star to letter in junior high or high school sports anymore. The US Equestrian is writing a new chapter in the recognition of student athletes – one that honors Equestrians.

The US Equestrian Athlete Lettering Program is open to equestrian athletes in all breeds or disciplines who are currently members of US Equestrian or become US Equestrian members. The program runs from June 1-May 31 of each year and will honor those who document their training and competition involvement by awarding emblems and pins.

Students may apply retroactively for previous years if they are still in grades 5-12 and can provide verification for each year. Seniors must submit all documentation by June 15 of their graduating year.

The program recognizes and honors equestrians in grades five to 12. To be eligible, a student must:

- Be a US Equestrian member (Fan or Competing)
- Log 100 hours of equestrian activity
- Compete at three competitions of any type or level (shows do not have to be USEF)
- Submit proof of enrollment in school

TDF Awards Grants for the USDF/USEF Young Rider Graduate Program

The Dressage Foundation has announced that a total of \$2,500 has been awarded to eight young professionals from the Captain Jack Fritz Young Professionals Fund. The grants will be used by the individuals to attend the USDF/USEF Young Rider Graduate Program held in Florida January 13-14, 2018.

Cameron Banks (FL), Erin Bell Altman (TX), Rachel Edwards (TX), Emily Gill (OH), Rebekah Mingari (IN), Piper Newman (WA) Victoria Retamoza (KY) - Photo Credit to Sharon Packer, and Sarah Yawata (PA)

Each have been awarded a Grant to attend the Young Rider Graduate Program because they demonstrated financial need and dedication to dressage in their applications.

"Carol Lavell had a wonderful mentor in Captain Jack Fritz, and she wanted to honor his memory by providing funds for these grants," said Jenny Johnson, TDF's Executive Director. "We, in turn, are proud to offer this financial support to deserving young professionals. Their development is vital to the future success of dressage in the United States."

Additionally, The Dressage Foundation provided a \$15,000 grant directly to USDF for the Young Rider Graduate Program, in order to help keep the costs reasonable for all attendees.

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Shows and Events

All shows are RMDS recognized except schooling shows.

RMDS CALENDAR

2018

JANUARY 2018

- 11 **Executive Board Meeting-Darcy's Pub-4955 S Ulster St #103**
Denver, CO OPEN to all
- 13 **RMDS Banquet and 2017 Awards dinner-Renaissance Hotel-Quebec St-Denver**
Contact RMDS Central Office 720-890-7825 rmds@rmds.org
- 20-21 **TDC Winter Heat I & II-Tucson, AZ**
Contact Debbie Garris 312-401-1157 dgarris@horseshowolutions.com
- 27 **'L' Grad Continuing Education with Melissa Creswick-Longmont Area, exact location TBD**
Contact Michelle Anderson 303-646-1375 michand@hotmail.com
- 28-29 **Melissa Creswick Clinic-Lookout RidgeFarm-**
Contact Michelle Anderson 303-646-1375 michand@hotmail.com

FEBRUARY 2018

- 3 **Mariah Farms Schooling Show #1 - 4490 Hwy 86, Castle Rock**
Contact Lisa Lamke llamke@yahoo.com mariahfarms.net
- 10 **TD/Show Management Clinic-TBA**
Contact MaryJo Hoepner 719-495-3648 m_hoepner@hotmail.com

MARCH 2018

- 3 **Mariah Farms Schooling Show #2 - 4490 Hwy 86, Castle Rock**
Contact Lisa Lamke llamke@yahoo.com mariahfarms.net
- 4 **High Plains Youth Clinic-Iron Horse-Parker, Co**
Contact Stephanie Figgins 720-480-7044 stephanieeffiggins@gmail.com
- 8 **Executive Board Meeting-Darcy's Pub-4955 S Ulster St #103**
Denver, CO OPEN to all
Contact RMDS Central Office 720-890-7825 rmds@rmds.org
- 9-11 **Booth at Horse Expo-Denver Coliseum**
Contact Sharon Soos 303-904-7534, sksoos@mesanetworks.net
- 17-18 **TDC March Madness I & II-Tucson, AZ USEF**
Contact Debbie Garris 312-401-1157 dgarris@horseshowolutions.com
- 24-25 **Day 1 & 2 'Circles in the Sand' with Joan Clay-Tomora Equestrian-Greeley, CO**
Contact Rose at events.ncda@gmail.com

APRIL 2018

- 7 **Mariah Farms Schooling Show #3 - 4490 Hwy 86, Castle Rock**
Contact Lisa Lamke llamke@yahoo.com mariahfarms.net
- 8 **Day 3 'Circles in the Sand' with Joan Clay-Tomora Equestrian-Greeley, CO**
Contact Rose at events.ncda@gmail.com
- 14 **Pikes Peak Spring RMDS Show-Latigo Trails- Elbert, CO**
Contact Heather Petersen 303-648-3164 slush@drwgw.net
- 22 **NCDA Spring Schooling Show - Tomora Training Center**
Contact Didi DeKrey, denisedekrey@gmail.com
- 28-29 **GVDS Schooling Show-Mesa County Fairgrounds-Grand Jct, CO**
Contact Arlene Rhodes Arlene@skypony.org

MAY 2018

- 4-6 **Dressage for the Cure Warm-up & Show-Colo Horse Park**
Contact Heather Petersen 303-648-3164 slush@drwgw.net www.2whitefeet.com

- 10 **Executive Board Meeting-Darcy's Pub-4955 S Ulster St #103**
Denver, CO OPEN to all
- 12 **Mariah Farms Schooling Show #4 - 4490 Hwy 86, Castle Rock**
Contact Lisa Lamke llamke@yahoo.com mariahfarms.net
- 12-13 **Rocky Mountain Dressage I & II-Somerset Farms-Longmont, CO**
Dian Seabury 520-906-5545 dfseabury@gmail.com
- 15-16 **Professionals Symposium with Lilo Fore-Colo Horse Park**
Contact Central Office 720-890-7825 rmds@rmds.org
- 17 **RMDS Clinic with Lilo Fore-OPEN TO ALL-Colorado Horse Park-Parker, CO**
Contact Central Office 720-890-7825 rmds@rmds.org
- 17-20 **DSIR-Dressage Symposiums in the Rockies-Colorado Horse Park**
Contact Central Office 720-890-7825 rmds@rmds.org
- 25 **Western Dressage in the Rockies Schooling Show-Colorado Horse Park-Parker, CO**
Contact Sarah Tredennick stredennick@coloradohorsepark.com
- 25-27 **Paragon I, II, III- Colorado Horse Park-Parker, CO USEF**
Contact Heather Petersen 303-648-3164 slush@drwgw.net www.2whitefeet.com

- 26-27 **Western Dressage in the Rockies Spring Show 1 & 2-Colorado Horse Park-Parker, CO-USEF**
Contact Heather Petersen 303-648-3164 slush@drwgw.net www.2whitefeet.com
- 28 **Western Dressage Clinic- Colorado Horse Park-Parker, CO-USEF**
Contact Sarah Tredennick stredennick@coloradohorsepark.com

JUNE 2018

- 1-3 **High Prairie Dressage I, II, III - Colorado Horse Park-Parker, CO USEF**
Contact Meg Krieger 303-841-5550 x 1213 mkruieger@coloradohorsepark.com
- 2 **Mariah Farms Schooling Show #5 - 4490 Hwy 86, Castle Rock**
Contact Lisa Lamke llamke@yahoo.com mariahfarms.net
- 9-10 **Cheyenne Dressage & Eventing Show I & II**
Contact Deeda Randal 307-631-1875
- 9-10 **GVDS Schooling Show-Mesa County Fairgrounds-Grand Jct, CO**
Contact Arlene Rhodes Arlene@skypony.org
- 10 **Foothills Spring Into Summer Show-Table Mountain Ranch-Golden, CO**
Contact Kelsey Jacobsen 303-903-3451
- 15-16 **Sage Creek I & II-Heber City, UT-USEF**
Contact Donnette Hicks 435-901-0095 hickssagecreek@gmail.com
- 16-17 **Fountain Valley Dressage**
Contact Heather Petersen 303-648-3164 slush@drwgw.net www.2whitefeet.com
- 16-17 **Rocky Mountain Summer Dressage I & II-Somerset Farms-Longmont, CO USEF**
Contact Dian Seabury 520-906-5545 dfseabury@gmail.com
- 23 **High Plains Adult Clinic-Julie Burt Stables**
Stephanie Figgins 720-480-7044 stephanieeffiggins@gmail.com
- 23-24 **Magic City Dressage I & II- White Aspen Ranch-Billings, MT-USEF**
Contact Emily Brewster 406-652-1530 e_luoma@hotmail.com
- 30-Jul 1 **BVDressage at the Fairgrounds I & II-Boulder County Fairgrounds-Longmont, CO**
Contact Heather Petersen 303-648-3164 slush@drwgw.net www.2whitefeet.com

JULY 2018

- 5-7 **Junior Summer Intensive-Table Mountain Ranch-Golden, CO**
Cassandra DiPentino-dipentinodressage@gmail.com
- 8 **Region 5 Adult/Youth Team Competition-Table Mountain Ranch-Golden, CO**
Contact Beth Geier 303-673-9840 bethgeier1@comcast.net

Shows and Events

- 7-8 **Millbrook Farms Summer Dressage Festival-Fairfield, UT-USEF**
Contact Jan Lawrence 8001-631-2516 millbrk@xmission.com
- 12 **Executive Board Meeting-Darcy's Pub-4955 S Ulster St #103**
Denver, CO OPEN to all
- 14-15 **Rocky Mountain Summer Dressage III & IV-Somerset Farms-Longmont, CO USEF**
Contact Dian Seabury 520-906-5545 dfseabury@gmail.com
- 14-15 **Santa Fe Dressage I & II- Santa Fe, NM-USEF**
Debbie Garris 312-401-1157 dgarris@horseshowolutions.com
- 20-21 **Sage Creek I & II-Heber City, UT-USEF**
Contact Donnette Hicks 435-901-0095 hickssagecreek@gmail.com
- 22 **Centaur Rising Show I-Anchorage Farm-Pine, CO**
Contact Kris Cooper 303-838-5086 kris@anchoragefarm.com
- 28-29 **AHIEC III & IV - CSU, Ft. Collins**
Contact Heather Petersen 303-648-3164 slush@drwgw.net www.2whitefeet.com

AUGUST 2018

- 3 **Western Dressage Clinic- Colorado Horse Park-Parker, CO-USEF**
Contact Sarah Tredennick stredennick@coloradohorsepark.com
- 3-5 **Dressage in the Rockies-Colorado Horse Park-Parker, CO**
Contact Meg Krieger 303-841-5550 x 1213 mkruieger@coloradohorsepark.com
- 4-5 **Colorado Horse Park Western Dressage Show 1 & 2-Colorado Horse Park-Parker, CO USEF**
Contact Heather Petersen 303-648-3164 slush@drwgw.net www.2whitefeet.com
- 11-12 **On The Bit Dressage Show I & II-Spur Ridge Equestrian-Laramie, WY**
Contact Jessica Ford 307-460-3459 paladinviatoni@yahoo.com
- 11-12 **Millbrook Farms Dressage Show-Fairfield, UT-USEF**
Contact Jan Lawrence 8001-631-2516 millbrk@xmission.com
- 12 **Centaur Rising Show I-Anchorage Farm-Pine, CO**
Contact Kris Cooper 303-838-5086 kris@anchoragefarm.com
- 17-19 **Estes Park Dressage I & II, Estes Park Fairgrounds**
Contact Heather Petersen 303-648-3164 slush@drwgw.net www.2whitefeet.com
- 24-25 **GVDS Fall Show-Mesa County Fairgrounds-Grand Junction, CO USEF**
Contact Arlene Rhodes Arlene@skypony.org
- 26 **GVDS Schooling Show-Mesa County Fairgrounds-Grand Junction, CO**
Contact Arlene Rhodes Arlene@skypony.org
- 26 **Foothills Last Chance Show-Table Mountain Ranch-Golden, CO**
Contact Kelsey Jacobsen 303-903-3451

SEPTEMBER 2018

- 6 **Executive Board Meeting-Darcy's Pub-4955 S Ulster St #103**
Denver, CO OPEN to all
Contact RMDS Central Office 720-890-7825 rmds@rmds.org
- 8 **Western Dressage in the Rockies Fall Schooling Show-Colorado Horse Park-Parker, CO**
Contact Sarah Tredennick stredennick@coloradohorsepark.com
- 8-9 **BV Dressage Festival I & II-Boulder County Fairgrounds-Longmont, CO**
Contact Patti Hallock 720-323-6691 bvdressage@comcast.net
- 8-9 **Dressage in the Rockies Fall I & II-Colorado Horse Park-Parker, CO USEF**
Contact Teresa Griner 352-636-2669
- 9 **Western Dressage in the Rockies Show 1 & 2-Colorado Horse Park-Parker, CO-USEF**
Contact Heather Petersen 303-648-3164 slush@drwgw.net www.2whitefeet.com

- 20 **Great American Insurance Group/USDF Breeders' Championships & RMDS Sport Horse Championships-Colorado Horse Park-USEF**
Contact Heather Petersen 303-648-3164 slush@drwgw.net www.2whitefeet.com
- 21-23 **RMDS Championships-Colorado Horse Park-Parker, CO USEF**
Contact Heather Petersen 303-648-3164 slush@drwgw.net www.2whitefeet.com

OCTOBER 2018

- 5-7 **USDF/Great American Region 5 Championships-Scottsdale, AZ**
Contact USDF usdf@usdf.org
- 11 **Executive Board Meeting-Darcy's Pub-4955 S Ulster St #103**
Denver, CO OPEN to all
Contact RMDS Central Office 720-890-7825 rmds@rmds.org
- 14 **NCDA Spring Schooling Show-Tomora Training Center-Greeley, CO**
Contact Didi DeKrey denisedekrey@gmail.com

NOVEMBER 2018

- 3 **Board of Governors-TBA**
- 17-18 **TDC Club Fall Festival I & II-Tucson, AZ**
Contact Debbie Garris 312-401-1157 dgarris@horseshowolutions.com

2019

JANUARY 2019

- 12 **RMDS Banquet and 2018 Awards dinner-Renaissance Hotel-Quebec St-Denver**
Contact RMDS Central Office 720-890-7825 rmds@rmds.org
- EXECUTIVE BOARD MEETINGS – open to all-2nd Thursday of the odd months-6:30 p.m. See Calendar listings for dates, contact RMDS Central Office for location updates. For latest updates to the calendar, check the website at www.rmds.org

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

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

EXECUTIVE BOARD MEETINGS – open to all-2nd Thursday of the odd months-6:30 p.m.

Contact RMDS Central Office for location

2018 RMDS EXECUTIVE BOARD

President	Gwen Ka'awaloa	303-917-3679	Kaimana_co@hotmail.com
Past President	Simone Windeler	719-540-2000	simonedressage@gmail.com
Vice President	Tiffany Busch	719-237-4115	tiffanybusch@hotmail.com
Secretary	Heather Petersen	303-648-3164	slush@drwg.net
Treasurer	Sharon Soos	303-904-7534	sksoos@mesanetworks.net

PERMANENT COMMITTEES

Adult Amateur	Anclaire Spaulding	303-903-7878	anclaire.spaulding@gmail.com
	Michelle Stevens	951-264-4100	mshoops@hotmail.com
Awards	Shannon Lemons	719-686-0064	lemons_shannon@yahoo.com
Results	Central Office	720-890-7825	rmds@rmds.org
Communications	Beverly Swanson	720-401-0357	centaurpublisher@gmail.com
Centaur Editor/Production	Beverly Swanson	720-401-0357	centaurpublisher@gmail.com
Advertising	Central Office	720-890-7825	rmds@rmds.org
Omnibus Production	Nicole Bizzarro	303-939-0110	nicbiz@indra.com
Webmaster	Michael Petersen	719-683-8435	webmaster@rmds.org
Education Co-chairs	Michelle Anderson	303-646-1375	michand@hotmail.com
	MaryJo Hoepner	719-495-3648	education@rmds.org
Junior/Young Riders	Cassandra DiPentino	303-641-9162	dipentinodressage@gmail.com
Marketing	Una Schade	720-862-4444	unaschade@gmail.com
	Dorothy Kapaun	970-310-5229	dorothykapaun@yahoo.com
Professional Trainers/Riders	Kathy Simard	720-981-4448	katsimard@msn.com
	Joan Clay	970-420-0887	jncly@comcast.net
RMDS Show Liaison	Una Schade	720-862-4444	unaschade@gmail.com
	Andrea Chirich	810-569-5088	ajc2314@gmail.com
Scholarship	MaryJo Hoepner	719-495-3648	scholarship@rmds.org

APPOINTED COMMITTEES

Banquet	Beth Geier	720-890-7825	rmds@rmds.org
BOG	Heather Petersen	303-648-3164	slush@drwg.net
Historical	Open		
Nominating	RMDS Central Office	720-890-7825	rmds@rmds.org
Central Office Manager	Beth Geier	720-890-7825	rmds@rmds.org
Western Dressage Liaison	Simone Windeler	719-540-2000	simonedressage@gmail.com

RMDS CENTRAL OFFICE

Constitution, By-laws	Central Office	720-890-7825	rmds@rmds.org
Insurance, Show Standards	Central Office	720-890-7825	rmds@rmds.org
Registration Officials and Show Standards	Central Office	720-890-7825	rmds@rmds.org
Scheduling	Central Office	720-890-7825	rmds@rmds.org

CHAPTER PRESIDENTS

Arkansas Valley	Brenda Haley	719-275-0118	brendahaley@q.com
Boulder Valley	Sandra Rosewell	303-638-2525	sandra.rosewell@colorado.edu
Foothills	Linda Gaber	303-674-7998	writers@icloud.com
Grand Valley	Arlene Rhodes	970-201-1779	arlene@skypony.org
High Plains	Stephanie Figgins	720-480-7044	stephanieeffiggins@gmail.com
Northern Colorado	Didi DeKrey	970-222-1304	denisedekrey@gmail.com
On the Bit Dressage	Ginka Kubelka	307-399-8763	gbuchner@uwyo.edu
Pikes Peak	Tiffany Busch	719-237-4115	tiffanybusch@hotmail.com
Western Colorado	Heather Lafferty	970-379-5459	hlafferty84@hotmail.com

GOVERNING BODIES

United States Dressage Federation (USDF)	859-971-227	www.usdf.org
4051 Iron Works Parkway, Lexington, KY 40511		

USDF REGION 5

Director	Heather Petersen	303-648-3164	slush@drwg.net
FEI Jr/YR Coordinator	Joan Clay	970-420-0887	jncly@comcast.net
Website			www.usdfregion5.org

US Equestrian Federation, Inc (USEF) 859-258-2472 www.usef.org

4047 Iron Works Parkway, Lexington, KY 40511

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

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RMDS CHAPTER MEETING SCHEDULE

Arkansas Valley: 2nd Thurs.-monthly, location TBD, Brenda Haley 719-275-0118 brendahaley@q.com check www.arkansasvalleydressage.org for times and locations

Boulder Valley: 2nd Mon., even months, location TBD, Robin Gay 303-516-1917 blondie17536@yahoo.com

Foothills: quarterly meetings, location TBD, Linda Gaber 303-674-7998 writers@icloud.com

Grand Valley: third Monday of the month, February through November at Canyon View Vineyard Church, Classroom T106, at 736 25 1/2 Rd, Grand Junction, Arlene Rhodes 970-201-1779, arlene@skypony.org

High Plains: Bimonthly- location-TBD, Stephanie Figgins 720-480-7044 stephanieeffiggins@gmail.com

Northern Colo.: 2nd Wed., each month, McKee Building in the Ranch-Loveland, CO, Didi DeKrey, 970-222-3104, denisedekrey@gmail.com

On the Bit: 1st Tues. of the month 7 p.m. Altitude Clubhouse-Laramie, WY, Ginka Kubelka, 307-399-8763, gbuchner@uwyo.edu

Pikes Peak: 2nd Tuesday of the month - check www.pikespeakdressage.org for dates & location, Tiffany Busch 719-237-4115, tiffanybusch@hotmail.com

Western Colorado: location TBD, Heather Lafferty 970-379-5459 hlafferty84@hotmail.com

RMDS EXECUTIVE BOARD MEETING SCHEDULE

All RMDS Executive Board meetings are open to all and occur on the second Thursday of every odd-numbered month. Meeting time is 6:30 p.m. Meeting dates in 2017-18 may be variable, please check the calendar or the website. Contact the RMDS Central Office for location.

2017-18 RMDS-SPONSORED EVENTS

All events are open to **EVERYONE** to audit or participate unless otherwise stated. A great opportunity to continue your learning! Register for these events at www.rmds.org

A lot is happening in RMDS throughout the year - DO NOT MISS OUT!

2018:

January

13	2017 RMDS Awards Banquet-Renaissance Hotel-3801 Quebec-Denver
27	Judges CE with Melissa Creswick – TBA - open to everyone to audit
28-29	Clinic with Melissa Creswick-Lookout Ridge Farm-Longmont

February

10	Show Mgt & TD Clinic-Deeda Randle & Simone Windeler-Douglas County Fairgrounds
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March

9-11	Booth at Horse Expo-Denver Coliseum
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May

15-16	Professionals Symposium with Lilo Fore-Colorado Horse Park-Parker, CO
17	Open day with Lilo Fore -Colorado Horse Park-Parker, CO

July

5-7	JR/YR Camp-Table Mountain Ranch
8	USDF Region 5 Team Competition-Table Mountain Ranch

September

20	Great American Insurance Group/USDF Breeders' Championships & RMDS Sport Horse Championships-Colorado Horse Park-USEF
21-23	RMDS Championships-Colorado Horse Park-Parker, CO USEF

November

3	Board of Governors – must be a delegate to vote-anyone may attend
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For details on these and other RMDS events:

- Contact the Education Chairman: education@rmds.org
- Read the Centaur
- Go on the website - www.rmds.org
- Contact the RMDS Central Office 720-890-7825 rmds@rmds.org

The Centaur Newsletter

The Centaur newsletter is published monthly. To guarantee that ads and articles will run in a given month, they must be received by the 5th of the month prior to the month of publication, i.e. January 5th 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: RMDS Office, Beth Geier, 2942 Park Lake Dr., Boulder, CO 80301, Phone: 720.890.7825, email: rmds@rmds.org

ADVERTISING

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

DISPLAY ADVERTISING

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

Artwork (ads) must be provided in electronic format. Acceptable forms include: jpeg, pdf, tiff, eps, and doc. IF UNSURE ABOUT AD FORMATTING, please contact the editor (contact info above) for consultation. No substitutions may be accepted. If your ad is submitted in a file format other than those listed above, you will be contacted regarding an additional charge for reformatting or redesign. Hourly charge for redesign/reformat is \$50, in minimal units of one hour.

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

CLASSIFIED ADS

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

PAYMENT AND AD COPY DELIVERY

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

AD RATES AND SIZE SPECIFICATIONS

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

Full Page\$1507" x 9.5"

Half Page\$907" x 4.5"

Outside back half\$1057" x 4.5"

1/4 Page (Vertical Only) . \$553.25" x 4.5"

1/8 Page (Business Card) \$303.5" x 2"

(Horizontal only)

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

Payment for ads is due on the 7th of the month. If not received by the following 7th of the month, the person will be listed on the RMDS website under the suspended category.

EDITORIAL POLICY

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

Utilize the RMDS Network

Trainers and Instructors

Use the RMDS Website to Build New Business

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

The website marketplace receives between 300-400 hits per month, and the trainer page averages about 80. RMDS receives emails requesting names of trainers in the RMDS region. Don't miss the opportunity to expand your client base and gain recognition.

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

Advertise Events on the RMDS Website

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

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

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

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

Important Info on RMDS membership

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

Duplicate cards are available for \$2. If emailed to you, they are free. Request a new one by mailing the Central Office at rmds@rmds.org.

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

Technical Delegates, Judges and Certified Instructors

Dressage Judge Ratings and Levels Qualified to Judge

All Current RMDS Members

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

Status	Status	Levels	Status	Status	Levels
"r"	Recorded	Training - Second	3* (FEI C)		All
"R"	Registered	Training - Fourth	4* (FEI I) International		All
"S"	Senior	All	5* (FEI O)		All

FEI 5*

Janet Foy^{^*} 719-260-1566

FEI 4*

Sandra Hotz [^] 303-817-2030

FEI PARA Dressage 3*

Sue Curry Shaffer [^] 707-483-0860

USEF 'S'

Janet Foy ^{^*} 719-260-1566

Janet "Dolly" Hannon ^{^*} 303-919-4112

Sandra Hotz [^] 303-817-2030

Anita Owen 720-250-6023

Debbie Riehl-Rodriguez ^{^*} 303-263-0768

Sue Curry Shaffer [^] 707-483-0860

[^] = FEI Young Horse Certified

* = Dressage Seat Equitation Certified

USEF 'r'

Julie Haugen 970-290-8360

Amy Jablonovsky 970-493-2833

Gwen Ka'awaloa 303-917-3679

USDF 'L' Graduates (Schooling and RMDS

Only recognized shows)

*Denotes Graduation with Distinction

Michelle Anderson 303-646-1375

Megan Bretey 970-250-5812

Kathleen Donnelly* 970-310-8729

Wendy Fryke 720-314-0974

Beth Geier 303-673-9840

Jessica Greer 970-581-5613

Sarah Martin * 720-891-1369

KC Parkins-Kyle 303-841-9953

Sharron Sarchet* 720-320-4461

Kathy Simard* 720-981-4448

Stephanie Soule* 970-201-0747

Simone Windeler 719-287-2040

L FACULTY

Janet Foy 719-260-1566

Debbie Riehl-Rodriguez 303-263-0768

Dressage Sport Horse Breeding Judge

Janet Foy 'R' 719-260-1566

Gwen Ka'awaloa 'R' 303-917-3679

Debbie Riehl-Rodriguez 'R' 303-263-0768

USDF Sport Horse Seminar Faculty

Janet Foy 719-260-1566

Debbie Riehl-Rodriguez ... 303-263-0768

FEI Level 1 Dressage Steward

Debbie Moloznik 818-515-0377

Heather Petersen 303-648-3164

Technical Delegates USEF

Eva-Maria Adolphi (UT), r. 801-913-6054

Rusty Cook (NM), R 505-249-7586

Laurie Mactavish (CO), R 970-390-5160

Debbie Moloznik (CO), r ... 818-515-0377

Heather Petersen (CO), R. 303-648-3164

Mike Taylor (ID), r 208-637-2755

Technical Delegates, RMDS recognized shows only

Joan Clay 970-420-0887

Didi DeKrey 970-568-3916

Mary Jo Hoepner 719-495-3648

USDF Certified Instructors

Training - First

Sheila Buschette 406-672-9378

Joan Clay 970-420-0887

Training - Second

Julie Burt 720-347-8084

RaeAnn Cook 970-225-1408

Sheri Mattei 970-227-8864

Bridget Milnes 303-660-4986

Training - Fourth

Loma Fowler 303-229-5108

Janet "Dolly" Hannon 303-919-4112

Gwen Ka'awaloa 303-917-3679

Clayton Martin 719-379-3716

Sarah Martin 720-891-1369

Kathy Simard 720-981-4448

USDF Instructor/Trainer Faculty

Training - 1st Level

Kathy Simard 720-981-4448

USDF Instructor/Trainer Faculty

Training - 4th Level

Sarah Martin 720-891-1369

Note: If you are a TD, Judge, or Certified Instructor and a current RMDS member and your name is not listed here, please contact the Central Office at 720-890-7825 or email: rmds@rmds.org

Christmas Came Early: Clinic with Charlotte Dujardin

by Judi DeVore

A surprise arrived last month with an invitation to attend an event near Houston from the breeder of my mare, Believe WS. Jan Marquardt of Walkabout Station in Willis TX was offering three VIP tickets for an event on November 17th...ringside seats at the Charlotte Dujardin Masterclass: Dressage Through the Levels. Watching Charlotte, two-time gold medalist, explain her approach to training horses from the beginning through Grand Prix—how could we refuse?

The event was held at Haras Dos Cavaleiros facility, a premier Lusitano breeding farm and horse show venue. The gorgeous grounds and facility includes the training barn complete with 44 stalls. There are three arenas, two covered and one outdoor. The main arena is 50 meters by 80 meters where the event was staged.

In our party was Jennifer Weber, and Alice Hoffner, and me. The seats were tables at ringside around the entire arena and ours was conveniently located near E. The seats were packed and lines were long to get an autograph from Charlotte prior to the program beginning. They unfortunately cut off the line before I could get my Charlotte selfie.

The first mare up was Savannah WFS, a 5-year-old that I am quite familiar with since she was a filly we considered when we were looking for mine. She has been campaigned extensively since her 3-year-old year and handled the crowd extremely well for a young horse. She has a lovely airy way of moving and three extremely nice gaits. Charlotte's main focus on this horse and rider pair was the outside rein contact not being consistent, and the rider was cocking his wrists instead of having a consistent thumb on top. Charlotte teased each of the riders pretty heavily and to get her point across with this rider, John Mason, she told him he had been "carrying too many women's purses".

The other focus for this mare, which became an ongoing theme for the other horses, was riding with too much

control and not enough forward energy. She made John ride forward—"go Yahoo!" With this she meant that she wanted a hand gallop and not a controlled gradual gain of speed. If the horse did not respond to the first forward cue, she wanted some real and instant effort. It was a little disconcerting when the mare finally did gallop not knowing if she was going to round the end of the arena or end up in the spectator's tables. Exciting to say the least! The audience did a big applause as she gained speed and then came back into the bridle, because fortunately she did have the required brakes to keep her from crashing into the crowd.

During this ride Charlotte commented on what she looks for in a dressage prospect—a good walk and natural, easy-moving canter—"the trot can be developed." A horse with good jump and clear rhythm and swing and stretch behind the saddle is what she is looking for. When working young horses she said, 1/2 hour is plenty for a 5 yr old and she uses her voice a lot, translating groundwork to the saddle.



Savannah SWF and John Mason await their ride

The work routine at their barn is hacking first to warm up, then 30-45 minutes of schooling depending on the age of the horse (20 minutes for youngsters is often long enough). They train their horses 6 days a week and with one day off. Many of the comments for this first pair were echoed on subsequent rides through the clinic:

"Start and end all work with stretching" With young horses you may need to start at the beginning to connect if they are fresh. Your best stretch will be at the end of the session. At home, their horses are generally hacked down the road before the work begins to get them mentally and physically loose and prepared for the work.

"Hacking helps the horses stay self-motivated". She does very little sitting trot on the young horses.

"Tricks follow good basics" This pearl was apparent as the horses moved up the levels in the demonstrations. Many did not have good clear transitions.

cont. on pg 19

Clinic with Charlotte Dujardin *cont*

"You must expect a good transition every time and if you don't get it ask again, otherwise you are training for bad transitions."

tions it will become a problem". Charlotte told them to ask yourself with every transition you ride—"is it good enough?" More than once we heard her remark, "UGG! That's disgusting! Do it again." If the transition was not clear and forward thinking she made the riders do it again and again until it was right. The horse must step forward in the first stride on the upward and downward transitions. If horse stiffens into walk, don't sit the transition, slow the post into it.

"Slower, softer, straighter"

When pushing the horse into contact, push the rein away slightly to test to see if they will soften. Can the horse carry herself when hands go forward?

Maintain straightness even on the circle-referring to shoulder control

Forward does not mean rushing but rather a forward thinking attitude

"Pat the horse and slap the rider"

She talked at length about our responsibilities as rider to maintain our fitness to stay even as a rider—particularly core fitness. She spends a fair amount of time in the gym in addition to riding multiple horses in a day. She remarked that our horses get pampered and we need to also maintain ourselves with physical therapy, massage and activities to make us straight and correct as riders and not neglect this aspect if we want our horses to be straight and correct. She used this quip, "Pat the horse slap the rider." several times during the event when she asked the rider to do a movement but did not get the rider response she requested.

"Be brave go forward"

"Did he go? Go-go-GO! GO YAHOO! Don't have one hand on the brake and the other on the accelerator-get a reaction!" For this she meant she didn't care if the horse lifted

his head and didn't look "dressagey"—she just wants a response. She wasn't satisfied until she saw each rider she asked to do this at a forward hand gallop when they asked for GO. A tame extended canter was not what she was looking for. She wanted REACTION!

Second level was demonstrated by Tiago Ernesto on Hobbit, a 5 year old Lusitano stallion.

She had this pair test off the wall for straightness in the shoulder-in. "Do less and if no response, get after them". Even in a lateral movements if there was no reaction she would request the same "Yahoo" moment mentioned earlier to get the horse thinking forward. "Gallop forward if you need to get the forward point across." She asked for forward and back with the shoulder-in—"he must go from the leg quickly forward." Charlotte said she doesn't usually carry a whip. She will grab one to back up the leg occasionally, but she doesn't like to carry one because the horses then only work when you are carrying a whip. This can cause problems when you can't ride with a whip in a test.

"Don't have one hand on the brake and the other on the accelerator-get a reaction!"

This was where we first heard her mention repetition and consistency. Saying the rider must think forward through transitions both up and down. She very pointedly stated, "You must expect a good transition every time and if you don't get it ask again, otherwise you are training for bad transitions." It was interesting to see how many of the upper level horses were being allowed to do poor transitions at the end of a training moment. She got all over the riders when they allowed this to happen—cajoling them with "that's disgusting" or "Awwwww, that's awful!"

She starts the introduction to flying lead changes between 5-6 yrs, but cautioned, "If not properly done it is hard to fix a late change." Her favored exercise for teaching this was a small circle at the end of the 20 meter side of the arena and as the horse came to the wall, ask for the change, the change coming on the serpentine half meter circle toward the opposite direction. This method keeps the horse short and in good collected canter. She also cautioned not to over-correct when beginning, and horse must stay round in the push forward into the change.

cont. on pg 20

Clinic with Charlotte Dujardin *cont*

The third level pair was Ida Madison Twinwood Farm on 7 year old chestnut

(The name of the horse was not in the program due to a late change. The original rider's horse had a hoof abscess. Bad luck for her—not getting to ride!) The focus for this pair was lateral work, which Charlotte stated she starts at 6 in the rising trot. She finds most horses are curled more on the left than the right. She began with inside leg to outside rein to turn shoulders off the track for shoulder fore.

For this horse she asked the rider to ride rounder at base of neck with down transitions to prevent him from becoming hollow.

He stiffened and held his head up in his downward transitions, which made him hollow, so she had Ida ride him deeper at base of neck. She also had Ida ride the horse ride forward and back in travers to keep the horse from bracing during the transitions and keep him over the back during the transitions. Again she echoed her earlier comments. As you move up the levels, don't neglect the basic training—correct transitions, straightness, and forward thinking attitude must be primary before starting on 'tricks'.

In the canter work, if the horse braces during transitions forward and back, she uses shoulder-fore to prevent it.

If asking for the transitions and they want to swing in with their haunches on one side she does that side but slightly off the wall so you can see more clearly that they are not straight and are leaning on the wall. Get a good bouncy canter, with good contact—round and supple. She instructed, "hold shoulders to the wall and use the wall to bring him back."

She also cautioned, not to get greedy. Make sure to get them stronger before you ask for a lot of the movement shoulder-in, travers, half pass.) Keep horse round and loose in front of the saddle. Keep the top line softened neck not too far up (This was very important for this horse especially since he was very up in the neck naturally). She also wanted Ida to make sure to give him at least 10 minutes stretching after working.

The Prix St George rider was Benjamin Pfabe aboard Walberto an 8 year old Hanovarian

As you move up the levels, don't neglect the basic training—correct transitions, straightness, and forward thinking attitude must be primary before starting on 'tricks'.

The issues with this horse centered around contact. She stated a horse with light contact is harder than those with more contact especially since the double bridle is generally being used at this level. Charlotte pointed out she has many people asking when to introduce the double bridle. She introduces it at different times depending on the horse. Vale-

gro was very strong so he was introduced to the double at 5. He was also a head shaker and there is a trigger point where chain sits, and this improves head shaking, which it did for him. Often, especially with horses with lighter contact she will ride them in the snaffle bridle the first day after their day off and then go to the double bridle the next day.

An exercise she had this horse perform was for shoulder control. Starting at K she had the rider travers on circle with no change of rhythm, around to the 3/4 line past A. Then from the travers she had the rider bring the shoulder over into a shoulder-in for a few steps to centerline then half pass from x to the wall. She always rides the shoulders further forward in the half pass to make the half pass more expressive.

On the eight meter circles she had Ben turn from the outside in, to keep the shoulders up. He was steering too much from the inside rein and lost the horse's haunches to the outside.

In training for FEI tests she does lines of movements but doesn't put it together to keep the horse from taking over in the test.

The final rider of the night was Christine Calao on Rapport a 14 year old Oldenberg doing Grand Prix.

One of her first comments after watching this pair warm up was, "Basics get left behind when working on higher level movements." (Have you gotten the message yet?). Her comment was a result of Rapport's canter-walk transitions not moving forward into the transition. "If the horse is not in front of you, all movements are difficult. Horse in

cont. on pg 21

Clinic with Charlotte Dujardin *cont*

must be in front and in self carriage". So even the Grand Prix horse was treated to a test of giddy-up-GO!

This pair worked a long time on the zig zag. One of the main issues was the count. Charlotte's method is to say to herself, 1,2 over, straight, change; over, 2, 3, 4, straight, change; Go, 2, 3, 4, straight, change, change. She wanted the rider to think about keeping the shoulders parallel to the long side and getting the bend in the half pass. When the horse and rider sort of got it and people clapped, Charlotte said in her usual teasing way, "Do not clap. That was disgusting. Let's do it again." The main issue for this rider pair was not getting started well at the beginning which made it impossible to finish the zig-zag with enough room. Charlotte had Christine make sure she was straight on the center before she began—she had Christine feel leg-yield into the outside rein to confirm the bend was correct right at the start which made all the difference in getting the

movement started correctly, and they eventually got the movement to the point that Charlotte permitted the audience to approve.

The clinic was fabulous and helped me confirm the importance to spend the time required verifying the basics are correct, before asking for more advanced movements. Both Jennifer and I came home with a renewed interest in making sure we had three things solid before working on anything else. A forward thinking horse—which translates to forward in upward and downward transitions; straightness in all movements and transitions—which translates to shoulder control; and not to accept "disgusting", which means consistency in your corrections and making sure you reward the correct response by the horse and not just a half-hearted effort.



Jennifer Weber, Alice Hoffner and Judi DeVore on their way to the Charlotte Dujardin clinic



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

Both rider AND horse AND owner must be current before scores count toward year-end awards and qualifying for RMDS championships. **Please list horse's previous owner, if doing a change of ownership.**

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

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I hope everyone had a great Holiday season! We had a great week at the USDF Convention in Lexington, Kentucky at the end of November and beginning of December. Many thanks to those of you who joined us and there were a lot of you. We had great interaction and discussions at the Region 5 meetings and a couple of very nice tables for the awards dinner. Thank you to Joan Clay for running the second Region 5 meeting while I attend the USEF Dressage Sport Committee meeting that sadly was scheduled for the same time. Congratulations to everyone who received year end awards and congratulations again to our GMO award recipients!

- USDF Region 5 GMO Volunteer of the Year – Beth Geier of the Rocky Mountain Dressage Society
- GMO Photography Award (Best Amateur Photograph) – GMO with 75-174 members – Utah Dressage Society, UDS Newsletter, November 2016 – Madeline Mortensen
- GMO Newsletter Award - General Interest Article – GMO with 500 or more members – 1st place – Rocky Mountain Dressage Society, The Centaur, May 2017 – Amber Clark’s article “Different Horses, Levels, and Breeds: How One Pro Manages and How It May Help You”
- GMO Newsletter Award - First Person Experience Article – GMO with 500 or more members – 1st place – Rocky Mountain Dressage Society, The Centaur, January 2017 – Katherine Simard’s article “Back Pain? Poor Attitude? Or Something Else?”
- GMO Website Award – GMO with 500 or more members – Honorable Mention – Rocky Mountain Dressage Society

The USDF Convention is always a great chance for networking, catching up with old friends and participating in the governance of our great sport. I think the biggest item to be discussed at the Board of Governors meeting was the US Dressage Finals. Through several motions that were

proposed, it was decided to have the organizing committee hold an open session in future years at the USDF Convention for folks to ask questions of and have more interaction with. The Executive Board will also add a couple more members to the organizing committee that will give it some Western US representation.

I sadly ended up getting the flu while at convention this year, so I only made a couple of trips outside of the hotel. We did do a nice tour of the Southern Lights light show at the Kentucky Horse Park on Tuesday, our first night there, and it was great to explore the Kentucky Horse Park after dark. The area where the hotel was located was in downtown Lexington and there was a great park with ice skating and several restaurants that folks explored.

A few more key things to come out of the convention this year:

- We will continue the \$200 reimbursement grant for those attending the USDF Convention as USDF Region 5 PM Delegates for the 2018 USDF Convention in Salt Lake City.
- The budget was presented as balanced was approved. The finances of USDF are in good shape. There was a sizeable donation from an estate as well that will help our National Education Endowment.
- PM membership is staying fairly steady. GMO member is down a little but overall USDF membership is doing very well.

Looking forward to serving and working with everyone in the upcoming year and please let me know if you have any questions or concerns!

Till next month!

Heather Petersen, Region 5 Director

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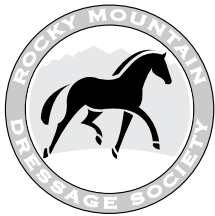
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