



THE CENTAUR

Educating Horse & Rider as Partners

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**2020 WEBSITE AND DATABASE
 HELP RMDS BUILD A
 NEW BRICK BYTE BARN!
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**POST THE
 POSTER!!
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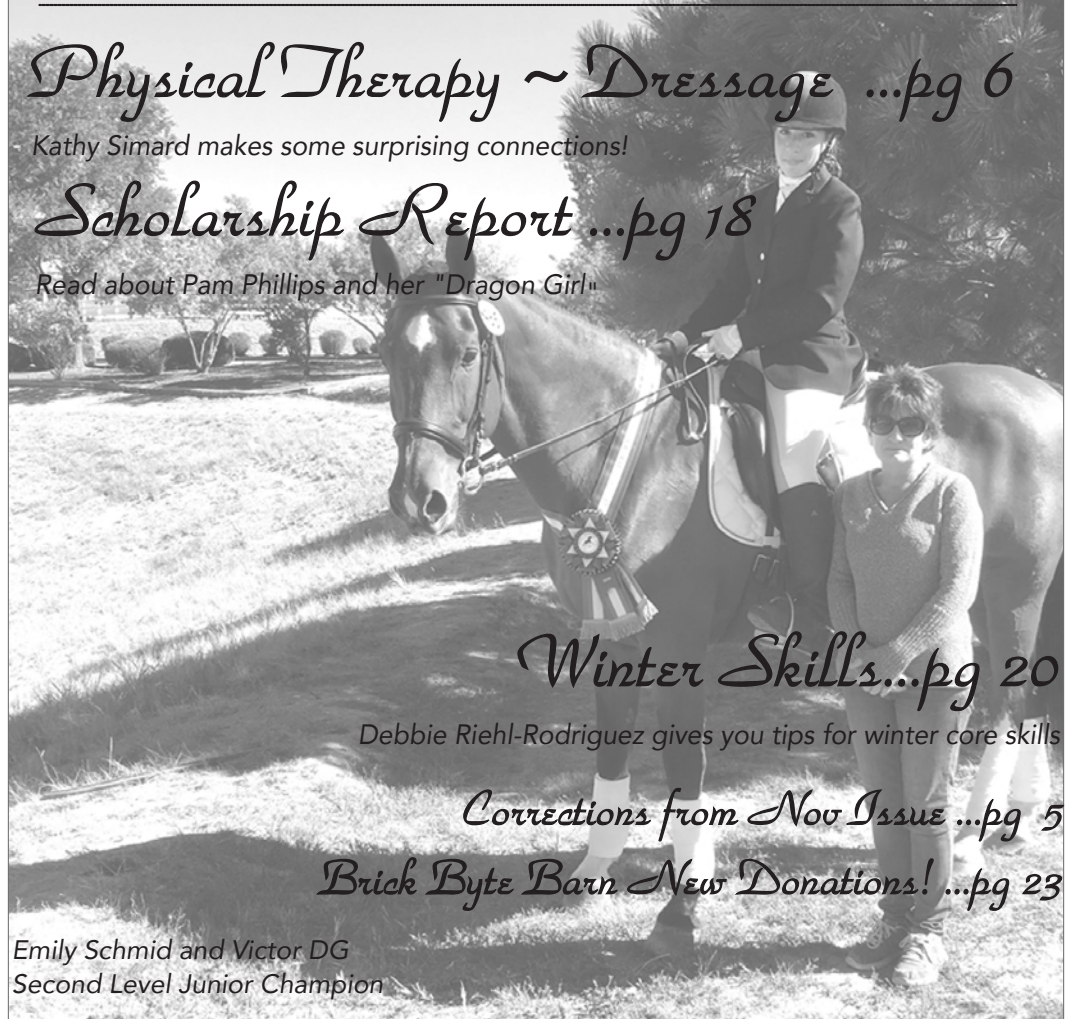
OPEN CAREFULLY POSTER INSIDE

Physical Therapy ~ Dressage ...pg 6

Kathy Simard makes some surprising connections!

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Read about Pam Phillips and her "Dragon Girl"



Winter Skills...pg 20

Debbie Riehl-Rodriguez gives you tips for winter core skills

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*Emily Schmid and Victor DG
 Second Level Junior Champion*

UPCOMING EVENTS

JUDGES' CONTINUING ED: FEB 1

TD EDUCATION: FEB. 22

SHOW MANAGER EDUCATION: FEB. 22

AA CLINIC W/ GEORGE WILLIAMS : APR. 4-5

PROFESSIONALS CLINIC W/ LILO FORE : APR. 25-26

Message From the President

Happy New Year

A new year means new goals and a fresh start in some cases. Winter makes training difficult as we take care of our equine partners by never asking them to work in difficult weather conditions. But the New Year reminds us that spring is just around the corner and warmer, longer days are ahead.

The RMDS Executive Board has approved several Educational Events and a special production at the Colorado Horse Expo.

Please plan on joining us as a participant, demo rider or auditor. Watch for more info on being a demo rider. The learning never stops and our enthusiasm for our sport is one we love to share. Plan on joining your RMDS



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

members in a special year of education.

Congratulations to USDF winners Mary Jo Hoepner for winning the Region 5 Volunteer of the Year and Sgt. Joe Cummings on winning the First Person Experience Original Article for GMO's with 500 or more members. Way to go RMDS members, let's get some more wins in 2020.

Several RMDS members received USDF Rider Medals and Breed Awards. The dedication to their riding and horses help members achieve their goals. RMDS supports our members through Education and Symposiums that give our members the chance to grow and learn with their equine partners. RMDS and USDF provide awards that help riders to set goals.

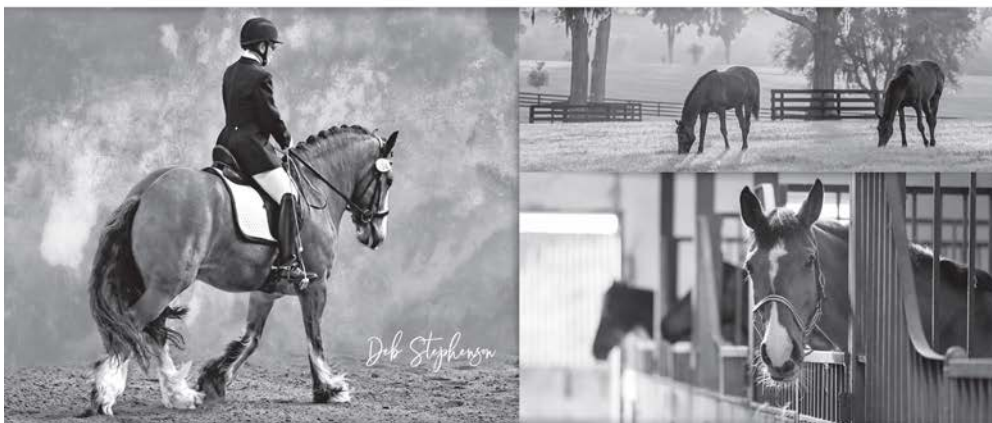
I'm looking forward to 2020 and seeing our RMDS members reach their goals and proudly show off their accomplishments with their beautiful horses.

Hau'oli Makahiki Hou

Gwen Ka'awaloa

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Chapter & Committee News

Grand Valley

Our annual Christmas and Awards party was held last weekend and over 50 people attended!! We gave out our wonderful awards coordinated by Karen Harkin. Carrie Washburn and her horse Eros were awarded the Overcoming Adversity award. She has done so much this year with her horse after several serious medical challenges - she won six USDF All-Breed awards in two levels! We introduced our new volunteer coordinator Barbara Proggess. Darby Savaco will be our new show secretary. Our officers remain the same, but two changed jobs: Secretary - Pat White, Treasurer - Susan Gregg, VP - Deb Crooks, President - Arlene Rhodes.

We got to announce and applaud for our members who attended regional, national and world competitions - in traditional and western dressage. We realized that almost 10% of our membership have qualified and placed at these events!! Quite amazing for a small club hundreds of miles from the bigger cities.

We have one more event - an open ride at the Mesa County Fairgrounds December 14th, then we take a break before we start the planning for the 2020 show season. Looking forward to another year of teamwork, challenges, meeting goals, inspiring moments and fun!!

Arlene Rhodes, GVDS President

Foothills

Congratulations to our 2020 officers elected at our final meeting in 2019. New President Cassandra DiPentino will take over at the chapter meeting Monday, Jan. 13, at Mimi's Café, 14265 W. Colfax Ave., Lakewood, CO 80401-3211.

Attendees also unanimously elected to our board Vice President Lauren Still and incumbent officers Secretary Nicole Riffe, Treasurer Laura Quakenbush, Education Grant Chair Marilou Metcalf and Education Program Co-Chairs Jewlee Barber and Lauren Still. Selected 2019 FH Volunteers of the Year are Lauren Still and Julie Barber education programs.

Bring your ideas for this year's educational events to this meeting, as committees begin to plan the year's activities.

Already on the calendar are our 2020 show staff and dates for two RMDS-recognized dressage and Western dressage competitions. Western Dressage Association of Colorado and Western Dressage Association of America recognize both of these shows for their High Point year-end award programs.

They are Sunday, June 7, for our annual Spring Into Summer show, with FH member Debbie Riehl-Rodriguez judging. She is recognized as a USEF 'S' and 'R' Western Dressage Association of America judge, Sport Horse judge and 'L' faculty member.

The Last Chance Show is Sunday, Aug. 30, judged by Julie K. Haugen, USEF 'r' and 'R' Western dressage judge.

Both shows are being held at Table Mountain Ranch in Golden, CO, and will be overseen by Technical Delegate MaryJo Hoepner. Show manager and secretary for both shows is Simone Windeler, USEF 'L' graduate and 'R' Western dressage. Entry/close dates and prizelists are detailed in the 2020 RMDS Omnibus, mailed to all members this month. Enter early as these shows regularly have wait lists. Complete online entries at show management link www.theeleganttrider.com and the FH website, <http://www.cofoothillsdressage.org/>.

Members will be planning the chapter's banquet for the spring. They also are hoping to offer the next phase of our 2019 LandSafe Clinic, offered by two Maryland instructors at TMR. Their goal is to share information and muscle memory skills and to help riders learn and practice dismounting safely in a horseback riding emergency.

Stay informed about activities on our website <http://www.cofoothillsdressage.org/> and join us to suggest and plan events of interest to you in 2020.

Foothills Past President Linda Gaber

On The Bit

As the last activity for 2019, our chapter met for a holiday party at Kelly and Tom's house (thank you for hosting!), where we enjoyed delicious food and a gift exchange. We had a great time chatting and stealing gifts

cont. on pg 4

Chapter and Committee News (cont.)

during the gift exchange.

Thinking back, I would like to thank all our members who contributed to our chapter's activities in 2019, helped to put on our first fully recognized show, donated time, monetary expenses, and muscular strength to get the purchased temporary stalls to Laramie.

I would also like to thank those members who are located somewhere far from our core group in Laramie. Even though you cannot interact with us directly, you still support our chapter through your membership, and many of you are helping our sport by showing or attending or organizing educational events in your area. I hope to see some of you at the Banquet!

I am also very thankful for all the wonderful people who are not necessarily involved with dressage but supported our show in Laramie. As a fairly small group of people, we could not have done this without lots of local volunteers and generous donors.

Now we are looking forward to a new year with educational events, a recognized show in July (mark your calendars!), and lots of fun with our horses.

If you are interested in our chapter, please check out our website www.onthebitdressage.com or connect with us through facebook!

Ginka Kubelka, On The Bit President

Boulder Valley

After a great show season, including two shows and a clinic at the Boulder County Fairgrounds this summer, we will celebrate at our annual Awards Banquet at 5:30 p.m. on Sunday, January 26, 2020, at Nissi's, the performance venue near 95th Street and Arapahoe in Lafayette (street address 2675 Northpark Drive, Lafayette 80026). Cost will be found at our web site. Our Master of Ceremonies, Julie Barringer-Richers, would like to have digital photos from our members for the slide show; please email your photos to Julie at jab57@icloud.com. Also, if you have one of our perpetual trophies or plaques, please get it back to Julie right away for re-engraving; email her for directions.

Stan Adamson, President

NCDA

Hope everyone had some great Holidays!

To update our happenings; First NCDA elected it's new Board members for 2020-2022 terms. Welcome Jon Haugen as Vice President and Katie McGiveny as Secretary! We are looking forward to your energies and viewpoints in the coming years!

November's General Meeting had an informative presentation on Bits: Western and English, given by Julie Haugen. Julie brought a big (heavy) bucket of bits for us all to handle and see the various merits and how they interact with our horses for desired effects.

We met at Shelley and Jake Jensen's lovely home for a Holiday Party and annual awards presentations in December. Congratulations to Show High Point Winners Silja Knoll and Felix Duerr. Year End High Point Champion is Silja Knoll and "Ruby", Reserve Champion is Felix Duerr and "Sunny", and Award of Distinction is Andrea Chirich and "Bugsy". Our NCDA Volunteer of the Year is Sue Woods – she was celebrated at our Party and also at the RMDS Banquet.

Speaking of the Banquet, NCDA's Basket this year is "Clean It Up". Thanks to our generous members and local business owners for all the great items!

Our January General Meeting will host Raissa Chunko, telling us about her experience as a Young Rider in Aachen, Germany. February features Dr. Bruce Connelly and Equine Behavior.

Feel free to join us anytime! General Meetings are the second Wednesday of the month; September through May. Good food, good company and interesting topics at Mimi's Café, 1450 Fall River Road, Loveland, Colorado.

Didi DeKrey, NCDA President

Pikes Peak

Our November meeting was a great educational talk about trailer maintenance by Chad Toney of 20X Custom Trailers in Elizabeth, held at Heather Petersen's. We got a lot of great information about tires, brakes, maintenance and what to do depending on the kind of hauling you do.

cont. next page

Chapter News cont.

Last weekend, we had our Christmas pot luck and white elephant gift exchange at Patricia Weed's in Elbert. We had great food, great company, and some serious gift stealing by those with higher numbers to end up with the best gifts:-).

We are working on solidifying our 2020 calendar and are looking to do educational events on in hand showing, show attire and what is and is not legal, saddle fit, rider nutrition, and possibly long lining demonstrations as well. Please contact any of us if you have suggestions for locations or educational events.

Happy Christmas everyone! And don't forget your ponies on your Christmas list:-)

Shannon Lemons, PPDS President

Arkansas Valley

The Arkansas Valley Dressage Association had a well-attended Christmas Party and Awards Banquet Dec. 14 at the Gooseberry Patch Restaurant in Penrose, Colo. Attendees earned door prizes and raffle prizes, including embroidered saddle pads and riding jackets with the AVDA logo on them, candles and gift cards. The 2019 season brought in new faces, new competitors and horses and new software to help with the growing Southern Chapter. Fox Village Dressage Show Management Software was up and running for the fall October show and will be completely ready for next season. AVDA also launched a new website, www.avdadressage.org, that represents to beauty of the sport and also allows calendar and events items from around the region to be highlighted both sponsored and non-sponsored events to bring in more educational opportunities for our membership. And two of the Chapters young riders earned leading spots at Championships.

Nancy Leonard, AVDA President

Corrections

Photo Corrections

Our apologies to Emily Schmid and Victor DG, and Sage Lau and Eau de Vie, for mis-identifying them in the captions. These two Junior Arkansas Valley Dressage Association riders took home ribbons from RMDS Championships. Emily Schmidt earned Second Level Junior Championships for the state on Victor, and Sage Lau won First Level Junior Championships for the state on Eau de Vie.



Emily Schmid and Victor DG



Sage Lau and Eau de Vie

Physical Therapy and Teaching Dressage

By Katherine Simard, 'L' Graduate, USDF Certified Instructor T-4, and Professionals Committee Co-Chair

On July 25, 2019, I underwent back surgery. The procedure was a minimally invasive fusion of L5/S1. I now have two rods, four screws, and a cage in my lower back. Physical therapy (PT) began two weeks later.

As I proceed through what will be at least four months of at least once a week PT, I am finding many similarities to dressage and the training of the horse and rider. I would like to share a few things I have learned and am using in my teaching.

Prior to my surgery, I had endured five months of mostly severe pain. My movement was nonexistent for the first month and mostly restricted over the next four. This meant I began PT quite stiff and weak. *What I wasn't expecting was the complete lack of effort by my brain to try to participate in the program!* A simple exercise of laying on my stomach and trying to lift a leg up off the table was met by my brain with complete and total pitch-black darkness! I had never experienced this before. My ears would hear the direction and my mind would literally go black and give NO signal to my leg. Or my back would refuse to allow the leg to move. My body felt like lead. My physical therapist had to remind me to engage my core and then she would guide my leg through two or three repetitions of lifting an inch or two off the table.

After this little bit of guidance, it was like a switch was turned back on in my brain and a pathway of mind body communication was opened! I think this is what happens to both horses and riders when a new movement is introduced in the training. There is no open pathway to process the aids and put them into action to get the result from the horse. This is where a good instructor/trainer is essential to guide the process of opening the pathways.

As riders, we are always told to look up or keep our heads up. Post back surgery, I was reminded that our heads are heavy. If I looked directly down, I could feel the pull in my lower back. My PT was talking to

me while I was doing a balance exercise. I tilted my head in response to something she said and immediately fell off the small balance beam I was walking on. Our heads are heavy and can easily pull us off center and out of balance.

Before beginning an exercise on the ground or in the saddle, it is important to engage our core before starting and then breathe while executing.

The core engages into our center or spine to balance.

This is similar to training the horse. As they progress through the training, horses change from the wide picnic table balance of the young horse to the narrower catlike bal-

ance of the Grand Prix horse.

To maintain a strong core while sitting tall in the saddle, think heart up and ribs down. This will prevent you from pulling up your shoulders and arching your back.

There is a difference between our postural muscles and using our core and glutes. Postural muscles are what keep us upright when we relax while standing in line or sitting on the couch. Our horses use postural muscles to sleep while standing. Engaging our core and glutes enables us to stand or sit up straight, at attention, and ready to move if necessary. Riders have a unique situation in that we mostly need to be able to engage our core without engaging our glutes. Engaged glutes equals a lot of bouncing. For the health of our backs, it is vital that we remember to engage our core AND glutes when not riding; for example, when moving a bale of hay. In the saddle we should always be using our core, especially the lower abdominal muscles. For the half halt, we need our entire core. It can be the equivalent of a big crunch sit up.

As dressage riders, our goal is to do our work for a ten. This can often mean a lot of stopping our horses, reassessing our plan or aids, adjusting accordingly, and setting up the exercise again. **But sometimes**

cont. next page

for both the horse and rider, resting and resetting is *NOT* helpful. Horse and rider need to get into a rhythm or flow. Small adjustments can be made on the fly and repetition creates improvement. A PT example for me was my first attempt at doing bridges. After the complete darkness in my brain and lead feel in my body left, I was obsessed with keeping perfect

**There is a
difference between
our POSTURAL MUSCLES
and using our CORE
AND GLUTES.**

form so as not to reinjure my back. I would carefully engage my core and glutes, use my hip flexors and put weight into my heels to lift, breathe, hold and slowly lower. I would then reset and repeat. Each attempt was like this! Building to ten repetitions seemed impossible. My therapist saw what I was doing and said, "think touch and go". I was to touch down and then go right back into bridge. Once I had a flow and rhythm, everything about doing bridges became easier. As riders, try to develop a flow to your exercises. Build one on to the next. Your horse will appreciate it!

Whether a setback of any kind has been yours or your horse's, it is important to remember how far you have come. Take time to reflect on it. Look how many moments of darkness are now moments of light and ease!

**CHECK OUT THE
EXERCISES,
NEXT PAGE**

Physical Therapy (cont.)

Note: Please seek the advice of a trained professional before beginning any exercise regimen.

Bridges:

Picture 1. This is the correct starting position for bridges. This is also the position you should be in for the "touch" moment. Back, including the lower back, flat on the floor. Lower abdominal muscles engaged inward toward spine. Feet flat on the floor.

Picture 2. Lift by engaging glutes, putting weight into heels, and lift hips using the hip flexors. Keep lower abdominal muscles engaged.

Work towards three sets of 10 repetitions.

Ball lifts:

Picture 1. Back, including lower back, flat on the floor. Lower abdominal muscles engaged inward toward spine. Hold an exercise ball between your ankles with knees bent at a ninety-degree angle to the floor.

Picture 2. Lift ball by straightening legs to a ninety-degree angle to the floor. Keep lower back flat on the floor and abdominals engaged.

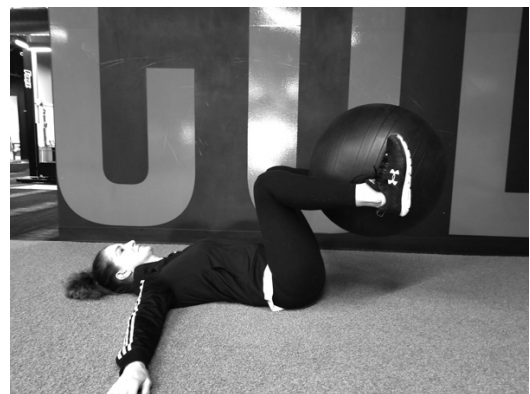
Work towards three sets of 10 repetitions.



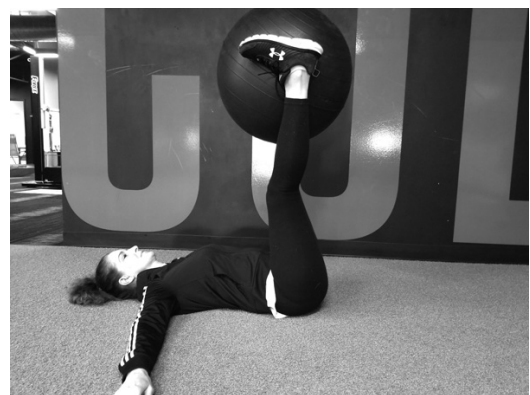
Picture 1



Picture 2



Picture 3



Picture 4



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7097 Jay Rd \$1,495,000

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10650 N 75th St \$1,079,000

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Quarter Page	4.5" x 1.875"	\$94.00	\$85.00	\$8.50
Directory of Services		\$25.00 (Text Only) 2 lines/name + 10 words		
Change Fee to ads after submitted		\$25.00		
2019 Championship Show Program publication size: 8 1/2" x 11"				
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Inside Front Cover	7.5" x 10"	\$275.00 - color		
Inside Back Cover	7.5" x 10"	\$275.00 - color		
Outside Back Cover	7.5" x 10"	\$275.00 - color		
Regular Full Page	7.5" x 10"	\$140.00 (\$190 color)		
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Business Card - blk/wht	3.5" x 2"	\$40.00		



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Thank you to all who have entrusted me with helping you purchase or sell a property last year. It was such a pleasure working with each of you, and why I love my career so much. As you can see, I work in all northern CO areas and with all types of properties.

I feel it's important to work with both Buyers and Sellers. I enjoy both, and look forward to helping you as your Realtor of Choice this year, with residential and acreage properties in all northern Colorado areas.



NEW LISTING!

8778 ARAPAHOE ROAD, BOULDER

\$1,746,000 MLS# 893812 Possibilities abound on this 10 acres. The property features a three bed, 2 bath remodeled home. The home boasts a new roof, water heater, furnace and AC. The horse facilities include: 150x60 indoor arena, 150x150 outdoor arena, and five barns with 33 stalls. All stalls have floor mats, auto-watering systems, feeders and attached runs. Also a large additional outbuilding with AC & heat, 2 bath, kitchen, 4 offices and large meeting room. The property has a special use permit for a riding academy/ equestrian center per a Jan 13, 2000 special use permit from Boulder County. Other uses may be possible if confirmed by Boulder County land use.



NEW LISTING!

1820 17TH AVE, LONGMONT

\$339,000 MLS# 893812
1 acre with updated 3 bed/ 3 bath/ 3 car garage/shop \$339,000. Shop fully insulated with satellite TV.



ANDRIA ALLEN

Aim Higher and Achieve More

Visit my blog for interesting information, statistics and articles about the real estate market at www.andriallen.wordpress.com

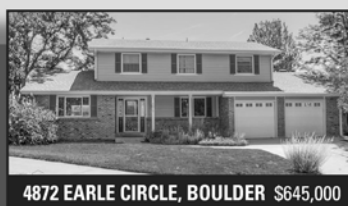


7474 SPRING DRIVE, BOULDER \$1,312,000



5576 WCR 8E, BERTHOUD \$1,300,000

SOLD!
LISTING AGENT



4872 EARLE CIRCLE, BOULDER \$645,000

SOLD!
BUYERS AGENT



910 N. COUNTY ROAD 23, BERTHOUD \$1,390,000



2400 ROSE COURT, LOUISVILLE \$995,000



9143 VALMONT ROAD, BOULDER (JK RANCH) \$2,525,000

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Shows & Events

All shows are RMDS recognized except schooling shows.

RMDS CALENDAR

2020

JANUARY 2020

- 4 **2019 Awards Banquet-Renaissance Hotel-Denver, CO**
Contact RMDS Central Office 720-890-7825 rmds@rmds.org
- 9 **RMDS Executive Meeting-open-Armando's-Parker, CO 6:30 pm**
Contact RMDS Central Office rmds@rmds.org 720-890-7825

FEBRUARY 2020

- 1 **JUDGE'S CE-Renaissance Hotel-Quebec ST-Denver**
Contact MaryJo Hoepner 719-495-3648 education@rmds.org
- 8 **Mariah Farm Schooling Show-Mariah Farms-Castle Rock, CO**
Contact Beverly Swanson 720-401-0357 piaffedesign@gmail.com
- 22 **TD/Show Management Training Douglas County Fairgrounds-Castle Rock, CO**
Contact MaryJo Hoepner 719-495-3648 education@rmds.org

MARCH 2020

- 7 **Mariah Farm Schooling Show-Mariah Farms-Castle Rock, CO**
Contact Beverly Swanson 720-401-0357 piaffedesign@gmail.com
- 12 **RMDS Executive Meeting-open-Armando's-Parker, CO 6:30 pm**
Contact RMDS Central Office rmds@rmds.org 720-890-7825

APRIL 2020

- 4-5 **Adult Amateur Clinic with George Williams-Reverie Farms-Boulder, CO**
Anclaire Spaulding Anclaire.Spaulding@gmail.com 303-903-7878
- 11 **NCDA Schooling Show- Cindy Canace-Tomora Training Center-Greeley, CO**
Contact Didi DeKrey 970-222-3104, denisedekrey@gmail.com
- 12 **NCDA Improve Your Tests Clinic with Cindy Canace-Phantom Hill Farm-Ft Collins, CO**
Contact Didi DeKrey 970-222-3104, denisedekrey@gmail.com
- 25-26 **Professionals clinic with Lilo Fore-Tomora Training Center-Greeley, CO**
RMDS Central Office 720-890-7825 rmds@rmds.org
- 25-26 **Grand Valley Schooling Show I-Mesa County Fairgrounds-Grand Junction, CO**
Contact Arlene Rhodes qlene@skypony.org

MAY 2020

- 1-3 **Dressage for the Cure Warm-up & @ CHP USEF**
Contact Heather Petersen 719-338-0854 slush@drwgw.net
- 9 **NCDA Schooling Show with Kathy Simard-Tomora Training Center-Greeley, CO**
Contact Didi DeKrey 970-222-3104, denisedekrey@gmail.com
- 10 **NCDA Biomechanics Clinic with Kathy Simard-Phantom Hill Farm-Ft Collins, CO**
Contact Didi DeKrey 970-222-3104, denisedekrey@gmail.com
- 14 **RMDS Executive Meeting-open-Armando's-Parker, CO 6:30 pm**
Contact RMDS Central Office rmds@rmds.org 720-890-7825
- 16 **Colorado Schooling Show-Haven Ridge-Elizabeth, CO**
Contact Kelly Boyd 720-480-8266 olearykelly@hotmail.com
- 16-18 **Dr Gerd Heuschmann Clinic-**
Contact Carolyn Miller carolyndarleymler@gmail.com
- 23-24 **Nighthawk Dressage II & III-Nighthawk Equestrian Center-Longmont, CO USEF**
Contact Heather Petersen 719-338-0854 slush@drwgw.net

JUNE 2020

- 6 **BVD Schooling Show-Boulder County Fairgrounds-Longmont, CO**
Contact Beth Geier 303-547-7179 bethgeier1@comcast.net
- 6-7 **Grand Valley Schooling Show II-Mesa County Fairgrounds-Grand Junction, CO**
Contact Arlene Rhodes qlene@skypony.org
- 7 **BVD Clinic with Kathy Simard-Boulder County Fairgrounds-Longmont, CO**
Contact Beth Geier 303-547-7179 bethgeier1@comcast.net
- 7 **Foothills Spring into Summer RMDS Show-Table Mountain Ranch-Golden, CO**
Contact Simone Windeler 719-287-2040 simonedressage@gmail.com
- 12-13 **Sage Creek I & II-Sage Creek Equestrian-Heber City, UT-USEF**
Contact Simone Windeler 719-287-2040 simonedressage@gmail.com
- 13-14 **Rocky Mountain Dressage I & II-Nighthawk Equestrian Center-Longmont, CO USEF**
Contact Heather Petersen 719-338-0854 slush@drwgw.net
- 18-20 **JR Camp Intensive-Table Mountain Ranch-Golden, CO**
Contact Cassandra DiPentino
- 20 **Colorado Schooling Show-Haven Ridge-Elizabeth, CO**
Contact Kelly Boyd 720-480-8266 olearykelly@hotmail.com
- 21 **Adult/Youth Team Competition-Table Mountain Ranch-Golden, CO**
Contact Anclaire Spaulding adultamateur@rmds.org

JULY 2020

- 7 **RMDS Executive Meeting-open-Armando's-Parker, CO 6:30 pm**
Contact RMDS Central Office rmds@rmds.org 720-890-7825
- 10-12 **SFDA Dressage at Santa Fe I & II-HIPICO-Santa Fe, NM-USEF**
Contact Debbie Garris 312-401-1157 dgarris@horseshowolutions.com
- 11-12 **Rocky Mountain Dressage III & IV-Nighthawk Equestrian Center-Longmont, CO USEF**
Contact Heather Petersen 719-338-0854 slush@drwgw.net
- 11-12 **Millbrook Farms Summer Dressage Festival-Fairfield, UT USEF**
Contact Jan Lawrence 801-631-2516 millbrk@xmission.com
- 11 **NCDA Schooling Show with Dolly Hannon-Tomora Training Center-Greeley, CO**
Contact Didi DeKrey 970-222-3104, denisedekrey@gmail.com
- 12 **Polish Your Skills Clinic with Dolly Hannon-Lanham's Farm-Ft Collins, CO**
Contact Didi DeKrey 970-222-3104, denisedekrey@gmail.com
- 18 **July Jubilee-Happenstance Farm-Elizabeth, CO**
Contact Lynn Van Voris 303-345-8366
- 18-19 **On The Bit Summer Dressage I & II-Laramie, WY-USEF**
Contact Heather Petersen 719-338-0854 slush@drwgw.net
- 19 **Centaur Rising Dressage I-Anchorage Farm-Pine, CO**
Contact Kris Cooper 303-838-5086
- 24-25 **Sage Creek III & IV-Sage Creek Equestrian-Heber City, UT-USEF**
Contact Simone Windeler 719-287-2040 simonedressage@gmail.com
- 25-26 **Dressage Under The Big Sky I & II-Livingston, MT USEF**
Contact Jackie Tiffany 720-236-6369 jackie@bozemandressagesociety.com

Shows & Events

AUGUST 2020

- 8 **Freedom Reins Benefit-Colorado Springs Equestrian Center-Falcon, CO**
Contact Lynn Van Voris 303-345-8366
- 14-16 **Estes Park Dressage I & II-Stanley Park Fairgrounds-Estes Park CO USEF**
Contact Heather Petersen 719-338-0854 slush@drwg.net
- 15-16 **Millbrook Farms-Fairfield, UT USEF**
Contact Jan Lawrence 801-631-2516 millbrk@xmission.com
- 16 **Centaur Rising Dressage I-Anchorage Farm-Pine, CO**
Contact Kris Cooper 303-838-5086
- 28 **Grand Valley Schooling Show III-Mesa County Fairgrounds-Grand Junction, CO**
Contact Arlene Rhodes qrlene@skypony.org
- 29 **BVD RMDS Show-Boulder County Fairgrounds-Longmont, CO**
Contact Nicole Donohue hobbyhorse6789@yahoo.com
- 29-30 **GVDS Fall Show-Mesa County Fairgrounds-Grand Junction, CO USEF**
Contact Arlene Rhodes Arlene@skypony.org
- 30 **Clinic with Debbie Riehl-Rodriguez-Nighthawk Equestrian Center-Longmont, CO**
Contact Beth Geier 303-547-7179 bethgeier1@comcast.net
- 30 **Foothills Last Chance RMDS Show-Table Mtn Ranch-Golden, CO**
Contact Simone Windeler 719-287-2040 simonedressage@gmail.com

SEPTEMBER 2020

- 8 **RMDS Executive Meeting-open-Armando's-Parker, CO 6:30 pm**
Contact RMDS Central Office rmds@rmds.org 720-890-7825
- 23 **Rocky Mountain Sport Horse Championships Colorado Horse Park-Parker, CO-USEF**
Contact Heather Petersen 719-338-0854 slush@drwg.net
www.2whitefeet.com
- 24-27 **Great American Insurance Group/USDF Region 5 Dressage Championships & RMDS Championships-Colorado Horse Park-Parker, CO-USEF**
Contact Heather Petersen 719-338-0854 slush@drwg.net
www.2whitefeet.com

OCTOBER 2020

- 3-4 **Grand Valley Schooling Show IV-Mesa County Fairgrounds-Grand Junction, CO**
Contact Arlene Rhodes qrlene@skypony.org
- 8 **RMDS Executive Meeting-open-Armando's-Parker, CO 6:30 pm**
Contact RMDS Central Office rmds@rmds.org 720-890-7825

NOVEMBER 2020

- 21 **RMDS Board of Governors-TBD**

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 pm
See calendar for exceptions to the dates
Contact RMDS Central Office for location **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

2020 RMDS EXECUTIVE BOARD

President	Gwen Ka'awalo	303-917-3679	Kaimana_co@hotmail.com
Past President.....	Simone Windeler.....	719-540-2000	simonedressage@gmail.com
Vice President.....	Dorothy Kapaun.....	970-310-5229	dorothykapaun@yahoo.com
Secretary	Heather Petersen	719-338-0854	slush@drwg.net
Treasurer	Sharon Soos.....	303-904-7534	sksoos@mesanetworks.net

PERMANENT COMMITTEES

Adult Amateur Co-Chairs.....	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 Bizarro.....	303-939-0110	nicbiz@indra.com
Webmaster	Heather Petersen	719-338-0854	webmaster@rmds.org
Education.....	MaryJo Hoepner.....	719-495-3648	education@rmds.org
	Pam Phillips	719-649-7497	education@rmds.org
Junior/Young Riders.....	Cassandra DiPentino.....	303-641-9162	dipentinodressage@gmail.com
Marketing	Christine Casillas	970-471-0371	marketing@rmds.org
Professionals Co- Chairs	Kathy Simard	720-981-4448	katsimard@msn.com
	Joan Clay.....	970-420-0887	jncly@comcast.net
RMDS Show Liaison	Anclaire Spaulding.....	303-903-7878	anclaire.spaulding@gmail.com
Scholarship	Natalie Defee-Mendik	720-287-1952	scholarship@rmds.org

APPOINTED COMMITTEES

Banquet.....	Beth Geier	720-890-7825	rmds@rmds.org
BOG	Heather Petersen	719.338.0854.....	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.....	Nancy Leonard	660-525-0084	fancyleonard@gmail.com
Boulder Valley	Stan Adamson	720-887-2606	adamsons100@msn.com
Foothills.....	Cassandra DiPentino.....	303-641-9162	dipentinodressage@gmail.com
Grand Valley	Arlene Rhodes.....	970-201-1779	arlene@skypony.org
High Plains.....	Stephanie Figgins	720-480-7044	stephanieefiggins@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.....	Shannon Lemons.....	719-686-0064	lemons_shannon@yahoo.com
Western Colorado.....	Lesley Hill.....	970-925-9238	ljs@rof.net

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	719.338.0854.....	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: 3rd Mon.-monthly, location on website, Nancy Leonard,660-525-0084, fancyleonard@gmail.com check www.arkansasvalleydressage.org for times and locations

Boulder Valley: 2nd Mon., even months, location TBD, Stan Adamson, (720) 887-2606, adamsons100@msn.com

Foothills: quarterly meetings, location TBD, Cassandra DiPentino,303-641-9162,dipentinodressage@gmail.com

Grand Valley: third Monday of the month, February through November at Canyon View Vineyard Church, Classroom T106, at 736 24-1/2 Rd Grand Junction, CO, Arlene Rhodes 970-201-1779, arlene@skypony.org

High Plains: Bimonthly- Julie Burt's residence, 6796 Ponderosa Dr., Parker, Stephanie Figgins, 720-480-7044 stephanieeffiggins@gmail.com

Northern Colo.: 2nd Wed., September – May, Mimi's Cafe-Loveland, CO, Didi DeKrey, 970-222-3104, denisedekrey@gmail.com

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

Pikes Peak: 2nd Tuesday of the month - check www.pikespeakdressage.org for dates & location, Shannon Lemons,719-686-0064,lemons_shannon@yahoo.com

Western Colorado: location TBD, Lesley Hill 970-925-9238, ljs@rof.net

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. Current schedule of Executive Board Meetings: Jan 9, March 12, May 14, July 7, Sept 8, Oct 8 (budget) Meeting time is 6:30 p.m. Meeting dates in 2020 may be variable, please check the calendar or the website. Contact the RMDS Central Office for location.

2020 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.rmids.org

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

2020:

JANUARY

4 RMDS Banquet & 2019 Awards-Renaissance Hotel-Quebec St.-Denver, CO

FEBRUARY

1 Judges CE-Renaissance Denver Hotel-Quebec Street-Denver, CO

22 TD/Show Management-Heather Petersen-TBA

28-Mar 1 Rocky Mountain Horse Expo-to volunteer contact Sharon Soos-303-807-8742

APRIL

4-5 AA Clinic with George Williams-Reverie Farms-Boulder, CO

5-26 Professionals Clinic with Lilo Fore

JUNE

18-20 Junior Camp-Table Mountain Ranch-Golden, CO

21 Adult/Youth Team Competition- Table Mountain Ranch-Golden, CO

SEPTEMBER

23 Rocky Mountain Sporthorse Championships-Colorado Horse Park-USEF

24-27 RMDS Championships & Region 5 Championships-Colorado Horse Park-Parker, CO USEF

NOVEMBER

21 Board of Governors – Renaissance Hotel-Quebec St-Denver, CO

For details on these and other RMDS events:

- Contact the Education Chairman: education@rmids.org
- Read the Centaur
- Go on the website - www.rmids.org
- Contact the RMDS Central Office 720-890-7825 rmids@rmids.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	\$150	7" x 9.5"
Half Page	\$90	7" x 4.5"
Outside back half	\$105	7" x 4.5"
1/4 Page (Vertical Only)	\$55	3.25" x 4.5"
1/8 Page (Business Card)	\$30	3.5" 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	
"r"	Recorded	Training - Second	^ = FEI Young Horse Certified
"R"	Registered	Training - Fourth	* = Dressage Seat Equitation Certified
"S"	Senior	All	+ = Freestyle

FEI 5*

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

FEI 4*

Sandra Hotz [^] 303-817-2030

USEF 'S'

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

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

Sandra Hotz [^] 303-817-2030

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

USEF 'R'

Gwen Ka'awaloa⁺ 303-917-3679

USEF 'r'

Julie Haugen 970-290-8360

Amy Jablonovsky⁺ 970-232-6403

USDF 'L' Graduates (Schooling and RMDS

Only recognized shows)

*Denotes Graduation with Distinction

Michelle Anderson 303-775-9912

Megan Bretey 970-250-5812

Wendy Fryke 720-314-0974

Kirsi Hussa^{*} 307-855-5042

Laurel Peters 970-764-4191

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

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

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

USDF Sport Horse Seminar Faculty

\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

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

Heather Petersen (CO), R. 719.338.0854

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

Technical Delegates, RMDS recognized shows only

Joan Clay 970-420-0887

Mary Jo Hoepner 719-495-3648

USDF Certified Instructors

Training - First

Joan Clay 970-420-0887

Training - Second

Julie Burt 720-347-8084

Carol Bunefare 970-946-1582

RaeAnn Cook 970-225-1408

Training - Fourth

Janet "Dolly" Hannon 303-919-4112

Gwen Ka'awaloa 303-917-3679

Sarah Martin 720-891-1369

Kathy Simard 720-981-4448

USDF INSTRUCTOR/TRAINER FACULTY

Janet "Dolly" Hannon 303-919-4112

Sarah Martin 720-891-1369

Kathy Simard 720-981-4448

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

Scholarship Report

From Pam Phillips

Me and My Dragon (a.k.a Sam) Would Like to Say THANKS for the 2019 Scholarship!



Pam Phillips and her triumphant dragon.

So, the plan was to use the scholarship money mostly for lessons and then do a show at the end of the year to see what I learned. Well, you know what they say, the plan for a war is good until the first shot is fired. Not long after receiving the scholarship I found out that I would be getting a new job, so I decided to show early (Dressage for the Cure), to get a baseline, and then to continue to follow-up

with lessons. Here is an abbreviated run-down of that first show morning!

First morning at Dressage for the Cure

I recall waking up, deliberating what I was thinking. 1st level? Me and Sam? Eeeeekkkkk!!! We made a marginal effort the previous year, and this is the first show of the season! I had nightmares of previous coaches looking down at me from there huge warm-bloods, saying things like "I told you that you weren't ready". Did that happen? Of course not! There was not an unkind eye or word, and everyone was beyond supportive. While Sam and I were hand-walking that first morning, we had almost the exact same conversation that we had during our first Dressage for the Cure, several years ago, when we debuted at Training-Level. It wasn't so much a conversation, but rather Sam spelling things out for me.

Me: 1st Level? What if we don't make it?

Sam: Ah, but what if we do make it? Wait! What the heck do you mean, what if we don't make it?!?!?!?!?! Just look at me! You have been walking with me on a loose lead, as tractors have been practically doing donuts and dragging arenas at max speed! Hunter jumpers have been buzzing by like fighter jets at an

air show! Meanwhile, I am cool as a cucumber, confident amongst the chaos. Ready or not, we are here. I think we are ready, but we won't know until we TRY!

Me: What if the judge doesn't like us/me?

Sam: Don't be absurd, the judge does not have a set belief about any horse/rider pair as they embark down centerline. Our 5-minute test is essentially a 5-minute private lesson with the judge. Are we trying to qualify for the Olympics or something? NO! We are trying to show what we have learned so far and gain constructive guidance for the lessons to come. Besides, I don't care if it is the entire US Olympic team scrutinizing us from C. Every judge started exactly where we did. Not one was born with a perfect seat or perfect hands. Every one of them started this journey bouncing around on a horse with parents and/or trainers, hoping he or she would sur-



Look Mom! We are going right by the judge's stand!

vive. They may not post photos from those less than perfect days on Facebook, but they remember those times. They want us to succeed as badly as they wanted to figure things out, back in the day.

Me: What if things go wrong?

Sam: Woman! Get your head in the game. We are talking about some loops and 15-meter circles. We know that the lengthen-stride in trot can be an issue, but remember what the trainer told you: I can do it, just don't lean forward, do throw away the reins, and only push for as much as we can come back from after the diagonal. Yes, there are always things that can go wrong. We are a cont. next page

The Dragon Story (cont.)

dynamic team, so anything can happen, your fault (usually), my fault, or nobody's fault. Pfft! So, what if they do wrong? Simple, if they do, we will keep going until we get it right. We got here together, and we are going home together, as a team! Everything else is gravy!

Me: *So, you think we got this?*

Sam: Oh, for Pete's sake, YES! Just send me forward so that I know you are OK up there, be clear and brave and let me do my job. Just remember, I am not one of those panicky nervous worry-ward lizards you have ridden in the past. I am your confident horse, your warrior dragon! Commit to riding me like



We got here together, and we are going home together, as a team!



I am your confident horse, your warrior dragon!

you mean it, and let's go already!

Me: *Ok. Time to pull up my big girl panties and deal!! Thanks. I love you too!*

Did we knock it out of the park? I think so. Everything that we had worked on up to that point came together, and we got some fantastic fuel for our future lessons in the comments. And we had a fabulous time!! The scholarship money helped finance that show and the lessons that followed.

So, what did the scholarship money help me learn this year? I learned that we can do this! I learned that a bronze medal is not out of reach. I learned to instead of worrying about what could go wrong, I should spend my passion working on how to make it right. I learned that I love riding dressage, especially within our wonderful community. I am truly blessed to be a part of such a fun and supportive group! THANK YOU!!

Apply for a Scholarship

The purpose of this program is to provide financial aid to RMDS members who request it to advance their dressage education and/or competitive skills. In addition, the Program will work to:

- Raise funds in order to increase the scholarship fund each year;
- Increase both the number of scholarships and the amounts awarded each year, and
- Target scholarship support so that the program continues to fulfill its purposes.

SCHOLARSHIPS CATEGORIES

- The 'Leg-Up' Scholarship will be awarded to riders, regardless of age, who are training at Intro, Training or First Level.
- The 'Solid Seat' Scholarship will be awarded to riders who qualify as USEF Adult Amateurs (must have a current USEF AA card on file with the RMDS Central Office). This scholarship is available to riders over the age of 21 and for any level.
- The 'Junior/Young Rider' Scholarship will be awarded to a rider under the age of 21 and is available to riders of any level.
- The 'Opening Doors' Scholarship will be awarded to riders/riding instructors of any age who are considered professionals according to the USEF rules. This scholarship is available to professionals, whether they compete or not, to help support their continuing education and/or competitive goals.

Use Winter to Revisit, Refine Core Riding Skills

By Debbie Riehl-Rodriguez

Debbie Riehl-Rodriguez is an USEF 'S' Dressage judge, Sport Horse Breeding judge and member of the USDF Faculty. She has earned her USDF Bronze, Silver and Gold medals. This article was originally published in March 2014, but as with all dressage, timeless advice.



Debbie recommends getting horses outdoors for work, when possible in winter.

This time of year, riding becomes more challenging to keep up on a regular basis due to the frequent deep freezes and inconsistent weather patterns. Those who are fortunate enough to have an indoor arena have it a bit easier to keep training. But, even with this advantage, if the temperature

dips too low or the wind is howling like it has been quite a bit lately, it is hard to get in consistent work with our horses. Some of us who work out of boarding barns where the arena can become crowded can have a harder time, with other riders trying to get their own horses worked and, possibly, other lessons going on as well. I find the horses get a bit bored being inside constantly and anytime we have a decent weather day, it's best to get the horses outside to work them, even if it just means a walk around the outside of the arena or, better yet, an occasional trail ride.

If possible, this is a good time to just put the horse in a trailer and haul to another barn for a change of scenery, as well as having them become more seasoned to going places.

For the times when we are stuck indoors or limited on our riding hours, now is a good time to start preparing our goals for the year with our horses. Are you planning to show this year? And, if so, are you going to move up a level or just wanting to improve your scores at your current level? If you do not show, but simply just want to continue to train and learn more with your horse, I'd like to offer some suggestions for you here.

Go Back to Climb Up Pyramid

With all the information available to us in magazines and online, you should all be aware of the pyramid of training and the steps it lists in order to develop our horses correctly. (First is Rhythm, then Relaxation, Connection, Impulsion, Straightness and Collection.) Take time to thoroughly analyze this and see if your horse is truly following along these lines. Do you focus on maintaining the correct rhythm with your horse? This is the first step and the most important one in being able to build your solid foundation. It does not matter what level you are riding, even FEI riders need to consider this every moment of every ride. Evaluate the rest of the pyramid and see if you are honestly following these guidelines in your daily work.

The basics are extremely important and they are what judges are considering when evaluating you in a test. They are considered not only in each movement, but also in the collective marks. Now is a good time to go back and review how correct your training really is. One of the most beneficial exercises to work on to improve throughness, suppleness and submission are transitions. I am referring not only to transitions from one gait to another, but also within a gait. Can your horse perform a few steps of lengthening or go to slightly more collection within a gait without losing the rhythm or coming off the aids? Can you ask your horse to take bigger steps or shorter steps without the tempo changing? It doesn't have to be huge differences here, just a "test" to see if the horse is truly working with you. Be aware of the horse using his back properly at all times and that he is active stretching over the topline into a correct contact. Try to improve your connection by testing subtle changes of balance such as riding with a slightly longer neck at times and encouraging the horse to really reach to the contact. Try to be sure you are riding always from back to front.

Take time to work on your seat and position, preferably getting some lunge lessons whenever possible. If you do not have a regular instructor, try to get a friend to lunge you and practice without stirrups and reins, and work to improve your balance, and develop a deeper seat and core strength. We are all aware of how important this is, and its so easy to become dependent on our reins for support rather than develop truly independent aids.

If your horse is particularly stiff this time of year, which is quite common with standing in the cold for long periods, be sure to allow for sufficient warm-up time, with lots of walking and stretching. You can proceed to work on lateral suppleness with using small circles,

mindful of his condition so that he does not become sore from "too much too soon". Stay positive knowing that spring will be coming soon and we can get more done and start working toward a new show season.



Yes, we KNOW you've all seen it - but it never hurts to review those BASICS!

shoulder fore and shoulder-in as well as haunches-in, even if only doing this at a walk on an especially cold day that you don't want to overtax your horse. There are many variations of leg yielding, either on a diagonal, or head to the wall, or on a circle, that are very helpful. Remember the old spiral in and out exercise? Be aware of your horse's response to your leg, that he is prompt to answer you, as well as listening to each leg evenly with the same degree of pressure. Every horse will always tend to be more responsive from one leg more than the other so now is a good time to go back and address improving this.

Different Exercises in Cold Temps

It is wise to be careful not to get the horse too sweaty on those very cold days but with these exercises you have plenty to work on even if it's just at the walk. Practice your halts, taking care that you can keep your contact and ask your horse to remain on the bit. If you have mirrors, it's a good time to teach your horse to stand "square". You can also have a friend tell you where the legs are positioned and which one needs to be brought forward to make the horse square up. Try to focus on "feeling" where the legs are under you and if no one is there to help you, then just look down to check but see if you can sit centered and try to determine which leg feels too far back or forward.

On warmer days work your horse a bit harder but be

Also this is a good time to review last year's tests and see if you are getting repetitive comments in one particular area and know that is what you need to concentrate on improving. The judge's job is to protect the welfare of the horse by giving an evaluation of your training and we all try to do our best to give proper guidance by our comments.

So, here's to looking forward to a new year and a good show season, and remember

BASICS, BASICS, BASICS!

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Help Build RMDS New Website and Database!

Make your tax-deductible donation to help us upgrade our long-neglected database. These technological improvements DIRECTLY impact how you are able to retrieve and see your scores, check on information, provide internet security, and streamline all the information needed to keep members informed.

Thank You!



RMDS MEMBERSHIP FORM

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

Individual Membership - \$65.00 (**\$75 after January 10-late fee**) Additional family members (same address) - \$50

Business Memberships - \$110.00 Education (non-competing) - \$50.00 Life Membership - \$825.00

Life Business Membership \$1,100.00 - Transfer Life Business to new owner \$100.00

All business memberships include one individual membership. **Fees begin for 2020 year.**

Please include all information for person designated as individual member. If an adult amateur, include current copy of USEF AA card. All individual members will receive Centaur newsletter & the Omnibus.

Membership & horse registration acknowledged via postcard or email. Mail completed form with check made payable to RMDS.

Indicate Local Chapter (only one):

Arkansas Valley

Grand Valley (Grand Junction area)

On the Bit (Wyoming)

Boulder Valley

High Plains (Parker, Littleton, Aurora)

Pikes Peak (Colo. Spgs. area)

Foothills (Golden, Evergreen)

N. Colorado (Ft. Collins, Loveland)

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 Scholarship Fund. (Include amount with your membership check)

____ Please remove my name from lists sold by RMDS ____ Renewing member: Needs binder-**include additional \$8.00**

I pledge \$ _____ to go towards the new RMDS database & website (needed upgrade after 30 years)

RMDS 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.

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.**

The name and all information on this registration must be the same as that used on horse show entry forms.

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

Horse Name _____ Sex _____ Breed (if known) _____

Registration # (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 (H) _____ (E-Mail) _____

Region 5 Report



I hope everyone had a great Holiday season! We had a fun week at the USDF Convention in Savannah, Georgia at the 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 great group 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!

GMO Newsletter Award - First Person Experience Article – GMO with 500 or more members – 1st place – Rocky Mountain Dressage Society, The Centaur, March 2019: Classical Dressage: From Dallying a Rope on my Saddle Horn to Breeches and Tall Boots by Sgt. Joe Cummings

Regional GMO Volunteer of the Year – USDF Region 5 – MaryJo Hoepner, Colorado Springs, Colorado – 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. The major issue that came before the BOG was tabled, that was a change in the education membership. The largest part of it that was in contention was the name of the rebranded membership. It will be relooked at and come back next year. The BOG did approve a motion to look at separating Jr/YR to 15 and under and 16-21 divisions. That will now go forward for consideration by the USEF Dressage Sport Committee. There was also a motion to have USEF look at adding at 55 and over AA division. So that will be considered in the future as well.

The budget for our fiscal year April 1, 2020-March 30, 2021 passed with no issues. Regions 1,3,5,7,9

directors were re-elected as was the secretary, Margaret Freeman. Kevin Reinig from California won the VP election.

For Region 5, our finances are steady. The NAYC kids need to do some fundraising if they would like to use the funds in their account to go to NAYC for 2020. The PM delegate grant of \$200 per delegate was re-approved for 2020 PM delegates. RMDS donated \$1000 of the profits from the USDF Region 5 Championships held in 2019 to the Region 5 Education account, in addition to their yearly donation of \$1000 to the FEI Jr/YR account.

New rules that went into effect December 1st include the drop for FEI freestyle qualifications back to 60% in order to be eligible to ride one. Also, qualifications were introduced for US riders to enter US CDIs and these will most likely go into effect in 2021. There are a few other rule changes for 2020, but nothing hugely major. There are quite a few new or changed FEI tests for 2020 as well.

The hotel for the convention was located along the Savannah River, just across the river from the main part of historic downtown Savannah. There was a wonderful free ferry that ran frequently back and forth across the river so it allowed for convention attendees to take in dinner and site seeing at their convenience. It was a wonderful place to walk and explore and see an important part of US history.

To all of our wonderful Region 5 committee members, your hard work doesn't go unnoticed and we really won't be the great organization we are without you! Many thanks to everyone for your support of myself as Regional Director and thank you as well for re-electing me. I look forward to serving you for the next 3 years and please let me know if you have any questions or concerns! Till next month!

Heather Petersen, Region 5 Director

About the Artist, Barb Haynie Calendar of Events Poster

I'm 72 and have been riding since I was 12 years old, beginning with bareback (I had a horse for two years before acquiring a saddle), then western (once I got that saddle), including gymkhanas. In my thirties, having evolved somewhat, I took up jumping and showed on the huntseat jumping circuit for about ten years. Then I became interested in dressage in my forties, when I groomed for *Sue Curry* in Boulder for three years while I took lessons from her and showed on a TB named "Slim" (show name "Glitz").

These days I still ride my wonderful 21-year-old Dutch WB/TB cross, "Kismet" (a son of Iron Springs Farm's sire "Consul"), mostly bareback for the past few years, still jump him a bit on a cross-country style course I built in my pasture, still do a bit of lower level dressage (bareback) on him as a means of keeping him strong and healthy (my version of equine yoga), and hack out along the Poudre trail a couple of times a week. I have a Fine Arts degree from CSU (graduated at age 50), while my "real job" was landscape designing for the garden centers my husband and I have owned through the years, Creekside Garden Center on North Shields.

I didn't begin painting until about five years ago. I do tend to paint horses quite a lot, but I also paint wild-life and portraits and landscapes which we sell in the greenhouse at our garden center. I also enjoy riding my bike and hiking, plus bird watching, photography, and reading.

As for this particular painting: I find dressage very "Zen," especially compared to my jumping and hacking (when my horse tends to pull my arms out). The only times I've actually felt like a Centaur are during dressage. I find half pass a graceful flowing movement so I decided to try to capture that in a painting. I love Santa Fe style art and also modernism in general, so I melded the two by emulating one of my favorite Santa Fe modernists, Billy Schenck, using a similar palette and style (not full blown pop art like Schenck, yet definitely modernist). I searched online for photos of half pass and extrapolated this painting from that research. I use photos of my subjects because I strive for accuracy, even when pushing the abstract quality of a subject. In a way my paintings are my form of worship for the things I love most in this world.

Post the Poster

The idea for this RMDS Calendar of Events came from the May/June issue of USDF Connection (a VERY fine publication for good information for all), from an article by Colleen Scott about how president Jean Rude of the Eastern Iowa Dressage & Eventing Association (EIDEA) turned around a sad little club of 21 members into a more vibrant and inclusive community of 62!

One of her ideas that I thought might be good for us to adopt is a poster of events. Jean says, "*Members all receive a poster at the beginning of the year and help distribute them to area barns. The posters really helped generate excitement and more word of mouth.*" She says include all events, even if dates are only TBD.

So we are asking you to PLEASE post this calendar at your barn - or your local tack shop - or wherever other riders may be interested in joining us at our wonderful educational events throughout the year 2020!

2020 CALENDAR OF EVENTS

FEBRUARY

2 JUDGES CONTINUING EDUCATION

22 TECHNICAL DELEGATE AND SHOW MANAGEMENT EDUCATION

MARCH

FEB 28-MAR 1 ROCKY MOUNTAIN HORSE EXPO

APRIL

4-5 ADULT AMATEUR CLINIC WITH GEORGE WILLIAM

25-26 PROFESSIONALS CLINIC WITH LILO FORE

JUNE

20-21 2020 USDF SPORT HORSE SEMINAR, NM

18-20 JUNIOR CAMP

21 ADULT/YOUTH TEAM COMPETITION

SEPTEMBER

23 ROCKY MOUNTAIN SPORT HORSE CHAMPIONSHIPS-UDEF

24-27 RMDS CHAMPIONSHIPS & REGION 8 CHAMPIONSHIPS-UDEF

VISIT RMDS.ORG OR YOUR LOCAL CHAPTER WEBSITE FOR HORSE EVENTS, CLINICS AND SHOWS

LOCAL CHAPTERS

ARKANSAS VALLEY - AVDADDRESSAGE.ORG

BOULDER VALLEY - BOULDERVALLEYDRESSAGE.ORG

FOOTHILLS - FOOTHILLSDRESSAGE.ORG

GRAND VALLEY - GVDS.ORG

HIGH PLAINS - HIGHPLAINSDRESSAGE.ORG

NORTHERN COLORADO - NOCO-DRESSAGE.ORG

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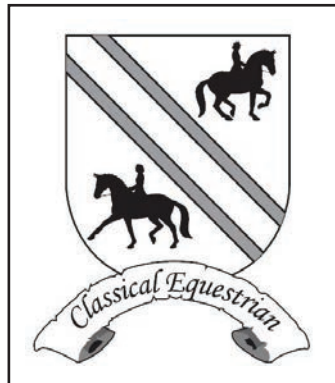
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Riders or their representative are required
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hours earned in the current competition year
in order to be eligible for year-end awards.

Tack/Equipment

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Borne' Journey dressage saddle Gently used 18W Borne' Journey dressage saddle. Used perhaps a dozen times and it in pristine condition. \$2500.00. Call Karen for details. 303-229-7070.

RMDS PAID POSITIONS

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

Bids due by February 29, 2020.

- Centaur Production-effective with May issue 2020
- E-Centaur Production-effective with June issue 2020
- Omnibus Production-effective for 2021/2022
- Championship Show Management (manager/secretary combined) for 2021/2022

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 29, 2020. We hope you will plan to attend the March 12 Executive Board meeting as there may be questions asked of you.



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