



CENTAUR

educating horse and rider as partners

JULY 2013

A Peek Inside

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Are You Emotionally
Centered?
Take the Quiz!

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Help Make It Happen Dressage Volunteers Learn, Can Earn Scholarships

By MaryJo Hoepner, Scholarship Committee Chair

This article is the first in a series to describe different ways to volunteer and how to do some volunteer jobs. Knowledge is power.

In our world of dressage, most RMDS members want educational events. We want opportunities to compete in a variety of venues in order to test what we have learned/trained for. We want social activities in order to spend time with others who also study/enjoy dressage. We want to have information available about what our organization is doing, what activities there are, what our members are doing and what products are available to make our journeys successful.

These require someone to organize them and to produce them. The information source requires someone to write articles, to maintain informational websites, to assure that members are notified by e-mail or snail mail. We, as a group of people that love dressage, need volunteers to help dressage clinics, demonstrations, shows and other activities occur. All of these things take place so that everyone can more fully enjoy their individual pursuit of dressage, as a participant or an appreciative spectator.

As a result, we get requests to volunteer. I am sure all who are reading this have received e-mails, Facebook notices and phone calls with

requests to volunteer. Being a volunteer allows all of us to contribute. It is fun. It feels good. It helps the sport. It is educational. One great reason to volunteer is that you then become eligible to apply for one of the four scholarships that RMDS offers annually (rmnds.org/Organization/Scholarship). Also, many of the grants offered by The Dressage Foundation (www.dressagefoundation.org/home.htm) request volunteer hours from applicants.



The job of scribing requires someone who is willing to sit in a small area in all kinds of weather.

Many do go ahead and volunteer. Many do not for a variety of reasons: lack of time, lack of experience, lack of confidence in one's ability to volunteer.

Cont'd on pg 7

Russ Fawcett Memorial Award

Donated by Janet Foy

RMDS To Recognize 'Lifetime Achievement'

The "RFMA" will be awarded to an individual (professional or amateur) who has shown dedication to the sport of dressage through education and "giving back." The RFMA will be awarded based on individual written nominations sent to the RMDS Central Office and received by Sept 1.

Please send your nominations to the Central Office at:
 RMDS, 2942 Park Lake Drive, Boulder, CO 80301 – rmnds@rmnds.org

Summer is here and the heat is on. Many folks are riding early in the day to spare their horses the heat. We do need to think about our four-legged friends and keep them hydrated with lots of fresh water. Please do not forget about yourself and make sure that you stay hydrated with water while you ride and work in the barn.

As I write this, the RMDS Executive Board is reviewing applicants for the Vice President and Show Committee Chair. We hope to have our new Board members at our July 9 meeting.

As dressage riders, trainers, instructors or just dressage fans, we have the opportunity to enjoy our equine partners while we attempt and succeed at forming a bond through a proven system of training. Whether you follow the German, Swedish, French, Spanish or another dressage philosophy, you follow a training methodology that has hundreds of years of documentation and experience behind it.

I have recently been rereading many dressage books. When we reread a text we often see things with a different perspective. One thing that is true throughout the books is the emphasis on partnership, forgiveness and consistency. I have had the privilege over the years to ride and train with



Gwen Ka'awaloa earned her USDF Gold Medal in 2012 with her horse Safarie.

many outstanding people. Major Anders Lindgren often reminded us of one thing: There are many roads to follow and along the way you may have to change course to get to your final destination. It is okay as long as you get there. The rhyme he taught us went like this. T, T, T mind this chime, Things Take Time. This has stuck with me for nearly 30 years.

So, as you ride, train, teach and observe, try to find what is good and what is getting better. Use all your resources and you will achieve each goal. If the road guides you on a different route, it is okay to change. Life is a path not yet written.

As horsemen and horsewomen we have chosen a sport that is difficult because we work with another being who can think, feel and react. Therefore, we have to have a relationship with our equine partners. We are blessed to work with these wonderful animals and the feelings we have with them are so very precious.

Enjoy your summer, your horses, and mostly your family and friends.

Aloha,

– Gwen Ka'awaloa, President, RMDS

Heaven is high and earth wide. If you ride three feet higher above the ground than other men, you will know what that means.

Rudolf C. Binding

Boulder Valley Dressage

Congratulations to participants in the Boulder Valley Dressage Ride-A-Test at Autumn Hill on May 18. We had a great turnout and everyone seemed to have had fun and learned a lot. We owe a big thank you to the Wycoffs, Julie Barringer-Richer and the rest of the Autumn Hill community for donating the use of the facility for this event. Thanks as well to our judge, BVD member Sandy Hotz, and to our volunteers for the day: Beth Geier, Kathie Hibbard, Val Foltz and Samantha Taylor.

Looking ahead, BVD will be putting plans in place for our So Long To Summer show on Aug. 25 at Sextant Farm in Longmont. Contact Jeannette Hillery at 303-494-7718 if you can volunteer. This is another great opportunity to try out the new United States Equestrian Federation rider tests.

Have a great ride!
– President Sarah Barnes

Colorado Springs Dressage Association

The Colorado Springs Dressage Association board has finalized our educational event schedule for 2013. We have a variety of topics this year, including Equine First Aid, Show Readiness, a Ride-A-Test Clinic Sept. 14 as a tune-up for RMDS Championships, and a two-day clinic with Dolly Hannon Oct. 19 and 20.

Our May educational event was a presentation on show readiness by Debbie Moloznik, USEF (r) technical delegate, and Federation Equestre Internationale steward. It was a great learning experience on the latest rules and requirements for showing that was well attended by the membership. June featured a presentation on trailer safety and maintenance

by Debbie Norville, owner of Arrowhead Trailers in Peyton. For July, we will have a presentation on Equine First Aid by Melanie Robinson, DVM, at Vantage Point Farms. All of the educational events are free to CSDA members and available to non-CSDA members for a small fee.

Please check our website for the dates and times of our educational events and membership meetings.

CSDA general membership meetings are held the third Tuesday of every month and all CSDA members and their guests are welcome to attend.

The agenda, meeting time, location, and directions are posted on the website at www.csdressage.org.

Foothills Chapter

The chapter's quarterly meeting was held May 6 at Tuscan Tavern in Evergreen. We had a great turnout of enthusiastic Foothills members, as always. The chapter has planned several clinics: Seat Clinic with Kathy Simard, a USDF 'L' graduate and certified instructor, at Pleasant Ridge Farm in Conifer, FreeStyle Clinic with Dolly Hannon, Ride-A-Test at Roberts Ranch and our Foothills Last Chance Show with our first Foothills Flea Market. All events were discussed and details ironed out.

At this time, the two events that are firm are the Aug. 24 Ride-A-Test with Leslie O'Neal-Olsen ('R' Judge) at Roberts Ranch. The chapter thanks the owner of Roberts Ranch, "Miggy" Monroe who has again agreed to host the Ride-A-Test for us. Her facility is lovely and we are always graciously and warmly welcomed by everyone there. The other event we are looking forward to is the Last Chance Show with the Foothills Flea. The "Foothills Flea" will be available to any member

of RMDS who wishes to clean out their tack room, trailer or closets of equine-related items. For a fee of \$15 paid to the Foothills Chapter, they can sell their priced items in a designated area at the show. Flea market help will be available for sellers who are riding. Shopping and horses at one event is perfect! Both events will have additional information sent out to the membership soon.

The next chapter meeting is in August and all are welcome. Check our Facebook page or website for up-to-date information.

I will be continuing as the Foothills Chapter President, although I have resigned my position as RMDS President. I feel that I can continue to provide the chapter with the guidance of a good leader and look forward to the events we offer. Thank you for the support I have received and continue to receive.

"Don't be the rider who gallops all night and never sees the horse that is beneath him." – Jelaluddin Rumi

– President Lori Mitchell

Northern Colorado

Our May activity was presented by Amy Bowers and her student Molly. Amy is Pat Parelli's niece and has studied natural horsemanship since she was a child. Spending summers at her uncle's ranch, she developed her skills very quickly and was training horses by the age of 14.

Amy works closely with Linda Parelli who has created The Game of Contact. She says, "It's about the psychology of getting your horse to want to engage mentally, emotionally and physically . . . causing it to be the horse's idea rather than something forced on him." Both Linda and Amy are students of Walter Zettl. We had a great turnout for this event and everyone seemed to enjoy it very much. Thanks Amy and Molly for giving us an overview of The Game of Contact.

We planned another Trail Ride for Charity on June 22 at Rocky Mountain Lazy J Bar S Ranch in Loveland. We rode the dirt roads around the hay meadows on more than 300 acres. It always is a lovely ride. Afterward we enjoyed a potluck lunch by the pond.

Hope you're all enjoying the summer with your horses!

– President Renee Martig

Pikes Peak Chapter

In April, after some weather-related delays, we held our evening clinic, Ready, Set, Show, with interactive, informative hands-on experience preparing for the show season. Grooming, braiding and show paperwork requirements were covered. Many thanks to the members and nonmembers who participated, and special thanks to our secretary Nina Felsenthal, who gave me some great tips on French braiding for the Baroque horse. I think we can all agree that we need more time when we do this event again.

Our planned longing and long lining clinic in May fell victim to a combination of those April weather delays, and our member's busy schedules. Hopefully, we can get that reorganized later this year.

Also in May, we held an e-mail vote of the officers and chose to contribute towards the purchase of two new year-end award trophies given by RMDS. (The awards are already given, but have not had corresponding trophies for the winners.)

We plan a short meeting in June to regroup and organize our July pool party at the Fountain Valley show.

Many, many thanks, as always, are due to our tireless Education Chair Judy Carnick, for all her organizational efforts. I also would like to recognize and thank all of our members for their time and volunteer efforts that are not confined to our chapter meetings. I've seen many Pikes Peak members volunteering at our area shows and would like to thank each and every one for your efforts in making our show experiences positive.

For the most up-to-date information about chapter events, visit our website, <http://pikespeakdressage.org/Main/Home>.

– President Michelle Anderson

Editor's Notes

Here is a comment from Janet Foy, FEI 4* judge and RMDS Pikes Peak Chapter member, on a May Centaur article on George Williams' clinic, page 28, under the prepare for the flying changes, Item 2:

"I think you want to say the horse has to supple on the new inside rein, but then I think you want to say: And listening to half-halts on the new outside rein (or old inside rein) in the set up."

A huge thank you to Beth (Geier) for her article navigating the show forms. I have never shown, mainly because I did not have a horse that could show well, but partly because the entry process seemed so daunting. My baby is growing up, and taking him places is no longer the drama-packed epic it used to be. I've been toying with the idea of entering shows. Beth's article makes it seem doable. Thank you, again.– Cheri Isgreen

Bylaws & Standing Rules Changes

Do you have a suggestion for a change in the RMDS Rules and Bylaws? Here is your opportunity to put your idea before the membership.

You may fill out and mail your suggestion using the form on page 6, or go to the RMDS website and download an online form from the Forms section.

All proposals for changes to Bylaws and Standing Rules **MUST** be submitted by Aug. 31, 2013.

2014 Worth The Trust Scholarships

Available for Young Adult and Adult Amateurs

The United States Eventing Association is accepting applications for The Worth the Trust Educational Scholarships to reward up-and-coming eventers by helping to fund their training. The awards can be used to attend clinics, working student opportunities, private or group instruction. In addition, learning to officiate, working with a course designer, technical delegate, judge, veterinarian, organizer and other related professionals can be appropriate uses of the scholarship, with the approval of the scholarship panel. Applicants must be members of their local eventing club or association and contribute at least six hours of volunteer work to either a national or local charitable organization, any minority/disadvantaged group, local eventing association or horse trials, for example.

The \$3,000 Amateur Young Adult Scholarship is available for riders between the ages of 16 and 25, and the \$2,000 Adult Amateur Scholarship is available for eventers 26 +.

The deadline for applications for the 2014 USEA Worth the Trust Educational Scholarships for Young Adults and Adult Amateurs is Oct. 1, 2013.

Applications and other qualifications/criteria can be found here (Young Adult) (Adult Amateur), or on the USEA website in the Forms and Documents folder under Education and Instruction. Contact Nancy Knight for more information at 703-779-0440, ext. 3007 or nancy@useventing.com.

RMDS Membership Cards

You may download your membership card by going to the RMDS website, www.rmds.org. Click on Forms, then Membership Card.

Start Checking Your Scores

It is easy to watch your progress at dressage shows this season. It is smart to check scores for accuracy early, before you file your score sheets away. Show secretaries report scores intermittently. Keep checking to see that your scores are recorded online at the main RMDS website rmds.org.

Go to rmds.org, click on Awards/Scores in the left column under the RMDS logo. Type in your RMDS membership number and last name. Check the box to see your ranking among other Adult Amateur, Open or Junion/Young Riders. Click Submit.

At season's end, this is the place to see if you qualify for year-end awards. For questions, contact the RMDS Central Office: 720-890-7825, rmds@rmds.org.

2013 Omnibus Corrections

Page D-25, Dressage Test Typo: 2nd level test 3 #12 should be between G & H not G & M.

Page B-16 c. should read: The horse/rider combination must receive two (2) qualifying scores from RMDS recognized competitions at the level of the Championship Class that they wish to qualify to ride in the current RMDS show year; one of the tests must be the highest test at that level. The scores must be from two (2) different judges at two (2) different shows. The minimum qualifying score for each level for RMDS Championships ONLY shall be (not to exceed USDF requirements):

Page C-25 change contact: Grand Valley Shows Contact: Tammy Fagan 970-858-1604 www.gvds.org

Added Information: Name of horse on Coggins test **MUST** be the same as the name on all horse membership cards.

USEF Board Approved: 1/17/13 Effective Date: 4/1/2013 Protective headgear is required for all competitors at all levels of competition at dressage competitions.

Volunteering

Cont'd from pg 1

Scribe Vital to Judge

A very necessary volunteer is a dressage test scribe, who records a judge's comments on a rider's test form. Scribes assist a judge each and every time a horse and rider go down centerline, whether that is at a schooling show, an RMDS-recognized show, a USEF/USDF show, a championship show or a Ride-A-Test. Scribes are required for both ridden tests and for Dressage Sport Horse Breeding classes.

The job of scribing just requires someone who:

- Is a careful listener
- Can write quickly and clearly
- Wants to learn a great deal each time they volunteer
- Is willing to sit in a small area during all kinds of weather
- Is able to keep conversations to the minimum during tests and leave what is said in the judge's stand. Manners are always a good thing.

USDF has a great document that goes into the details of scribing: www.usdf.org/docs/ShowFlash/web/GeneralInfo/Before/GuideforScribes.pdf.

I think it is a good idea to do your first scribing at a schooling show. The pace is a little less precise. There are fewer entries. There is more time to familiarize yourself with the process. However, I know a few volunteers who have scribed for the first time at recognized shows and did wonderfully. It all depends on how you, as an individual, prefer to learn.

Read Tests Before Show

Prior to the show, it doesn't hurt to read through a few tests so you have a feel for the order of movements and the types of movements the judge will be commenting on. At the show, most organizers will suggest the time you should arrive. I prefer to get to the show 45 minutes to an hour ahead of time. Many use the 30-minute rule. I just want to be sure I have plenty of time to check in and get the materials (usually in a box) out to the judge's stand. Leave yourself time to pick up water bottles for the judge and yourself. Go through the tests to make sure they are the same as what is on the day sheet.

It's not a big deal if you have not scribed before. In fact, if you have not, make sure your judge understands that this is your first time.

I tend to bring my own pens. I know I will be writing a lot and quickly. So, I have my preferred pens. They write well even if it is raining, or if my arm is sweating on the test sheet due to the heat, or if the wind is blowing.

I introduce myself to the judge. Judges usually ask if you have scribed before. It's not a big deal if you have not scribed before. In fact, if you have not, make sure your judge understands that this is your first time. Judges are so gracious to help you get started. Each has preferences on how to proceed and will share them with you.

As each horse comes in, make sure the number on the horse matches the number on the test. If you cannot see the number, ask the rider for it as he or she rides by the judge's stand.

A hint to all riders: Make sure the scribe and judge know your bridle tag number. It certainly is acceptable as you are circling the arena to stop at the judge's stand to say good morning or good afternoon. State your number and the test you are riding. Then ride on. On a day where there have been scratches and rides out of order, it helps all involved to assure the correct test sheet is being used. Ask me how I know the importance of that one.

Chances are you will know or recognize horses and/or riders that are competing. Since it is the judge's job to judge what they see in front of them at the moment, please do not offer any additional information. It is fine to ask questions regarding the test itself or scores or comments. But, please do not discuss specifics about horse and/or rider unless asked.

Use breaks wisely. Scribes need to be alert while they are scribing. Turn off your cell phone. You can use the breaks to make or receive messages and/or calls. Also make sure you and your judge have plenty of water available. A judge may be too busy to ask.

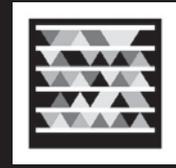
I will defer to the USDF document for more specific details. The bottom line is that everyone involved appreciates your efforts as a volunteer scribe. It is a great way to learn from a variety of judges.

Feel free to e-mail me if you have questions (scholarship@rmds.org).



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30-acre estate with 8,000 sq ft home and plenty of room for the in-laws. New solar heated swimming pool and approved plans for a barn and arena already in place. No fight with Boulder County here!



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Please make sure to visit the many other amazing properties on our website

National, Area Experts Offer Tips to Avoid Show Errors

This is the second article on common mistakes riders make related to dressage shows. See the June E-Centaur (<http://www.rmids.org/Publications/Centaur>) for Beth Geier's article on avoiding show entry missteps.

Foy Wants Neat, Nice Riders Who Know Test

By Janet Foy

Lack of Accuracy

Riding an inaccurate test will lose the rider many points, at least one point per movement. And, the judge also will lower your Effectiveness score in the Collective Marks. Don't lose these "stupid" points. Be sure to know how many meters are between the letters. Draw the pattern out on paper, so you know exactly where to aim. Then put cones up for a reminder in the arena when you ride. If you ride accurate figures every day, you won't have to be so nervous at the show.

Show Up on Time

If your ride time is at 3 p.m. that means you should be riding down centerline at 3 p. m., not showing up at the arena. Don't try to blame the volunteer ring steward if you are eliminated. Buy a watch and make sure it is set to official show time. Then always check in with the ring steward to see if the ring is late or early. You do not have to ride early, but you do have that option.

However, if you show up early, you don't get extra time going around the arena. When you enter the outside of the arena, you are telling the judge you are ready. It would not be fair to the other competitors if you had 4 minutes around the outside, and they only had 1 minute.

I always ask for the horse number in front of me, so I can keep an eye on them. Then I know exactly when I am next. You may start around the outside of the arena as soon as the horse in front of you has halted and its rider has saluted.

Say Hello, Briefly

First go by the judge's stand and give the scribe your number. You don't need to be chatty and tell them your name, the horse's name or the test you are riding. The judge is finishing his or her final comments and this disturbs his or her concentration.

Horse Should be Well-Groomed

This is a pet peeve of mine. Unless you have a horse that is supposed to have fetlock hair, trim it off. Also, tails that look like wild brooms are not nice. If you have a bridle path, trim it. Braids should be neat and tidy. Take the extra time to re-do it if a braid comes out. I re-braid my horse each day. I rode with Robert Dover, who felt you would not ride well, as dressage is about precision, if you looked like a mess. I agree with him.

Rider Should be Well-Groomed

I hate riders' hair bun bags that bounce every stride of the sitting trot. They usually are half off by the end of the test. It distracts from the performance when the judge is focused on bouncing hair. Wear gloves. It is not a rule, but it gives a more finished look. Have your coat tailored. Even an inexpensive coat can have sleeves the correct length. You don't want a coat bulging at the buttons, nor should it hang like a sack. I know that there are no scores for dress but, in my experience, a rider who is clean and tidy, with good-fitting tack, clothes and a clean horse, tends to ride a more organized test.

Be Nice and Say Thank You

The volunteers are there to help you so you can show. Maybe they are getting a free lunch but, oftentimes not. Be nice, thank them. It also is nice to thank the show secretary and manager.

Know Your Test

Even if you have a reader, know your test. Practice it at home. I have seen so many riders who don't know that E, B, P, V all sound a lot alike. When the reader reads the test correctly, but the rider misunderstands, I blow the whistle. Usually the rider shoots the reader a nasty look. Undeserved, of course. Often there will be wind, rain, trash collectors or whatnot that drown out the reader's voice. It is a waste of money if you don't know the test and have not practiced it at home.

Never Lose Your Temper in the Ring

This will get you a really low score on Rider. If the horse makes a mistake and you overcorrect or overreact, and either whip the horse or jerk on the reins, this will get you in big trouble. Keep your temper and remain calm. It will be over in 5 minutes.

Show the Horse at its Level of Ability

This can apply to either the horse or rider. If you buy a schoolmaster, you still must learn to ride and prepare the movements, and ride the test in the correct balance. Some

horses are not capable of going above Second Level and, to force them to try, in my opinion, is against what our sport should be about. I don't think there is any rule about moving up a level every year. Stay at the level that you and your horse look like you are dancing, not weightlifting.

Use a Double Bridle Correctly

The United States Equestrian Federation passed a rule that any level can ride in a snaffle bit. This is because many riders never get the hang of a double bridle. There needs to be a lot of support from the hind legs for the double bridle. (See previous tip, these go together, really.) Still too many riders ride above the level. Second Level and above require collection. The Fédération Equestre Internationale levels require more collection and a clear uphill balance. If you are scoring below 55 percent, you should watch a class where the horses are scoring above 65 percent and ask yourself, Do I and my horse look/ride like that?



Janet Foy is a Colorado Springs native and graduate of the University of Colorado in advertising and marketing. Riding Western and hunters from an early age, she was named the "Girl of the West" for the Pikes Peak or Bust Rodeo in 1973. Her interest in dressage started when she lived

in Oxford, England, where she passed several British Horse Society Instructor Exams. In the United States, she is a FEI 4 judge, USEF "S" Dressage Judge, USEF Sport Horse "R" Breeding Judge and FEI Technical Delegate. She has judged at all major U.S. shows and worldwide. She will be the FEI Technical Delegate at the 2013 Central American Games in Costa Rica. As a rider, Janet has won her USDF Bronze, Silver and Gold medals and is on the USDF "L" Faculty and instructs federation judges' training programs for dressage and sport horse breeding. Her first book is Training the not so Perfect Dressage Horse.*

Simard Wants Good Geometry, Bold Pace, Smile in Ring

By Katherine Simard

Use Warm-Up Arena Effectively

In the warm-up arena, claim your space. A lot of riders get intimidated and end up pushed to the outside rail. These riders go around and around on the rail unable to do any suppling work to get their horses ready for the test. Get in there and claim your space to practice riding circles and bending lines.

Say Hello to Judge to Cue Horse In

Be sure to ride by the judge's stand before your test. Say good morning or good afternoon and your number. Not only is this helpful to the scribe, it is helpful to your horse. One of the people in the box will say thanks or good morning and then your horse will know that those are people in there.

Halt, Then Turn Up Energy

After your entrance and halt, ride all the way to C. Boldly attack the judge's stand and define for your horse the direction you are going to turn by preparing with shoulder fore in the direction of the turn.

Know a Circle from a Straight Line

Corners are corners and circles are circles. Be sure to ride distinctly different lines for each at A and C.

Steer Corners and Prepare for Diagonal Lines

Ride corners and then letter to letter when going across the diagonal. In free walk, collect the inside rein first so you can set your horse up for the corner at the end of the diagonal.

Let Horse Stretch

In the free walk, give the horse the greatest amount of rein you trust him with. Don't lose points for not maximizing the stretch and reach of your free walk.

Smile, Then Leave Arena Promptly

At the end of your test, smile at the judge and pat your horse. Walk a few steps forward then turn and leave the arena. Do not walk all the way to the judge's stand. Shows are tightly scheduled and walking to the judge's stand is time-consuming.



Katherine Simard is a USDF "L" Graduate with Distinction and a Bronze and Silver medalist. She is a USDF Certified Instructor/Trainer through Fourth Level and USDF Certification Faculty Candidate who is a trainer at Mile High Horse Ranch, Parker.



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To see photos and more information about any of these properties, please visit my website at

www.AndriaAllen.com

303-810-8375



RMDS Seeks Volunteers for Leadership Roles

By Sarah Barnes

Nominating Committee Chair

This November, when RMDS representatives gather for the annual Board of Governors meeting, an important item on the agenda will be the election of officers, including President (two-year term), Vice President (one-year term), Secretary (two-year term) and Treasurer (two-year term).

Each of these roles is vital to the effective functioning of RMDS as an organization representing dressage enthusiasts throughout the Rocky Mountain region. We are a volunteer association and cannot function without dedicated individuals willing to contribute their time toward "running the show."

Do you know someone who would be willing and able to fill one of these officer positions? Descriptions of the jobs and their responsibilities can be found in the RMDS by-laws, available on line at <http://rmds.org/uploads/Organization/ConstitutionByLaws.pdf>. Self-nominations are welcome. Contact me at sarahvbarnes@yahoo.com to receive a nomination form.

Individuals nominated in advance will be profiled in the October issue of the Centaur. Nominations from the floor also will be accepted at the Board of Governors meeting, when elections will be held. Board of Governors' delegates, selected by each of the RMDS chapters, are eligible to vote.

If you have any questions about serving in any of these leadership roles, or the nomination process itself, contact Sarah Barnes at 303-817-2783.



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COLORADO FIRES

As we go to print, the fires are still raging out of control in Black Forest, Royal Gorge and Rocky Mountain National Park. Our hopes and prayers are for horses and humans to be safe, but the aftermath of this destruction calls for action and generosity.

Please remember all who help care for the evacuated and homeless animals, and consider donating hay, feed and dollars to organizations who handle these emergencies.

A few to consider:

- Horse Food Bank: www.horsefoodbank.org/
Juliana Lehman at 303-868-1999 or Ellen Storeim at 303-921-8296
- El Paso County Fairgrounds: (719) 520-7880
- Douglas County Fairgrounds: (720) 733-6900

Our 'No Ravel' Horses Winners at Heart

By Jennifer Quigley

The cover of *Dressage Today* magazine reminded me of a comment made by a judge last year. I had only been riding my gelding for several months. I started him the winter before. We showed some schooling shows at Training and First Level.

I decided to do a schooling show before I went to a sanctioned show the next month, riding First Level Test 3. I rode it conservatively, as this was our first ride of the year. After halting at X to complete the ride, I went to the judge and paused to ask if she had any comments or tips, as it was a schooling show and we were ahead of



Fritzy was the first 'No Ravel', who bucked Jennifer at age 8 if she sat too far back.

time. Her reaction was a laugh and a look toward the scribe. She then said to me, with a grin on her face, "Well, he's no Ravel. The medium trot was quick. Mediums are supposed to be bigger, not quicker."

I said, "Thank you," and rode away. Needless to say, I was a little stunned. Like many, I always think of what I want to say after the moment is over. So here is my late reply to the judge's comments. What I wanted to tell her at the show was: "You're right. He is no Ravel. But very few are."

I started riding dressage because it was a new challenge. I wish I would have learned about it when I was in my youth. But, I was busy riding other horses that were "No Ravel," either.

You haven't ridden "No Ravel" until you have looked through the sweat-pricked ears of a five-gaited Saddlebred at a rapid rack or until you have thrown a rope at a darting steer from a quick Quarter Horse that has just launched you from the box.

Thoroughbred 'No Ravel'

It was another "No Ravel" that ripped the breath from my lungs leaning into her smooth snaffle as she breezed her strong Thoroughbred legs around the track. It was the swift dun "No Ravel" gelding that spun so fast that the ground was a blur and slid so far drawing a long number 11 in the ground.

It was a different "No Ravel" that taught me where to sit and bucked me off of his plump chestnut pony back when learning to ride in my youth. In my teens, it was "No Ravel" that would let me hold the base of his tail, so I didn't slide over his head while trail riding bareback down the steep lime embankments of the desert hills. It was also a "No Ravel"



A walk/trot ribbon winner at age 9, the author rode her midsize grade pony mare Java in Saddle Seat show.



Ravel's official retirement party was in California this spring.

that kept me safe with his unshod Mustang hooves on the slick, rock trails that led into deep Monument canyons.

It was my "No Ravel" that swung his tail between the steel staves of a bumpy buggy sending the sweet spring breeze through my hair and the sound of his black hooves on the gravel into my ears.

After jerking on the reins in frustration, it was "No Ravel" that taught me a life lesson when his well-muscled buckskin body fell on me breaking my pelvis. It was "No Ravel" that let me feel the smooth powerful Tennessee running walk of a world champion show stallion.

In time, the right reply

Looking back for a reply to the dressage judge, I should have said, "You are right. He is no Ravel. He is all of those horses that have molded my riding and training."

For me, dressage is the culmination of my riding career. Although I now realize it would have helped me at the beginning, I cannot change the order of my education. My current "No Ravel" and I are at Third Level. As I ride and train my horse, I am careful to appreciate every person who is showing, those at the upper levels and those at the lower levels. It is just

Cont'd on pg 15

Emotional Centering Can Bring Horse and Human Better Balance, Better Relationship, Better Ride

By Lynn Clifford, MA

*Before you put your foot in the stirrup,
prepare yourself to be fully present.*

In more than 30 years of exposure to horses and the people who accompany them, I have heard countless stories that start out something like this: "If only I had listened to myself that day" or "I knew something was off with my horse the moment I walked out to the pasture." Each of these stories, sadly, had an unhappy ending of some sort. It often involved broken bones, as well as something harder to heal than bones: broken enthusiasm, trust and self-confidence.

Hearing these stories and knowing that many could have had more positive endings is my motivation for writing this article. It is intended to support riders on the journey of relationship, both with themselves and with horses. The article explores the concept of emotional centering (EC) as it applies to equestrians, how EC can be lost, and/or what may keep us from finding it in the first place. It will also help riders evaluate their own EC.

What is emotional centering and why is it important?

The attitude that you bring to the barn affects your relationship with others, including your horse. Emotional centering allows a horse handler to make clear decisions that are based on the collective information received from the handler's mind, body and emotions. When all of these elements come together in a balanced way, greater safety, security, peace of mind and enjoyment are achieved for both horse and human.

What causes loss of EC?

While the following is not a conclusive list of reasons for losing emotional centering, it describes some common causes. You might consider their influence on your past and present relationship with your horse. Feel free to add more from your own experience.

- Not trusting your instincts. The folks in the introduction who had stories with unhappy endings, had one thing in common: They pushed aside their own internal judgment system. For many, this internal judgment has never been developed or simply was squelched at such an early age that they lost touch with it. For equestrians it directly affects working with horses. (It also is a much larger issue in the lives of many people.) To experience the best partnership and performance with your horse, Emotional Centering is fundamental.

Cont'd on pg 16

'No Ravel'

like the training scale. We need those levels at the bottom to bring us to the levels at the top.

Not all of us will be able to ride Ravel in the public eye as Steffen Peters has so graciously done and now, just as graciously, retired his acclaimed equine partner to a life of riding trails. But, just as we need a Ravel to inspire our dreams, we also need horses that are "No Ravel" to bring us to the level of training we desire. Not everyone is going to be riding a Ravel but, everyone can benefit from riding their "No Ravel."

Jennifer Quigley is a Grand Valley Chapter member from Fruita who won the RMDS 2013 Solid Seat Scholarship for Adult Amateur riders over age 21. She grew up riding at her parents' Whispering Hills stables in Grand Junction where they trained, showed and bred Saddlebreds and Morgans. They worked with the stallion Victory's Pride, who was in the movie, "Justin Morgan had a Horse." She wrote this article in 2012 when America's double-Olympic-team horse Ravel, a dark bay Dutch warmblood gelding, rode in his last event, the 2012 Olympics. When she saw Ravel on the cover of Dressage Today and videos of him officially being retired this spring, she updated her piece for Centaur. Ravel is America's most decorated Grand Prix dressage horse.

Emotional Centering cont'd

- **Unclear or unfair motives.** Some people approach the pasture, stable or arena expecting the horse to "fix" their day or life concerns, arriving with the expectation they will be taken care of by their horse to varying degrees. Others simply take their frustrations out on their horse. For many of us, time with horses serves as decompression from the trials of life, and that's okay. Just remember that it can backfire when spending time with these intelligent, living creatures that have minds and personalities of their own.
- **Lack of preparation.** Lack of preparation to work with your horse includes omitting the schooling that would have allowed your horse to be more supple and focused. It also includes beginning your ride without your own emotional and mental preparation. Adequate preparation includes acknowledging the cares of your day and then choosing the best way to proceed.
- **Mind games.** As humans, we tend to hang on to outmoded ways of thinking, at times lingering in the past. For example, we may mentally and emotionally hold on to an incident that happened months (or years) earlier. This influences our ability to obtain and filter information from our horse in the moment, and can create a self-fulfilling prophecy.
- **A mismatched partnership.** There are many riders who enjoy an ideal partnership with a beloved equine. They feel well matched and, for the most part, safe with their horse's behavior. Others are over-mounted, but feel compelled to continue with a horse not suitable for them physically or mentally. Even in collaboration with a trainer or instructor, a mismatch of partnership can happen. Ultimately, mismatches lead to growing frustration and/or lowered self-esteem, which in turn damages the capacity to be emotionally centered.

- **Lack of knowledge.** Despite the fact that there is an enormous, at times overwhelming, amount of information to sort through in the equestrian world, sometimes we just don't have the knowledge we need to make wise decisions regarding our horses. This can be true on a short-term or long-term basis.
- **Performance anxiety.** This can occur whether someone is on the trail and feels pressured to "keep up" with their buddies (in terms of speed or degree of challenge), are entering a competitive arena or simply perceive they are being observed and, perhaps, criticized while they are schooling their horse. Performance anxiety occurs any time we leave our internal frame of reference and become concerned about external approval. At this point, we have left the relationship with our horse (and ourself) and are paying attention to real or imagined standards that have nothing to do with the moment or what your horse needs.

Becoming more emotionally centered in the saddle

In addition to exploring the loss of EC topics mentioned, the ongoing practice of knowing your horse and knowing yourself is invaluable in becoming and remaining emotionally centered. Although over time rapport can develop between horse and rider, every moment is a new moment, and both humans and equines are capable of growth and change.

- **Know your horse.** I know a particular horse that I can ride bareback on the trail and, with few exceptions, I have a calm and positive experience. There is another horse that I can only take out on a trail when I feel like my inner reserves and resources are quite intact. My knowledge of both of these horses is built on personal experiences with them over time, not on a fantasy of what I wished they were like on the trail. My choice of which

horse to ride at what point helps me ride emotionally centered, and helps build trust in the partnership.

- **Know yourself.** Essentially, this can be summarized with one question: Am I trustworthy? This means, Can I trust my "yes" and my "no," as well as my "I don't know, let me take a breath here" on a given day? If I do not trust myself, then asking my horse to trust me is unrealistic.

This is not about being perfect; it is about being engaged in developing a solid relationship with myself. Generally, I feel comfortable with my self-care boundaries when it comes to horses. And I trust myself not to cross them without sincere evaluation.

I also know what pushes my buttons with horses. Therefore, I can evaluate what I want on a given day and can choose consciously. Am I in a receptive, quiet place where I simply want to revel in memories of my girlhood riding bareback? Or do I feel like this is a day when I have a lot of patience and willingness to see something through if an issue should arise? In the latter case, am I emotionally centered enough inside myself to be there for my horse until there is some sort of resolution?

If You Choose EC

If you choose to explore the emotional centering journey for yourself, develop the art of questioning and be willing to take the time to listen to yourself and to your horse. Consider getting support if you are dealing with issues that confuse, frustrate or overwhelm you. Working with a mentor, such as an instructor, trainer, coach and/or counselor can be particularly helpful, especially if you have experienced a frightening situation with a horse or simply don't know how to proceed.

Becoming emotionally centered in the saddle is a lot like being emotionally centered in life: Although the bumps are guaranteed, you will find it easier to ride them out if you stay open to inquiry and develop some tools to use along the way.

Find Your Level of EC

Rate yourself on a scale from 1 to 5. 5 is "absolutely" and 1 "not at all." Based on your score, you can evaluate areas you may wish to explore further, change and/or get some support for, in order to be more emotionally centered in and out of the saddle.

- Do you take responsibility for yourself and, ultimately, your horse, by having fair expectations and standards for both?
- Are you really present with your horse, paying attention to the subtle (or not so subtle) cues it offers while you are leading, grooming and tacking up? Do you pick up on signs indicating that the horse "got up on the wrong side of the hay pile" that day?
- Do you feel completely comfortable with, and optimally supported by, your current instructor or trainer or other resources?
- Do you feel comfortable, respected, safe and supported by the human herd you hang out with at the barn or on the trail?
- Is your current horse the best fit for you emotionally and/or do you generally feel safe with your horse?
- For the most part, do you know what you need to know in order to evaluate the appropriateness and level of training you will give your horse on a given day?
- Can you feel your whole body and stay aware of your senses (sound, sight, scent, etc.) while you are with your horse? If you lose this awareness, do you have the skills to bring yourself back to the present moment with yourself again?
- Is your breathing full and easy the majority of the time you are around your horse, both on the ground and when mounted?



*Lynn Clifford, MA, is a third-generation professional equestrian and former therapist specializing in physical/mental soundness for horses and humans. In addition to training and teaching, she offers *The Ride of Your Life: Life Coaching for Equestrians* (by phone and in person). To comment, set up a coaching appointment or find out more, contact her at 505-231-5353, lynn@lynnclifford.com, www.lynnclifford.com.*

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Boulder Valley	Sarah Barnes.....	303-817-2783	sarahvbarnes@yahoo.com
Colorado Springs	Pat Leech	719-749-2860	pat.leech@skybeam.com
Foothills	Lori Mitchell	303-816-2375	bandwdressage@aol.com
Grand Valley	Tammy Fagan.....	970-858-1604	tfagandressage@wyoming.com
High Plains.....	Wendy Cibis.....	720-570-6413	wcibis@comcast.net
Northern Colorado	Renee Martig.....	970-278-0500	silverpony@frii.com
On the Bit Dressage.....	Jessica Ford.....	307-797-2478	aprilscomet97@yahoo.com
Pikes Peak.....	Michelle Anderson	303-646-1375	michand@hotmail.com
Platte River Dressage.....	Peter Soos.....	303-956-5850	pssoos@mesanetworks.net
Wasatch Mountains.....	Sally Shaffer	435-655-3323	sshaffer4@yahoo.com
Western Colorado.....	Barbara Graham Terry	970-963-4649	bgterry1@comcast.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 | 719-683-8435 | slush@drwg.net || FEI JRYR 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 Thursday of the month at 6 p.m., location to be determined. Catherine Siemiet, catsbarn@aol.com

Boulder Valley: 2nd Monday, even months, location TBD, Sarah Barnes, 303-817-2783 sarahvbarnes@yahoo.com

Colorado Springs: 3rd Thursday, for location information, contact Pat Leech, 719-749-2860, pat.leech@skybeam.com, www.CSDressage.org

Foothills: quarterly meetings, location TBD, Lori Mitchell, 303-816-2375, bandwdressage@aol.com

Grand Valley: 3rd Thursday each month, location TBD, Tammy Fagan, 970-858-1604 tfagandressage@wyoming.com

High Plains: Bi-monthly meeting, location TBD, Wendy Cibis, 720-570-6413, wcibis@comcast.net, www.highplainsdressage.com

Northern Colorado: 3rd Tuesday, each month, location TBD, Renee Martig, 970-278-0500 silverpony@frii.com

On the Bit Dressage: Jessica Ford, 307-797-2478 aprilscomet97@yahoo.com

Pikes Peak: 2nd Tuesday of each month, location TBD, Michelle Anderson, 303-646-1375 michand@hotmail.com

Platte River Dressage: Meeting time and location TBD, Peter Soos 303-956-5850 psoos@mesanetworks.net

Wasatch Mountains: Location TBD, Sally Shaffer, 435-655-3323 sshaffer4@yahoo.com

Western Colorado: Barbara Graham Terry, 970-963-4649 bgterry1@comcast.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. Meeting time is 6:30 p.m. Meeting dates in 2013 may be variable, please check the calendar or the website. Contact the RMDS Central Office for location.

2013 Paragon CDI*** and Paragon Dressage I, II, & III 2013 USEF Dressage Seat Medal Finals

Complete Prize List at www.2whitefeet.com



August 16-18, 2013

3 Separate Shows and a Dressage Sport Horse Show Friday

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All Divisions, all levels offered, USDF Qualifying

Opens July 15, 2013

Closes August 2, 2013

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Combining the highest test of the level and a freestyle of the same level – \$2000 in prize money!

A Total of over \$7000 in Prize Money Available!

No Rodeo this year!

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and CDI classes in Main Grandstands!

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for the 2013 Great American/USDF Region 5 Championships

Complete Prize List at www.2whitefeet.com

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 7th of the month prior to the month of publication, i.e. January 7th 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 averages 200 hits per month on the trainer page and RMDS receives 25-30 emails per month 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 \$2.00. 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

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
"L"	Learner*	Training - Second (RMDS only)	"S"	Senior	All
"r"	Recorded	Training - Second	3* (FEI C)		All
"R"	Registered	Training - Fourth	4* (FEI I) International		All
			5* (FEI O)		All

*may only judge at RMDS recognized shows.

FEI PARA Dressage 3*

Kristi Wysocki303-648-9877

FEI 4*

Janet Foy^719-260-1566

FEI 3*

Sandra Hotz ^303-817-2030

USEF 'S'

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

Sandra Hotz ^ 303-817-2030

Anita Owen 303-953-9904

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

Kristi Wysocki ^* 303-648-9877

^ = FEI Young Horse Certified

* = Dressage Seat Equitation Certified

USEF 'r'

Loni Gaudet985-966-3832

Amy Jablonovsky970-493-2833

Gwen Ka'awaloa 303-917-3679

USDF 'L' Graduates (Schooling and RMDS)

Only recognized shows)

*Denotes Graduation with Distinction

Simone Ahern * 719-749-9274

Julie Burt 719-431-2342

Linda Coates-Markle 303-469-0279

Alex Curnutte* 303-906-7083

Kathleen Donnelly* 970-310-8729

Beth Geier 303-673-9840

Jessica Greer 970-581-5613

Julie Haugen* 970-290-8360

Sarah Martin * 719-379-3716

Linda Ohlson-Gross * 303-840-9818

KC Parkins-Kyle 303-841-9953

Kathy Simard* 720-981-4448

Stephanie Soule* 970-201-0747

Simone Windeler 719-287-2040

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

Kristi Wysocki 'R' 303-648-9877

FEI Level 1 Dressage Steward

Rusty Cook 505-877-1456

Heather Petersen 719-683-8435

Dianne Stanley 406-652-4061

Technical Delegates USEF

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

Rusty Cook (NM), r 505-877-1456

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

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

Heather Petersen (CO), r . 719-683-8435

Catherine Siemiet (CO), r . 719-942-5311

Dianne Stanley (MT), R 406-652-4061

Technical Delegates, RMDS sanctioned shows only

Joan Clay 970-420-0887

Jeannette Hillery 303-494-7718

Mary Jo Hoepner 719-495-3648

Mindy Maguire 720-301-0089

Dee Stiers 970-876-2987

USDF Certified Instructors

Training - Second

Julie Burt 719-431-2342

Jill Cantor Lee 970-209-8491

RaeAnn Cook 970-225-1408

Janet "Dolly" Hannon 303-279-4546

Ellene Kloepfer 303-523-0191

Clayton Martin 719-379-3716

Bridget Milnes 303-660-4986

Kristi Wysocki 303-648-9877

Training - Fourth

Simone Ahern 719-749-9274

Nancy DeVaney 303-681-2516

Loma Fowler 303-841-0417

Sarah Martin 719-379-3716

Kathy Simard 720-981-4448

Melinda Weatherford 970-484-5218

Shows and Events

All shows are RMDS recognized except schooling shows.

JULY 2013

- 6-7 **Rocky Mountain III & IV, Somerset Farms Longmont, CO – USEF**
Contact Heather Petersen 719-683-8435 slush@drwg.net
- 6-7 **Millbrook Farms Summer Dressage Festival Fairfield, UT – USEF**
Contact Jan Lawrence 801-631-2516 millbrk@xmission.com
- 6-7 **JJ Tate Clinic-Windswept Farms-Colorado Springs, CO**
Contact Elaine Haberman stabiledicavallo@gmail.com
- 9 **RMDS Executive Meeting, Romano's Italian Restaurant, Highlands Ranch, CO**
Contact RMDS Central Office 720-890-7825 rmds@rmds.org
- 12-13 **Dressage at the Peak Summer Warm-Up & II Fountain Valley School, Colorado Springs, CO – USEF**
Contact: Heather Petersen 719-683-8435 slush@drwg.net
- 14 **Centaur Rising Dressage Show II, Anchorage Farms, Pine, CO**
Contact: Kris Cooper 303-838-5086 kris@anchoragefarm.com
- 16-21 **NAJYRC**
- 19-21 **Clinic with Shelby Hume-Latigo Arena-Colorado Springs, CO**
Contact Rebecca 719-694-6166 equestrian@gmail.com
- 20 **Dressage Schooling Show-Triple Creek Ranch Longmont, CO - Contact Lynn McChesney 303-444-4291 www.triplecreek-ranch.com**
- 26-27 **Sage Creek III & IV, Sage Creek Equestrian Heber, UT – USEF**
Contact Sue Jero 801-330-5763 dressageshow@sue@aol.com
- 27 **RMDS Show III at Sun Prairie, Peyton, CO**
Contact Simone Ahern 719-749-9274
- 27 **Whispering Winds Farm Schooling Show, Colorado Springs, CO**
Contact Mary Hallmark 719-488-0333 painthorse50@msn.com
- 27-28 **Autumn Hill Festival III & IV – Longmont, CO – USEF**
Contact Heather Petersen 719-683-8435 slush@drwg.net

AUGUST 2013

- 2-4 **Dressage in the Rockies I, II, III Colorado Horse Park, Parker, CO USEF**
Contact Glenda McElroy 818-841-3554 glenda@glenroys.com
- 10-11 **Millbrook Farms Summer Dressage Show Fairfield, UT – USEF**
Contact Jan Lawrence 801-631-2516 millbrk@xmission.com
- 11 **Centaur Rising Dressage Show III Anchorage Farms, Pine, CO**
Contact Kris Cooper 303-838-5086 kris@anchoragefarm.com
- 16-18 **Paragon I, II, III & CDI*** Stanley Park Fairgrounds, Estes Park, CO – USEF**
Contact Heather Petersen 719-683-8435 slush@drwg.net
- 24-25 **Utah Dressage Society I & II, Wasatch Event Center, Heber, UT – USEF**
Contact Nance Allen 801-274-1288 nance@xmission.com
- 24 **Foothills Chapter Ride-A-Test Roberts Ranch, Littleton, CO**
Contact Lori Mitchell 303-816-2375 bandwdressage@gmail.com
- 24 **Pendragon Stud Dressage Show – Larkspur, CO**
Contact Leslie Terry 303-688-4147
- 24 **Whispering Winds Farm Schooling Show, Colorado Springs, CO**
Contact Mary Hallmark 719-488-0333 painthorse50@msn.com
- 24-25 **Utah Dressage Society I & II Wasatch Event Center-Heber, UT USEF**
Contact Nance Allen 801-274-1288 nance@xmission.com

- 25 **Boulder Valley So Long to Summer Show Sextant Farm – Longmont, CO**
Contact: Beth Geier-303-673-9840 bethgeier1@comcast.net
- 31 **RMDS Show IV at Sun Prairie – Peyton, CO**
Contact: Simone Ahern 719-749-9274
- 31-Sep 1 **GVDS Fall Show Mesa County Fairgrounds, Grand Junction, CO – USEF**
Tammy Fagan 970-858-1604 www.gvds.org

SEPTEMBER 2013

- 8 **Foothills Chapter Last Chance Show, A Rising Star, Arvada, CO**
Contact Lori Mitchell 303-816-2375 bandwdressage@gmail.com
- 12 **RMDS Executive Meeting, Romano's Italian Restaurant, Highlands Ranch, CO**
Contact RMDS Central Office 720-890-7825 rmds@rmds.org
- 18 **Rocky Mountain Sport Horse Championships, Colorado Horse Park, Parker, CO – USEF**
Contact Heather Petersen 719-683-8435 slush@drwg.net
- 19-22 **USDF/Great American Region 5 Championship, Parker, CO – USEF**
Contact Heather Petersen 719-683-8435 slush@drwg.net
- 19-22 **RMDS Championship & Open Show, Parker, CO – USEF**
Contact Heather Petersen 719-683-8435 slush@drwg.net
- 28 **Whispering Winds Farm Schooling Show, Colorado Springs, CO**
Contact Mary Hallmark 719-488-0333 painthorse50@msn.com
- 28 **Triple Creek Schooling Show, Triple Creek Ranch, Longmont, CO**
Contact Lynn McChesney 303-444-4291 www.triplecreek-ranch.com

OCTOBER 2013

- 3-5 **Alfredo Hernandez Clinic, Windswept Farm, Colorado Springs, CO**
Contact Lanie Tolari windsweptfarmscolorado@gmail.com
- 5 **AVDA Ride-A-Test, (Oct. 6 rain date) Palomino Gaits, Canon City, CO**
Contact Marcy Wadlington 719-315-2625 avda@earthlink.net
- 10 **RMDS Executive Meeting, Romano's Italian Restaurant, Highlands Ranch, CO**
Contact RMDS Central Office 720-890-7825 rmds@rmds.org
- 10-13 **Dressage Festival of Champions, Kentucky Horse Park, KY – USEF**
Contact USEF
- 12-13 **GVDS Spring into Fun Schooling Show, Mesa County Fairgrounds, Grand Junction, CO**
Contact Tammy Fagan 970-858-1604 www.gvds.org
- 12-13 **USDF Instructor/Trainer Workshop-Teaching Training-1st Level-OPEN to all - auditors welcome!**
Contact RMDS Central Office-720-890-7825 rmds@rmds.org
- 14-15 **USDF Instructor/Trainer Workshop-Longeing Training-1st Level-OPEN to all - auditors welcome!**
Contact RMDS Central Office-720-890-7825 rmds@rmds.org
- 19 **Whispering Winds Farm Schooling Show, Colorado Springs, CO**
Contact Mary Hallmark 719-488-0333 painthorse50@msn.com
- 19 **Triple Creek Schooling Show, Triple Creek Ranch, Longmont, CO**
Contact Lynn McChesney 303-444-4291 www.triplecreek-ranch.com

**26-27 USDF Region 5 Jr/Young Rider Clinic with George Williams
Autumn Hill, Longmont, CO**
Contact Julie Barringer-Richers - 720-341-5033

NOVEMBER 2013

**9 RMDS Board of Governors Meeting-Renaissance Hotel-
Denver, CO**
Contact Laura Speer or RMDS Central Office

9 RMDS Awards Banquet

MARCH 2014

**15-16 USDF Instructor/Trainer Workshop-Riding-
Training-2nd Level- OPEN to all - auditors welcome!**
Contact RMDS Central Office-720-890-7825
rmds@rmds.org

MAY 2014

**3-4 USDF Instructor/Trainer Workshop-Refresher-
Training-4th Level-OPEN to all - auditors welcome!**
Contact RMDS Central Office-720-890-7825
rmds@rmds.org

NOVEMBER 2014

**15 RMDS Board of Governors Meeting-Renaissance Hotel-
Denver, CO**
Contact Laura Speer or RMDS Central Office

15 RMDS Awards Banquet

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

**THESE EVENTS ARE DEPENDENT UPON 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. Contact RMDS Central Office for location

RMDS-SPONSORED EDUCATIONAL EVENTS

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

2013 June 19-22 Junior Camp-Tomora Training Center, Greeley, CO

June 23 USDF Region 5 Adult/Team Competition, Tomora Training Center, Greeley, CO

Sept 18 Rocky Mountain Sport Horse Championships, Colorado Horse Park, Parker, CO

Sept 19-22 RMDS Championships & USDF/Great American Region 5 Championships, Colorado Horse Park, Parker, CO

Oct 12-13 USDF Instructor/Trainer Workshop-Lungeing-Annie Morris-Ft Collins, CO

Oct 14-15 USDF Instructor/Trainer Workshop-Teaching-Annie Morris-Ft Collins, CO

Nov 9 RMDS Board of Governors' Meeting & RMDS Awards Banquet, Renaissance Hotel, Quebec Street, Denver, CO

2014 Mar 15-16 USDF Instructor/Trainer Workshop-Riding-Vicki Hammers-O'Neil-Ft Collins, CO

May 3-4 USDF Instructor/Trainer Workshop-Refresher-Debbie Bowman-Ft Collins, CO

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



USDF REGION FIVE

Arizona | Colorado | Eastern Montana | New Mexico | West Texas | Utah | Wyoming

I keep praying for rain every day. It looked hopeful this spring, but it's now dry and hot. I spent yesterday afternoon and most of the night helping evacuate horses for friends out of the large Black Forest Fire near Colorado Springs in a dense population area and it's devastating. So many of these peoples' lives have changed in just a few short hours. My horse population at the farm has more than doubled with evacuees and it's reassuring to look out in the pastures and know that these friends have something to look forward to.

AUG. 31 DEADLINE FOR AWARDS

Several important deadlines are coming up:

- **USDF National and Regional GMO volunteer nominations**, plus GMO award nominations, are due to the USDF office by Aug. 31.

GMOs can submit nominations for

- Newsletter Awards
- Website Awards
- Photography Awards.

Don't forget that all nominations are due to the USDF office by Aug. 31. No more need to submit hard-copy nominations. See the online nomination forms for detailed information.

- **Regional GMO Volunteer of the Year** nominations can be submitted by any participating member, group member or the Region Director.
- **Volunteer of the Year and Youth Volunteer of the Year** nominations also can be submitted by any participating member, group member or the Regional Director.
- One deserving group member will receive the **Ruth Arvanette Memorial Fund Grant** to attend the 2013 Adequan/USDF Annual Convention Dec. 4 to 8 in Lexington, Ky. The grant includes full convention registration and partial reimbursement for travel expenses. Applications also are due by Aug. 31

GMOs must return their GMO Delegate/Proxy Authorization form to the USDF office to appoint representation to the Board of Governors meeting at the 2013 USDF Annual Convention in Lexington.

- The end of the qualifying period is coming for the 2013 North American Junior & Young Rider Championships held in July, as is the period for the USEF Championships Programs for Young Horses,

Developing Horses and Brentina Cup. We wish all our competitors good luck in their endeavors.

Please mark your calendars for our Region 5-sponsored events and plan to join us:

- USDF/Great American Region 5 Championships – Sept. 19 to 22, Parker, CO.
- USDF Region 5 Jr/YR Clinic with George Williams – Oct 26 to 27, Longmont, CO.

Till next month!

– Heather Petersen, Region 5 Director

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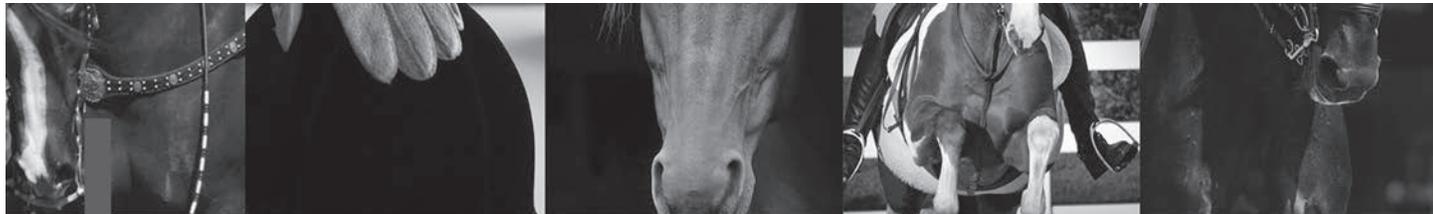
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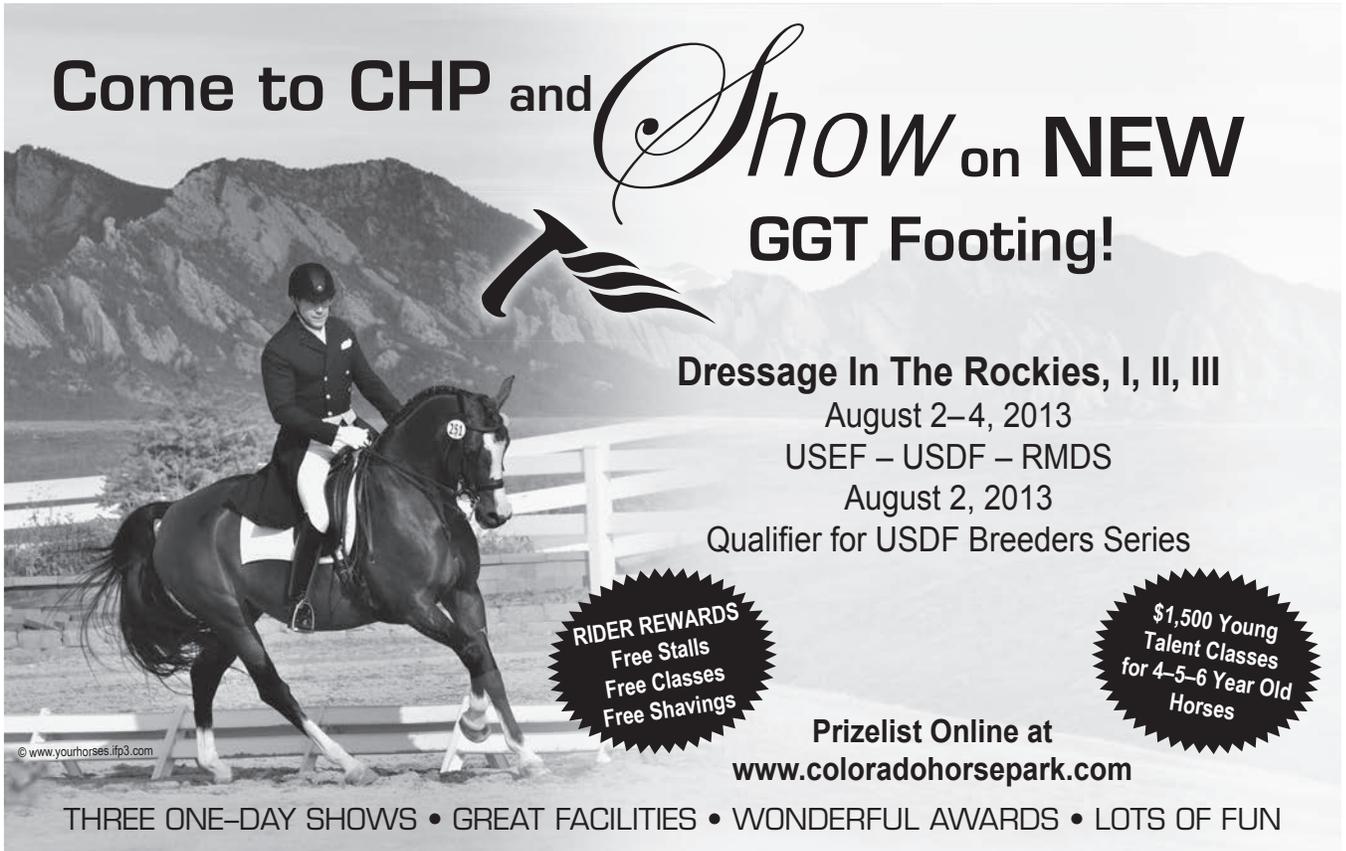
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