



CENTAUR

educating horse and rider as partners

JULY 2015

A Peek Inside

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**Find out how they
 do it!**

Information and articles in the Centaur Newsletter are the sole opinion and responsibility of their authors, and not that of RMDS or its Executives.

First RMDS Professional Clinic With Christoph Hess An Outstanding Success

By Sarah Martin

Sarah Martin is a USDF Faculty member who worked with Christoph Hess in the process of developing the USDF FEI workshop format.

RMDS invested in their local professionals, and local professionals responded with a resounding "Yes" to the investment. Nine riders and 25 participating auditors made the weekend not only a financial success but a performance success as well.

Holding a clinic and workshop for Professional Dressage Trainers has long been a goal for Gwen Ka'awaloa, RMDS President, who introduced the idea to the RMDS Board after an enthusiastic brainstorming session with RMDS representatives Sarah Martin, Heather Petersen, and Beth Geier at last year's USDF Convention in Boston, Mass.



RMDS professionals with Christoph Hess (L)

"If I can have a legacy, I want it to be an annual training seminar for professionals in our area," said Gwen at the end of the weekend -- and from the enthusiastic response from every participant there, the idea had tremendous support.

Initially underwritten by an anonymous donation, the 2-day seminar was stretched to 3 to allow a day for amateur and young riders to participate, as well as an open day for auditing. The closed Professional sessions were held on Friday and Saturday, May 15-16, while the open sessions went on Sunday, May 17.

Christoph Hess, a well known FEI 'I' Judge and the past director of Warendorf, Germany's National Federation training headquarters, was the first inductee to what looks to become an annual event.

Christoph opened the weekend with a short description of his background. "Currently I am the head of the Personal Members Department which has 60,000 members," said Hess [This is similar to our USEF]. "In addition to the individual members, Germany also has 7,000 riding clubs. Each of these clubs averages 700 members. Currently I am the Head of Instruction & Educational Programs for all of this: no educational program gets run without my review."

cont. on pg 6

President's Message

Wow where has the time gone...

I cannot believe that July is almost here. June is just rushing by with so many activities and we have seen the glimmer of sunshine and warmer temperatures. July can be a guessing game when it comes to Colorado weather. Wyoming can be confusing as well. Clothing choices can vary and the best bet is to have everything with you all the time. Your horses are fighting the insects and dry ground has been hard to find. But we are horse people and always find a way to ride.

My hope is that all RMDS members are finding time to enjoy your horses and family. As the summer progresses we may find ourselves so busy that we forget to enjoy the small things in life. The weather has been challeng-

ing and decisions are scattered as we adjust to Mother Nature's craziness. But the flowers are blooming the pastures are green and the sun shines for longer days. Take it in and enjoy the beauty of the Earth.



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

I have been busy travelling judging both Dressage Sport Horses and

Dressage. I feel so lucky to see good dressage horses and riders in different states and to meet other judges who enjoy the journey as well. One of my fondest memories is watching the Belmont Stakes and seeing American Pharoah win the Triple Crown with 6 other judges and shouting at the TV monitors before we enjoyed a wonderful dinner. Will you remember where you were and how you watched this event? If racing is not your passion then I hope you found another way to enjoy that day. But some of us are just plain horse crazy...

Hope to see you soon at a show or clinic

Aloha,

Gwen Ka'awaloa

Vice President's Message

Greetings to all my fellow dressage riders! We have had a very rainy, cool spring. I hope it brings down hay prices, but, you never know. We have had some great local shows with wonderful attendance this spring. Our clinics have been second to none, and we are very excited about RMDS supporting education and infrastructure in dressage. On a more personal note, I sold my house, rented a new one, and moved all our 15 years of life in eight weeks! We are ready to start building out on our property where our barn is located in Bennett, Colorado.

I have been thinking about what a powerful and beautiful force belief is in our lives. If we want something we have to envision it, prepare for it, and execute the achievement of it. One of the hardest things to do is see things with clarity enough to achieve goals. I have learned a lot being part of the RMDS Board. The members who show up, every other month and run RMDS are the epitome of goal achievers,



Aline Brandau with her 8-year-old black Hanoverian "Aline's Sara" out of Simply Spruce Meadows bloodline.

and they have clarity of thought. The focus and effort that it takes to run the shows and clinics astounds me. But that is the beauty of living and working in an environment that promotes the passion of dressage. I am surrounded by instructors, coaches,

riders, trainers, volunteers, clinicians, judges, and dressage fans of every age. RMDS has created an uplifting, inspirational environment for dressage riders to learn and compete together.

My horses are all spread out, at different levels this summer. I have two foals in "summer camp" with my farrier, two mares in training in Elizabeth, and four other horses I teach on out in Bennett. But I see the light at the end of this tunnel of work and excitement. I hope you do to, as I know show season can be a whirlwind. Or maybe you are taking some time off, and in that case, I hope to see you at Darcy's Pub in the Denver Tech Center at Syracuse and Belleview at 5:30 pm on July 7th. I would love to meet some new faces and hear your opinion. Till next time,

*Aline Brandau, JD
VP RMDS*

High Plains Chapter

High Plains kicked off the 2015 show season with a Hospitality Table at the Dressage for The Cure Show. We hosted



*High Plains Chapter
Hospitality Table at Dressage
for the Cure*

coffee with refreshments, gave DVDs to the riders who participated in the 2009 Hilda Gurney Clinic and fun raffle items in the spirit of fun and friendship for all competitors. Our next event will be a riding clinic with Spanish Riding School Chief Rider Andreas Hausberger, who will be traveling from Austria to Colorado in July. Event information can be found on our website highplainsdressage.org

Pikes Peak Chapter

In May, the Bingo's 'Shop Til You Drop', hosted by the PPDS Chapter, attracted some fun people and superb food. Thanks to Nina Felsenthal for organizing, and to everyone who attended this event.

PPDS Chapter members agreed that the business meeting scheduled for June should be postponed until July. So many of our Chapter members are incredibly busy during the summer months, with show management, secretarial, judging, training, competing and 'show Mom' duties taking up much of their 'over-scheduled' time. Our Chapter members are doing well in the show ring this year; some of the younger riders are showing such talent, and some of the more mature members, returning to the show ring after a brief hiatus or, perhaps, a long break, are obviously thrilled with their achievements. Sometimes the achievement is a personal goal, made even brighter by winning a ribbon!

As the summer show season continues, despite the seemingly persistent rain, hail, and plethora of bugs (the downside of rain!) we encourage all our members to support local shows by volunteering their time, if possible. A huge amount of time, energy and organization goes into even the smallest of shows, and these showing opportunities would not be possible without the help of volunteers.

Our next business meeting is scheduled for the first Tuesday in July. Details can be found on the website www.pikespeakdressage.org.

*Susan Borders,
Pikes Peak Chapter President*

GVDS Chapter

We have some events going on this year that may be of interest to others. Our club members have a growing interest in Western Dressage. We decided that when we hold our RMDS/UDS/USDF/USEF recognized show on the weekend of September 5 and 6, on Friday, September 5, the day before, we will hold a Western Dressage Only show. This will be a first for us. Our Judge for the long weekend will be Debbie Riehl-Rodriguez and she has graciously offered part of her fourth day to teach lessons for a clinic. Every club member will be able to find an activity that weekend to interest them - either through entering, volunteering or spectating!

The other exciting news for us is having all our schooling and recognized shows in the newly completed second covered competition arena at the Mesa County Fairgrounds. This second covered arena has great footing and its own warm up arena. The newly built stabling, plus two large covered arenas have enabled Mesa County to be a venue for several regional and national equestrian events. It will be fun to show at such an upgraded facility!

In February we held a Western Dressage focused horseless clinic with Frances Carbonnel which was well received with over 40 attendees. We expect to see our show entries for Western Dressage expand this year as further clinics with this focus are being planned.

We have a new local Pilates instructor, Caren Vogt, who is also an equestrian. She opened her studio recently in Grand Junction. We held our February meeting at her facility which was well attended by our members. She did a great presentation on the benefits of Pilates for dressage and mentioned she hopes to have horse and rider Pilates workshop later this year.

Future GVDS events include a demonstration by Jennifer Weber-Quigley on April 4th where she will highlight the training she obtained from her 2014 National Dressage Foundation scholarship.

During our first schooling show this year on May 2nd and

cont. on pg 4

Chapter Reports *cont. from pg 3*

3rd we will be adding some new classes to encourage entries. We will offer our first Prix Caprilli classes and have clinics planned for April to show the members how this class is to be ridden. We are hoping to attract the younger riders with the addition of a few jumps in the dressage arena! We have also worked out a plan to offer a dressage test for combined training classes with the local Pony Club who is holding their jumping show the same weekend in May, in the other covered arena at the Mesa County Fairgrounds Complex. With these new classes, plus the great weather we've had all winter, we expect a full schooling show!

Arlene Rhodes, GVDS President

On The Bit

We hosted our first schooling show on May 31st in Laramie, WY. The rainy, cold spring worked against us, but despite that we had a nice turnout and a successful show. We had 36 rides and phenomenal local support. Stephanie Soule from Grand Junction, CO came up to judge and stayed Monday for a clinic. Many of our members showed in their first show and had a good experience. Stephanie was very encouraging and positive. Laramie weather didn't disappoint and we had beautiful sunshine intermixed with some rain showers and a bit of wind to round things out.

As summer finally arrives we are excited about traveling to schooling and recognized shows, looking at local and regional clinics, and discussing a Working Equitation clinic or show for late summer. Some members are already talking about hosting another schooling show this fall!

We hope to continue to build on our successes and become even more active as a local club and within RMDS.

Jessica Ford, On The Bit Chapter President

NCDA Chapter Report

NCDA has had a great spring in spite of the weather.

Our first of three schooling shows was held May 3rd at Tomora Training Center. The weather held until late afternoon and we were able to complete all the classes. Had a wonderful turnout! Thanks to the all volunteers and our vice president, Didi DeKrey for making it such a great success! NCDA members are accumulating points at our schooling shows that will go toward year end awards. The third show Oct 18th will be a fund raiser for Hearts and



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Horses Therapeutic Riding Center to be held at Tomora Training Center.

We had our final business meeting for the summer months at the Moot House restaurant in Ft. Collins on May 28th. It's always fun to get together for dinner with members and share our plans for the show season. We'll have our next regular business meeting in September.

We're excited to be having a Western Dressage Clinic with Frances Carbonnel on July 11th. at Circle Star Arena in Platteville, CO. I'd be happy to forward information on this event. Contact, Renee at silverpony@frii.com.

Hope everyone is enjoying the nice weather and having fun with their horses!

Renee Martig, NCDA President

USEF Equestrian Athlete Lettering Program Expands to Include Junior High Students

Lexington, Ky. - The United States Equestrian Federation (USEF) is excited to announce the expansion of the Equestrian Athlete Lettering Program to include a component for junior high students in grades five through eight. Students in grades nine through 12 are eligible to participate in the USEF High School Equestrian Athlete Program and can also apply retroactively for the junior high program, providing that they have met the requirements for each year.

The USEF Junior High and High School Equestrian Athlete Programs require students to record 100 hours of riding time during the program year and verify participation in three competitions. Students who meet the requirements will receive a varsity letterman patch and pin to honor their achievement. These are designed to be worn on existing school lettermen jackets, or any jacket of the athlete's choosing, as a rite of passage and symbol of achievement.

Both programs are open to equestrian athletes participating in all breeds or disciplines who are currently USEF members, or become USEF members. The upcoming 2015-2016 program year will kick off on June 1 and run through May 31, 2016. Students who wish to participate in the program may sign up retroactively for previous years of high school or junior high provided they are currently a student in grades five through 12. For more information, please visit www.usef.org/lettering or email lettering@usef.org.

Apply for a USEF High School Scholarship

Lexington, Ky. - Applications are now being accepted for a new scholarship available for current high school seniors who will be continuing their equestrian career during college. The USEF High School Scholarship will provide a \$1,000 grant to one graduating high school senior who will be pursuing equestrian sport, either through an equestrian-related degree or on an intercollegiate equestrian team. Applicants must be active members of USEF and submit an essay to the USEF office by July 1 that answers the following questions:

- 1) Explain how the sport of equestrian has helped you reach your goals so far.
- 2) Explain how you plan to continue your involvement in

equestrian sport during college.

- 3) Explain your future career goals after college.

To apply, submit the High School Scholarship application: https://www.usef.org/documents/HighSchoolAthlete/HighSchoolScholarship_Application.pdf.

Please email tschroeder@usef.org for more information about this scholarship.

Call for Entries for Equine Ideal: Spring 2015 Photography Contest

All professional and amateur photographers who seek to capture the ideal image of the horse are invited to enter the Equine Ideal Online Photography Contest.

Now in its 11th year, the contest will be judged by an exceptional panel of five professional equine photographers. The 2015 judges, Gail Bates, Mary Cornelius, Christina Handley, Tina Thuell and Rachael Waller, are widely accomplished and recognized for their fine art and commercial photography of the horse.

The deadline for entries is June 28, 2015. Winners will be recognized on the contest's website, <http://www.equine-photographycontest.com>

- Images are to be submitted in a digital format as per guidelines found on the contest's website.
- Images will be judged by professional equine photographers based on: impact, equipment expertise, technical/artistic expertise, light and color, subject matter, creativity and suitability.

This contest will also feature two People's Choice Awards, a very popular feature from previous contests where the public is invited to cast their vote for their favorite photo from the professional and amateur divisions. New this year, all accepted entries will be included in the Peoples' Choice voting.

Winning images through fifth place will also be published in The Equine Ideal 2015 a limited edition printed book. All winners will be featured on www.equinephotographycontest.com with photo credit.

The official rules and entry form are available online at <http://www.equinephotographycontest.com>. If you have questions, please contact Christina Handley at equinephotocontest@gmail.com

Christoph Hess Professional Clinic *cont. from cover*

In addition, Hess is active in training judges and instructors both within Germany and around the world. He is a frequent judge for the 5 and 6 year old World Championships held in Verden, Germany, has judged at Aachen and here in the United States in both Wellington and California. Hess also ran the USDF FEI Trainers symposium in Wellington, Florida in 2012.

As such, RMDS was lucky to find a slot in his schedule and get him to come to Colorado before heading out on a two week term of clinics in the US.

Held at the beautiful Iron Horse Farm owned by Wendy McKelvy and shared with Grant and Sharon Schneideman and Nicole Glusenkamp, the facility provided an arena with excellent footing and more mirrors than most riders see in a year. A small space for auditors to sit and observe ringside made it easy for Christoph to reach out to his audience, ply them with questions and individually solicit answers. Whether you were riding or watching, there

was no escaping Hess's eagle eye, quick assessments and constant questions. Throughout each ride Hess delivered information to the rider and auditors, then would quickly turn from trainer to educator and ask "Now, describe for us what you feel," or to the auditors: "Where would you go from here?"

Hess opened each session with every horse making sure both the rider and the horse understood the feeling of being in front of the leg. "Training is based on the Training Scale: Rhythm, Suppleness, Connection, Impulsion, Straightness - all leading to Collection," said Hess. "However- before all of that is even POSSIBLE – the horse MUST be in front of your leg!" Shortening many riders stirrups to allow them to find the "light seat" that was ALMOST a "half seat" Hess sent riders on 20 meter circles and down the long side, "Come ON, BIG strides!" was the oft repeated refrain. "Ah – he is behind you- and- JAWOHL!" as, in the next stride, the horse would make the breakthrough to reaching out in his stride where no muscle of the back could hide.

This was a very important clinic to participate in for both days, as many of the horses/riders took the majority of their time on the first day simply to find, and find again,

the degree of forward amplitude Christoph wanted in their stride. Creating this was not just a matter of racing forward, but of the rider being able to stand the horse up from the inner calf, not abandon but also not hang on the inner rein, create a connection on the outside leg and outside rein. Time after time auditors watched crooked horses become straight, riders too strong in their initial rein connection become more yielding, and riders too tentative were directed to find a connection. Once found, Christoph tested the balance of horse and rider over and over again with überstreichen—the total release of the rein—in the middle of half pass, pirouettes, medium trots...no gait, pace or movement was immune to the request.

The necessity of having an environment where riders and auditors alike could feel free and welcome to voice questions, concerns, and hone their own eye and understanding for what dressage on an International level looks like was an invaluable gift from RMDS to their professional trainers.

On day two riders and horses came into the arena fresh, focused and quickly in front of the leg. Day two saw many more exercises build on the premise of the horse balancing up and forward from the rider's inner calf—Christoph was adamant that the spur not replace the leg—to find the balance laterally and longitudinally. The physique of every horse was

visibly changed, and now big strides were shortened and then lengthened again to increase carrying power with elastic and springy steps from the horse. Shoulder in was the major exercise used, and often just shoulder fore, to elasticize and frame the horse. Transitions upward and downward were ridden by bringing the shoulders in front, NOT by pulling back on the reins.

"It is the job of the rider to create the feeling of the horse underneath him," emphasized Hess. "This can only be done by teaching the horse to self carry in front of your leg, to be obedient to the rein but not to lean on it. For this, the rider must understand how to use their own body to influence the horse. Collection is the result of big strides, not small ones, and no rider can worry about bend and flexion until the impulsion that enables self carriage is there."

With one horse at training/first level and a second at first/second level, the bulk of the day was spent watching horses refine and define degrees of self carriage needed for 4th level/PSG ability. Thanks to Petra Warlimont and her wonderful partner, Highschool MCF, each day finished

cont. on pg 7

Christoph Hess Symposium— A Participant's View

by Andree Hunt

As the recipient of the RMDS Opening Doors Scholarship, Andree Hunt applied her scholarship grant to the Hess clinic. This is her report as required by the scholarship rules.

As the recipient of the RMDS Opening Doors Scholarship for the year 2015, I was thrilled to be able to attend the Christoph Hess Symposium for professionals and ride in the open clinic held on Sunday. What a weekend, filled with high quality riders, high quality horses and a high quality communicator and teacher in Christoph Hess.

This was the first Professional Trainers Symposium in Colorado and the first time out west for Christoph Hess, who flew in directly from Germany to spend the weekend with us. We are very fortunate that he was able to take some time out of his busy schedule to come and share with Colorado trainers his vast knowledge and experience involving dressage riders and horses of all levels.

The format of the symposium was interactive. Christoph addressed the auditors constantly throughout the day and

Christoph Hess *cont. from pg 6*

with inspiring work from a compliant, willing and very talented horse learning the “basics” for Grand Prix.

The necessity of having an environment where riders and auditors alike could feel free and welcome to voice questions, concerns, and hone their own eye and understanding for what dressage on an International level looks like was an invaluable gift from RMDS to their professional trainers. This is certain to have a “trickle down” effect as trainers take what they have learned home to work on their horses and with their students.

It is hoped that the camaraderie built by multiple days working together will encourage everyone in the community to remember that dressage is a journey. No matter how fancy or how plain, dressage done well benefits the horse, both mentally and physically. What we all already know, is that when our horse is happy, we are happy. To whatever degree of edge and ability, there is always the possibility of “more,” and the responsibility of knowing when to say “Enough for today, we can grow more tomorrow.” From the group of trainers and riders who got to participate, we want to thank the RMDS board for their vision of a more educated pool of professionals in Colorado. “Top Class!” Thank you! 🐾



Opening Doors Scholarship recipient Andree Hunt with Christoph Hess

we were asked our impressions, what we saw, why we think the horse goes a certain way, how can we improve on the horse's movement, etc. His friendly tone and conversation was very inviting, it was like talking to a friend, and his positive comments made everyone feel comfortable with our questions. He asked the riders to tell us about them and their horses and while we observed the rider work by themselves for a few minutes, he made sure that the rider had a lot of feedback, he kept saying “Good” in German (“Wohl”) and “Very Good” (“Jawohl”) while the rider was warming up. He then asked the rider to come in front of the audience and tell us his/her feelings. He explained to us what his observations were and asked the rider to start working the horse under his guidance. He gave advice to help with different exercises, always looking at the training scale. As the horse and rider team was progressing, he explained why he was asking a certain precise thing from the rider and we could clearly see a great improvement in the horse's performance from the training level young horse to the FEI level horse. It was almost like magic, Christoph was guiding everyone easily to step up to the next level.

Here are some of his key points that I have noted in no particular order:

1. His philosophy is that it is important to find out the reason behind the problem.
2. Perfection of the basic work: the better the basics, the better the end result.
3. Get a feeling for the body language of the horse.
4. Start a training process where the gymnastics are the most important part.
5. Follow the scale of training to help the horse to be trained in a better way.

cont. on pg 8

Christoph Hess *cont. from pg 7*

6. Start today with lower level horses to develop them to upper level.

Christoph's approach to difficulties with the horses are seen as "challenges" and in order to address those issues he advises to always start with the POSITIVE things. We want to make the horse as easy to ride as possible. Start by finding the favorite gait for the horse and use it in the warm-up to loosen him up. The horse MUST be in front of the leg, the rider must learn to get the GO and not let the horse dictate the tempo. All of the riders were asked to shorten their stirrups and to use a lighter seat to free the horse to move more forward. Riders were also asked to use trot rising because it is easier for the horse and helps him ride the correct TEMPO. The horse has to move BY HIMSELF and not be constantly asked. The rider's responsibility is to LISTEN with his hands in the horse's mouth and the horse has to SEEK the contact.

The use of the whip should be to tap the inside shoulder. Christoph explained the reason is that the horse is less sensitive in the shoulder and the tap of the whip influences his energy and generates more TEMPO. He mentioned that the horse is more sensitive on his flank and that when we use the whip in this area it creates a reaction but does not stimulate the horse's rhythm. It was a first for all of the professional riders and amazing to see horse after horse become more and more energetic and engaged from behind. The whip is NOT to punish, it is to ACTIVATE. Again, it was like magic!

With these tips (short stirrups, whip shoulder) Christoph stressed the fact that it is important for the rider to get out of their comfort zone. All of the riders were asked to ride BIG strides, even if it felt for some of them that the horse was going too fast. In fact, it created a very willing horse, more balanced and the horse moved more easily into lateral movements. For the auditors, it was easy to see the difference. His conclusion was that we must learn

how to make the horse HAPPY and HEALTHY.

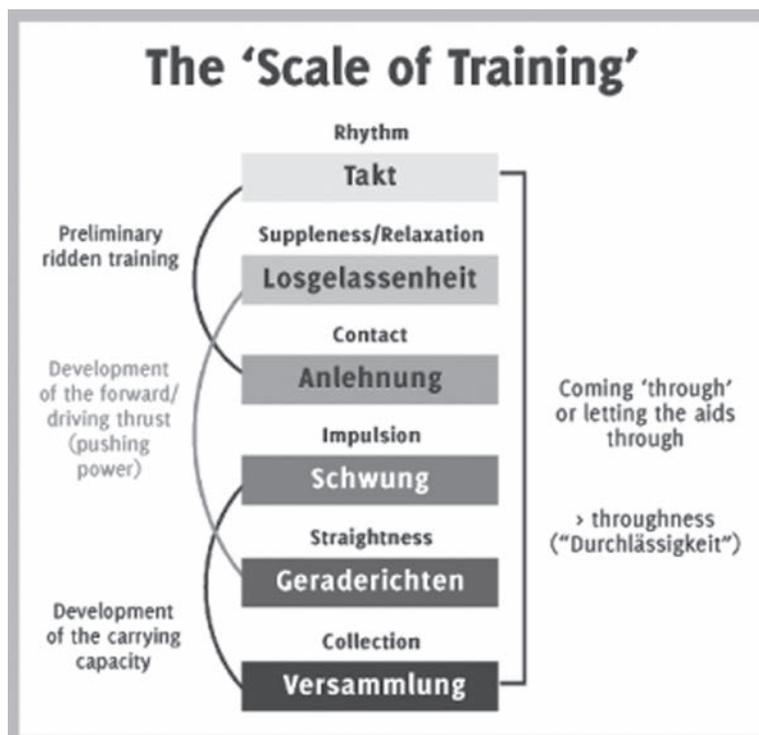
Transitions from trot to walk were explained this way: GO from trot to walk WITHOUT using your hands. This was a challenge at first for most of the riders, it can take a while for the horse to understand but it is important to not rush it. Slowly we could see how the horse was able to go INTO the walk or go INTO the trot from the canter. Transitions up were explained this way: GO into the trot or INTO the canter. It is important to always maintain the forward energy and not STOP the canter to go to the trot

or STOP the trot to go into the walk. This principle seems easy to apply but it requires good control from the rider's seat and control to NOT use the hands for the down transitions so that the horse listens to the seat. Transitions are the key to good riding. Don't STOP the canter with your hands, it stops the back from swinging. Use your driving aids to START the trot.

Another point that was asked to all the riders, from Training Level to FEI, was to OPEN the throat latch. He

explained that by doing so, it makes it easier for the horse to swing in his back. We immediately saw how the horse moved more freely. It is important to stretch the horse and the energy has to come from the hind legs, the place the horse has to go to find his balance. You can't flex a horse that is not stretched. All horses looked more comfortable and more focused on the rider. This natural way of movement is the basic on which we build our foundation. Riders were often asked to ride more with their calf and less with the spurs. The horse must listen to the inside leg at all times to move forward FIRST and maintain impulsion. This became very apparent when working on flying changes. The horse was able to maintain the quality of the canter and change lead easily.

Christoph asked everyone do DO LESS with your hands. Again, the result was like magic! The horses *cont.on pg 9*



Christoph Hess *cont. from pg 8*

worked gymnastically, the steps became longer thus the trot became more swinging right from the start, the hind legs were able to reach more towards his center of gravity. Riders were asked to give longer reins and we could see how the horse became more expressive in the trot. We should give LONGER reins but maintain connection at all times. When we ride with tension, and most of us do



Hess, Hunt on Raza, and audience

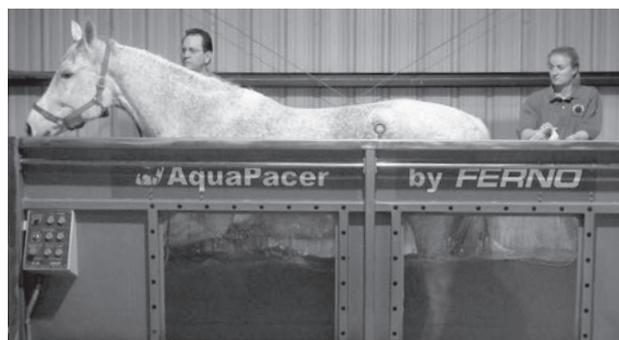
with our reins, everything is harder. The basic of your daily work should be: SUPPLENESS not TENSION. Do not ride from front to back, have this in mind when you school your horse: ALWAYS from BACK to FRONT. Most riders do TOO MUCH with the inside rein. Maintaining impulsion is more important than bending and flexion. The more the horse accepts your leg, the less you need the reins. The more the horse is leaning on the bit, the less balanced he will be. Don't give the horse a chance to lean on the bit. Correct the horse less with the reins and use your body language to correct the mistake with GO, not with STOP. Control the horse with your position, not with your hands. Be careful to be CONSISTENT when you school your horse.

Don't try to ride a movement when the horse is tight or strong in the bit. Don't do anything with the bit in a negative way but make it FRIENDLY to encourage the horse to stretch into it. Make it tasteful for the horse. This was Christoph's advice that came up again and again through out the two days of the symposium, the importance of the TRAINING SCALE: when you don't have the basic work under control, you will have problems all the way to Grand Prix. It is important to not work against the nature of the horse. You must OPEN the door, give the reins and give your hands. If you pull on the reins you are working AGAINST the nature of the horse. This is one of the biggest problem when schooling horses. LISTEN with your hands.

Make sure not to ask two things at the same time for the horse does not understand this. Work on ONE thing at a time. The HAPPY horse will work for the rider. Keep in mind that Rome was not built in one day. Give the horse a good body feeling FIRST. Dressage is a French word that means TRAINING. Always keep in mind that dressage needs PATIENCE. Riders need to be able to change their philosophy and ADJUST as well as LISTEN to the horse. HAPPY and HEALTHY rides!



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SUGGESTED BYLAW/STANDING RULE CHANGE

- Please use the current Bylaws and Standing Rules found in the Omnibus for your reference.
- Email (or mail) your suggested changes to the RMDS Central Office (rmids@rmids.org) by **August 31** for consideration at the Board of Governors' meeting in November.

Bylaw change _____ Standing Rule change _____

Page number _____ Article # _____ (be specific)

Rewrite section you wish to change and show what is to be deleted (if anything):

Name: _____ E-Mail: _____

Reason for change: _____

Dressage and Volunteering

Contributed by MaryJo Hoepner, RMDS Scholarship Chair

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

Those desired events require someone to organize them and to implement them on the day(s) the activities are offered. The 'information source' requires someone to write articles, to maintain informational websites, to assure members are notified by email or snailmail.

As a result we get requests to **VOLUNTEER**. I am sure all who are reading this have received emails, Facebook notices, phone calls requesting you to volunteer. Being a volunteer allows all of us to contribute.

One GREAT reason to volunteer is that you then become eligible to apply for one of the 4 scholarships that RMDS offers. Also many of the grants offered by the Dressage Foundation request volunteer hours from applicants.

Scribing - What You Need to Know

Scribes are required each and every time a horse and rider goes down centerline. Whether that is 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

1. is a careful listener
2. can write quickly and clearly
3. wants to learn a great deal each and every time
4. is willing to sit in a small area in all kinds of weather
5. is able to keep conversations to the minimum during tests and let what is said in the judges stand STAY there. Manners are always a good thing.

Tips for Scribing

- I personally think it is a great 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 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.

- 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.
- At the show, most organizers will suggest when you should arrive. I personally prefer to get to the show 45 minutes to an hour ahead of time. Many use the 30 minute rule. I just want to assure I have plenty of time to check in, get the materials (usually in a box) out to the judges stand. Pick up water bottles for the judge and for me. Go through the tests to make sure they are the same as what is on the day sheet.
- 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 my arm is sweating on the test sheet due to the heat. Or the wind is blowing.
- I introduce myself to the judge. They will usually ask if you have scribed before. Not a big deal if you have not scribed before. In fact, if you have not, make sure they understand this is your first time. Judges are so gracious to help you get started. Each has their preferences on how to proceed and will share that 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 as they go by what their number is. A hint to all riders -- make sure the scribe and judge know what your number is. It is certainly acceptable as you are circling the arena to *cont.on pg 12*

Dressage and Volunteering *cont. from pg 11*

stop at the judges stand, quickly 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 THAT one!

- Chances are you will know or recognize horses and/or riders that are competing. Since it is the judges 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. You will need to be alert while you are scribing. So turn off your cell phone while you are scribing. You can use the breaks to make or receive messages and/or calls. Since we are in the 'sagebrush states with RMDS', make sure you and your judge have plenty of water available. They may not think to ask.

I will defer to the USDF document for more specific details.

The bottom line is that everyone involved appreciates your efforts to scribe. It is a great way to learn from a variety of judges.

Feel free to email me if you have questions.

MaryJo Hoepner
Chair Scholarship Committee
scholarship@rmds.org

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

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3786 N. COLORADO AVE, LOVELAND

PRICE: \$255,000 Immaculate tri-level home ready for move-in. Three bedrooms, 3 baths, LR, FR, eat-in kitchen, covered patio, fenced yard. New roof. All new carpet.

NEW LISTING!

7581 NIMBUS ROAD, LONGMONT

MLS #759327 PRICE: \$2,300,000 57 +/- acres along with 97 shares of Left Hand irrigation water. Water tap on property. Bordered by Left Hand Creek to the north. Ag zoned, no conservation easement.

COMPLETE HORSE FACILITY - NEW LOWER PRICE!



8477 COUNTY ROAD 15, LONGMONT

MLS# 740560 NEW LOWER PRICE \$1,495,000.

All or part of the property may be purchased separately. The Land must sell before the house and buildings will be sold if purchased separately. Approx. 15 acre feet of water available for sale separately.

- Complete horse training or boarding facility
- Large equipment, boat, RV, or car storage
- Irrigation water rights – about 13 acre feet
- Property features a home, large indoor and outdoor arena, several pipe fence paddocks with run-in sheds, mobile home for staff, show office
- Special use permit for events, horse shows and clinics



163 ACRE RANCH!



10135 N. 75 STREET, LONGMONT

163 acres, three building lots, executive home, guest house, shop, pond, views! Two properties totaling 163 acres:

73 acres with with two building lots surround the Clover Basin Reservoir. PRICE: \$1,500,000

90 acres with home, guest house, shop, water rights, and one additional building lot. PRICE: \$4,900,000

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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



Shows and Events

All shows are RMDS recognized except schooling shows.

RMDS CALENDAR

JULY 2015

- 2 **James Shaw-Private Lessons-Windy Creek Ranch-Longmont, CO**
Contact Sarah Barnes sarahvbarnes@yahoo.com
- 5 **Dressage Schooling Show-Plane View Farm-Erie, CO**
Contact Lauren Gueswel 303-532-9381 www.planeviewfarm.com
- 6 **James Shaw-Introductory Clinic-Windy Hill Ranch-Longmont, CO**
Contact Sarah Barnes sarahvbarnes@yahoo.com
- 8 **James Shaw-private lessons-Starfire Farm-Berthoud, CO**
Contact Beth Beymer starfirefarm@usa.net
- 9 **James Shaw-Advanced Clinic-Windy Hill Ranch-Longmont, CO**
Contact Sarah Barnes sarahvbarnes@yahoo.com
- 10-12 **James Shaw Clinic-Colorado Springs, CO**
Contact Vicki Borelli vicki@cloverleafhorsefarm.com
- 10-11 **Dressage at the Peak Warm Up/Dressage at the Peak II-USEF**
Contact Heather Petersen 303-648-3164 slush@drwg.net
- 11-12 **Rocky Mountain Dressage III, IV-Somerset Farm-Longmont, CO-USEF**
Contact Dian Seabury 520-906-5545 dfseabury@gmail.com
- 11-12 **Millbrook Farms Summer Dressage Festival-Fairfield, UT USEF**
Contact Jan Lawrence 801-885-3083 millbrk@xmission.com
- 13 **James Shaw-Private Lessons-Windy Creek Ranch-Longmont, CO**
Contact Sarah Barnes sarahvbarnes@yahoo.com
- 14-19 **NAJYRC-Kentucky Horse Park-Lexington, KY**
- 15 **James Shaw-private lessons-Starfire Farm-Berthoud, CO**
Contact Beth Beymer starfirefarm@usa.net
- 18 **Dressage Schooling Show-Hidden Creek Equestrian Center**
Contact Susan Borders susan.e.borders@gmail.com
- 18 **Dressage/Jumping Schooling Show-Crossroads Equestrian Center at Whispering Winds Farm-Monument, CO**
Contact Mary Hall mark - 719-488-0333 - painthorse50@msn.com
- 18 **Clinic - Exciting Lengthenings with Simone Windeler-deBettencourt Ranch-Black Forest, CO**
Contact Simone Windeler 719-287-2040 simonedressage@gmail.com
- 19 **Centaur Rising Dressage Show-I-Pine, CO**
Contact Kris Cooper 303-838-5086 kris@anchoragefarm.com
- 24-25 **Sage Creek Dressage 3 & 4-Utah**
Contact Sue Jero 801-330-5763 dressageshow@sue@aol.com
- 25-26 **Autumn Hill Dressage Festivals III & IV-USEF CSU Events Center, Ft Collins, CO**
Contact Heather Petersen 303-648-3164 slush@drwg.net
- 31-Aug 2 **Dressage in the Rockies I, II, III-Colorado Horse Park Parker, CO**
Contact Glenda McElroy 818-841-3554 glenda@glenroys.com

AUGUST 2015

- 1-2 **Dressage in Big Sky I & II- White Aspen Ranch-Billings, MT**
Emily Luoma-Brester 406-698-9646 e_luoma@hotmail.com
- 1-2 **USDF L Program D2 Session-Colorado Horse Park-Parker, CO - Closed**
Contact Heather Petersen 303-648-3164 slush@drwg.net
- 8 **Shiloh Ranch Schooling Show-Black Forest, CO**
Contact Simone Windeler 719-287-2040 simonedressage@gmail.com
- 8-9 **Millbrook Farms-Fairfield, UT USEF**
Contact Jan Lawrence 801-885-3083 millbrk@xmission.com
- 9 **Clinic - Lateral Fun with Simone Windeler-deBettencourt Ranch-Black Forest, CO**
Contact Simone Windeler 719-287-2040 simonedressage@gmail.com

- 9 **Centaur Rising Dressage Show-I-Pine, CO**
Contact Kris Cooper 303-838-5086 kris@anchoragefarm.com
- 14 **Estes Park I-Sport Horse-Estes Park, CO USEF**
Contact Heather Petersen 303-648-3164 slush@drwg.net
- 15 **Dressage Schooling Show- Cottonwood Riding Club-Littleton, CO**
Tara 303-791-7656 comments@cottonwoodridingclub.com
- 15-16 **Estes Park II -Estes Park, CO USEF**
Contact Heather Petersen 303-648-3164 slush@drwg.net
- 14-16 **USEF r Judges Program - Estes Park -**
Contact Heather Petersen 719-683-8435 slush@drwg.net
- 21-23 **Alfredo Hernandez Clinic-Windswept Farms-Black Forest, CO**
Contact Elaine Haberman 719-495-7004 www.windsweptfarms.net
- 22 **Dressage Schooling Show-Hidden Creek Equestrian Center**
Susan Borders susan.e.borders@gmail.com
- 22 **Triple Creek Dressage Schooling Show Series-Longmont, CO**
Contact Lynn McChesney 303-444-4291 lynntriplecreek@gmail.com
- 22-23 **UDS Dressage Days I & II-Wasatch County Special Events Center Heber City, UT**
Contact Nance Allen 801-274-1288 nance@xmission.com
- 22 **Pendragon Stud Dressage Show-Larkspur, CO**
Contact Leslie Terry
- 29-30 **Anne Howard Clinic-Windswept Farms-Black Forest, CO**
Contact Elaine Haberman 719-495-7004 www.windsweptfarms.net
- 30 **BVD So Long to Summer-Singletree Farm-Boulder, CO**
Contact Beth Geier 303-673-9840 bethgeier1@comcast.net
- 30 **Dressage Schooling Show-Plane View Farm-Erie, CO**
Contact Lauren Gueswel 303-532-9381 www.planeviewfarm.com

SEPTEMBER 2015

- 4 **Western Dressage-Grand Valley Fall Show-Grand Junction, CO**
Contact Arlene Rhodes 970-201-1779 skypony@aol.com
- 5-6 **Grand Valley Fall Show-Grand Junction, CO**
Contact Arlene Rhodes 970-201-1779 skypony@aol.com
- 6 **Foothills Last Chance Show-A Rising Star-Arvida, CO**
Contact Jan Danis 505-490-2805 jandalusian@gmail.com
- 12 **Triple Creek Dressage Schooling Show Series-Longmont, CO**
Contact Lynn McChesney 303-444-4291 lynntriplecreek@gmail.com
- 12 **Shiloh Ranch Schooling Show-Black Forest, CO**
Contact Simone Windeler 719-287-2040 simonedressage@gmail.com
- 12 **Dressage/Jumping Schooling Show-Crossroads Equestrian Center at Whispering Winds Farm-Monument, CO**
Contact Mary Hall mark - 719-488-0333 - painthorse50@msn.com
- 13 **Dressage Schooling Show-Plane View Farm-Erie, CO**
Contact Lauren Gueswel 303-532-9381 www.planeviewfarm.com
- 17 **X Halt Salute RMDS Show -Estes Park, CO**
Contact Heather Petersen 303-648-3164 slush@drwg.net
- 17 **RMDS Sport Horse Championships-Estes Park, CO USEF**
Contact Heather Petersen 303-648-3164 slush@drwg.net
- 18-20 **RMDS Championships-Estes Park, CO USEF**
Contact Heather Petersen 719-683-8435 slush@drwg.net
- 26-27 **Anne Howard Clinic-Windswept Farms-Black Forest, CO**
Contact Elaine Haberman 719-495-7004 www.windsweptfarms.net

OCTOBER 2015

- 3 **Triple Creek Dressage Schooling Show Series-Longmont, CO**
Contact Lynn McChesney 303-444-4291 lynntriplecreek@gmail.com
- 10 **Dressage/Jumping Schooling Show-Crossroads Equestrian Center at Whispering Winds Farm-Monument, CO**
Contact Mary Hall mark - 719-488-0333 - painthorse50@msn.com
- 10-11 **Grand Valley Schooling Show III-Grand Junction, CO**
Contact Arlene Rhodes Arlene@skypony.org

- 18 **NCDA Fall Schooling Show-Tomora Training Center-Greeley, CO**
Contact Didi DeKrey 970-222-3104 denisedekrey@gmail.com
- 16-18 **USDF/Great American Region 5 Championships-Scottsdale, AZ**
25 **Dressage Schooling Show-Plane View Farm-Erie, CO**
Contact Lauren Gueswel 303-532-9381 www.planeviewfarm.com
- 31-Nov 1 **USDF L Program Final-Deep in the Heart of Texas-
Houston, TX-Closed**
Contact Heather Petersen 303-648-3164 slush@drwgw.net

NOVEMBER 2015

- 6-9 **USDF Natl Championships-need to qualify through Regionals**

SEPTEMBER 2016

- 15 **RMDS Sport Horse Championships-Estes Park, CO USEF**
Contact Heather Petersen 303-648-3164 slush@drwgw.net
- 16-19 **RMDS Championship & Region 5 Championships
Estes Park, CO USEF**
Contact Heather Petersen 303-648-3164 slush@drwgw.net

EXECUTIVE BOARD MEETINGS – open to all-2nd Thursday of the odd months-6:30 pm. Contact RMDS Central Office for location For updates to the calendar, check the website at www.rmids.org

***If you would like to write about your
Chapter Show,
please send report and pictures to
CentaurPublisher@gmail.com***

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 received by September 1.

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

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

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

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

Contact RMDS Central Office for location

2015 Omnibus Corrections

- Page C-5 September 5-6 arlene@skypony.org
- Page C-7 September 4 arlene@skypony.org
- Page C-27 Boulder Valley Ride-A-test: Judge Kathleen Donnelly
- Page C-31 June 13-14: Judges: Jennifer Rorh, ‘S’ CA and
Creeky Ralston ‘S’, CA
- July 11-12: Judges: Beverly Rogers ‘S’ AZ, Dinah Babcock ‘S’ TX
- Page C-55 Foothills Last Chance Show- Secretary: Didi DeKrey -
10318 Miners Lake Road - Ft Collins. 80524

2015 RMDS EXECUTIVE BOARD

President	Gwen Ka'awalo	303-917-3679	Kaimana_co@hotmail.com
Past President.....	Simone Windeler.....	719-287-2040	simonedressage@gmail.com
Vice President.....	Aline Brandau.....	720-323-0578	alinebrandau@gmail.com
Secretary	Nina Felsenthal	530-515-8986	ninafelsenthal@gmail.com
Treasurer	Sharon Soos.....	303-904-7534	sksoos@mesanetworks.net

PERMANENT COMMITTEES

Adult Amateur	Didi DeKrey.....	970-222-3104	denisedekrey@gmail.com
Awards.....	Shannon Lemons.....	719-686-0064	lemons_shannon@yahoo.com
Results.....	Central Office.....	720-890-7825	rmds@indra.com
Communications.....	Kerry-Louise Boucher	719-321-7014	sandhillspeaches@gmail.com
Centaur Editor.....	Kerry-Louise Boucher	719-321-7014	sandhillspeaches@gmail.com
Centaur Production.....	Beverly Swanson	720-401-0357	bj@piaffedesign.com
Advertising.....	Central Office.....	720-890-7825	rmds@rmds.org
Omnibus Production	Nicole Bizarro.....	303-939-0110	nicbiz@indra.com
Webmaster	Michael Petersen.....	719-683-8435	webmaster@rmds.org
Constitution, By-laws.....	Central Office.....	720-890-7825	rmds@indra.com
Education.....	Jon Haugen.....	970-217-7820	defiancesport@q.com
Junior/Young Riders.....	Julie Burt.....	720-347-8084	greeniemtn@msn.com
Junior Clinics	Julie Haugen	970-290-8360	defiancesport@q.com
Marketing	Aline Brandau.....	720-323-0578	alinebrandau@gmail.com
Membership/Horse Registration	Central Office.....	720-890-7825	rmds@indra.com
Nominating.....	Olga Hendrickson	720-556-4852	olgahendrickson@gmail.com
Professional Trainers/Riders	Simone Windeler.....	719-287-2040	simonedressage@gmail.com
RMDS Show Liaison	Beverly Swanson	720-401-0357	ShowLiasionRMDS@gmail.com
Scholarship	MaryJo Hoepner	719-495-3648	scholarship@rmds.org

APPOINTED COMMITTEES

Banquet	Laura Speer	970-330-7233	Riversidestables_evans@yahoo.com
Nominating.....	TBA		
Western Dressage Liaison.....	Frances Carbonnel.....	720-979-3120	classicallegacy@aol.com

RMDS CENTRAL OFFICE

Insurance, Show Standards	Central Office.....	720-890-7825	rmds@indra.com
Registration Officials and Show Standards	Central Office.....	720-890-7825	rmds@indra.com
Scheduling.....	Central Office.....	720-890-7825	rmds@indra.com

CHAPTER PRESIDENTS

Arkansas Valley.....	Beth Hart	719-821-9354	bethhart7@gmail.com
Boulder Valley	Robin Gay	303-516-1917	blondie17536@yahoo.com
Colorado Springs	Pat Leech	719-749-2860	pat.leech@skybeam.com
Foothills	Kris Cooper	303-838-5086	kris@anchoragefarm.com
Grand Valley	Arlene Rhodes	970-201-1779	arlene@skypony.org
High Plains.....	Olga Hendrickson	720-556-4852	olgahendrickson@gmail.com
Northern Colorado	Renee Martig.....	970-278-0500	silverpony@frii.com
On the Bit Dressage.....	Jessica Ford.....	307-797-2478	aprilscomet97@yahoo.com
Pikes Peak.....	Susan Borders.....	719-740-1099	Susan.e.borders@gmail.com
Platte River Dressage.....	Laura Speer	970-371-2934	riversidestables_evans@yahoo.com
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 | 303-648-3164 | slush@drwg.net || FEI JRYR Coordinator | Joan Clay..... | 970-420-0887 | jnclay@comcast.net |
| Website | | | www.usdfregion5.org |

US Equestrian Federation, Inc (USEF)..... 859-258-2472 www.usef.org
4047 Iron Works Parkway, Lexington, KY 40511

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

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RMDS CHAPTER MEETING SCHEDULE

Arkansas Valley: 2nd Thurs.-monthly, location TBD, Beth Hart, 719-821-9354, bethhart7@gmail.com1 check www.arkansasvalleydressage.org for times and locations

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

Colorado Springs: 3rd Tues.-even months, location TBD, Pat Leech 719-749-2860 pat.leech@skybeam.com

Foothills: quarterly meetings, location TBD, Kris Cooper 303-838-5086 kris@anchoragefarm.com

Grand Valley: 3rd Tues. of the month, location: Mesa Mall Community Meeting Room 6:30pm Arlene Rhodes 970-201-1779 arlene@skypony.org

High Plains: Bimonthly- location-TBD, Olga Hendrickson 720-556-4852 olgahendrickson@gmail.com

Northern Colo.: 2nd Tues., each month, location TBD Renee Martig 970-278-0500 silverpony@frii.com

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

Pikes Peak: 2nd Tuesday of the month - check www.pikespeakdressage.org for dates & location, Susan Borders susan.e.borders@gmail.com 719-740-1099

Platte River: location TBD, Laura Speer 970-371-2934 riversidestables_evans@yahoo.com

Wasatch Mountain: location TBD, Sally Shaffer 435-640-8797

Western Colorado: location TBD, Barbara Graham Terry 970-963-4649

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 2015 may be variable, please check the calendar or the website. Contact the RMDS Central Office for location.

2015 RMDS-SPONSORED EDUCATIONAL EVENTS

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

August 1, 2	USDF "L" D2 session (closed) - Colorado Horse Park- Castle Rock, CO
Sept 17	X Halt Salute RMDS Show-Stanley Park Fairgrounds-Estes Park, CO
Sept 17	RMDS Sport Horse & USDF Breeders' Championships-Stanley Park Fairgrounds-Estes Park, CO
Sept 18-20	RMDS Championships-Stanley Park Fairgrounds-Estes Park, CO
Oct 31-Nov 1	USDF "L" Final (closed) - Katy, Texas - Great Southwest Equestrian Center

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@indra.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@indra.com

ADVERTISING

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

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@indra.com, 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@indra.com (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@indra.com), 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@indra.com.

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

Technical Delegates, Judges, and Certified Instructors

Dressage Judge Ratings and Levels Qualified to Judge

All Current RMDS Members

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

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

FEI 4*
Janet Foy^ 719-260-1566

FEI PARA Dressage 4*
Kristi Wysocki 303-648-9877

FEI 3*
Sandra Hotz ^ 303-817-2030
Anita Owen 303-953-9904
Kristi Wysocki 303-648-9877

USEF 'S'
Janet Foy ^ 719-260-1566
Janet "Dolly" Hannon ^* 303-919-4112
Sandra Hotz ^ 303-817-2030
Anita Owen 303-953-9904
Debbie Riehl-Rodriguez ^* 303-263-0768
Sue Curry Shaffer 707-483-0860
Kristi Wysocki ^* 303-648-9877
^ = FEI Young Horse Certified
* = Dressage Seat Equitation Certified

USEF 'r'
Amy Jablonovsky 970-493-2833
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 720-347-8084
Kathleen Donnelly* 970-310-8729
Beth Geier 303-673-9840
Jessica Greer 970-581-5613
Julie Haugen* 970-290-8360
Sarah Martin * 720-891-1369
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

L FACULTY
Janet Foy 719-260-1566
Debbie Riehl-Rodriguez 303-263-0768

Dressage Sport Horse Breeding Judge
Janet Foy 'R' 719-260-1566
Gwen Ka'awaloa 'r' 303-917-3679
Debbie Riehl-Rodriguez 'R' 303-263-0768
Kristi Wysocki 'R' 303-648-9877

USDF Sport Horse Seminar Faculty
Janet Foy 719-260-1566
Debbie Riehl-Rodriguez 'R' 303-263-0768
Kristi Wysocki 'R' 303-648-9877

FEI 4* Para Dressage TD
Kristi Wysocki 303-648-9877

FEI Level 1 Dressage Steward
Rusty Cook 505-249-7586
Debbie Moloznik 818-515-0377
Heather Petersen 719-683-8435
Dianne Stanley 406-690-9450

Technical Delegates USEF
Eva-Maria Adolphi (UT), r .. 801-913-6054
Rusty Cook (NM), r 505-249-7586
Laurie Mactavish (CO), R . 970-390-5160
Debbie Moloznik (CO), r ... 818-515-0377
Heather Petersen (CO), r . 719-683-8435
Catherine Siemiet (CO), r . 719-942-5311
Dianne Stanley (MT), R 406-690-9450

Technical Delegates, RMDS recognized shows only

Joan Clay 970-420-0887
Jeannette Hillery 303-494-7718
Mary Jo Hoepner 719-495-3648
Mindy Maguire 720-301-0089
Didi DeKrey 970-568-3916
Dee Stiers 970-876-2987

USDF Certified Instructors

Training - First

Sheila Buschette 406-672-9378
Joan Clay 970-420-0887

Training - Second

Julie Burt 720-347-8084
RaeAnn Cook 505-249-7586
Bridget Milnes 303-660-4986
Kristi Wysocki 303-648-9877

Training - Fourth

Simone Ahern 719-749-9274
Loma Fowler 303-229-5108
Janet "Dolly" Hannon 303-919-4112
Gwen Ka'awaloa 303-917-3679
Clayton Martin 719-379-3716
Sarah Martin 720-891-1369
Kathy Simard 720-981-4448

USDF Instructor/Trainer Junior Faculty

Training - 1st Level

Kathy Simard 720-981-4448

USDF Instructor/Trainer Faculty

Training - 4th Level

Sarah Martin 720-891-1369

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

Secrets from the Trainers' Vault

Lets YOU Ask the Question



Simone Windeler, Professionals & Trainers Liaison for RMDS, edits this feature column, "Secrets from the Trainers' Vault." RMDS members are encouraged to send questions to Simone (simonedressage@gmail.com) and she will publish a select query with answers from member professionals. If you are a professional and would like to take part as a guest responder, contact Simone with your info and area of expertise.

This month's column is from Elaine Marion, PATH Intl. Certified Instructor and USDF

Bronze and Silver medalist. Elaine teaches thereapeutic riding and para dressage at Pikes Peak Therapeutic Riding Center in Colo. Spgs., and at Promise Ranch in Franktown, and offers private lessons at her barn, Runaway Bay Farm in Franktown. Contact Elaine for more info at: elaine@elainemariondressage.net

ParaDressage

Q *I have a friend with a disability who would love to ride again. What are her options? Can you tell me about Para Dressage?*

A The first step in deciding if Para Dressage is right for you is to discuss it with your doctor. Sometimes finding a doctor that is familiar with equestrian sports and therapeutic riding is helpful. You want to make sure that riding is not a contraindication to your condition and that it will not exacerbate your condition. Generally riding is very beneficial for riders with disabilities but there are some conditions not suitable for riding. You may also want to find a good physical therapist to help you as well.

When you have confirmed that equestrian sports are right for you the next step is to find a good instructor. It is important that you find an instructor familiar with working with individuals with disabilities as well as a thorough knowledge of human and equine biomechanics. PATH Intl (*Professional Association of Therapeutic Horsemanship, formerly NARHA*) has a rigorous instructor certification program and is the recognized governing body of therapeutic horsemanship. If you wish to pursue competition then finding an instructor that also has a thorough knowledge of the discipline you are wishing to compete in will also be helpful. Currently the disciplines of Driving, Reining, and Dressage are recognized in Para competition. Sharing your doctor's report with your instructor can be beneficial as well as a good open relationship between instructor and physical therapist. Many PATH recognized riding centers will have occupational and physical therapists on site that can work with your instructor. Good communication between rider and instructor is very important.

All riders need to recognize themselves as athletes and pursue good cross training and other activities. Your doctor and physical therapist should be able to recommend activities suited for you. A good instructor should also give you "homework" that you can do when you are un-mounted. I

What's Your Question?

often send my riders home with various stretches or activities on a large medicine ball.

Riders utilize core strength and body balance. If you don't work on it when you are un-mounted how do you expect to be good at it when you are mounted? Most riders spend maybe 45 minutes to an hour riding a few times a week. Find areas in your day to day life to work on body balance. For example if you normally turn to the right to pick something up or speak to someone behind you practice turning left. Recognizing yourself as an athlete is also very empowering!

What Horse?

Now let's consider your other teammate, your mount. Most riders consider the horse's gaits first. Does the horse have big gaits and are they comfortable. Other consideration in movement of the horse is their movement style. Most horses fit in one of three categories of movement regarding how it moves the rider, they either move the rider front to back, side to side or in a circular motion. Finding the motion type that is most comfortable for you will be important. Also, consider the height and width of the horse. Many smaller riders will find wide horses uncomfortable. It is also extremely important to consider the horse's temperament and training. A quiet, patient horse with a good level of training

in your chosen discipline will be an important part of the team. If you are pursuing Dressage then a horse with no dressage training will make a more challenging journey.

Adaptive Tack

The tack and equipment you use will also be a very important piece of the puzzle. Many riders with disabilities utilize adaptive tack. Having an instructor familiar with various types of adaptive tack will be very helpful. Often times we have to get creative and devise our own tack to fit adaptive needs. Don't be afraid to think out of the box. Another great resource is other Para Equestrians! Many of them have come up with their own helpful ideas with tack and are more than helpful and supportive of their fellow equestrians.

If you compete you will have to receive an accommodation for your adaptive tack. In competition your tack should put you at the level of an "able bodied" rider and not give you more of an edge than that. For competition in para classes you will also need to receive a classification. Information on that can be found at www.uspea.org Many riders with disabilities also compete in non para divisions.

Setting Goals

Goal setting is important for all riders. Set reasonable short and long term goals. Take as much time as you need to develop good solid riding skills and strength. Remember that riding is a journey and not a destination. If we focus on the journey as our journey and nobody else's and set positive goals riding and competition in equestrian sports can be one of the most rewarding and fun experiences!

Finally, equestrian endeavors can be expensive. Don't be afraid to get creative and look for scholarships. There are many scholarships for riders and for disabled athletes. You might be surprised what is out there to help you with lessons, competitions, equipment and even leasing or owning a mount. If you don't have your own mount all PATH riding centers have suitable horses and many instructors have school horses as well. Riding a school horse can help you decide what kind of horse you prefer as well as giving you time to develop your skills and strength without the added expense and commitment of horse ownership.

Bottom line, have fun and enjoy the ride! Horses are a fantastic form of therapy, relaxation and empowerment!

Links for more information:

Professional Association of Therapeutic Horsemanship Intl
www.pathintl.org

United States Para-Equestrian Association www.uspea.org

rmds.org | facebook.com/rockymountaindressage



U.S. Para-Equestrian Dressage Athletes at the 2015 Adequan Global Dressage Festival CPEDI3 in Wellington, FL, January 2015. Riders from the Canada and the U.S. competed at this international show that is a qualifier for the 2016 Rio Paralympics. Left to Right Sitting (Sydney Collier and her service dog Journey, Rebecca Hart, Roxanne Trunnell, and veteran Derrick Perkins. Standing Left To Right (Annie Peavy, Ellie Brimmer, Dale Dedrick, Mary Jordan, and U.S. Chef d'Equipe Kai Handt.) Photo taken by Lindsay Y. McCall.*

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RMDS MEMBERSHIP FORM

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

Individual Membership - \$60.00 (**\$65 after January 1-late fee**) Additional family members (same address) - \$45
 Business Memberships - \$100.00 Education (non-competing) - \$45.00 Life Membership - \$750.00
 Life Business Membership \$1,000.00 - Transfer Life Business to new owner \$100.00

All business memberships include one individual membership.

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):

- | | | |
|--|--|--|
| <input type="checkbox"/> Arkansas Valley | <input type="checkbox"/> Grand Valley (Grand Junction) | <input type="checkbox"/> Pikes Peak (Colo. Spgs. area) |
| <input type="checkbox"/> Boulder Valley | <input type="checkbox"/> High Plains (Parker, Littleton, Aurora) | <input type="checkbox"/> Platte River (Greeley, E. Colorado) |
| <input type="checkbox"/> Colorado Springs | <input type="checkbox"/> N. Colorado (Ft. Collins, Loveland) | <input type="checkbox"/> Wasatch Mountains (Utah) |
| <input type="checkbox"/> Foothills (Golden, Evergreen) | <input type="checkbox"/> On the Bit (Wyoming) | <input type="checkbox"/> Western Colorado (Aspen, Vail etc.) |

Name _____ Date of Birth _____

Address _____

City _____ State/ZIP _____

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

USDF No. _____ Occupation _____

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

I pledge \$ _____ to go towards the RMDS 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**

____ Referred by: _____: _____ Permanent Bridle Tag (a pair) **add \$50**

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.

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) _____

Name of Representative (If owner is a business) _____

It's Not Too Early!

Score Checking and Planning for Championships

DRESSAGE with ALTITUDE

Now that show season is in full swing, make it a habit to check your scores regularly. There are horses and riders out there with similar names, so double-checking now will save you headaches later! Go to the Awards/Scores page on the RMDS website for scores. Also, if you have earned a USDF medal, check the page to see that you are listed.

Dressage With Altitude

RMDS Championships will be held in Estes Park, CO this year. Whether your goal is to compete or volunteer, make your plans now.

We are looking for Class Sponsors, Dinner Sponsors, Special Awards and advertisers for the Championship Program. Placing an ad in the program is a great way to thank your trainer, your barn, your family for all their support! And if you know someone who is interested in any of these opportunities, please contact either Beverly Swanson, RMDS Championship Show Liaison at ShowLiaisonRMDS@gmail.com, or Show Manager Heather Petersen at slush@drwgw.net.

Now go out there and ride like you're there!

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USDF REGION FIVE

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I hope everyone has had a great start to their summer! I'm not sure about the rest of the Region, but man, have we had some rain this spring and early summer! I almost feel like I'm back in Iowa where I spent my childhood.... Mosquitos, humidity, constant mowing of the grass.... At least it's not as hot as the Midwest! I do love the smell of fly spray, but I definitely don't like the bug bites. Once I finish my paddock fencing, I'm looking forward to feeding less hay due to all the grass this year!

Several important DEADLINES are coming up:

- USDF National and Regional GMO volunteer nominations, as well as GMO award nominations, are due to the USDF office by August 31.
- ❖ GMOs can submit nominations for Newsletter Awards, Website Awards, and Photography Awards. Don't forget that all nominations are due to the USDF office by August 31. No more submitting hard-copy nominations! See the 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 can also 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 2015 Adequan/USDF Annual Convention in Cambridge,

MA. The grant includes full convention registration and partial reimbursement for travel expenses. Applications due by August 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 USDF Annual Convention December 2-6, 2015 in Las Vegas, NV. There will be a great panel of veterinary sessions this year since our convention is followed by the AAEP convention!

The end of the qualifying period is coming for the 2015 NAJYRC Championships as is the period for the USEF Championships Programs for Young Horses, Developing Horses and U25 Grand Prix. We wish all our intended competitors good luck in their endeavors.

Please mark your calendars for our Region 5 Championships and plan to join us! It will be a fun week: USDF/Great American Region 5 Championships – October 16-18, 2015 – WestWorld, Scottsdale, Arizona.

There are many educational opportunities being held over the next year around our region. Please be sure to double check your local calendars and those of the GMOs and barns just outside your area and take part in one of these wonderful events. Till next month!

Heather Petersen
Region 5 Director

RMDS Online - www.rmids.org

Forms Online:

- USDF Instructor/Trainer Workshop Application
- RMDS 2015 Membership Forms
- 2015 Championship Sponsorship

Find Complete Awards list from The Dressage Foundation: www.dressagefoundation.org

2014 USEF Dressage Developing Program:

www.usef.org/documents/highPerformance/dressage//2014/2014DevelopingDressageProgram.pdf.

Waive the Braid Earns Over \$1,000 for NAJYRs

Would you rather not braid?

Many RMDS horse show competitors already are choosing to donate \$40 instead of braiding their horse's mane, in a new fund-raiser benefiting our North American Junior and Young Rider Championship team. Selection is under way for the Region 5 squad, which will represent our region in the nationwide competition July 15-19 in Lexington, KY.

A total of \$360 was donated at the first show Waive the Braid (WTB) was offered, at 2WhiteFeet's Fountain Valley Dressage Show in Fountain, CO, June 13-14. In Utah, riders contributed \$400 at the Sage Creek Dressage 1 & 2 in Heber June 12-13. In Arizona, WTB supporters raised \$500 with their donations and bake sale purchases. Rocky Mountain Summer Dressage I and II in Longmont, CO., June 13-14, also participated in the fund-raiser.

Look for WTB also at Autumn Hill Dressage Festivals I and II at CSU Events Center in Fort Collins June 20-21.

Put on a Smile

WTB riders receive a "Smiley Face" sticker for their bridle tag, signifying they are supporting the team with their financial contribution and are choosing not to braid.

Judges have approved the no-braid fund-raiser and riders are not penalized for being "casual."

Also, riders who want to waive braids for just one day at \$20 can do that, too. They also can donate and receive the sticker for their bridle number to show their support for the team, even if they choose to braid. WTB donations are tax-deductible.

"There really isn't anything like this competition. This is such an individualized sport that having the team aspect is really different. It really gets you ready to be on a high-performance team." – Region 5 2014 team member Devon Wycoff

There is also a Go Fund Me page for the team. The link is <http://www.gofundme.com/NAJYRC2015>.

Anything donated on the site is deposited directly into the Region 5 bank account and also is tax-

deductible.

Thank RMDS parent Kathy Gillespie of Denver, for conceiving WTB. She is the mother of riders Jackson and Caroline Gillespie, who competed at the first no-braid event in Colorado.

The Region 5 Team includes Young Riders aged 16-21 and Junior Riders 14-18. They are Jackson Gillespie (J), Kate Sotiroff (J), Molly O'Brien (J), Isabella Smith (J), Lexy Donaldson (J), Megan McCracken (J), Victoria Fernald (YR), Lauren Asher (YR), Dallas McCullough (J) and Whitney Haugen (JR).



Contact Joan Clay, 970.420.0887 for more info.

Don't Replace That Boot Zipper Until You Try This First!

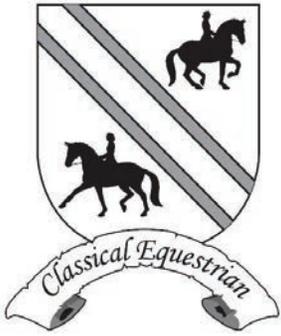
For years, I've automatically assumed that once the zipper in my boots separated, I faced the \$60+ charge to replace it. Not to mention being without my tall boots for who knows how long.

One of the problems is that we pull (often hard) on the head of the zipper, and it becomes bent and unable to lock the little zipper teeth. I now take my boots to an actual shoe repair shop - NOT a saddlery or bootmaker - and he has a magic tool that squeezes the zipper head back on track, and Voila! zipper works again. No charge!

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