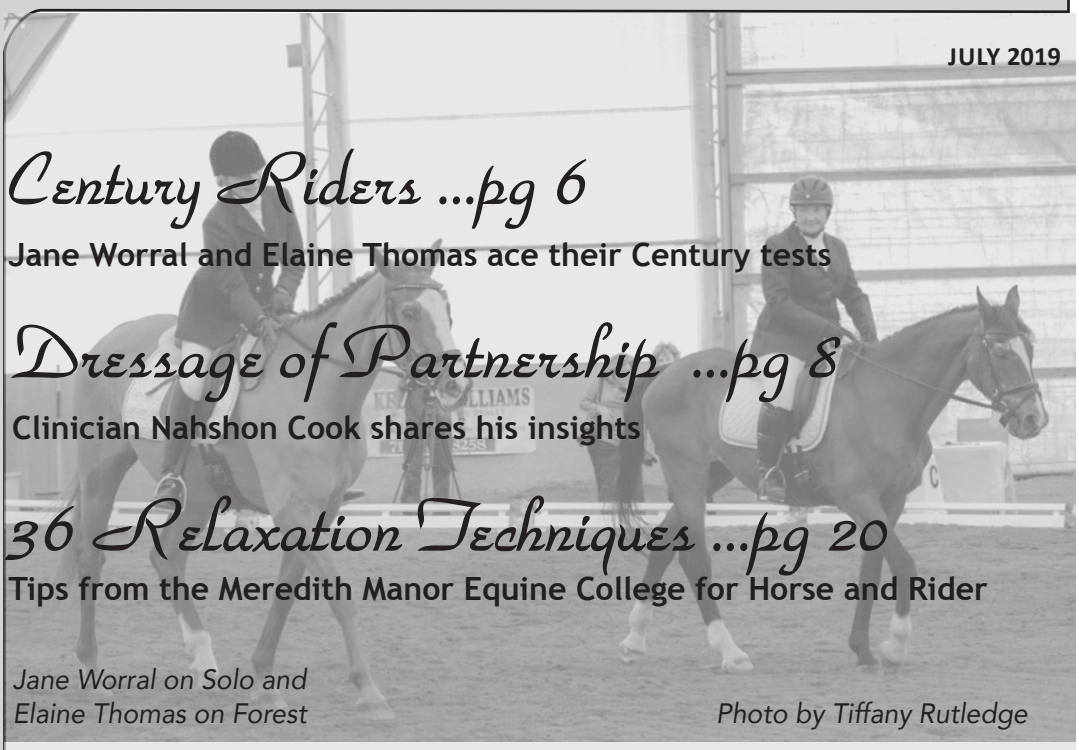
Rocky Mountain Dressage Society

THE CENTAUR

Educating Horse & Rider as Partners

JULY 2019



Century Riders ...pg 6

Jane Worral and Elaine Thomas ace their Century tests

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Clinician Nahshon Cook shares his insights

36 Relaxation Techniques ...pg 20

Tips from the Meredith Manor Equine College for Horse and Rider

Jane Worral on Solo and Elaine Thomas on Forest

Photo by Tiffany Rutledge

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2019 CHAMPIONSHIPS
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UPCOMING EVENTS

ON THE BIT SUMMER DRESSAGE SHOW I & II: JULY 20-21

NCDA SUMMER EVENT: JULY 21

GRAND VALLEY SCHOOLING & FALL SHOW: AUG. 23-25

FOOTHILLS CHAPTER LAST CHANCE SHOW: AUG. 31

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

Message From the President

July is here and Colorado is still giving us a variety of weather. Several shows have been held and lots of successful rides and training opportunities have passed. Although I could not attend the festivities and watch the rides of two wonderful ladies as they joined the Century Club, I was thrilled to see all the photos and video. Congratulations to Jane Worrall and Elaine Thomas.

With our Championship show just around the corner we are actively working on sponsorships. There are so many financial levels to help out and promote your business or friends and family. Contact Anclair Spaulding and she will work with you to set up your advertising opportunity. Sponsorships keep the costs down for all competitors.

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

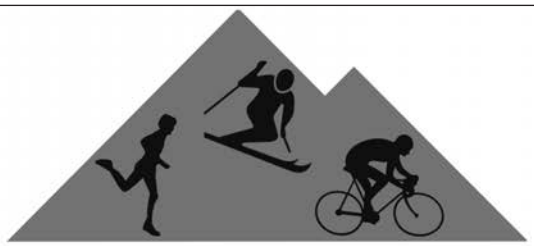
RMDS will soon be sending in nominations for various awards to USDF. If you think you have something that fits a category let us know. We will be looking at articles from the Centaur, artwork and outstanding volunteers.

As a judge I am lucky enough to travel across the country and see wonderful horses and riders. What I enjoy most is watching riders accomplish goals with compassion for their equine partners. RMDS members are reaching goals and forming outstanding partnerships with their horses and other riders.

Please take the time to Thank the Executive Board members who strive to keep RMDS as one of the most innovative and forward thinking GMOs within USDF. Over the years RMDS has been responsible for many of the improvements developed by USDF, as we often think a bit further ahead.

Keep riding and spending time with family and friends.

Aloha, Gwen Ka'awaloa



Functional Physical Therapy

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

Nancy Hackett Harrison, MSPT, CFMT, FFMT, FAAOMPT (clinic owner and USDF Bronze and Silver medalist) specializes in biomechanics of the rider and teaches Integrated Riding clinics with Dolly Hannon, S judge. Dolly refers all her students who need excellent physical therapy to our practice. With a background in eventing and dressage, we will formulate a treatment plan for riders with sports related injury and posture asymmetries.

We have two locations:

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(303)941-0664 phone
(303)997-4832 fax

2935 Baseline Rd Ste 301
Boulder, CO 80303
(303)941-1768 phone
(720)381-6776

www.functionalphysicaltherapyllc.com Info@functionalphysicaltherapyllc.com

Grand Valley

Our second schooling show June 8-9 was again sold out with a waiting list. We are so glad to see dressage riding growing in numbers in our valley. One of our members, Megan Bretey, entered her 2-year-old daughter on her 27 year old FEI horse in a lead line class. It was a very touching moment with some tears. Another rider Patricia LeBau overcame some staggering obstacles and rode a 64+ ride after a 3 year hiatus. Tears were there for that accomplishment as well. There were a couple of freestyles that were so moving - we have a local young man who composed and then compiled music for his sister's freestyle. She is hoping to get to the Western Dressage Nationals with that score and choreography - they should do well! There is so much support for everyone's sucessess and trials, it is a such a pleasure to be with everyone each show.

Megan Bretey assists her 2-year-old daughter Vesper compete in lead line class

Next up is our combo schooling show/recognized show Aug. 23, 24-25. Summer is not technically here but time is flying by so quickly. Entries open July 22.

We are doing a survey of riders at our shows this year to see if there is an interest in being part of the Region-wide schooling show award program in 2020. There is definitely an interest to find out more about the program.

Arlene Rhodes, GVDS President

Foothills

Chapter members can enjoy their summer rides with no events scheduled until August. On Saturday, Aug. 31, they will be back in the saddle at our annual Last Chance Dressage Show. We welcome USEF 'S' and 'R' Western dressage Judge Debbie Riehl-Rodriguez at Table Mountain Ranch (TMR), Golden. It qualifies Western dressage riders for WDACO awards points. The prize list is on FH website under events www.cofoothillsdressage.org, in RMDS calendars online and in Centaur and in Omnibus page C-43. Entry forms are at https://www.theelegantrider.com/online-entry-form-foothills.html. Show co-managers Kelsey Jacobsen pasdecheval15@gmail.com and Nic Sigler nicsigler@aol.com (303) 903-3451 are available to answer questions.

I'll be auditing the national LandSafe Clinic we have scheduled Oct. 12-13 with instructors Keli and Danny Warrington and their mechanical horse, at TMR. See what the clinic is like: https://youtu.be/9uaJCwivbto. Contact Keli Warrington keli@landsafeequestrian.com (484) 459-4974.

Event Registration Link: https://www.eventclinics.com/a/CLEsltjwvESERV6o5vrnwA

Join us at our Level Up! Clinic on Nov. 2 as Julie Haugen 'r" judge guides riders who want to learn new tests and movements. Approximately eight participants can work in one-hour semi-private lessons at TMR. Auditors can attend. Check the chapter's website www.cofoothillsdressage.org for information and registration.

Many thanks to our Education Co-Chairs Lauren Still stillfamily1@mac.com and Jewlee Barber jewleedoll@gmail.com for arranging all the chapter's 2019 events. Contact them or me with any questions. Our next meeting is open to all Monday Aug 26 at 6:30 at Tuscany Tavern, Evergreen.

Linda Gaber Foothills President

Boulder Valley

BVDA anticipated a large show the week end of June 29-30, 2019, and we are not disappointed! A 12-hour day on Saturday, followed by almost as long Sunday will provide an exciting time for riders as they compete in Dressage at the Fairgrounds 1 & 2 at the Boulder County Fairgrounds, Hover and Nelson Roads, Longmont. This show requires a lot of volunteers, and we very much appreciate both our volunteers and the many sponsors who have helped make this a great show. Judges Lilo Fore and Mike Osinski provide the very best in judging, double-judging during certain portions of the show. We appreciate show logistics provided by Two White Feet (Heather Petersen). *cont. on pg 4*

Now we set our sights on the Dressage Festival and Clinic taking place Sept. 14-15 at the Boulder County Fairgrounds. With judge Gwen Ka'awaloa, USDF 'R', this will be a great weekend of competition on Saturday, followed by a clinic with world class judge and trainer Sandra Hotz on Sunday. See the Omnibus for details.

Stan Adamson, BVD President

On The Bit

We had a fabulous clinic with Joan Clay on June 16th! 10 riders and their horses were excited to work on their skills.

Our USEF/USDF and RMDS recognized show is coming up on July 20-21! Come and enjoy a friendly and fun show in a relaxed atmosphere. Check our website www.onthebitdressage.com for the prizelist and pictures of the show grounds. If you have not sent your entry yet, please do it soon! Closing date is July 10!

If you would like more information or are interested in joining our chapter, come to one of our meetings on the first Tuesday of the month at 7 pm at Altitude Chophouse in Laramie, WY!

Ginka Kubelka, On The Bit President

Pikes Peak

Hello summer!

I hope everyone has had a wonderful start to the summer. Our chapter has a very exciting day on Sunday June 16th when we had two of our members join the century club! Congratulations Jane Worral & Solo age 26 and Elaine Thomas & Forest age 33! It was beyond a privilege to watch both of you ride the ride of a lifetime!

Pikes Peak Chapter has decided to take the summer off from meeting since it's so busy. We are trying to arrange some events for the chapter throughout the summer. Details will be released in the chapter email. The next member meeting will be in September. Have a great summer!

Tiffany Rutledge, PPDS President

Arkansas Valley

The Arkansas Valley Dressage Association's second Riverwalk Schooling Show Series on June 9 turned out to be the largest show the association has hosted to date.

With more than 60 rides and at least 32 rider and horse combinations, the show garnered talents from nearly all corners of the state, with levels from intro up into Third Level rides. Organizers opened the show for in all facets of dressage, including Prix Caprilli, Western Dressage and Eventing tests to draw as many competitors as possible to bring in a delightfully warm, supportive, educational atmosphere for all who attended the show.

The next show will be on Oct. 5 at Pathfinder Regional Park in Florence. Vendors are encouraged to attend, and, always, the organization could use extra volunteers.

Don't Forget!

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

USDF Launches New Publication Website: YourDressage

The United States Dressage Federation™ (USDF) is excited to announce the launch of its new publication website, YourDressage. YourDressage features unique content, videos, photo galleries, submitted editorial from USDF Group Member Organizations, and much more. In addition to stories and editorial, YourDressage will also feature daily and weekly highlights, such as our Tip Tuesdays, weekly polls, and Words of the Week, as well as other 'Quick Read' options.

USDF Executive Director Stephan Hienzsch enthused, "YourDressage was created as an expansion of USDF's publication offerings, by delivering exclusive dressage stories, editorial, and education, through a platform more in line with how the public is used to consuming information in this day and age. YourDressage also offers us an opportunity to further engage the dressage community by providing daily updates and posts, such as True Tails, that invite the audience to comment and provide their own related stories. It is our hope that members and non-members alike will engage with the site, find value in the content provided, and enjoy the more fun aspects that are incorporated, such as our polls, contests, and profiles."

To see everything that YourDressage has to offer, visit us at www.YourDressage.org.

USDF Congratulates 2019 USDF/IDA National Quiz Challenge Winners

The United States Dressage Federation™ (USDF) would like to congratulate Molly Sutton, overall winner of the 2019 USDF/IDA National Quiz Challenge, held at the 2019 TheraPlate Intercollegiate Dressage Association (IDA) National Championships. Molly, a member of Virginia Tech's 2021 class, was entered in the Lower Training division. As the grand prize winner, she will receive a registration to the 2020 USDF/USEF Young Rider Graduate Program in West Palm Beach, FL.

Molly shared her enthusiasm for the challenge saying, "I have always loved dressage, both watching and competing, but I never realized how little I really knew about the sport. Through studying and working for this challenge, I learned about the theory and reasoning behind dressage, and it gave me a whole new appreciation for the sport. I think that this new understanding will help me to be a better horsewoman, rider, and competitor."

This competition, open to all IDA members, consisted of two rounds of competition. The first round took place online through USDF, focusing on classical training and dressage competition rules. The five highest scoring individuals in each of the four categories advanced to the finals at the 2019 IDA Nationals, held in the George M Humphrey Equestrian Center at Lake Erie College, in Painesville, OH. All participants in the final round also received a gift from Big Dee's Tack & Vet Supply.

For more information on the USDF/IDA National Quiz Challenge, please visit the IDA website at www.teamdressage.com, the USDF website at www.usdf.org, or contact USDF at youth@usdf.org.

USEF Safe Sport

We take SafeSport very seriously. We assure you that we are communicating to the Center our members concerns regarding process and fairness. Integrity in disciplinary processes is a priority.

Abuse has no place in sport or society and sexual misconduct and abuse of minors is intolerable in any situation. Additionally, bullying, harassing or blaming survivors is unacceptable behavior and will not be tolerated. We must stand with and support survivors, with all of our resources.

As an organization, the goal of USEF is to provide a safe and healthy sport environment for all of our athletes. We stand behind the policies, response(s), and resolution process of the Center and the absolute need for survivors of sexual abuse to have a safe environment to come forward and report abuse. We will continue to expand the resources and services we offer. Depression, suicidal ideation, mental illness, and the impact of abuse are all factors facing individuals within our sport. We will be expanding our services by adding mental health counseling resources for our members.

Visit www.usef.org/compete/resources-forms/rules-regulations/safe-sport for complete information.

Century Rides

By Tiffany Rutledge, Pikes Peak Chapter President

On the morning of June 16, 2019, two accomplished riders ventured down centerline to join the prestigious Century Club, which is a unique honor given to a horse and rider whose combined total age equal at least 100 years! The rider gets the opportunity to choose any recognized USDF or FEI test.

Nichole Ackerman of Inside Track Training graciously opened up her arena in Black Forest, CO to allow the event to take place. Jane Worral and Elaine Thomas, both long time equestrian riders in the Colorado region, swung their legs over their trusted equestrian mounts and attempted this once in a lifetime ride. Five-star judge, Janet Foy, who was recently appointed to the Olympic Grand Jury for the 2020 Olympics in Tokyo, Japan, and has been a long time teacher for these two ladies, was given the distinction to officiate these special rides.

Elaine opted to enter the arena first. She rode Forest, a 33-year-old American Warmblood gelding, owned by Tiffany Rutledge. Forest has been around the Colorado dressage scene since he was about four years of age. Forest has been on a long road over the years. When he was younger, he had to endure the emotional and physical recovery of a trailering accident. Forest later became a young rider horse and contender for young riders in 2009 for Region 6. He has been a USDF region 5 & 6 champion at Prix St. George and Intermediare-I. Elaine's chosen test for this morning was Training Level Test 1. She was quoted as saying, "he was quite energetic," but she was able to keep the ride together for a score of 72%.

Jane rode her very own Thoroughbred gelding, Solo, age 26. She has owned Solo for twenty years. Jane took him foxhunting, eventing and even did a year of dressage! He was Pikes Peak Dressage Society Horse of the Year in 2005. He also enjoyed a career as a wonderful, successful eventer. His long back did not help him jumping and he developed Cushings, so Jane retired him about 10 years ago. Jane's test of choice was Training Level Test 3. Upon her salute at X, she had earned a score of 71%. Jane later told the author the ride was certainly "a crowning moment" for their career.

Local Colorado Springs news station KOAA Channel 5 and local newspaper *The Gazette* showed up to cover the rides and share the riders' stories with the community so that non-equestrian individuals can be inspired to see that you can still achieve amazing goals at all ages! This event was a great way to increase exposure for sport of dressage.

By and large, it is euphoric to witness dream rides like this come together. We all cross our fingers and hope our own bodies will stay fit and healthy to attempt this ride of honor; and that we can be partnered with an equally fit, and "experienced" equine athlete. For Jane and Elaine, this dream finally came to fruition on this glorious Sunday morning in Black Forest, CO. Congratulations Jane, Solo, Elaine, and Forest!!

Congratulations to Jane Worral on Solo and Elaine Thomas on Forest

Dressage of Partnership

By Nahshon Cook

So far, in my work with horses, I've learned that feeling is understanding, belief is endurance, emotion is stress, relaxation is love, and correct work is peace and health. The heart of this dressage of partnership is kept beating by the mental development of the horse preceding greater physical demands—there's no place for bullying, chasing, or aggression. But rather, time and trust resulting in a rider whose practice of riding more aware blossoms into his or her ability to listen to the horse deeply, outside of emotion, which is what working with horses through feel is, I think. A quiet mind and de-stressed body are the root from which a correct position sprouts into beautiful florets of alignment, relaxation and suppleness.

BALANCE.

Alignment is a language of biomechanics and energy in which all movement has its anatomical formula. How a rider sits on his or her horse inevitably affects how the horse moves. Ideally, your head would rest comfortably above your neck and spine; your pelvis would buttress the weight of the upper body. The pelvis would be tilted gently forward allowing the support from the saddle to be evenly distributed between the two seat bones and the pubic bone. Thus, it is understood that we strive for a more beautiful position on the horse not only to 'just stay on', but rather to be in better harmony. That said, the horse's mind comes after whatever mind the rider leads with. By offering our best intentions in friendship to the horse, the horse offers his or her body for the rider's body to follow.

Relaxation is surrendering to an energy that is much more powerful than your own. Relaxation is peace. In the art of equitation, the rider gives mind-body, the horse give body-mind. It's the understanding between horse and rider that the more accepting they are of each other, the more they feel. Relaxation is what allows the body to elongate and stretch with slow, deep breaths, and for the mind to quiet down enough to hear and see with greater clarity. Relaxation allows the rider to feel how the aids he or she gives to the horse makes the horse feel, accept the response, and proceed accordingly—it enables us to understand that in our work with horses, excitement is as counter-productive as anger. Every time we ride, horses are trying to teach us how they want to be ridden. We ride them well when we're willing to learn.

The secret to suppleness—as it pertains to riding horses correctly—lay in the rider's ability to sit in their body and not in their brain. It is the stillness in motion. Correctly practiced and experienced, a quality of observational neutrality hatches into the rider's ability to leave the horse alone when things are going well, and aid accordingly when the horse needs help getting back to place where things are going well. Accept everything, hold nothing, and not force: this is how suppleness trains the rider to cease insisting on being external so as to be a safe space for the horse at ease. This surrendering to motion allows the rider to continue to let go of tension, and yield to new areas of awareness that continue to reveal themselves to the body. Comfort is key. When incorrectly practiced, physical holding and hardening happen, and are usually a result of a mind filled up with thoughts of fear and judgements of 'not good enough'. Holding in body, holding in mind. But, progress is life—and challenges are a part of it.

A quiet mind and de-stressed body are the root from which a correct position sprouts into beautiful florets of alignment, relaxation and suppleness. When these three things are all in accord, balance is the result (and balance is everything). Balance is what allows rider and horse, and horse and rider to follow each other's body and mind all at the same time, which is the goal of this dressage of partnership: oneness willingly maintained by two. Balance is beautiful. Balance is creation training you. Balance is artist serving art. Balance is honesty. Balance is kindness and sincerity. Balance is brave. Balance is freedom. Balance is being present. Balance is being the moment. Balance is returning to the ancients and becoming new. Balance is honoring voice. Balance is honoring intuition. Balance is the discipline of transformation teaching us how to save of ourselves from future incarnations of wasted time. Balance is beauty. Beauty is truth. In the dressage of partnership, truth is the rider sit-standing in a light, springy seat that is easy on the horse. This is a forever journey full of discoveries that are bigger than our definitions, be gentle with yourself.

KL Realty

6078 Saint Vrain Rd. $4,125,000

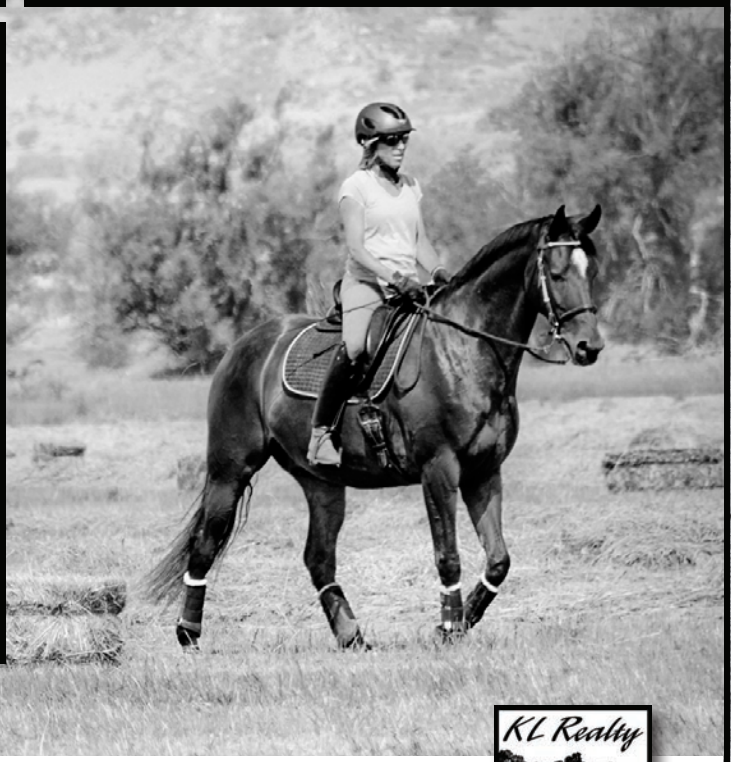
Custom designed 6-bed, 6-bath executive home built to suit local conditions. Situated on 40 acres of productive, irrigated farmland. The estate provides the perfect place to bring up a family and entertain friends. Panoramic views and multiple outbuildings including a workshop and barn.

9143 Valmont Rd. $2,595,000

Fully equipped equestrian center with riding academy zoning on 26 acres minutes from Boulder. Property includes 3 barns w/48 total stalls, 2 tack rooms, office, indoor and outdoor riding arenas, fenced paddocks, loafing sheds, hay storage building, and more. Access to Open Space trails.

7097 Jay Rd. $1,495,000

14 acres close to Boulder! Existing home is an immaculate 3-bedroom, 1910 structure. Useful outbuildings totaling 3,700 sq ft. Land is irrigated with senior water rights and has two perennial springs. It once was a racing quarter horse training facility. Zoned for a 3,714 sq ft house.



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The Rocky Mountain Dressage Society

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All ad prices below are for Black and White unless otherwise stated.				
Email Blasts: $55.00 for members $100 for non-members				
Centaur - Centaur publication size: 8.5" x 11" printed on the odd months				
Ad sizes	Ad Dimensions		If 6 months purchased(1 year)	
Outside Back Half Page	7" x 4.5"	$116.00	$626.00	$70.00
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Centaur e-Newsletter click through- published on even months		$50.00	$300.00	400 x 200 pixels-include URL
Website Marketplace	One-year contract: $50.00 (members) $100.00 (non-member)			850(l) X 300(h) pixels
2019 Omnibus - Omnibus publication size: 5.5" x 8.5"				
Ad sizes	Ad Dimensions	For color add: 1 page $100.00 - ½ page $50.00 - ¼ page $25.00		
Full Color Front Tab Full Page	4.5" x 7.5"	$561.00	$505.00	$56.00
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Directory of Services		$25.00 (Text Only) 2 lines/name + 10 words		
Change Fee to ads after submitted		$25.00		
2019 Championship Show Program publication size: 8 1/2" x 11"				
Ad Sizes	Ad Dimensions	Per Show		
Inside Front Cover	7.5" x 10"	$275.00 - color		
Inside Back Cover	7.5" x 10"	$275.00 - color		
Outside Back Cover	7.5" x 10"	$275.00 - color		
Regular Full Page	7.5" x 10"	$140.00 ($190 color)		
Half Page - blk/wht	7.5" x 4.75"	$90.00		
1/4 Page - blk/wht	3.75" x 4.75"	$60.00		
Business Card - blk/wht	3.5" x 2"	$40.00		

Rocky Mountain Dressage Society / Advertising / Revised: Oct 2018

Aim Higher and Achieve More with ANDRIA ALLEN

If you're thinking of making a move, now is the time. Property values continue to increase, and we can expect rates to rise over the year.

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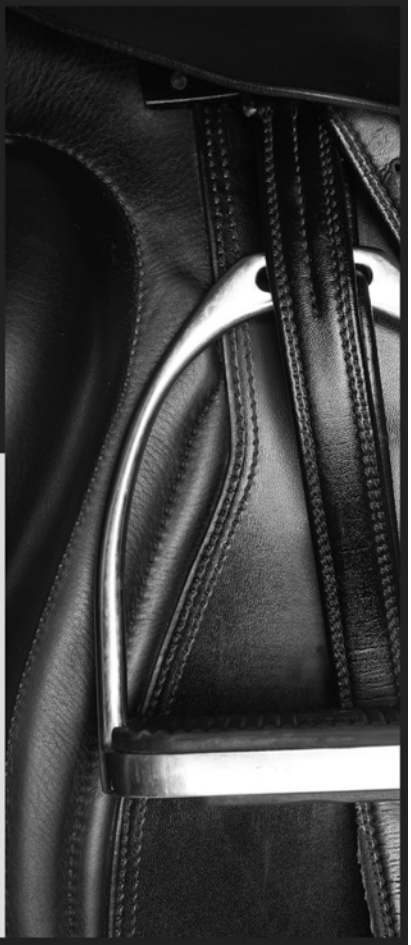
ANDRIA ALLEN

Aim Higher and Achieve More

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



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

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WK REAL ESTATE

Shows & Events

All shows are RMDS recognized except schooling shows.

RMDS CALENDAR

2019

JULY 2019

6 **Schooling Show-Happenstance Farm-Parker, CO**
Contact Lynn Van Voris 303-345-8366, soccerfanatics3@msn.com

6-7 **Millbrook Farms Summer Dressage Festival-Fairfield, UT USEF**
Contact Jan Lawrence 801-631-2615 millbrk@xmission.com

9 **RMDS Board Meeting - Armando's, Parker, CO**
Contact RMDS Central Office 720-890-7825 rmds@rmds.org

13-14 **SFDA Dressage at Santa Fe I, II-HIPICO Santa Fe, NM**
Contact Debbie Garris 312-401-1157 dgarris@horseshowsolutions.com

13-14 **Rocky Mountain Dressage III & IV-Nighthawk Equestrian-Longmont, CO-USEF**
Contact Heather Petersen 719-338-0854 slush@drgw.net

19-20 **Sage Creek III & IV-Heber, UT-USEF**
Simone Windeler 719-287-2040 simonedresssage@gmail.com

20 **Obstacle Clinic to Enhance Performance-Split Pine Ranch-Black Forest, CO**
Contact Pamela Stenmark info@wdaco.org

20-21 **On the bit Dressage Show-Spur Ridge Equestrian-Laramie, WY USEF**
Contact Heather Petersen 719-338-0854 slush@drgw.net

21 **Centaur Rising Show I-Anchorage Farm-Pine, CO**
Contact Kris Cooper 303-838-5086 kris@anchoragefarm.com

21 **NCDA Summer Event-Tomora Training Center-Greeley, CO**
Contact Didi DeKrey denisedekrey@gmail.com

27 **Creekside Schooling Show-Creekside Equestrian-Parker, CO**
Contact Angel Hoskins 720-810-5466 ah@angelshorses.com

27-28 **Dressage Under the Big Sky I & II-Tri M Stables-Bozeman, MT-USEF**
Claire Silvey 406-580-6628 claire@bozemandressagesociety.com

28 **Medicine Horse Charity Ride-A-Test with Dolly Hannon-Night Hawk Equestrian-Longmont, CO**
Contact Sarah Barnes sarahvbarnes@yahoo.com 303-817-2783

31 **Black Forest Schooling Show-Split Pine Ranch-Black Forest, CO**
Contact Simone Windeler 719-267-2040 simone@theelegantrider.com

AUGUST 2019

2-4 **Dressage in the Rockies I, II, III-Parker, CO-USEF**
Contact Monica Fitzgerald mon1206@aol.com

10-11 **Millbrook Farms Dressage Show-Fairfield, UT USEF**
Contact Jan Lawrence 801-631-2615 millbrk@xmission.com

11 **Centaur Rising Show II-Anchorage Farm-Pine, CO**
Contact Kris Cooper 303-838-5086 kris@anchoragefarm.com

13-14 **Healthy Biomechanics with Karen Rohlf-Taka Chi Dressage-Blanca, CO**
Contact Linda Chadwick-Wirth lchadwickwirth@icloud.com

14 **Black Forest Schooling Show-Split Pine Ranch-Black Forest, CO**
Contact Simone Windeler 719-267-2040 simone@theelegantrider.com

16-18 **Estes Park Dressage I, II-Stanley Park Fairgrounds, Estes Park, CO USEF**
Contact Heather Petersen 719-338-0854 slush@drgw.net

17 **Summer Sizzler Schooling Show-Western Dressage-Douglas County Fairgrounds**
Contact Pamela Stenmark info@wdaco.org

23 **Classical Horse Club Dressage Schooling Show-Douglas County Fairgrounds-Castle Rock, CO**
Contact Simone Windeler 719-287-2040 simonedressage@gmail.com

23 **GVDS Schooling Show-Mesa Cty Fairgrounds-Grand Junction, CO**
Contact Arlene Rhodes Arlene@skypony.org www.gvds.org

23-25 **Nancy Baker Clinic-TBA**
Contact Gayle Udall 303-503-3383 tawdie@comcast.net

24 **Classical Horse Club Working Equitation Show-Douglas County Fairgrounds-Castle Rock, CO**
Contact Simone Windeler 719-287-2040 simonedressage@gmail.com

24 **Creekside Schooling Show-Creekside Equestrian-Parker, CO**
Contact Angel Hoskins 720-810-5466 ah@angelshorses.com

24-25 **GVDS Show-Mesa County Fairgrounds-Grand Junction, CO USEF**
Contact Arlene Rhodes Arlene@skypony.org www.gvds.org

25 **Classical Horse Club Breed & Fun Show-Douglas County Fairgrounds-Castle Rock, CO**
Contact Simone Windeler 719-287-2040 simonedressage@gmail.com

31 **Foothills Last Chance Show-Table Mtn. Ranch-Golden, CO**
Contact Linda Gaber 785-470-7569 wriders@icloud.com
www.cofoothillsdressage.org

SEPTEMBER 2019

5 **RMDS Board Meeting - Armando's, Parker, CO**
Contact RMDS Central Office 720-890-7825 rmds@rmds.org

7 **Triple Creek Schooling Shows-Longmont, CO**
Contact Lynn McChesney 303-444-4291 lynntriplecreek@gmail.com

7-8 **Dressage in the Rockies Fall I, II -Parker, CO-USEF**
Contact Monica Fitzgerald mon1206@aol.com

11 **Black Forest Schooling Show-Split Pine Ranch-Black Forest, CO**
Contact Simone Windeler 719-267-2040 simone@theelegantrider.com

14 **BV Dressage Festival II-Boulder County Fairgrounds**
Contact Patti Hallock 720-323-6691 pattihal@gmail.com

15 **BV Dressage Clinic with Sandra Hotz-Boulder County Fairgrounds**
Contact Beth Gieer 303547-7179 bethgeier1@comcast.net

18 **Rocky Mountain Sport Horse Championships Colorado Horse Park-Parker, CO-USEF**
Contact Heather Petersen 719-338-0854 slush@drgw.net
www.2whitefeet.com

19-22 **Great American Insurance Group/USDF Region 5 Dressage Championships & RMDS Championships-Colorado Horse Park-Parker, CO-USEF**
Contact Heather Petersen 719-338-0854 slush@drgw.net
www.2whitefeet.com

28 **Creekside Schooling Show-Creekside Equestrian-Parker, CO**
Contact Angel Hoskins 720-810-5466 ah@angelshorses.com

OCTOBER 2019

5 **Arkansas Valley Dressage Show-Pathfinder Park-Florence, CO**
Contact Katie Knight 425-890-6112/Christine Casillas 970-471-0371

5-6 **GVDS Schooling Show-Mesa Cty Fairgrounds-Grand Junction, CO**
Contact Arlene Rhodes Arlene@skypony.org www.gvds.org

6 **High Plains Youth Clinic with Joan Clay/Kathy Simard-Paradox Ranch-Parker, CO**
Stephanie Figgins 720-480-7044 stephanieefiggins@gmail.com

10 **RMDS Board Meeting - Armando's, Parker, CO**
Contact RMDS Central Office 720-890-7825 rmds@rmds.org

12 **Triple Creek Schooling Shows-Longmont, CO**
Contact Lynn McChesney 303-444-4291 lynntriplecreek@gmail.com

12-13 **Foothills Chapter Learn to Fall Clinic-Table Mountain Ranch-Golden, CO**
Lauren Still stillfamily1@mac.com www.cofoothillsdressage.org

25-27 **Nancy Baker Clinic-Starfire Farm-Berthoud, CO**
Contact Gayle Udall 303-503-3383 tawdie@comcast.net

26 **Creekside Schooling Show-Creekside Equestrian-Parker, CO**
Contact Angel Hoskins 720-810-5466 ah@angelshorses.com

NOVEMBER 2019

2 **Board of Governors meeting**

2 **Foothills Move a Level-Up Clinic-Table Mountain Ranch-Golden, CO**
Contact Lauren Still stillfamily1@mac.com

7-10 **USDF National Finals-Lexington, KY-USEF**
Contact USDF 859-971-2277

9 **Triple Creek Schooling Shows-Longmont, CO**
Contact Lynn McChesney 303-444-4291 lynntriplecreek@gmail.com

DECEMBER 2019

7-8 **Jeremy Steinberg Clinic-Parker/Elizabeth area**
Contact Kathy Gillespie 303-921-5253 kjpagillespie@msn.com

2020

JANUARY 2020

4 **2019 Awards Banquet-Renaissance Hotel-Denver, CO**
Contact RMDS Central Office 720-890-7825 rmds@rmds.org

APRIL 2020

25-26 **Professionals clinic with Lilo Fore**
RMDS Central Office 720-890-7825 rmds@rmds.org

SEPTEMBER 2020

23 **Rocky Mountain Sport Horse Championships Colorado Horse Park-Parker, CO-USEF**
Contact Heather Petersen 719-338-0854 slush@drgw.net
www.2whitefeet.com

24-27 **Great American Insurance Group/USDF Region 5 Dressage Championships & RMDS Championships-Colorado Horse Park-Parker, CO-USEF**
Contact Heather Petersen 719-338-0854 slush@drgw.net
www.2whitefeet.com

EXECUTIVE BOARD MEETINGS – OPEN TO ALL-2nd Thursday of the odd months-6:30 p.m. See Calendar listings for dates, contact RMDS Central Office for location updates. For latest updates to the calendar, check the website at www.rmds.org

YOUR EQUINE PROPERTY IS MORE THAN JUST A HOME. IT'S WHERE MEMORIES ARE MADE AND LIFE IS LIVED.

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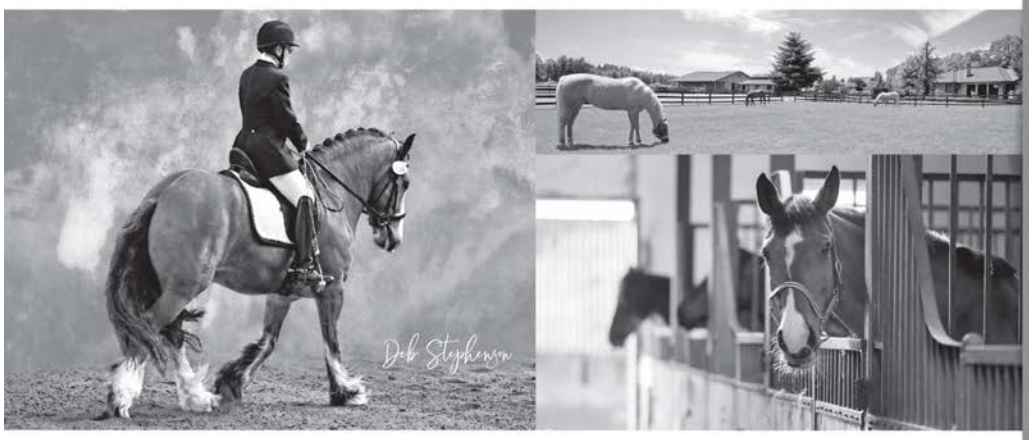

With over 18 years of equine property experience Deb Stephenson does more. She has the unique knowledge and expertise to help you navigate the unique process of buying or selling your equestrian property. **THAT'S HOME SERVICES**

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2018 RMDS EXECUTIVE BOARD

President	Gwen Ka'awaloa	303-917-3679	Kaimana_co@hotmail.com
Past President	Simone Windeler	719-540-2000	simonedressage@gmail.com
Vice President	Tiffany Ruttledge	719-237-4115	tiffanybusch@hotmail.com
Secretary	Heather Petersen	719.338.0854	slush@drgw.net
Treasurer	Sharon Soos	303-904-7534	sksoos@mesanetworks.net

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Adult Amateur Co-Chairs	Anclaire Spaulding	303-903-7878	anclaire.spaulding@gmail.com
	Michelle Stevens	951-264-4100	mshoops@hotmail.com
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	Pam Phillips	719-649-7497	education@rmds.org
Junior/Young Riders	Cassandra DiPentino	303-641-9162	dipentinodressage@gmail.com
Marketing Co-chairs	Una Schade	720-862-4444	unaschade@gmail.com
	Dorothy Kapaun	970-310-5229	dorothykapaun@yahoo.com
Professionals Co- Chairs	Kathy Simard	720-981-4448	katsimard@msn.com
	Joan Clay	970-420-0887	jnclay@comcast.net
RMDS Show Liaison	Anclaire Spaulding	303-903-7878	anclaire.spaulding@gmail.com
	Michelle Stevens	951-264-4100	mshoops@hotmail.com
	Tiffany Ruttledge	719-237-4115	tiffanybusch@hotmail.com
Scholarship	Natalie Defee-Mendik	720-287-1952	scholarship@rmds.org

APPOINTED COMMITTEES

Banquet	Beth Geier	720-890-7825	rmds@rmds.org
BOG	Heather Petersen	719.338.0854	slush@drgw.net
Historical	Open		
Nominating	RMDS Central Office	720-890-7825	rmds@rmds.org
Central Office Manager	Beth Geier	720-890-7825	rmds@rmds.org
Western Dressage Liaison	Simone Windeler	719-540-2000	simonedressage@gmail.com

RMDS CENTRAL OFFICE

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

CHAPTER PRESIDENTS

Arkansas Valley	Brenda Haley	970-471-0371	remedios15@gmail.com
Boulder Valley	Stan Adamson	720-887-2606	adamsons100@msn.com
Foothills	Linda Gaber	303-674-7998	wriders@icloud.com
Grand Valley	Arlene Rhodes	970-201-1779	arlene@skypony.org
High Plains	Stephanie Figgins	720-480-7044	stephanieefiggins@gmail.com
Northern Colorado	Didi DeKrey	970-222-1304	denisedekrey@gmail.com
On the Bit Dressage	Ginka Kubelka	307-399-8763	gbuchner@uwyo.edu
Pikes Peak	Tiffany Ruttledge	719-237-4115	tiffanybusch@hotmail.com
Western Colorado	Lesley Hill	970-925-9238	ljs@rof.net

GOVERNING BODIES

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

USDF REGION 5

Director	Heather Petersen	719.338.0854	slush@drgw.net
FEI Jr/YR 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: 3rd Mon.-monthly, location on website, Brenda Haley, 719-275-0118, brendahaley@q.com check www.arkansasvalleydressage.org for times and locations

Boulder Valley: 2nd Mon., even months, location TBD, Sandra Rosewell, 303-638-2525, Sandra.Rosewell@Colorado.edu

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

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

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

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

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

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

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

RMDS EXECUTIVE BOARD MEETING SCHEDULE

All RMDS Executive Board meetings are open to all and occur on the second Thursday of every odd-numbered month. Meeting time is 6:30 p.m. Meeting dates in 2019 may be variable, please check the calendar or the website. Contact the RMDS Central Office for location.

2019 RMDS-SPONSORED EVENTS

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

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

2019:

September

18	USDF Breeders' Championships & RMDS Sport Horse Championships-Colorado Horse Park-USEF
19-22	Great American Insurance Group/USDF Region 5 Dressage Championships & RMDS Championships

November

2	Board of Governors - TBA

2020:

January 4	RMDS Banquet & 2019 Awards-Renaissance Hotel-Quebec St.-Denver, CO
April 25-26	Professionals Clinic with Lilo Fore

For details on these and other RMDS events:

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

The Centaur Newsletter

The Centaur newsletter is published monthly. To guarantee that ads and articles will run in a given month, they must be received by the 5th of the month prior to the month of publication, i.e. January 5th for the February edition. If not received by the deadline, articles and ads may be placed in the following issue, if not time sensitive.

Contact Information
For article suggestions, articles, columns, letters-to-the-editor: RMDS Office, Beth Geier, 2942 Park Lake Dr., Boulder, CO 80301, Phone: 720.890.7825, email: rmds@rmds.org

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

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

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

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

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

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

Ad rates and size specifications
Classified $20 per item for sale (includes web listing.) 50 words maximum. Classified w/photo $32 per item for sale.

Full Page .....$150 .....7” x 9.5”
Half Page .....$90 .....7” x 4.5”
Outside back half .....$105 .....7” x 4.5”
1/4 Page (Vertical Only) .$55 .....3.25” x 4.5”
1/8 Page (Business Card) $30 .....3.5” x 2”
(Horizontal only)

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

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

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

Utilize the RMDS Network

Trainers and Instructors

Use the RMDS Website to Build New Business

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

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

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

Advertise Events on the RMDS Website

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

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

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

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

Important Info on RMDS membership

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

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

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

Technical Delegates, Judges and Certified Instructors

Dressage Judge Ratings and Levels Qualified to Judge

All Current RMDS Members

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

Status	Status	Levels
"r"	Recorded	Training - Second
"R"	Registered	Training - Fourth
"S"	Senior	All

Status	Status	Levels
3* (FEI C)		All
4* (FEI I)	International	All
5* (FEI O)		All

FEI 5*

Janet Foy^* 719-237-4067

FEI 4*

Sandra Hotz ^.....303-817-2030

FEI PARA Dressage 3*

Sue Curry Shaffer ^.....707-483-0860

USEF 'S'

Janet Foy ^*.....719-237-4067
Janet "Dolly" Hannon ^*.....303-919-4112
Sandra Hotz ^.....303-817-2030
Debbie Riehl-Rodriguez ^* ..303-263-0768
Sue Curry Shaffer ^.....707-483-0860
^ = FEI Young Horse Certified
* = Dressage Seat Equitation Certified

USEF 'R'

Gwen Ka'awaloa 303-917-3679

USEF 'r'

Julie Haugen.....970-290-8360
Amy Jablonovsky.....970-493-2833

USDF 'L' Graduates (Schooling and RMDS Only recognized shows)
*Denotes Graduation with Distinction

Michelle Anderson 303-646-1375
Megan Bretey 970-250-5812
Kathleen Donnelly*.....970-310-8729
Wendy Fryke 720-314-0974
Sarah Martin *.....720-891-1369
KC Parkins-Kyle 303-841-9953
Sharron Sarchet*.....720-320-4461
Kathy Simard*.....720-981-4448
Stephanie Soule* 970-201-0747
Simone Windeler 719-287-2040

L FACULTY

Janet Foy 719-237-4067
Debbie Riehl-Rodriguez 303-263-0768
Sue Curry Shaffer.....707-483-0860

Dressage Sport Horse Breeding Judge

Gwen Ka'awaloa 'R' 303-917-3679
Debbie Riehl-Rodriguez 'R' 303-263-0768

USDF Sport Horse Seminar Faculty

Janet Foy 719-237-4067
Debbie Riehl-Rodriguez ...303-263-0768

FEI Level 1 Dressage Steward

Debbie Moloznik 818-515-0377
Heather Petersen 303-648-3164

Technical Delegates USEF

Eva-Maria Adolphi (UT), r..801-913-6054
Rusty Cook (NM), R 505-249-7586
Debbie Moloznik (CO), r ...818-515-0377
Heather Petersen (CO), R.719.338.0854
Mike Taylor (ID), r 208-637-2755

Technical Delegates, RMDS recognized shows only

Joan Clay 970-420-0887
Mary Jo Hoepner 719-495-3648

USDF Certified Instructors

Training - First

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

Training - Second

Julie Burt 720-347-8084
RaeAnn Cook 970-225-1408
Sheri Mattei 970-227-8864
Bridget Milnes 303-660-4986

Training - Fourth

Janet "Dolly" Hannon 303-919-4112
Gwen Ka'awaloa 303-917-3679
Clayton Martin 719-379-3716
Sarah Martin 720-891-1369
Kathy Simard 720-981-4448

USDF INSTRUCTOR/TRAINER FACULTY

Janet "Dolly" Hannon.....303-919-4112
Sarah Martin.....720-891-1369
Kathy Simard.....720-981-4448

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

A Relaxation Toolkit:

36 Techniques to Relax the Horse & Rider

By Nancy Wesolek-Sterrett, Head of Dressage Department, Meredith Manor International Equestrian Centre www.meredithmanor.edu

Relaxation is basic to everything we do with our horses. It can be both a mental and a physical challenge, something riders must constantly work at achieving in both themselves and their horses. In the moment when a horse's muscles tense and he feels like he wants to run or buck, most riders unconsciously join the horse by tensing their muscles, too. The reverse situation occurs when a tense rider makes the horse uncomfortable and tense.

So relaxation is a chicken and egg thing. It does not really matter 'who started it.' In order to break the feedback loop, someone has to be the grownup. Goldie oldie school horses take on this role for beginning riders but most horses are not goldie oldies. As riders progress they must become responsible for establishing and maintaining relaxation in their partnership with the horse. They must learn how to break the feedback loop by staying relaxed and inviting a tense horse to join them there.

It helps to have a tool kit to reach into when relaxation just is not happening. The suggestions for creating relaxation listed here can guide you in developing a personal program that works for you and your horse. Work up a short groundwork program that helps you relax before you greet your horse or mount up. Choose another set of under saddle tools that can help your horse warm up and develop relaxation before you go to work that day. Choose a program suited to whatever training and fitness levels each of you have achieved. And remember that horses are different from day to day and so are riders. Plan those adjustments into your program.

Relaxing the Tense Horse from the Ground

1. Use horse-logical heeding skills to catch and groom the horse in a rhythmic, relaxed way.

2. Once you are with the horse physically, stay with him mentally. Put the cell phone down and concentrate on your horse. Talking to someone and concentrating on the horse at the same time is a learned skill. Keep your concentration on the horse at all times.

3. Be alert for signs of pain, stiffness or other discomfort as you groom and tack up.

4. If your horse tends to be stiff at the beginning of a ride, develop an in-hand routine suited to his individual issues that allow his muscles to warm up and relax before you mount. Give him a short warm-up massage.

5. If your horse is not respectful or attentive as you prepare to ride, work him from the ground in a rhythmic, relaxed way until he can focus on you before you mount.

6. If your emotions get hooked because of the horse's resistance or inability to relax, learn to control your emotions and relax yourself. If you cannot calm down and relax yourself, then put the horse away and try again later.

7. Lead the horse to the arena in a rhythmic, relaxed way. Pay attention to your horse and keep the horse on your aids.

8. If you travel to a show, arrive early enough to lead the horse around the grounds. Keep the horse on your aids and make sure to show him anything that might be scary or unusual.

9. Do not mistake tired for relaxed. Getting and keeping a horse on the aids is the key to relaxation. A horse longed until he is tired often becomes a tense horse just the same.

Relaxing the Tense Horse Under Saddle

10. Ask the horse to yield to the leg on one side, then the other.

11. Ask the horse to enlarge on a circle, relaxing the neck and jaw on that side.

12. Ride with normal contact for a few strides, release slightly for the same number of strides, return to normal contact. Rhythmically repeat this sequence.

cont. on pg 19

13. Work in circles that spiral out and spiral in. Ride in serpentines.

"Once you are with the horse physically, STAY with him mentally"

14. If a horse is fussy or resistant to your rein or leg aids, emphasize your core muscles to rate his speed and to stop. Use your hips to indicate direction while keeping your lower back muscles relaxed.

15. Do some lateral work (leg yield, shoulder in, etc.) followed by going forward and straight.

16. Do a turn on the haunches and/or a turn on the forehand in each direction to encourage reaching and stretching as the horse's legs cross over and to ask for obedience to the leg aids.

17. Focus on riding the horse from back to front. As your driving legs ask the horse to move into your steady hand, feel for the connection between them. This encourages the back to relax and swing.

18. Focus on riding the horse from back to front. Drive the horse into a steady hand. Look for a connection to the hand from the driving leg. This encourages the back to relax and swing.

19. Do walk-halt-walk transitions to get the horse on the aids. Then do walk-trot-walk. Then trot-canter-trot. Then walk-canter-walk. Work transitions within the gait.

20. Walk the horse over cavaletti or another type of grid to focus his attention. Encourage the horse to stretch the neck and back over the cavaletti.

21. Reward the smallest sign of relaxation by releasing your aid pressures, however slightly. The greatest reward to the horse is the release of pressure.

Relaxing the Rider From the Ground

22. Take a class in things like yoga, tai chi, or dance to help develop strong core muscles and learn to feel the use and relaxation of different muscle groups.

23. Find exercises that include balance, breathing techniques and stretching rather than focusing only on muscle strength or aerobic conditioning.

24. Develop better balance by adding exercises on a balance ball, balance beam, wobble board or similar exercise aids. Learn to keep your balance by alignment of the shoulders and hips.

25. Establish a relaxed attitude before you approach and groom your horse by checking your breathing, softening your eyes and checking your body for any tension. Find a technique that works for you to release that tension. Counting to 10 as you breathe in and then out.

26. Become more aware of your breathing. Breathe rhythmically as you groom, tack up, and ride. Note how your breathing affects your horse as you work with him on the ground. Learn to breathe through anxious moments without holding your breath.

27. Mentally preview your ride before an event. Plan your strategy in advance. Plan your backup strategy in advance. Repeat until you can visualize a successful ride consistently and confidently without imagining any errors. Be sure to stick to your plan.

28. Find and go to your favorite relaxation zone before a show class - listening to certain music, a short meditation or breathing routine, a stretching routine, or a final discussion of your riding plan with your coach.

29. End your personal relaxation routine with a gesture you can use as a quick cue to 'relax' when you do not have time for your whole routine. It could be a very deep breath followed by a long sigh. It could be a phrase like, 'Here we go!' or 'Let's do it!' Make sure your cue is something that is always available to you - not a lucky charm you

cont. on pg 20

might forget to put in your pocket!

Relaxing the Rider Under Saddle

30. If a fall or other accident has you fearful, ride a goldie oldie at the barn a few times to help rebuild your confidence.

31. Work on your seat. Take lessons on a longe line without reins or stirrups to develop better balance and greater ability to follow the horse's motion while staying centered and relaxed.

32. If fear or doubt interferes with your ability to focus or to breathe rhythmically, count in a rhythm or sing a nursery rhyme that has a steady beat.

33. If you find muscles and joints tensing as you ride, take a moment to release that tension. Lift shoulder to ears and release them. Lift thighs away from the saddle and slowly lower them back. At halt, stretch across the horse to touch your fingers to your toes on the opposite side. Stretch forward toward the horse's ears and backward toward the tail with each hand. Flex and extend your wrists, flex and extend your ankles. Draw circles with your toes.

34. At a show, stay in the rhythmic, relaxed mindset you established while grooming and tacking up as you do your final tack check at the arena before mounting. Stay focused and leave the cell phone at the stall. Remember, concentrate on your horse and keep talking to a minimum.

35. Do a quick scan for any tension you may be holding in muscles and joints before you head through the in gate. Use the 'tense and release' method to let that tension go.

"Mentally preview your ride before an event. PLAN your strategy in advance."

36. If something does not go according to plan as you ride a test or course, use your relaxation cue or set point to help you stay relaxed and focused. Don't dwell on the mistake. Redirect your focus to the next movement or jump.

Ron Meredith talks about making yourself the safest place for your horse to be. In the horse's mind, a place where he can feel relaxed is a safe place. Working on relaxation begins the moment you open the horse's stall door and continues until you put him away after your ride. When you develop routines to help yourself stay relaxed and to help your horse stay relaxed, you become a safe place. You become the place where the horse wants to be.

These lists are by no means exhaustive. Keep searching for the most appropriate 'reset' buttons to help both you and your horse become and stay relaxed throughout any ride. When your ride starts with a short relaxation routine, that becomes a 'safe place' you can return to any time things start going south during your ride.

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" over a period of time. The RFMA will be awarded based on individual written nominations sent to the RMDS Central Office received by Sept. 1, 2019.

Please send your nominations to the Central Office at:

RMDS, 2942 Park Lake Drive, Boulder, CO 80301 – rmds@rmds.org -

The Thing About Mares

By Anna Blake, PPDS Member

Anna Blake is a trainer, international clinician, and award-winning author. She specializes in training horses and riders communication skills and dressage, and is the author of the blog "Relaxed and Forward" at annablake.com/relaxed-forward-blog/.

When Larry McMurtry wrote Lonesome Dove, he gave Woodrow Call's gray mare a blunt name that was rudely respectful, in a close-as-kin way. Being a sort of gray mare myself, the name stuck in my memory. Some folks hate mares so much they refuse to have them on the place. Others praise them to the heavens and would never ride anything else. Some folks believe if you meet a man who only rides mares, you should marry him.

Whatever you think, your horse wouldn't be here without mares, so they deserve some understanding.

The first thing to remember about mares is that they are intact. We tend to think of mare and geldings grouped together and then stallions as another thing. In truth, mares and stallions are more similar than either are to geldings. Mares have hormones -and when has that not complicated everything? Lots of mares slide into heat cycles unnoticed while others are almost un-rideable. All horses are unique individuals but mares, twice as much.

Could that mare be in pain? We tend to leap to thinking their behaviors are training issues or bad temperament, but horses get cranky when things hurt, and body language is the only way they have to let us know. If your horse's behavior changes, pain must be the first guess. Horses don't just turn wicked.

Did you know that horses have a higher incidence of ovarian tumors than any other domestic animal? Ovaries are positioned in the upper flank area, down from the sacroiliac (SI) joint, and are impacted by riding. Tumors are generally under-diagnosed but when talking to my vet about that, I asked whether mares had an equine equivalent of PMS and he said absolutely not. I notice when I pass this information along to women, the response runs from head shaking to chins dropped with mouths gaping wide. I think vets would say we have an anecdotal opinion.

More anecdotal information: People seem to agree that heat cycles are lasting longer, some even year round. Many mares struggle with long, harsh heat cycles, especially as they age. One of my mares had six-week-long cycles and was so uncomfortable that she spent the day banging her hips against the barn or fence posts. I kept her on Regumate, although she was an elder with a tendency to colic. I seem to have anthropomorphic and anecdotal thoughts about living on birth control, I notice. The option of spaying mares is a relatively easy surgery these days, something to consider in some cases.

Is there some "Degree in Anecdotal Science" that is bestowed on life-long students of the horse? No? Okay, feel free to disregard this last part. It's just my opinion.

Some mares behave differently because of issues with training. Or more precisely, go nuts with trainers who use domination techniques. Mares seem to have a decent amount of confidence in themselves, along with a well-defined sense of what good human behavior should look like. If mares were going to quote a human, they might remind you that Eleanor Roosevelt, who walked in a practical stride and was called horse-faced, said: "No one can make you feel inferior without your consent."

That's how the training fight begins. Blind obedience isn't even on a mare's list of possibles. You can pick a fight with a mare if you like, and perhaps she won't win, but she will never quit fighting. Sixty-five percent of rescue horses are mares.

At the same time, mares are not always fans of public displays of affection. She'll do what you ask, for hours without quitting, but she doesn't need to brag about it. No undue familiarity, please. She takes herself seriously, a concept frequently lost on geldings.

Let's say the mare isn't struggling with reproductive problems. Or having some kind of PTSD from poor training. Or chronic gastric issues from managing unruly herd dynamics, both human and equine. Or recurring lameness because she's too tough to limp around about it. She will still have mood swings because hormones exist. The stoic ones will keep it to themselves and the more communicative mares will let the whole world know.

cont. on pg 22

Mares (cont.)

I don't think mares are smarter than geldings, but they might be a bit sharper. It's a generalization, not a hard-fast rule but in my experience, mares seem to be more involved in the big picture. Maybe it's the mom gene, but they are frequently less playful than geldings. They seem more interested in herd relationships. Some of it is sweet companionship and

It's usually a sway-backed elder mare who...knows herd dynamics.

some is Boss Mare work. Many provide quiet safety to the herd; they are the invisible leader.

It's usually a sway-backed elder mare who wonders why humans think that the horse with the most anxiety is the alpha horse. That's crazy, and she's right, of course. Mares are always right. Besides, herd dynamics have more nuance than humans think, the mare would add.

Some mares can be a little Type A; controlling and opinionated. It's a big job ruling the herd. Lives depend on it. Literally, as prey animals, mares know that a mistake means death. You can call her pessimistic or remind her that horses are domesticated, but instinct runs deep. Hugs don't make it go away and carrots don't soften her resolve. She must be forever on guard.

How to get on the good side of a mare? Manage to not get in her way. Respect her independence and give her room. Acknowledge her intelligence by listening. Prove you're not one of the crazy humans by calming your emotions; by being quiet and persistent, qualities she appreciates. Be consistent and give her all the time she needs to trust you.

Controlling the universe is an exhausting job. Every mare works hard but the task is never done. On the bright side, your mare could use an hour off. If you're worthy, if she can feel safe with you, she could rest and allow you to lead. She'll be generous and compliant, willing to give you her very best in exchange. As long as you respect her autonomy, she won't need to defend it.

Partner with RMDS

From Beverly Swanson, Editor

As I write this for the July issue, we are into our third month of show season. Given our geographic situation, we are not afforded the year-long seasons that Florida and California have: we make do with the beautiful Rocky Mountain weather we are lucky to enjoy from May to September. So I am reminding you that RMDS Championships is just two months away!

Are you planning to show this year? Be sure to check the boxes of everything you need to have in order!

Not showing at Championships? Maybe next year? That doesn't mean you can't support the RMDS members who have worked hard to qualify this year, our Adult Amateurs, our Jr/YRs and our professionals.

I've had the privilege of being a member of RMDS since 2000. I didn't even start riding until I was 45 years old. I never had the years to even think about entering a Championship show. But that didn't stop me from sticking with dressage, learning along the way thanks to many trainers and clinicians, and the support of RMDS.

I've met many outstanding individuals who exemplify the spirit of dressage in many different ways, and to quote Jane Savoie, "it's not just about the ribbons." So even if you don't compete, please think about contributing to the success of those who do and for the outstanding leadership and support that RMDS provides.

- **CHECK YOUR SCORES**
  Check your scores with the Central Office. Remember, there may be a horse with the same name, typos can occur - so be sure all is in order.

- **CHECK YOUR EQUIPMENT**
  I've worked closely with many TDs and know how one can make a mistake with tack. If you are unsure about any of your tack, check the USEF/USDF Rulebooks. These can be found online.

- **CHECK YOUR MEMBERSHIPS**
  Make sure all of your memberships - and your horse's - are current.

- **CHECK VACCINATIONS/DRUG RULES**
  Be prepared ahead of time, and don't inadvertently disqualify yourself.

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Region 5 Report

USDF REGION FIVE

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

I hope everyone is having a great summer! I am enjoying a little bit of showing and plenty of riding and training in-between running some shows and serving as technical delegate at a few shows too. It's so much fun to enjoy the summer riding with both of my girls and spending more time with them before they go back to school in August.

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.

One deserving group member will receive the Ruth Arvanette Memorial Fund Grant to attend the 2019 Adequan/USDF Annual Convention in Savannah, Georgia. The grant includes full convention registration and partial reimbursement for travel expenses. Applications due by Aug. 31, 2019.

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 4-7, 2019.

The end of the qualifying period has come for the 2019 NAYC Championships, this year in Region 8 again at Old Salem, New York. Congratulations to our Juniors and Young Riders who worked to make the teams or decided to qualify instead for the Lamplight National Championships. It has once again been a tough year for our kiddos. NAYC is very expensive due to its location on the East Coast and many folks have juggled the decision of whether they could afford to go or not. Sadly, due to the distance, we will not be fielding teams this year again for NAYC. I hope some of them will be attending the Festival of Champions at Lamplight in Illinois this August.

The qualifying period for the 2019 USEF Championships Programs for Young Horses, Developing Horses, Children, Ponies, Young Riders, Juniors and U25 Grand Prix will close at the end of July. We wish all our intended competitors good luck in their endeavors for those championships as well.

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 – September 19-22, 2019 – Colorado Horse Park, Parker, Colorado.

The USDFBC Rocky Mountain Series Sport Horse Championships are also held in conjunction this year with the USDF/Great American Region 5 Championships. They will be September 18, 2019, also at the Colorado Horse Park in Parker, Colorado.

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

Rocky Mountain Dressage Society
2942 Park Lake Drive
Boulder, CO 80301-5139
720-890-7825, rmds@rmds.org

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 (rmds@rmds.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: _____ _____

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Don't Forget!

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

2019 OMNIBUS CORRECTIONS

Educational members and horses owned by education members are NOT eligible for RMDS year-end awards or qualifying for RMDS Championships. Riders and horse owners must be general members.

Page B-18 add: Debi Heaton to Bronze Medal list
Section D – Tests:

Page D-32 Third Level Test 2- Movement 11 should read "(Medium walk) [CMG(H)G(M)GHS]"
Page D-35 Third Level Test 3- Movement 14 should read "(Medium walk) [CHG(M)G(H)GMR]"
Page D-35 Third Level Test 3- Movement 22 has an alignment issue. M-C-H should be in front of Collected canter, not the transitions.
Page D-40 Fourth Level Test 3- Movement 3 has alignment issues. F-A should be in front of Collected trot, not the transitions.
Page D-40 Fourth Level Test 3- Movement 9 should read "F Collected walk. P-H Change rein, extended walk. H Collected walk.
Page D-86-88 Second – Fourth Level Freestyle- The note at the top should read "Omitted compulsory elements receive a "0". Judges Marks for Technical Execution must be given in half or full points (no tenths). Trot work must be done sitting."
Page D-88 Fourth Level Freestyle- Movement 1 should be "Collected walk (20m continuous)"

Adult Amateur cards MUST be on file with the RMDS Central Office in order to be eligible for RMDS Year-end Awards.

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