



The Centaur

Educating Horse and Rider as Partners.

An RMDS Publication

March 2011

Congratulations to Our 2011 RMDS Scholarship Recipients!

By Elaine Haberman, RMDS Scholarship Chair

The 2011 RMDS Scholarships have been awarded. We are pleased to announce that the following RMDS members have become the 2011 scholarship winners.

- The **JR/YR** scholarship has been awarded to **Jessica Sheppard**.
- The **Solid Seat** scholarship has been awarded to **Lori Mitchell**.
- The **Leg-Up** Scholarship has been awarded to **Michelle Anderson** and **Shannon Lemons**. The RMDS board decided to award this scholarship to two individuals because no one applied for the Open Door scholarship.

We are very pleased to award these scholarships, and remember this is a good time to start thinking about the 2012 scholarships and how you can take steps to apply, and start to meet the requirements. We were excited about the number of applicants that applied, and look forward to more for 2012.



Lori Mitchell, our new **Solid Seat** scholarship recipient, bonding with Unico GPA, her 4 year old Andalusian.



Shannon Lemons, cross-training on Shaman, shares one of two **Leg-Up** scholarship awards.



Michelle Anderson, another Leg-Up scholarship recipient, on her horse GBR Ginger Snap.
Photo by JM Photography.



Jessica Sheppard, our new **JR/YR** scholarship recipient, on her horse Castlewood Brigadier.

Region 5 Report

For those of you up North, I hope you are staying warm, and for those of you down South, do you have room for me and my ponies to move in for a couple of months? We have had those very warm and wonderful days, but we've had more than enough of those sub-zero temperatures and I'm ready for Spring!

Fundraising efforts are under way for the USDF Region 5 Juniors and Young Riders as they try to qualify and travel to the 2011 FEI North American Junior and Young Rider Championships. The Championships will be held July 28-31 at the Kentucky Horse Park. It is a large undertaking to get our group of 8 riders to Kentucky with their horses, grooms, and Chef d'Equipe, and they need all the support we can give them. If you would like to contribute or help with their fundraising efforts, please contact Kathleen Donnelly, our new Region 5 Jr/YR FEI coordinator at kathleendonnelly20@hotmail.com, or 970-310-8729. If you are still in-

terested in participating in the FEI Junior and Young Rider program for 2011, the last intention deadline is April 1st, so be sure to get in your intentions.

The USDF website has been updated with minutes from the 2010 Board of Governors' meeting, the updated USDF By-Laws, the BOG approved 2011-2012 budget, and several other very important documents. The link to these important documents is <http://www.usdf.org/about/about-usdf/governance/index.asp>. If you have any questions about these items, please feel free to contact me or any of the USDF staff members for more information. If you are interested in being a delegate to the Board of Governors' meeting, there is still time to contact our Nominating Council representative and have your name added to the ballot for Participating Delegate. Please contact Kay Lorenzen at kaylorenzen@cox.net and let her know your interest so she can provide you with more details on the potential responsibilities.

As the competition season hits its bigger stride, please be sure to read up on the new helmet rules and several other rule changes that have taken place over the winter. There have also been some clarifications to the USEF Levels' chart that will be very pertinent to the Young Horse and NA-JYRC qualifying competitions. Please be educated competitors, volunteers, spectators, trainers and coaches. It makes the show experience so much more pleasant for all involved!

One final note. We're always looking for unique educational seminars, presentations, or opportunities. I'd like to put together a list of different ideas that we can share between our GMOs and our members. If you have an idea or an event that worked really well, please send me some information and we'll include it in our next Regional update. Please feel free to contact by email or phone – slush@drwgw.net or 719-683-8435.

'Til next month!

-Heather Petersen, Region 5 Director

Important Things to Know this Month

Submit your horse related artwork (photography, illustration, photo of a painting, etc.) to the Centaur Editor at vanbergc@yahoo.com, for inclusion on the back cover! Full attribution will be given.

Protective Headgear Rules for Dressage

Short summary statement for use in prize lists:

Effective March 1, 2011, for dressage: Anyone mounted on a horse must wear protective headgear except those

riders age 18 and over while on horses that are competing only in FEI levels and tests at the Prix St. Georges level and above (including FEI Young Rider Tests, the USEF Developing Prix St. Georges Test and the USEF Brentina Cup Test).

Colorado Springs

We are all looking forward to a new year of showing and learning. A CSDA survey has been sent out and so far a 31% response rate and some great emails and questions have been generated. One personal goal I have for the club as president, is to get as many members involved and interested in our events as possible, and keep the communication lines open. Heather and Simone are diligently planning our April show that will raise money for breast cancer charity support, and I'm sure it will be a great show! If anyone is able and interested in volunteering, please contact Tara at tara@taraenolan.com.

Cheers and Good Riding

-Tara Nolan, CSDA President

Northern Colorado

The last weekend in January was a real treat. On Saturday, under sunny skies, 62 degrees, and no wind, the "L" judges' event with Sandy Hotz was comfortable, informative, and fun. Heather Petersen coordinated with RMDS, along with Lisa and Brian Oppenheimer at the *Fort Collins Equestrian Center*. The morning classroom session began at nine and ended at eleven. There were four Training Level horses ridden by Susan Rudman, Sophie Nasrullah, Katie Biesiada, and myself. After lunch, Jane Swanhorst, Donna Baxter, Sue Gentle and Jessica Sheppard rode First Level tests. Patti Taylor, Margi Evans and Loni Gaudet rode Second Level tests to end the clinic at about four o'clock.

The "L" judges' program provided a beneficial training situation for all involved. The judges' candidates enjoyed a great opportunity to critique riders and their horses. There was a broad range of ability and issues for participants to discuss. Candidates were able to see how their opinions and scores coincided with an experienced judge, and learned how to consistently score riders' performances. For example, there was some discussion concerning what a "six" is worth; is it fair, or is it insufficient? For the demo riders, the judges' program provided a relaxing opportunity to ride in front of an audience, and they appreciated feedback from Sandy Hotz and the group.

The Sunday clinic complimented the Judges' clinic. Sponsored by the Foothills Chapter, hosted by *A Rising Star Equestrian Center*, and organized by Lori Mitchell, the "New Test Clinic" featured Dolly Hannon and Debbie Riehl-Rodriguez as speakers, or "interpreters." The 2011 dressage tests contain enhanced "verbiage," to use Dolly's word. The new tests provide ample and specific "Directives." The purpose statement for the revised tests is clear and concise. We were encouraged to really read the directives and pay attention to what is required for the movements. The new descriptions for the "Directives" help in two ways. The directives tell the rider what the judge wants to see. The words "suppleness, engagement, elasticity, freedom and willingness" were repeated over and over. Second, if

the rider keeps the directives in mind while riding, this will go a long way towards easing rider nerves. How can you keep all those directives in mind and still have room for show nerves?

Dolly and Debbie provided videos of each test from Intro to Fourth Level with commentary about the rides and the effectiveness of the riders. After lunch, six demo riders were kind enough to perform Test Three from Intro to Fourth Level. A big thank you to our demo riders: Tina Wright, Intro; Courtney Brock, Training; Pam Devore, First; Heather Lamb was scheduled for Second but Glenda Needles took her place; Beth Geier, Third; and Marci Krummick, Fourth. Debbie and Dolly discussed each ride with many helpful comments.

Another improvement to the new tests are the "Collective Marks." The "Collective Marks" in the 2011 tests include three categories focusing on the rider: rider's position and seat, correct and effective use of the aids, and harmony between horse and rider. The new format allows the judge to provide more detailed information to the rider and enhances feedback. The 2011 versions of the tests have only three tests per level and all tests are under six minutes. The clinic was exceptionally well presented and enjoyable. I would recommend attending if it's repeated.

Of additional interest:

- As luck would have it, Sandy Hotz was teaching a clinic at *Stonegate*

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President's Message

Hello Fellow Riders:

We are getting close to show season so here are a few things that you should know:

1. USEF now has a helmet rule. We sent out an e-mail to all RMDS members regarding the new rule. In essence it boils down to this: Effective March 1, 2011, anyone mounted on a horse must wear protective headgear except those riders age 18 and over while on horses that are competing only in FEI levels and tests at the Prix St. Georges level and above (including FEI Young Rider Tests, the USEF Developing Prix St. Georges Test and the USEF Brentina Cup Test). That rule also affects riders on non-competing horses if they are riding on the show grounds. I know most of us are in favor of this new rule – after all it just makes sense to protect your head.
2. Are you confused about memberships? Should you join USDF? Do you have to be a USEF member? What about your horse, your trainer, etc.? It can be rather confusing. Fortunately, this information is readily available in your Omnibus – go to page C-14 and you can read about all the requirements. If you have further questions, the main office can

help, as can the show secretary at the show you intend to enter. It is better to ask first and then send in a complete entry – trust me, your show secretary will like you much better that way.

3. Do you have time to volunteer? All shows rely heavily on volunteers. Even if you can only give a few hours, most show organizers would be happy to have your help; some will even try to adjust your riding schedule around your volunteer time, if possible. If you are planning on showing this year, plan on helping out at one show as well. Often, the “behind the scenes view” gives you renewed insight into the workings of a show and will make it easier for you to compete. Scribing can give you some great insights into what the judges are looking for. Not sure how to volunteer? Take advantage of the High Plains Chapter Volunteer Training Day on March 26 in Castle Rock. If you want more information contact Michelle Anderson at michand@hotmail.com.

Another exciting event in March will be the Horse Expo. The Expo will take place at the National Western Complex, Mar 11-13, 2011. Once again we will have a booth (a little bigger than past years) at this event. We will need volunteers to staff the

booth – if you are interested you can contact me at simonedressage@gmail.com and I will pass it on to the people who are working out the schedule. The Expo is a great way to show the Colorado horse community what we are about. If you have some ideas on the information we should give out or the general presentation of the booth, please let me know. We have some very talented people working on this but we are always open for great ideas.

I recently had the chance to attend the continuing education for the “L” Graduates. Once again a big “thank you” to *Fort Collins Equestrian Center* for donating their facility for this event, as well as all our demo riders. I think you will like the new tests, they all flow really well and look like they are fun to ride. As you might have heard, there are now only three tests at each level and one test got added to the Intro tests. The Intro C test contains a tiny bit of canter and hopefully will make the transition from Intro to Training Level easier. At First Level, you are now allowed to post in the trot which should make it simpler for many riders. Overall some interesting changes – I will ask you at the end of the season how you like the new tests.

I hope you are getting some great training rides in – see you at the shows.

-*Simone Windeler*, RMDS President

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Ranch on Sunday, February 6th. Mimi White, of *Stonegate*, suggested that to ride with Sandy, send an e-mail to Stonegateranch@gmail.com. There may be a waiting list for next time.

- For those who don't have access to an indoor arena, CSU has open riding at the Equine Center on Tuesday and Thursday mornings. Chuck Petersen is the person to call to request riding time. His phone number is 970-567-3993.

The February meeting of NCDA will be February 22, in room 234 at the Veterinary Teaching Hospital at CSU.
-Susie Reed, NCDA President

Boulder Valley

BV had our first meeting of the new year on Feb. 7th. It was nearly a brand new board. Our New Vice president is William Terry and our new Treasurer is Wiley Gilmore. Our returning secretary is Kathie Hibbard. Many thanks to them for stepping up to the plate! We had a very energetic first meeting and it was terrific to have two men amongst all these dressage women! Items discussed were our two shows: the Spring Fling, coming up April 24th, generously hosted by *Singletree Farm*; and So Long to Summer Show, generously hosted by *Sextant Farms* on August 28th. Thank you Jan and Stephanie for allowing BVD the use of your facilities! These are both Intro Level through Second Level RMDS recognized shows and are managed by Jeannette Hillery.

By the time this Centaur is published, our BV Youth Connection, led by Gwen Dordick, will have had their first event on Feb 12th at *Triple Creek*. A dressage demo will be performed by Jessica Greer during the lunch break of the schooling show. Thanks to the volunteers who will help put that on.

Nicole Bizarro presented BVD with new logo ideas and we all agreed on one...what a concept! Our members can now look forward to some logo wear! There will be some free stuff in their future.

We hope to engage more of our members this show season in showing as well as volunteering. We will be offering a drawing for CASH in return for precious volunteer hours. Stay tuned for more details.

-Kim Lampert, Boulder Valley President

Grand Valley

2010 presented both economic and climatological challenges for the club. The uncharacteristically frigid and wet winter in Grand Junction forced cancellation of both our February Fun Show and March Schooling Shows. Spring Show One, the Ned Marshall Memorial Show, and the Western Slope Championships proceeded as scheduled, although entries were down considerably compared to previous years. The 2010 show year ended on a positive note with our October Schooling Show, which benefited from increased entries in the usual levels, along with classes in Cowboy Dressage, Eventing, and Driven Dres-

sage. These additional classes were entertaining to the audience, and offered us other perspectives on the application of the principles of Dressage to other equestrian disciplines.

The 2011 show season will bring with it a major face-lift to the Mesa County Fairgrounds, with arena and warm-up area expansion, and the addition of a covering to the bleachers for spectators. Renovations are scheduled to be completed by March 1st, just in time for our first schooling show, on March 19th and 20th. Schooling shows in May and June have been added to the October schooling show schedule, once again including Cowboy Dressage, Eventing, and Driven Dressage classes. Three separate USEF sanctioned shows over Labor Day weekend will offer the opportunity for participants to earn qualifying scores for RMDS, USDF/USEF.

A new year has begun, and we anticipate riding tests in upgraded surroundings. We also hope to spread our love of dressage to other equestrian disciplines on the Western Slope by presenting them with less traditional applications of dressage techniques. With these goals in mind, the Grand Valley Dressage Society looks forward to a fun filled, and fulfilling show season. If you have never shown on the Western Slope, come join us, and enjoy a weekend in the Grand Valley Wine Country!

-Inka Spatafora, President, GVDS

High Plains

High Plains Dressage is excited to

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Continued from page 5

host a “FREE” seminar on March 26th about the subject of volunteering. We are pleased to have representatives from the Eventing community join us as we prepare to reach across disciplines to enlighten riders, and their families and friends on all aspects of show volunteering. We hear comments about not having enough time, not knowing what’s involved,

and wondering “what’s in it for me?” Volunteers are the backbone of a horse show/event and without them, a show suffers. We all agree that a well-run show will keep competitors coming back year after year. We are so excited to be in a position to offer this seminar, and feedback has been phenomenal! So we encourage everyone to sign up for the seminar, and

take a good look at the competition calendar for this year. We urge everyone to find some time to volunteer and get involved. We have roughly 25 weekends of shows so there is always time to give back to the sport by volunteering. Never volunteered? Don’t know how? Then this seminar is for YOU! Thank you.

-Cindi O’Shea, President, High Plains



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ATTENTION ALL RMDS MEMBERS!

The Original

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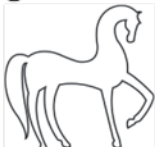
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We look forward to seeing you there!

The Renee's Friends Fund Board of Directors

North American Young Rider

A Year Full Of Expression

By Rachel Motsinger, 2010 RMDS Scholarship Recipient



This was a year full of Exhilaration. I can remember the day when my mother and I talked about the possibility of me making the Young Rider Team. I was so excited, nothing else seemed to matter in the world! The feeling of excitement for even the possibility of such a thing was an inspiration to me. I was riding an extremely intelligent and hard working horse, Donaukonig. Donaukonig is a seventeen year old Trakehner with lots of experience in the show ring. I had an excellent coach, Dolly Hannon, with a passion for her job as a trainer, and she always worked toward higher goals as a judge. Donner's owners, Suzanne Zimmer and John Mason, were always one hundred per cent behind me and believed in me as a rider. Everything fell into place. In fact, as the

months went by, everyone in our whole barn was helping me and supporting me. All year I felt as though Donner and I were very special.

This was a year full of Kinship. Donner and I know each other very well. We worked hard together all year long. The bond between a horse and rider is like no other relationship. We take care of each other, look after each other, and are happy to greet each other. I cherish the time I spend with him. I met the other riders and felt a camaraderie and sense of kinship with all of them. We

were all trying for the highest of goals for young adult riders of our age. We supported each other at each show as we tried to do our best job competing with each other. Everyone had their own personal struggles and successes. We helped each other every step of the way. One of the most important lessons for athletes to learn has to do with supporting each other through the difficult times. Some things happen that are beyond our control that can pop your dreams and set you back. Injuries, unexpected sicknesses, or whatever might come your way have to be dealt with at the time. Our job as team members is to help each other through, and appreciate our horses to the highest degree.

This was a year full of Disappointments and Satisfactions. Donner and I had strong competition. We had our

trials, and we had our ecstasies too. Securing our position for success was always a challenge. There is always a concern for balancing work and rest for each individual horse. The goal is to work hard, but not be stressed; maintain a calm image, but strut your stuff; and both horse and rider need to eat well and rest well and stay very focused with all of the details of the show ring! I learned so much about fitting bits, maintaining healthy feet, and keeping the fitness level up with Donner. Donner was always willing to work hard and he always wanted to please me. I could not have asked for a better or more willing partner. We loved our work together.

This was a year full of Happiness. I was filled with happiness from all of the people who went out of their way to help Donner and I with our goal of going to Young Riders. We had help with music for our freestyle, we had help from "specialty" teachers. We received financial help from RMDS with scholarship money, from the Foothills Chapter, and from *Roberts Equestrian Ranch*. We even had help with clothing and accessories! Every time we went into the ring to ride our tests, we were able to feel proud because of all of the support from our "village."

This was a year full of Frustration and Pride. Donner and I had some beautiful rides and some disappointing rides during this year of pushing ourselves and setting our sights high. At the end of the year, we missed making the team by three tenths of a point! After

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Monthly Fitness Tip

By Jessica Carlin, Sound Mind & Body Lifestyle Coaching

Over the next several months, we will be discussing fitness exercises that correspond and aid the dressage training scale. This month, we will be discussing how the rider can improve their fitness to develop the foundation of any dressage horse – RHYTHM.

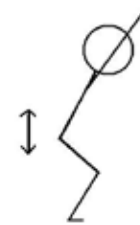
Core strength is integral to any riding, but the definition can sometimes be a bit fuzzy. Many associate the core with abdominal strength, but it actually consists of the entire torso – front, back and sides. Your core is essential in not only helping to create balance in the saddle, but in controlling RHYTHM. To help build this strength, this month we will be doing a Rhythmic Core Squat (Horse-width). Don't worry, it sounds more complicated than it actually is!

This exercise will help you to:

- Stabilize your hips and gluteal muscles while performing the squat
- Open your hip joints while stabilizing your inner thigh muscles in the horse-width stance
- Activate your abdominals, obliques and lower back through posture and maintaining the center of gravity
- Activate the upper body and increase the need for correct balance through the overhead arm extension
- Intensify the exercise while creating a situation where RHYTHM must be kept through the pulses

Rhythmic Core Squat (Horse-Width)

1. Stand with your feet horse-width apart, with a slight bend in your knees. Draw belly-button in towards spine to create support in the lower back. Bring shoulders in line with your knees, keeping the back flat. Keeping your shoulders down away from the ears, bring arms above head to create a straight line from fingertips to hips.
2. In the squat position, do four sets of twenty-five pulses



Tips and Progression

- Keep core activated throughout exercise by pulling belly-button in towards spine
- Each pulse should drop the hips about 2" as if sitting down in an imaginary chair
- Put on some background music to help keep a RHYTHM in the pulses
- To make the exercise more difficult, raise heels slightly. To make exercise even more difficult, stand on one leg.



Sound Mind & Body Lifestyle Coaching is dedicated to whole body wellness, from physical fitness to mental performance. Focusing on fitness for the equestrian, SMB Lifestyle recently launched SaddleFit boot camps designed to improve your fitness to improve your riding. Visit www.smbstylecoach.com for more information.

feeling disappointed about not having the opportunity to go to Kentucky, I realized that we were SO CLOSE. I could not have felt more proud of Donner for going with me along our path as far as we were able to go. Even though I did not personally get to go to Kentucky, I can feel so very proud of the team that our region did send. They rode their very best performances and won the Team Gold Medal!! I know that I am only one of many, many people who feel very proud of their accomplishments.

I have wonderful memories about my years with Donner and I am very grateful to have had the opportunity

to pursue this dream with him and with Dolly, Suzanne, and John who were always there for us.

This was a year full of Determination. It was a FULL year for me as I was determined to keep up with all of my challenging goals while working toward making the Young Rider Team! I was taking classes at CSU as a full time student, working at my job as a surgery tech at the CSU Veterinary Hospital, playing my violin in a quartet at school, living in the mountains, and commuting to Golden to ride Donner. He is a highlight of my life. I had to be dedicated to working hard at everything all year long. It was an

exciting, exhausting, exuberant year for me. I continue to strive for my goal to become an equine surgeon. I am determined to be accepted into the school of Veterinary Medicine as soon as possible to continue my education toward this goal.

This was a year full of Beauty. In the world of horses, there are so many beautiful places, beautiful people, beautiful horses, beautiful ribbons and trophies! There are so many beautiful gifts on many levels. I can only hope to have more years to come, just like this.



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Insurance, Show Standards	Central Office	720-890-7825	rmds@rmds.org
Junior/Young Riders	Cindi O'Shea	720-951-3517	cindioshea@yahoo.com
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Northern Colorado	Susie Reed	970-416-7831	the.reed3s@gmail.com
Wasatch Mountains	Linda Nickerson	801-647-3291	mail@snowypeaksranch.com
Western Colorado	Judith Family	970-923-8832	dns@rof.net

Governing Bodies

UNITED STATES DRESSAGE FEDERATION

USDF

859-971-2277	www.usdf.org
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4051 Iron Works Parkway, Lexington, KY 40511

USDF Region 5

Director	Heather Petersen	719-683-8435	slush@drgw.net
FEI JRYR Coordinator	Kathleen Donnelly	970-310-8729	Kathleendonnelly20@hotmail.com

Website

www.usdfregion5.org

US EQUESTRIAN FEDERATION, INC

859-258-2472	www.usef.org
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USEF

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 Saturday, 1 pm,
location TBD. Mary Rae, 719-784-6853,
marraelambs@hotmail.com

Boulder Valley: 2nd Mon., even months,
location TBD, Kim Lampert, 303-638-3606,
Dive4java@comcast.net

Colorado Springs: 3rd Tues., For location
information contact Tara Nolan,
719-210-4242, taranolan@live.com,
www.CSDressage.org

Foothills: quarterly meetings, location TBD,
Dolly Hannon, 303-919-4112,
dollyhannon@msn.com

Grand Valley: 2nd Thurs. each month,
location TBD, Inka Spatafora,
970-260-2660,
classicaldressage@earthlink.net

High Plains: Mtg time and location TBD.
Cindi O'Shea, 720-951-3517, cindioshea@
yahoo.com, www.highplainsdressage.com

Northern Colo.: 3rd Tues., each month,
location TBD, Susie Reed, 970-416-7831,
the.reed3s@gmail.com

Wasatch Mountains
Linda Nickerson, 801-647-3291, mail@
snowypeaksranch.com, Location TBD

Western Colorado: Judith Family,
970-923-8832, dns@rof.net

Meeting Schedule of the RMDS Executive Board

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 pm. Meeting dates in 2011 are January 13, March 10, May 12, July 14, September 8. Contact the RMDS Central Office for location. Steering Committee meetings are held on the second Monday of every even-numbered month. Board of Governor's meeting is held the second Saturday of Nov. Contact the Central Office for precise details.



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schedule:
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hotzdressage@gmail.com
website:
www.hotzdressage.com

Graphic Design Beth Baymer

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 10th of the month prior to the month of publication, i.e. January 10 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: Centaur Editor, Cathy Van Berg, 1767 Rose Petal Lane, Castle Rock, CO 80109, Phone: 303.916.6136, email: vanbergc@yahoo.com

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 vanbergc@yahoo.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 10th of the month. If not received by the following 10th 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 the RMDS, its officers or employees.

Utilize the RMDS Network:

Trainers and Instructors:

Use the RMDS Website to Build New Business

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

The website averages 200 hits per month on the trainer page and RMDS receives 25-30 emails per month requesting names of trainers in the RMDS region. Don't miss the opportunity to expand your client base and gain recognition.

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

Advertise Events on the RMDS Website

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

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

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

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

Important Info on RMDS membership

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

Duplicate cards are available for \$2.00. If emailed to you, they are free. Request a new one by mailing the Central Office at rmds@rmds.org.

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

Technical Delegates, Judges, and Certified Instructors

Dressage Judge Ratings and Levels Qualified to Judge

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

Status	Status	Levels
"L"	Learner*	Training - Second (RMDS only)
"r"	Recorded	Training - Second
"R"	Registered	Training - Fourth

*may only judge at RMDS recognized shows.

FEI 4*

Janet Foy719-260-1566

FEI ParaEquestrian Dressage 5*

Anita Owen303-953-9904

USEF 'S'

Debbie Riehl-Rodriguez ...303-642-7708

Sandra Hotz303-817-2030

Anita Owen303-953-9904

Janet "Dolly" Hannon303-919-4112

Kristi Wysocki303-648-9877

USEF 'r'

Loni Gaudet985-966-3832

Amy Jablonovsky970-493-2833

Suzanne Zimmer303-478-8325

Gwen Ka'awaloa303-646-4363

USDF 'L' Graduates (Schooling and RMDS

Only recognized shows)

Simone Ahern*719-749-9274

Gigi Brittain*303-646-1506

Julie Burt719-372-6270

Alison Child* (UT)435-640-3287

Linda Coates-Markle303-469-0279

Kathleen Donnelly*970-310-8729

Amy Fulstone775-721-1123

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

Beth Geier303-673-9840

Jan Goodrich-Spear303-664-0152

Jessica Greer970-581-5613

Julie Haugen970-290-8360

Sarah Martin*719-379-3716

Linda Ohlson-Gross*303-840-9818

KC Parkins-Kyle303-841-9953

Kathy Simard*720-981-4448

Patti Thurman* (UT)435-640-1362

Simone Windeler719-540-2000

*Denotes Graduation with Distinction

Dressage Sport Horse Breeding Judge

Janet Foy 'R'719-260-1566

Debbie Riehl-Rodriguez 'R' 303-642-7708

Kristi Wysocki 'r'303-648-9877

FEI Chief Steward

Veronica Holt303-646-3829

Technical Delegates USEF

Eva-Maria Adolphi (UT), r..801-254-3247

Rusty Cook (NM), r505-877-1456

Veronica Holt, R303-646-3829

Laurie Mactavish, R970-390-5160

Debbie Moloznik, r818-515-0377

Heather Petersen, r719-683-8435

Deeda Randle (WY), R307-638-6737

Catherine Siemiet, r719-942-5311

Dianne Stanley (MT), r406-652-4061

Libby Stokes, r303-688-2795

Technical Delegates, RMDS sanctioned shows only

Joan Clay970-420-0887

Jeannette Hillery303-494-7718

Mindy Maguire720-301-0089

Susan Selby970-227-9530

USDF Certified Instructors

Training - Second

Julie Burt719-372-6270

Jill Cantor Lee970-209-8491

RaeAnn Cook970-225-1408

Janet "Dolly" Hannon303-279-4546

Ellene Kloefer303-828-3879

Clayton Martin719-379-3716

Bridget Milnes303-660-4986

Kristi Wysocki303-648-9877

Training - Fourth

Simone Ahern719-749-9274

Nancy DeVaney303-681-2516

Loma Fowler303-841-0417

Sarah Martin719-379-3716

Kathy Simard720-981-4448

Melinda Weatherford970-484-5218

*"Riding is a partnership.
The horse lends you his strength, speed, and grace,
which are greater than yours.
For your part, you give him your guidance, intelligence, and understanding,
which are greater than his.
Together, you can achieve a richness that alone neither can."
- Lucy Rees*

Shows and Events

All shows are RMDS recognized except schooling shows.

MARCH 2011

- 5-6 **Kathleen Raine Clinic, Cedar Ridge Farm, Carbondale, CO**
Contact hhhboutique@gmail.com, 970-309-4223
- 8 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrsj@hotmail.com
- 12 **Mariah Farms Schooling Show, Mariah Farms, Castle Rock, CO**, Contact Lisa Lamke 303-660-2456, www.mariahfarms.net
- 12 **Triple Creek Dressage Schooling Show, Triple Creek Ranch, Longmont, CO**. Contact Lynn McChesney, 303-444-4291, www.triplecreek-ranch.com
- 16 **An Evening with Janet Foy, Hyatt Place Denver-South, RMDS Sponsored**. Contact Lori Mitchell, 303-816-2375, bandwdressage@aol.com
- 19-20 **GVDS Schooling Show, Mesa County Fairgrounds**
Contact Inka Spatafora, 970-260-2660, classicaldressage@earthlink.net
- 22 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrsj@hotmail.com
- 26 **Volunteer Educational Session, High Plains Chapter, Castle Rock, CO**. Contact Michelle Anderson - michand@hotmail.com

APRIL 2011

- 2 **Wet Lab Clinic: How to Listen to your Horse, Colorado Equine Clinic, Littleton, CO**. Must RSVP to: 303-791-4747, wellness@coequine.com, www.coequine.com
- 2-3 **USDF L Program, Session D1, Central Arizona Riding Academy, Arizona**
Contact Dorie Vlatten Schmitz, dvschmitz@msn.com
- 5 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrsj@hotmail.com
- 9 **8th Heaven Spring Starter Series II, Castle Rock, CO**
Contact Denise Dunkin, 303-688-5727, eighthheavenhorses@yahoo.com
- 9-10 **Ulf Wadeborn Clinic, Cresta Farm, Franktown, CO**
Contact Jenny Brauer, 303-995-0405, www.crestasportshorses.com
- 9 **Mariah Farms Schooling Show, Mariah Farms, Castle Rock, CO**, Contact Lisa Lamke, 303-660-2456, www.mariahfarms.net
- 16 **RMDS Show at Sun Prairie I, Peyton, CO**
Contact Simone Ahern, 719-749-9274, simone@sunprairiestables.com
- 16 **Whispering Winds Schooling Shows, Monument, CO**
Contact Simone Windeler, 719-287-2040, simonedressage@gmail.com
- 19 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrsj@hotmail.com
- 22 **Arabians for the Cure at the Peak, Colorado Horse Park, Parker, CO-USEF**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 23 **Boulder Valley Ride-A-Test, Singletree Farm, Boulder, CO**
Contact Beth Geier 303-673-9840
- 23-24 **Dressage for the Cure at the Peak, Colorado Horse Park, Parker, CO-USEF-NAJYRC Qualifier**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 24 **Boulder Valley Spring Fling, Singletree Farm, Boulder, CO**
Contact Beth Geier, 303-673-9840

- 29-May 1 **Ralf Schmitzer Classical Riding Academy Clinic**
Contact Simone Windeler, 719-287-2040, simonedressage@gmail.com
- 30 **AVDA Schooling Show, Pathfinder Park, Florence, CO**
Contact Cat Siemiet, 719-429-5696, horsestop.net
- 30-May 1 **Foothills Chapter Ride-A-Test, Rising Star Equestrian Center, Arvada, CO**
Contact Lori Mitchell, 303-816-2375, bandwdressage@aol.com

MAY 2011

- 3 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrsj@hotmail.com
- 3-5 **Ralf Schmitzer Classical Riding Academy Clinic**
Contact Simone Windeler, 719-287-2040, simonedressage@gmail.com
- 7 **8th Heaven Spring Starter Series III, Castle Rock, CO**
Contact Denise Dunkin, 303-688-5727, eighthheavenhorses@yahoo.com
- 7-8 **GVDS Schooling Show, Mesa County Fairgrounds**
Contact Inka Spatafora, 970-260-2660, classicaldressage@earthlink.net
- 7-9 **Ralf Schmitzer Classical Riding Academy Clinic**
Contact Simone Windeler, 719-287-2040, simonedressage@gmail.com
- 14 **CDEC Schooling Dressage Show & Two Phase, Cheyenne, WY**. Contact Rowena Heckert, 307-632-4151, rlheckert@msn.com
- 14 **Mariah Farms Schooling Show, Mariah Farms, Castle Rock, CO**, Contact Lisa Lamke 303-660-2456 www.mariahfarms.net
- 14 **Pendragon Stud Dressage Show, Larkspur, CO**
Contact Leslie Terry, 303-688-4147, lt2@kellin.net
- 14 **Rocky Mountain Dressage I, Somerset Farms, Longmont-USEF-NAJYRC Qualifier**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 15 **Rocky Mountain Dressage II, Somerset Farms, Longmont-USEF-NAJYRC Qualifier**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 21 **AVDA Schooling Show, Pathfinder Park, Florence, CO**
Contact Cat Siemiet, 719-429-5696, horsestop.net
- 21 **Rancho del Soule Schooling Show, Grand Junction, CO**
Contact Stephanie, 970-201-0747, stephanie.soule@msn.com
- 22 **Autumn Hill Sunday Series #1, Longmont**
Contact Julie Barringer-Richers, 720-341-5033, jbarringerichers@comcast.net
- 24 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrsj@hotmail.com
- 27 **Dressage in the Plains I, Sun Prairie Farms, Peyton, CO, USEF**. Contact Simone Ahern, 719-749-9274, simone@sunprairiestables.com
- 27-29 **Leslie O'Neal-Olsen Clinic, Normandy Farms, Littleton, CO**
Contact Lori Mitchell, 303-816-2375, bandwdressage@aol.com
- 28 **Whispering Winds Schooling Shows, Monument, CO**
Contact Simone Windeler, 719-287-2040, simonedressage@gmail.com
- 28-29 **Dressage in the Plains II, Sun Prairie Farms, Peyton, CO, USEF**
Contact Simone Ahern, 719-749-9274, simone@sunprairiestables.com

JUNE 2011

- 3 **High Prairie Dressage I, Colorado Horse Park, Parker, CO, USEF**
Contact Glenda McElroy, 818-841-3554, glenda@glenroys.com
- 4 **High Prairie Dressage II, Colorado Horse Park, Parker, CO, USEF**
Contact Glenda McElroy, 818-841-3554, glenda@glenroys.com
- 4-5 **GVDS Schooling Show, Mesa County Fairgrounds**
Contact Inka Spatafora, 970-260-2660, classicaldressage@earthlink.net
- 4-5 **AA Clinic with Heather Robertson, RMDS Sponsored, Normandy Farms, Littleton, CO.**
Contact Lori Mitchell, 303-816-2375, bandwdressage@aol.com
- 5 **High Prairie Dressage III, Colorado Horse Park, Parker, CO-USEF**
Contact Glenda McElroy, 818-841-3554, glenda@glenroys.com
- 7 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrrsj@hotmail.com
- 11 **Mariah Farms Schooling Show, Mariah Farms, Castle Rock, CO, Contact Lisa Lamke 303-660-2456 www.mariahfa**
- 11-12 **RMDS Winter Wake Up, Tomora Farms, Greeley, CO USEF-NAJYRC Qualifier**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 11-12 **Millbrook Farms Dressage Show, Fairfield, UT-USEF**
Contact Jan Lawrence, 801-631-2516, millbrk@xmission.com
- 18 **Rancho del Soule Schooling Show, Grand Junction, CO**
Contact Stephanie, 970-201-0747, stephanie.soule@msn.com
- 18-19 **USDF L Program, Session D2, Central Arizona Riding Academy, Arizona**
Contact Dorie Vlatten Schmitz, dvschmitz@msn.com
- 19 **Centaur Rising Dressage Show I, Anchorage Farms, Pine, CO**
Contact Kris Cooper, 303-838-5086, kris@anchoragefarm.com
- 21 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrrsj@hotmail.com
- 24 **Sage Creek Dressage I, Charleston, UT-USEF**
Contact Chelsea Tracy, 440-376-9208, cohoofdance@gmail.com
- 25 **Sage Creek Dressage II, Charleston, UT-USEF**
Contact Chelsea Tracy, 440-376-9208, cohoofdance@gmail.com
- 25 **Whispering Winds Schooling Shows, Monument, CO**
Contact Simone Windeler, 719-287-2040, simonedressage@gmail.com
- 25 **AVDA Schooling Show, Pathfinder Park, Florence, CO**
Contact Cat Siemiet, 719-429-5696, horsestop.net
- 25 **Autumn Hill Dressage Festival I, Longmont, CO-USEF-NAJYRC Qualifier**
Contact Julie Barringer-Richers, 720-341-5033, jbarringerichers@comcast.net
- 26 **Autumn Hill Dressage Festival II, Longmont, CO, USEF-NAJYRC Qualifier**
Contact Julie Barringer-Richers, 720-341-5033, jbarringerichers@comcast.net

JULY 2011

- 2 **RMDS Show at Sun Prairie II, Peyton, CO**
Contact Simone Ahern, 719-749-9274, simone@sunprairiestables.com

- 3 **RMDS Show at Sun Prairie III, Peyton, CO**
Contact Simone Ahern, 719-749-9274, simone@sunprairiestables.com
- 9 **Rocky Mountain Dressage III, Somerset Farms, Longmont-USEF-NAJYRC Qualifier**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 10 **Rocky Mountain Dressage IV & Breed Show, Somerset Farms, Longmont-USEF-NAJYRC Qualifier**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 15 **Dressage at the Peak Summer Warm-up, Fountain Valley School, Colo. Springs, CO-USEF**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 15 **Wasatch Back Dressage Festival I, South Jordan, UT-USEF**
Contact Alison Child, 435-640-3287, achild@kirwin.com
- 16 **Wasatch Back Dressage Festival II, South Jordan, UT-USEF**
Contact Alison Child, 435-640-3287, achild@kirwin.com
- 16 **Dressage In the Pink, Mariah Farms, Castle Rock, CO**
Contact Donna Baxter, 303-229-9085, highbrowbling@mesanetworks.net
- 16 **Rancho del Soule Schooling Show, Grand Junction, CO**
Contact Stephanie, 970-201-0747, stephanie.soule@msn.com
- 16-17 **Dressage at the Peak II Summer, Fountain Valley School, Colo. Springs, CO-USEF**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 17 **Centaur Rising Dressage Show II, Anchorage Farms, Pine, CO**
Contact Kris Cooper, 303-838-5086, kris@anchoragefarm.com
- 17 **Autumn Hill Sunday Series #2, Longmont, CO**
Contact Julie Barringer-Richers, 720-341-5033, jbarringerichers@comcast.net
- 23 **Autumn Hill Dressage Festival III, Longmont, CO-USEF**
Contact Julie Barringer-Richers, 720-341-5033, jbarringerichers@comcast.net
- 24 **Autumn Hill Dressage Festival IV, Longmont, CO-USEF**
Contact Julie Barringer-Richers, 720-341-5033, jbarringerichers@comcast.net
- 29 **Sage Creek Dressage III, Charleston, UT-USEF**
Contact Chelsea Tracy, 440-376-9208, cohoofdance@gmail.com
- 30 **Sage Creek Dressage IV, Charleston, UT-USEF**
Contact Chelsea Tracy, 440-376-9208, cohoofdance@gmail.com
- 30 **Whispering Winds Schooling Shows, Monument, CO**
Contact Simone Windeler, 719-287-2040, simonedressage@gmail.com

AUGUST 2011

- 5 **Dressage in the Rockies I, Colorado Horse Park, Parker, CO-USEF**
Contact Glenda McElroy, 818-841-3554, glenda@glenroys.com
- 6 **Dressage in the Rockies II, Colorado Horse Park, Parker, CO-USEF**
Contact Glenda McElroy, 818-841-3554, glenda@glenroys.com
- 7 **Dressage in the Rockies III, Colorado Horse Park, Parker, CO-USEF**
Contact Glenda McElroy, 818-841-3554, glenda@glenroys.com
- 6-7 **Cheyenne Dressage & Eventing Dressage Show, Cheyenne, WY, USEF**
Contact Rowena Heckert, 307-632-4151, rlheckert@msn.com

Continued on page 18

Shows and Events

Continued from page 17

- 12 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrsj@hotmail.com
- 12 **Utah Dressage Society Annual Show #1, Utah-USEF**
Contact Susan Jero, 801-254-9107, SJero@aol.com
- 13 **Utah Dressage Society Annual Show #2, Utah-USEF**
Contact Susan Jero, 801-254-9107, SJero@aol.com
- 13-14 **Dressage at Sun Prairie, Peyton, CO, USEF**
Contact Simone Ahern, 719-749-9274, simone@sunprairiestables.com
- 14 **Centaur Rising Dressage Show III, Anchorage Farms, Pine, CO**
Contact Kris Cooper, 303-838-5086, kris@anchoragefarm.com
- 14 **Autumn Hill Sunday Series #3, Longmont, CO**
Contact Julie Barringer-Richers, 720-341-5033, jbarrierrichers@comcast.net
- 19 **Paragon Dressage I & CDI***, Estes Park, CO-USEF**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 20 **Paragon Dressage II & CDI***, Estes Park, CO-USEF**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 20 **Rancho del Soule Schooling Show, Grand Junction, CO**
Contact Stephanie, 970-201-0747, stephanie.soule@msn.com
- 21 **Paragon Dressage III & CDI***, Estes Park, CO-USEF**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 26 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrsj@hotmail.com
- 27 **Whispering Winds Schooling Shows, Monument, CO**
Contact Simone Windeler, 719-287-2040, simonedressage@gmail.com
- 28 **Boulder Valley So Long to Summer, Sextant Farm, Longmont, CO.** Contact Beth Geier, 303-673-9840

SEPTEMBER 2011

- 2 **GVDS Fall Show I, Grand Junction, CO USEF**
Contact Inka Spatafora 970-260-2660, classicaldressage@earthlink.net,
- 3 **GVDS Fall Show II, Grand Junction, CO USEF**
Contact Inka Spatafora, 970-260-2660, classicaldressage@earthlink.net
- 4 **GVDS Fall Show III, Grand Junction, CO USEF**
Contact Inka Spatafora, 970-260-2660, classicaldressage@earthlink.net
- 9 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrsj@hotmail.com
- 10 **CSDA Fall RMDS Show, M & M Ranch, Fountain, CO,**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 10 **Mariah Farms Schooling Show, Mariah Farms, Castle Rock, CO,** Contact Lisa Lamke, 303-660-2456, www.mariahfarms.net
- 17 **Rancho del Soule Schooling Show, Grand Junction, CO**
Contact Stephanie, 970-201-0747, stephanie.soule@msn.com
- 17 **Whispering Winds Schooling Shows, Monument, CO**
Contact Simone Windeler, 719-287-2040, simonedressage@gmail.com

- 18 **Last Chance Show, Rising Star Equestrian Center, Arvada, CO**
Contact Lori Mitchell, 303-816-2375, bandwdressage@aol.com
- 22 **RMDS Sport Horse Open Show & Championships, Colorado Horse Park, Parker, CO, USEF**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 23 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrsj@hotmail.com
- 23-25 **RMDS Championships, Colorado Horse Park, Parker, CO, USEF**
Contact Heather Petersen, 719-683-8435, slush@drwg.net

OCTOBER 2011

- 4 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrsj@hotmail.com
- 8 **Mariah Farms Schooling Show, Mariah Farms, Castle Rock, CO,** Contact Lisa Lamke, 303-660-2456, www.mariahfarms.net
- 15-16 **GVDS Schooling Show, Grand Junction, CO, USEF**
Contact Inka Spatafora, 970-260-2660, classicaldressage@earthlink.net
- 18 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrsj@hotmail.com
- 29 **Rancho del Soule Schooling Show, Grand Junction, CO**
Contact Stephanie, 970-201-0747, stephanie.soule@msn.com

NOVEMBER 2011

- 1 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrsj@hotmail.com
- 4-6 **USDF L Program, Final Exam, West World, Scottsdale, Arizona.** Contact Dorie Vlatten Schmitz, dvschmitz@msn.com
- 4-6 **Region 5 Championships, West World, Scottsdale, Arizona.**
Contact Jay Chabucos, 623-221-0707
- 12 **RMDS Board of Governors' Meeting, 8:30 am.** NCDA Chapter host.
- 12 **RMDS Awards Banquet. 5:30 pm.** NCDA Chapter host.
- 12 **Mariah Farms Schooling Show, Mariah Farms, Castle Rock, CO.** Contact Lisa Lamke, 303-660-2456, www.mariahfarms.net
- 15 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrsj@hotmail.com
- 30-Dec 4 **USDF Convention and Symposium, San Diego, CA**
Contact USDF, 859-971-2277

DECEMBER 2011

- 6 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrsj@hotmail.com

APRIL 2012

- 21-22 **Region 5 USDF Adult Clinic with Lilo Fore, Utah**
Contact Nance Allen, 801-274-1288, nance@xmission.com

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

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

RMDS SPONSORED EDUCATIONAL EVENTS

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

2011

March 16	An Evening with Janet Foy, Hyatt Place Denver-South/Park Meadows
June 4-5	AA Clinic with Heather Robertson, Normandy Farms, Littleton, CO
June 11-12	RMDS Winter Wake-Up (in the Summer), Tomora Farms, Greeley, CO
July 30-31	USDF Youth & Adult Team Competition, Loveland, CO
Sept 22	RMDS Breed Show, Colorado Horse Park, Parker, CO
Sept 23-25	RMDS Championships, Colorado Horse Park, Parker, CO
Nov 12	Board of Governors' Meeting and Awards Banquet-NCDA host

For details on these and other RMDS events:

Contact Michelle Anderson, the RMDS Education Chairman, at 303-646-1375, michand@hotmail.com. Also read the Centaur, go to www.rmids.org, or contact the RMDS Central Office at 720-890-7825, rmids@rmids.org.

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SEAT PLAY LOVE

RMDS Expands its Sport Horse Program

By Heather Petersen, Region 5 Director



Reflection, 2008 RMDS Champion and Young Horse of the Year, owned by Zada Steidl.

Every horse starts out as a baby – yes a funny statement, but oh so true! Some might not want to remember those days before we could saddle them up and take them out for a ride, and others cherish those baby days when they were learning all the skills that would make them who they are today.

The growing years are an important part of today's dressage horses, and as USDF has expanded its program over the years, RMDS is now expanding what we can offer for our local dressage enthusiasts and breeders. We have revamped our RMDS Year-End Awards program for Sport Horses and the RMDS Sport Horse Championships.

The following are new categories of awards and Championships:

- i. Current Year Foal (Fillies & Colts)
- ii. Yearlings & Two Year Old (Fillies & Colts)
- iii. Three Year Old (Fillies & Colts)
- iv. Mares (Four Years Old & Older)
- v. Stallions (Four Years Old & Older)

We have seen increasing numbers in our sport horse shows over the last few years and so the younger age classes have been split out in order to offer our breeders more incentive to show their young stock and get their

breeding programs recognized. The reason for the splits is mainly due to growth stages. It's hard to judge a current year foal or weanling against its older counterparts, especially since often times these babies are shown with their moms still at their sides and they aren't quite entering the awkward growth stages. Yearlings and two year olds are now in the awkward stages, sometimes a little rear-end high or very shoulder high, so they've been paired together. Three year olds are now ready to be under saddle, and usually are, which gives them a different and more mature muscular structure that won't be seen in the younger horses.

The mature horses have also been split now into Mare and Stallions in order for our local mares and stallions to be showcased and granted more recognition in their breeding programs. The physical musculature differences of mares and stallions can be quite pronounced and this will offer judges a chance to place each accordingly at championships and year end standings.

RMDS is excited to offer this expanded program and we hope it will bring in more membership from our local breeders, offer more opportunities for our members to show their young stock or breeding stock, and give more opportunities to showcase our horses as they grow from babies to future talented competitors.



White Sun, USDF and RMDS 2010 Champion Mare, owned by Kim Lampert



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RMDS Championships and Open Show
Rocky Mountain Sport Horse Championships



January 12, 2011

Dear Dressage Supporters and Enthusiasts:

The Rocky Mountain Dressage Society is excited to once again host the Rocky Mountain Dressage Society Championships and Open Show in conjunction with the Rocky Mountain Sport Horse Championships. This annual show is the pinnacle of a great show season and a great place for our membership to gather with friends, family and their horses.

While it is a privilege and an honor to host the RMDS Championships, it also requires a large amount of support and sponsorship. We have many additional expenses and we need your help.

There are several wonderful events planned for our competitors, sponsors and volunteers. In addition, we have arenas that can be names, classes that can be sponsored and plenty of room in our show program for advertising and thanking your loved ones in the horse industry.

The Rocky Mountain Dressage Society is a 501 (c) 3 nonprofit organization and your donations are tax deductible. We are an organization dedicated to the promotion of dressage and the further education of fellow equestrians. Our main goal is the continuing education and networking support of our members through club-hosted clinics, seminars, USDF/USEF educational programs and our three shows throughout the year are one of our primary sources of funding for these activities.

We have included a donation and advertising sheet with this letter. We hope you will sponsor a class, donate prize money, sponsor golf carts or take out an advertisement in the program.

Let's all work together to make our RMDS Championships a wonderful success.

2 White Feet, Inc.
12395 Gull Lane
Peyton, CO 80831

www.rmids.org or www.2whitefeet.com

Championship Sponsorship Opportunities

Overall FEI Sponsor - \$2000
Overall National Sponsor - \$1500
Grand Prix Championship Arena Sponsor - \$1000
Championship Arena 2 - \$1000
Open Show Arena 3 - \$500
Open Show Arena 4 - \$500

Social Activities Sponsorship Opportunities

Thursday Night Pizza Party , 5pm - \$400
- Pizza and sodas
Friday Fried Chicken Dinner , 5pm - \$600
- Chicken, potatoes, corn, sodas and cash bar
Saturday Night Main Competitor Party - \$2500
-Live music, dinner and cash bar, being held this year under the tent near the show office and barns.
Sunday Ice Cream Social or Mimosas, 12 Noon - \$600

Additional Sponsor Opportunities

RMDS Championship Class: \$100 or \$115 if you would like to include a business card in the show program.
Special Award: \$75
Open Class Sponsor: \$50
Vendor Space - \$75-\$200
Packet Inserts - \$100
Banner Space - \$150
Friend of the Championships - \$100
Individual Breed Class Sponsorship - \$150

2011 RMDS Championships Program Advertising Rates

Consider placing a Congratulatory AD or promoting your business!
All Championship Show Sponsors receive a 10% discount on Advertising.
Ad sizes Ad Dimensions Price
Inside Front Cover 7.5" x 10" \$150 (\$275 for color)
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Half Page – blk/wht 7.5" x 4.75" \$ 80
1/4 Page – Blk/wht 3.75" x 4.75" \$ 50
Business Card– blk/wht Stand. Business card \$ 30
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Make Check Payable to: RMDS
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Mail form, payment, and/or donation to:
Heather Petersen, 12395 Gull Lane, Peyton, CO 80831.
Any questions? Call 719-683-8435 or email slush@drwg.net

The Art Of The Handwalk

By Kathy Simard, USDF Certified Instructor through Fourth Level

The words “hand walk only” from the vet are often a downer to us as horse owners. It means something negative has happened to our horse to put him in this state. Our imaginations run wild with what negative things might happen to us or them as we try to follow the treatment plan. On the other hand, I like to see hand walking as a valuable training tool. The fact is, the horse accustomed to some kind of hand walking routine will not find it such a novelty if it becomes a necessity. Think of it this way: hand walking at its most basic level is teaching a horse to properly lead. At its most advanced, it is teaching a horse to piaffe in long lines. Hand walking is also a great workout for you as well as your horse.

Good For All Ages

For the very young horse, hand walking begins when leading with mom and then eventually alone. It builds confidence in them to leave the herd and begin to bond with the humans who interact with them. As they grow, hand walking is used for exposure and building confidence and trust. They begin to see the world. As horses begin their training, working and showing careers, hand walking is a welcome mental break. It is also a good time to scout out potential trails and areas to do hill work under saddle. Together you can look for holes and yucca and cactus areas. You can see the neighbors animals and how your horse will react. You can choose the best footing for your workouts.

For the elderly and retired horses, hand walking provides a great change of scenery and a nice workout. Motion is lotion for both you and your horse. You can choose to tailor the walk as a stretching and breathing time for yourself, or as a full blown cross training event.

Equipment And Safety

Before beginning any kind of hand walking routine, you should check with your vet as well as your personal physician to make sure your planned program is appropriate. When I begin with a young horse or a horse new to hand walking as a workout, I prefer to use a lunge line instead of a lead rope. This allows me extra line if the horse spooks or is just excitable and tries to pull away from me. I can hang on until the horse is under control again. I may even tie some knots in the line to help my grip. Gloves are a necessity. You do not want the horse to get loose and injure itself. The longer line also allows more distance from potentially flying hooves. I also like to use a western style rope halter, or if none is available, a chain to keep the rambunctiousness to a minimum the first few times. It is also helpful with a horse who wants to take

you for a “drag” instead of a proper walk. Boots or wraps can also add to your horse’s safety.

You want to be dressed to move. Your horse will take a longer stride than your dog does and will be motivated to move out. Wear comfy but horse friendly shoes. I prefer a hiking or trail type shoe. They are sturdy and exercise friendly. Wear gloves as mentioned above. Since it is Colorado, a hat and sunglasses are year round necessities, as well as sunscreen. It is also helpful to carry a hoof pick if your horse is shod. This will allow you to address packed mud or snow, stones, and the occasional pinecone. Bring water if it’s hot or you think you’ll be out for awhile.



Jan and Skippy appropriately dressed for a winter walk.

The Workouts

Babies

- Leading
- Bonding
- Leaving the group
- Exposure
- Ground work
- “Lunging”

I did a lot of this when Renny was a youngster. It began by just leading him to the opposite side of the turnout pen to be handled away from mom. Once he was weaned, I would go out in his pasture and lead him away from his friends. I would groom him and teach him to stand, back, and move around me in both directions. Eventually this became a bit of lunging type work. I would bring saddle pads and plastic bags to put on the ground to walk over. We would leave the pasture to investigate the barn, landscaping and sprinklers. I did not turn him loose until we had walked together to the rest of the herd. We often took a meandering route instead of a direct line. We bonded with each other and Renny gained a lot of exposure.

3-5 Years

- Continued bonding and exposure
- Knowledge for future under-saddle work
- Break from under-saddle work
- Strengthening using hills and uneven ground

During this phase, many young horses can handle only 3-4 training days under saddle. To keep the routine and to continue to build strength, I would hand walk Renny, as well as his mother Ria who I acquired in this age range. We walked on uneven ground and hills to gain strength. I was able to learn what things caught their at-

tention or genuinely startled them for future reference while in the saddle. Both horses showed confidence in new situations as we began to leave home. I have to believe it was the hand walking and checking out foreign situations from the ground. With no risk to life or limb, we all had confidence!

Working Horses

- Mental break
- Scouting trails and hill work areas
- Meet the neighbors
- Advance the horse cause
- Check your fences

We all need a break from routine and so does your horse. It's amazing to go for a quiet stroll after a show weekend or some intense training sessions with your show horse. This is where Wild, the Lippizaner I show, and I bond. He is great to ride on the trails, but when we walk together he quietly strolls, moves his head into me and graciously accepts some petting and sweet talk. Ria always had a favorite spot on the bridle path in the adjoining neighborhood to roll. She also loved to roll in soft snow. A con-

struction crew building a house took a break to watch my “big dog,” with hooves in the air, scratch her back. This brings me to another point: when on the ground next to our horse we are more approachable than when mounted. This is a great time to be an ambassador for the horse. Meet your neighbors. Check your fences. Scout out the footing for future trail rides and hill work. Enjoy your “big dog.”

Retiree And Elderly Horses

- Health
- Mental well being

Motion is lotion and your horse does not want to stare at the same surroundings day after day any more than you do. These horses had careers and many continue to need jobs. Skippy (who is pictured here) was retired due to various soundness issues. When rehabilitation proved not to be an option, hand walking was. He needs the walks not only to keep the arthritis from making his joints immobile but for his mental well being. Skippy is a trouble maker. Before his hand walk-

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Jan and Molly trotting up a hill.

Colic Assessment Training and Wet Lab at CEC

By Beverly Swanson, Piaffe Design

I'm the first to admit, I don't "know much biology." But after attending Colorado Equine Clinic's Colic Assessment seminar this past Saturday, I now know a lot more about the insides of my horse.

Dr. Dale Rice, MS DVM, cVMA, gave a lively and informative presentation on recognizing colic, the many different types and causes of colic, and means of prevention. Using an illustrated video from "The Glass Horse" (www.3dglasshorse.com), Dr. Rice showed us the "ins and outs" of the equine digestive system, following the entire GI tract and the trouble spots that can precipitate colic. Questions were encouraged throughout the lecture.

Compared to humans – and other animals – the horse's bowel system is incredibly complex. Viewing the video of a living system from all angles, and following the progression of feed through the system, gives you complete insight into how delicate the balance is of keeping everything moving smoothly. Knowing the organs of your horse, and how they connect and present themselves within the body, will help you understand the various types of colic.

Following the presentation, all participants moved outside for the Wet Lab, where several CEC horses "volunteered" as patients. We learned the correct way to check heart rate and pulse, temperature, respiration, and how to listen for the right GI sounds on all four quadrants of the digestive system. Learning what to expect, what is normal and what is not, is in-

valuable information to be able to tell your vet if you should face any kind of health crisis in your horse. Practice, practice, practice, and get yourself a good stethoscope.

What is Colic?

Colic is defined as abdominal pain, a clinical sign that something is amiss in the GI system. It can range from acute to chronic, severe to mild, and depending on type of colic, treated surgically or medically.

Recognizing Colic

If we as humans were experiencing colic, it might feel like eating too much Mexican food, or it might feel like appendicitis. Colic is a stoppage of some sort, and almost always causes a build-up of gas – and we know how painful that can be.

A horse experiencing colic may exhibit the following:

- Pawing
- Looking at his flank
- Rolling
- Stretching
- No appetite
- Sweating
- Grinding his teeth
- Increased heart rate and respiration

Types of Colic

Stomach

Ulcers

Ulcerations in the stomach, esophagus and duodenum can be a cause of colic, particularly recurring colic. A definitive diagnosis requires an endoscopy – CEC uses a nine foot long endoscopic camera that allows the veterinarians to review a full 360 of

the stomach area. Performance horses can be particularly susceptible to ulcers – some of the causes are: stress, transportation, a high-grain diet, stall confinement, intermittent feeding, intense exercise, illness, NSAID use, and management changes. Moving a horse to a new location is one of the biggest stressors in horses.

Ulcers are treated medically, and may take as many as 90 days of medication to heal.

Small Intestine

Intestinal Wall Spasms

There is no particular event that can be pinpointed as a cause of spasms. They may be caused by gas accumulation, or just the incredible length and breadth of the GI tract in horses. Spasms are an imbalance in the rhythm of digestion, and can be treated with anti-spasmodic drugs.

Lipoma (pedunculated) Strangulation

OK, it sounds really icky – and it is! A lipoma is a fatty growth, similar to what we often find on our dogs. In horses, the lipoma grows a long cord that can wrap around the small intestine. It can be diagnosed by palpation of the rectum, or by nasal intubation, as one of the symptoms of lipoma strangulation is excess fluid in the stomach. This requires a surgical intervention to correct.

Intussusception

Fun to say, really weird to see. Intussusception is a condition where the small intestinal tube turns inward on itself. The primary cause of this is tapeworms that congregate around the opening between the cecum and

the small intestine, causing the irritation that makes the bowel turn in. This requires surgery to correct, but a good worming program tailored to your horse's needs will prevent tapeworms from causing this condition. CEC has their clients do fecal samples in the summer to determine if their horse is a low- or high-shedder. The worming program is determined from these tests.

Cecum

Distension/Impaction

The cecum is the anatomical equivalent of the human appendix, but in the horse it is an essential organ of digestion. It comprises about 15% of the entire digestive tract, and is responsible for the breakdown and fermentation of carbohydrates. Already sounds like a trouble spot, right?

Because of its function, the cecum can fill with gas, called "tympani," or become obstructed by large amounts of dry material. This can be very painful. A rectal exam can detect this condition, and treatment usually consists of rehydrating and laxatives. Wet bran mashes and water-soaked pellets can also be helpful.

Large Intestine (Colon)

Non-strangulating infarction

This condition is caused by parasites and the irritation they cause in the ascending colon. The bowel wraps around itself, and requires surgery to correct. Again, a good program of deworming and anti-parasitical medications can help prevent this from occurring.

Sand colic

Most of us have heard of sand colic, but you may not know that sand ac-

Continued on page 29

Preventing Colic

Although colic can occur for any number of reasons, you can increase your horse's odds of not getting colic by following these steps:

1. Be sure your horse is sufficiently hydrated. In cold weather, horses may not get enough fluid intake if water is too cold. Likewise, when you travel, take precautions to be sure your horse is drinking enough water.
2. Add a regular interval of psyllium to your horse's diet.
3. Put a good worming/anti-parasite plan in place. Have a fecal sample done in the summer, 2 months after deworming, and again after worming if your vet recommends it.
4. Reduce stress to your horse as much as possible. Consider medication to prevent ulcers when showing.
5. Keep your horse's diet and quantity of feed regular, assure sufficient hay throughout each day, and introduce change slowly.

Be Prepared

Colic is an emergency situation. You should:

1. Know the signs of colic as listed at the beginning of this article.
2. Know how to take your horse's temperature, pulse and respiration (TPR).
3. Know what TPR is normal for your horse.
 - Temp normal is 98 – 100.5. Your horse may differ slightly.
 - Pulse (heart rate) normal is 28-40 beats per minute (BPM)
 - Respiration normal is 8 – 16 BPM
4. Know what normal GI sounds like in all four quadrants.
 - Normal is one sound every 3 seconds
5. Have the following supplies on hand:
 - Stethoscope (a good one – don't go cheap here) and know how to use it
 - Digital thermometer
 - Banamine
6. Have your veterinarian's emergency phone number posted at the barn and in your cell.
7. Be prepared to give your vet the diagnostic measures you have already noted in #2 and #4.



RMDS Membership Form

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

Individual Membership - \$60.00 (October – December) **(\$65 after January 1-late fee)**
Additional family members (same address) - \$45
Business Memberships- \$100.00 Centaur newsletter only - \$35.00 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 card. All individual members will receive Centaur newsletter & the Omnibus.

Indicate Local Chapter (only one):

- Arkansas Valley
- Boulder Valley
- Colorado Springs
- Foothills (Golden, Evergreen)
- Grand Valley (Grand Junction)
- High Plains (Parker, Littleton, Aurora)
- No. Colorado (Ft. Collins, Greeley)
- Wasatch Mountains (Utah)
- 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)

Type of Membership: (check one) Individual Business Family Centaur Only

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

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

-----Tear Here-----

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

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

Horse Name _____ Sex _____

Breed (if known) _____ Registration No. (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 (Home) _____ (E-Mail) _____

Name of Representative (If owner is a business) _____

Membership & horse registration acknowledged via postcard. Mail completed form with check made payable to RMDS
to: RMDS Central Office - 2942 Park Lake Dr. - Boulder, CO 80301 720-890-7825

January, 2010

Continued from page 25

ing routine, he was escaping from his stall or paddock and causing havoc. One day he even ended up on the landscape retaining wall of the house requiring the Parker Fire Department to come to his rescue! He walks 3-5 days a week to mentally stimulate him, and the vets say the movement is what keeps him going at 23 years old.

Our personal trainer at the barn is Molly (also pictured). Molly is 35 years old and keeps us moving 2-3 days a week. In a word, Molly is AMAZING! She knows what route she wants to do on what day. She likes us to jog up hills with her. She has favorite grazing spots. The intensity of some of her workouts leave us gasping

for air. In doing these hand walks we can gauge the health and well being of the horses. Are they chipper or melancholy? Greeting us at the stall door or more slowly approaching us? Are they comfortable walking? Walking downhill? When they graze are they chewing well?

You

- Miles logged
- Stress relief/ breathe
- Stretch
- Lunges
- Jog hills and or intervals

I could do another article on workout plans with your horse. My expertise is as a horse trainer, not a personal trainer, so here is what I will leave

you with. You can use this time to just stretch your legs, breathe and be with your horse. You can make this an intense cross-training session. You can jog or run intervals. You can do lunges as you walk. You can run all the uphill. You can stretch or do arm circles or downward dog as your horse grazes. You can use your surroundings, trees, and fence posts for strength exercises. If you walk with a pedometer, you might be surprised. My friend Jan (our model in the pics) logged four miles one day without even trying! The best reward of all... bonding with your horse and less anxiety upon hearing the words "hand walk" only.



Continued from page 27

cumulation can occur even if your horse is not exposed to large amounts. Sand can blow and settle into feed that is stored outdoors, and here in Colorado, there can be a fair amount of sand in our pastures. Sand colic often presents with diarrhea, weight loss, and mild pain.

Sand colic is best treated with psyllium, and an occasional course of psyllium in your horse's feed is a good preventative.

Impaction

This is a common form of colic. An impaction forms at the pelvic flexure – the point where the lower bowel turns upward and reverses direction in the body. The primary cause is dehydration, and treatment consists of

forcing fluids and intubation. A good wet bran mash with a little salt is a good follow-up to both help with rehydration and to get things moving again.

Displacement – Right Dorsal

The horse's colon is not attached and so moves freely within the abdominal wall. A Right Dorsal displacement may start with an impaction, but may also be caused by gas, diet changes, excessive new or lush spring grass, and parasites. The colon displaces and twists upside down, what you may know as a "torsion" or "volvulus."

Treatment is surgical, and outcomes are unpredictable.

Displacement – Left Dorsal

The Left Dorsal displacement refers

to the colon becoming caught in the position between the body wall and the spleen. This can cause the spleen to engorge with blood, trapping the colon even more firmly in place.

Treatment may include drugs to reduce the swelling of the spleen, jogging, or thumping the area to get the colon to slip loose from its trapped position. Surgery may be necessary.



Colorado Equine Clinic is offering two additional wet labs this spring. For more information, check the website: www.coequine.com or call (303) 791-4747. A video from the lab of "How to Check Your Horse's Heart Rate and Pulse" is also available on the website.

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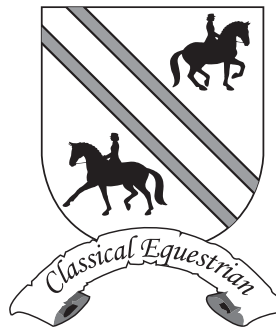
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Genesis

Watercolor

by Beverly Harrison

"Genesis is a watercolor I did in 1997 when I first opened The Tack Collection. The spontaneity of this piece, which seemed to pop out of the page all on its own, reflected the start of my business which is why this is one of the few pieces I have which is not for sale. I do have prints and cards of this image available."

Beverly owns The Tack Collection in Lafayette, Colorado. The full-color version can be seen at www.tackcollection.art_art.html, along with many of Beverly's other pieces of artwork.

