



CENTAUR

educating horse and rider as partners

MARCH 2014

A Peek Inside

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New Feature!

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PSST--
SECRETS
from the
Trainer's Vault

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Use Winter to Revisit, Refine Core Riding Skills

By Debbie Riehl-Rodriguez

Debbie Riehl-Rodriguez is an USEF 'S' Dressage judge, Sport Horse Breeding judge and member of the USDF Faculty. She has earned her USDF Bronze, Silver and Gold medals and has been riding, training and judging for 35 years. She currently is working at A Rising Star Equestrian Center in Arvada, CO, but travels extensively around the country teaching and judging.



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

This time of year, riding becomes more challenging to keep up on a regular basis due to the frequent deep freezes and inconsistent weather patterns. Those who are fortunate enough to have an indoor arena have it a bit easier to keep training. But, even with this advantage, if the temperature dips too low or the wind is howling like it has been quite a bit lately, it is hard to get in consistent work with our horses. Some of us who work out of boarding barns where the arena can become crowded can have a harder time, with other riders trying to get their own horses worked and, possibly, other lessons going on as well. I find the horses get a bit bored being inside constantly and anytime we have a decent weather day, it's best to get the horses outside to work them, even if it just means a walk around the outside of the arena or, better yet, an occasional trail ride.

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

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

Go Back to Climb Up Pyramid

With all the information available to us in magazines and online, you should all be aware of the pyramid of training and the steps it lists in order to develop our horses correctly. (First is Rhythm, then Relaxation, Connection, Impulsion, Straightness and Collection.) Take time to thoroughly analyze this and see if your horse is **truly** following along these lines. Do you focus on maintaining the correct rhythm with

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President's Message

March is here and that means Spring is just around the corner. For those of us in the RMDS area, we know that snow and rain are likely to be part of the next few weeks. Green pastures are the reward and soon warmer temperatures. Show season opens next month, and clinics and educational opportunities are readily available.

The RMDS Executive Board members are renewing their goals as individuals and on behalf of the membership in terms of educational opportunities. Plans for championships in September include a Chinese-Year-of-the-Horse theme. There are many ideas in play and we hope to capitalize on some unique marketing ventures. Of course, your ideas are welcome to make this show a grand experience for everyone.

Our Education Chairman Jon Haugen, Adult Amateur Chairman Jennifer

Glass and the Young Rider Chairman Julie Haugen want to know how to help the membership achieve their



Safarie, Susan DeSilvia, and Gwen Ka'awaloa.

goals. Please contact them through their information in every *Centaur* and on the RMDS website at rmds.org. Professionals Committee Chairman Simone Windeler has begun an awesome campaign to help the membership with articles and a question and answer series in *Centaur*. Everyone is excited and ready to get moving forward as we jump into 2014. Help us to

help you by giving us your wishes and ideas and questions.

I am excited to see and hear how our members are doing. I want to hear more about each and every one of you. No achievement is too small to tell us about. Be proud of what you accomplish with your horses; we all appreciate the effort and most of us have been there. Let us embrace the challenge and the accomplishments that come with our equine partners.

"If one induces the horse to assume that carriage which it would adopt of its own accord when displaying its beauty, then, one directs the horse to appear joyous and magnificent, proud and remarkable for having been ridden." – Xenophon

See you soon, either at a show or clinic or in passing at the market.

Aloha,
Gwen Ka'awaloa, President, RMDS

Vice President's Message

After this cold weather, I hope all of you are enjoying your horses and planning for a successful Spring. Every year brings new goals for our dressage education. Even after teaching dressage for 27 years, achieving my law degree, and becoming certified in yoga teacher training, I find that one never stops learning. My 76-year-old mother always says, "It's a great ride, and the older you get, the more you realize, how much there is to learn!"

When I look back at my most influential mentors, none of them were certified by the USDF to teach. When I spoke with one of my guides, Bonna McCuiston, about this recently, she said that it was too time-consuming and expensive. Training a horse to perform Grand Prix basically takes most of a person's horsey budget. I do agree that it looks like a daunting task, especially when you have to go back



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

to the very beginning. There is no skipping ahead. Everything must be started at the beginning. That is why I think it is important in the United States to let young trainers know about the certification process.

Jenny Brauer is from Sweden. She is a local dressage trainer, out of Sedalia, who attended a school in Sweden that certifies trainers. In Europe, each country has its respected tradition where trainers are certified. I believe our dressage community will be greatly enriched by taking the USDF certification process seriously, and having it become a common, accepted practice that as a trainer, you become certified as you build your career. The USDF Instructor/Trainer workshops are coming up and I encourage everyone to attend! Auditing is affordable and it is a great way to begin learning about the certification process. The next workshops are Mar. 15 to 16, and May 3 to 4. I'd love to see everyone there.

Warmest Regards,
Aline Brandau, JD, Vice President,
RMDS

Arkansas Valley Chapter

Our January meeting was spent mostly in planning for the year. By the February meeting we had clinicians and judges secured. We also had the honor of the Master of Hounds from Fort Carson Hounds, Jared Norrell, give a presentation of what to expect if we wanted to come and give fox hunting a try. Several members plan on experiencing their first "hilltopping" experience. Thanks to Marcy Wadlington for hosting us and serving a delicious lunch! Marcy also surprised us with a gorgeous Perpetual trophy of a dressage rider and horse statue that will be given to volunteers of the year. It will have a base where names and years will be inscribed, beginning with the first year of our chapters inception. Thanks Marcy!

March's meeting will feature a pot luck and video featuring cavaletti with Ingrid Klimke, helping us prepare for an upcoming cavaletti clinic in April. After much snow and freezing temps we are anticipating good weather so we can start preparing for the upcoming show season.

– *Brenda Haley, President, AVDA*

Colorado Springs Chapter

CSDA would like to congratulate another one of our members on their riding accomplishments in 2013. Joan Stang, with her horse Lionheart, has completed the requirements for her USDF Silver Medal.

The 2013 CSDA Year-End Awards Banquet was held on Jan. 25 at the Monument Hill (Woodmoor) Country Club. We presented, for the 34th consecutive year, perpetual trophies, ribbons and plaques to our members to celebrate their accomplishments in competitions. Please check the CSDA website at www.csdressage.org for a

complete list of the 2013 winners.

For 2014, the CSDA board will be focusing on educational programs, clinics and fund-raising as we begin providing the programs the membership has requested. These programs will be designed to encourage and engage our membership base to participate more actively in the chapter.

CSDA general membership meetings are held the third Tuesday of every even-numbered month, and all CSDA members and their guests are welcome to attend. The meeting time, location and directions are posted on the website at www.csdressage.org.
– *Patricia Leech, President, CSDA*

Foothills Chapter

Foothills members started the year with record attendance at our January meeting at The Golden Hotel. Great discussions about our glorious horses followed with recommendations for 2014 Foothills plans.

Education Chair Kristie Cotton shared her ideas for LUNCH & LEARN, and then made it happen on March 1 at Tuscany Tavern in Evergreen. The schedule, from 11 a.m. to 5 p.m. includes:

- Saddle Fit for the Rider presented by Bev Harrison
- TTouch, Raian Kaiser
- Nutrition, Health and Soundness for your Dressage Horse, Dr. Alex Turner
- Biomechanics and Alignment for the Rider, Nancy Hackett-Harrison
- Q&A with a Judge, Dolly Hannon, USEF 'S'

We hope to offer more education programs in the future, open to every RMDS member, and encourage new

Foothills members to join us, too! Kristie did a great job organizing this first event, and to the presenters for their time, we thank you. Registration closed Feb. 21, with no at-the-door registration.

At the January meeting we also agreed to allocate \$400 toward our Foothills Scholarships Bank. For Foothills members, there are opportunities to receive financial help for horse shows and education by applying for a scholarship from the bank. Scholarship Chair CC Ross has revised our policy and will send it out to the membership. The information will also be posted on the Foothills website.

Our website had a facelift in February by our webmaster, MaryAnne Schlung of Colorado Marketing Solutions. Thank you to members who submitted photos of themselves and their equine friends for the gallery. Those have been added. Check them out!

Brooke Mitchell has stepped in as our newsletter designer. Our first issue went out in January with some fun facts, and information. We are really hoping to make the newsletter, our Facebook page and a new Foothills Forum a way to build a closer community.

The chapter is growing each month and we are excited to welcome each new member.

– *Lori Mitchell, President, Foothills Chapter*

Northern Colorado

We had two interesting and informative programs in January.

The first was a lecture presented by Dr. Hana Van Campen, DVM, professor/virol-

Cont'd on pg 4

ogy at Colorado State University and an NCDCA member. The subject was vaccinations for the backyard horse. In general, horses are vaccinated once and sometimes twice a year. Many of them have severe reactions to a vaccine. There is a blood test available to check the titers in the blood to determine the level of immunity and perhaps eliminate the chance for a severe reaction by over-vaccinating. Several vets in our area are offering this alternative. The test would need to be repeated and monitored, but it's a great way to know when it's time to booster the vaccine. I'd be happy to forward the lab information and cost.

Then on Jan. 25, we had a video training program with NCDCA member Julie Haugen, who is an 'L' Judge, trainer and instructor. Julie narrated video clips of dressage horses and riders. We asked questions about what aids should be used for a certain movement and why. It helped us gain a clearer mental understanding of what our bodies need to be doing when we are riding. We saw movements in videos that were done well and she would explain why, as well as others that needed corrections and why. It was a fun and educational afternoon. Thanks, Julie and Hana, for sharing your expertise.

On Feb. 1, the 'L' Program for Continuing Education was held at the Ranch, (Larimer County Fairgrounds). It was well attended by 'L' judges and auditors from up and down the Front Range, in spite of the nasty weather. Bill Solyntjes, 'S' judge as well as Bronze, Silver and Gold medalist, did a wonderful job with his narrative and video presentation. He kept our attention from 9 a.m. till 5 p.m. Thanks, Jon Haugen, for organizing this educational and entertaining program.

We're planning a longeing clinic with

trainer and NCDCA member Joan Clay later in the month. More details to follow.

If you are a FaceBook member, please like our page (Northern Colorado Dressage Association) so you can keep track of our upcoming events.

-Renee Martig, President, NCDCA Chapter

Pikes Peak Chapter

Our Jan. 14 meeting featured a talk from farrier Chad Toney. Chad's presentation was both informative and entertaining. Several of us commented that we would have enjoyed a lecture several hours longer. We learned the pros and cons of shoeing vs. barefoot, the huge variety of shoeing options available for any horse (or budget), and the potential for correcting and mitigating damage from conformation faults through shoeing. It's unfortunate that weather and flu season prevented more attendees at this meeting. They missed a wonderful, educational session

On Feb. 4, we held our first annual awards dinner, recognizing the following Pikes Peak member riders for their personal achievements at schooling, RMDS or USEF/USDF shows.

Training Level – Silver Medal to Shannon Lemons; Gold Medal to Natalie Lewis and Shannon Lewis

First Level – Silver Medal to Michelle Anderson, Christy Shires and MaryJo Hoepner; Gold Medal to Erin Ashby and Mary Chamberland

Second Level – Bronze Medal to Christy Shires; Silver Medal to Trenton Gage

Third Level – Silver Medal to Trenton Gage

Congratulations to all our inaugural PPDS award winners and another thank you to our awards chair Shannon Lemons. The medals are quite lovely!

PPDS will be hosting an informational booth at the Horseman's Day at Penrose Equestrian Center on Feb. 22.

On Mar. 4, we plan a veterinary speaker and in April (or May) a longeing/long lining clinic. The March meeting will be held at Old Chicago on South Academy and Austin Bluffs.



Pikes Peak members took home awards and raffle prizes from their awards dinner in February.

We also are very excited to offer our first RMDS-recognized show in April. Judged by Simone Windeler, it will be held at Gwen Ka'awaloa's facility in Elizabeth, CO on April 12, snow date April 13. Check the RMDS Omnibus for all the details. Our inaugural show also will host Kristina Lee from Southwest Sporthorse. It's never too early to gift shop for yourself or others. We also are planning a used tack and clothing sale with a portion of the proceeds benefitting our chapter. If you would like to clean out your barn or closet and make some extra cash, please contact our secretary Nina Felsenthal, ninafelsenthal@gmail.com.

Current information for our chapter is available at our website at pikespeak-dressage.org.

– Michelle Anderson, President, PPDA

Cont'd on pg 5

NAJYRC Applications Due in April

Applications to qualify for North American Junior and Young Rider Championships are available on the USDF website. The application fee is \$50 if received on or before April 1; after April 1 - 30, the application fee is \$300. No applications will be accepted after April 30.

Regional Championship Prize Money Set

The prize money for the 2014 Great American Insurance Group/USDF Regional Championships has been determined. GAIG/USDF Champions at all levels and divisions will receive \$278, payable to the horse owner. The 2014 Reserve Champions at all levels and divisions will receive \$185 in prize money, payable to the horse owner.

Find Recognized Shows or Qualifying Competitions

Check out the Calendar of Shows for Region 5 on the USDF website: www.usdf.org. Go to Competitions/Calendar & Results, and click on Region 5.

Region 5 Championships Sep. 18 - 21

2014 Great American/USDF Region 5 Championships will be Sep. 18 - 21 at the Colorado Horse Park in Parker, CO. For more information, contact Heather Petersen at slush@drwgw.net or 719-683-8435.

Eberhardt Wins AA Scholarship



Ashley Eberhardt and Mango.

Ashley Eberhardt won the Adult Amateur \$1,500 scholarship from USPRE, The National Association of the PRE Horse. The recipients of the USPRE Annual Dressage Scholarships are selected by an anonymous member of the USPRE Advisory Committee.

Applicants have submitted a letter of intent, two scores, and a video for consideration. Funds must be used for expenses incurred by continuing education of the PRE horse and rider. Applicants or horse owner must be a member of USPRE to qualify for the scholarship.

Congratulations Ashley! We look forward to hearing of your successes in the future!

Chapter News

Cont'd from pg 4

High Plains Chapter

We combatted the cold and snowy weather with a fun horse treat-making meeting on Feb. 12 at the Vitamin Cottage kitchen. An article club was started at the meeting with an interesting article on equine nutrition. Then all had fun making horse treats for our equine partners. My horse gave them two hoofs up.

There has been a lot of discussion about different educational opportunities that we would like to present. There will be a meeting on Mar. 20 at 6:30 p.m. at Stellar Stables to vote on the budget for the education events for this year. Please attend to get your views heard.

Our following meeting will be on April 10 at 7 p.m. at The Tack Shack in Littleton. There will be a door prize and a portion of the profit on items bought that evening will be given back to High Plains Chapter.

Follow us on Facebook and our web site.

– *Jacque McIntyre, President, High Plains Chapter*

rmds.org | facebook.com/rockymountaindressage

We fail to realize that mastery is not about perfection. it's about a process, a journey.

The master is the one who stays on the path day after day, year after year.

The master is the one who is willing to try, and fail, and try again, for as long as he or she lives.

– *George Leonard, Mastery*

2014 Solid Seat Scholarship Winner

Arlene Rhodes Innovates With Training Via Skype

By Arlene Rhodes

Arlene Rhodes of Grand Junction, CO, is a member of the Grand Valley Dressage Chapter.

I was awarded the 2014 Solid Seat Scholarship from RMDS for riders who qualify as USEF Adult Amateurs. I plan to work with Sarah Martin and attend two out-of-town shows.

Part of my responsibility is to write an article for the *Centaur*. My experience with lessons with Sarah through Skype may help others and seemed the best topic for an article.

Last Fall, I finished my third weekend of clinics with Sarah Martin, USDF 'L' judge and a member of the USDF Instructor/Trainer Faculty. In our western slope valley, winters are mild enough to usually ride all winter, but snow-covered mountain passes surrounding Grand Junction mean it could be months before another clinic. I spent some time searching the Internet for videos of Sarah's recent clinics that her students had uploaded. I found one and could see the horse and rider improve with the feedback and exercises, though I never did see Sarah in the video. I could hear her instruction while watching the rider. It was at this moment that I began to wonder if an Internet video call to Sarah could accomplish a lesson remotely, without the need for winter travel over the passes.

I searched the Internet to see if others had tried this and what their experience had been, but I couldn't find any references to real-time video Internet riding instruction. I decided to give it some time and see if it might work. I realized that without a strong Internet connection, the idea could not work. I took my HP Pavillion g series laptop to our covered 20 x 40-meter arena, and found that the signal from the arena owner's wifi was strong enough to watch a video clip via the Internet. I then posed the question to Sarah about the possibility of a live video Internet lesson. She was game to try it once I got the logistics worked out.

Technology Makes It Happen

I purchased a Logitech HD Pro Webcam C920, which was recommended by my son Tristan, a network coordinator at Weber State University, Ogden, UT. This camera can be connected to a tripod and was good for wide-angle views. My next step, after installing the camera on my laptop, was to find a strong (loud) external speaker to connect to the laptop so I could hear instruction throughout the arena. I did consider a cell phone connection for the audio



Arlene Rhodes and her Haflinger Wrangler are training using a camera, computer, speakers and the Internet.

portion, but it would not allow others to hear the instruction and would require two technical connections for the instructor to manage; so I opted for the external speakers. I used a microphone jack to an older boom-box CD/radio player. I also video recorded my lessons, so the external speakers seemed like the best choice.

Internet video calling can be accomplished by Skype or Google Hang-out, or other applications; Skype just happened to be convenient for both of us. We tried our first session with the help of my friend Tiffany Ray. She managed the tripod camera by watching the screen and moving the camera to make sure the horse stayed in view. She also spoke with Sarah if

she couldn't hear the rider or if there were any questions about the equipment functions. The first session was just a few minutes with Tiffany's daughter Amanda, riding her Haflinger, Mica. Within a few minutes of working, there were improvements. It seemed like the technology was going to work! The student and instructor were able to communicate and felt it was productive. We scheduled a few more sessions. Since that first session, we've had two more, with both my Haflinger, Wrangler, and Amanda's Mica.

One of the limitations we've found is the shadows in the covered arena make it difficult for the camera to pick up a clear image. We've had to experiment for the best time of day to get the clearest view. When the lighting is good, we are able to work on the alignment of the rider and the horse, and it felt just like a regular lesson to me. Sessions are shorter than the regular lesson, lasting 20 to 30 min-

Cont'd on pg 7

2013 Scholarship Winner CC Ross Celebrates Reaching Goals at 'X' With Gratitude and Thanks

By CC Ross

CC Ross is Foothills Chapter Scholarship Chair and a former Foothills Chapter Volunteer of the Year.

With the 2013 show season over, I want to thank all of the members of RMDS for selecting me as the 2013 Leg-Up Scholarship Recipient for riders regardless of age, who are training at Intro, Training or First Level.

I met my goals and had a great ride! I participated in spring clinics, built my confidence in spring schooling shows and competed at RMDS-recognized shows over the summer. It was exciting to receive my RMDS plaque at the awards banquet in November 2013.

Thanks to the judges for their brutally honest comments on the tests, thanks to Kathleen Bryan for capturing my rides in photos, thanks to my trainer Susi Primgaard for taking the extra time in lessons to "get it right." Thanks to my family for their support in reaching my goal. Thanks to Linda Gaber – it was great to have mutual support at the shows. And last but not least, thanks to my horse, Ferdinand (Danny), for taking good care of me in the show ring and proudly taking me down centerline. ❖



CC Ross, Danny and trainer Susi Primgaard at Centaur Rising, August 2013 show.

Three Ride With Scholarships

The names of the three RMDS 2014 Scholarship recipients were published in the February E-Centaur. Honored with Arlene Rhodes are Jordan Hobbs of Longmont, with a Leg Up Scholarship. She plans to audit USDF instructor and other clinics, and to have lessons with Sarah Martin of Blanca, CO. The Opening Doors Scholarship goes to Joan Clay of Fort Collins. She plans to attend three USDF instructor workshops with the goal of certification.

All applicants must have volunteered a minimum of eight hours at RMDS events in the year prior to seeking a scholarship. Recipients must complete an additional eight hours of volunteering at RMDS events during their scholarship year.

Details on the Scholarship Program are on the RMDS website at (rmds.org) under Organization/Scholarship. Applications will be accepted in 2014 through Nov. 30.

Rhodes *Cont'd from pg 6*

utes. Though not as good as "being there," these sessions have allowed us to pick a few issues to focus on that really are critical for us to improve.

This solution may be helpful to others who are in remote areas or at long distances from their instructor. If you have an instructor who is willing to try out this solution, the critical components are:

- A strong wifi signal at your arena
- A laptop able to handle the live video
- A good camera on the tripod

- Strong external speakers
- A helper willing to work at the laptop and keep you in view.

Other equipment solutions might work, as well. This is what I found to work in my situation. My advice is to give it a try and see if it works! ❖

Refine Core Riding Skills

Cont. from pg 1

your horse? This is the first step and the most important one in being able to build your solid foundation. It does not matter what level you are riding, even FEI riders need to consider this every moment of every ride. Evaluate the rest of the pyramid and see if you are honestly following these guidelines in your daily work.

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

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

If your horse is particularly stiff this time of year, which is quite common with standing in the cold for long periods, be sure to **allow for sufficient warm-up time, with lots of walking and stretching.** You can proceed to work on lateral suppleness with using small circles, shoulder fore and shoulder-in as well as haunches-in, even if only doing this at a walk on an especially cold day that you don't want to overtax your horse. There are many variations of leg yielding, either on a diagonal, or head to the wall, or

on a circle, that are very helpful. Remember the old spiral in and out exercise? Be aware of your horse's response to your leg, that he is prompt to answer you, as well as listening to each leg evenly with the same degree of pressure. Every horse will always tend to be more responsive from one leg more than the other so now is a good time to go back and address improving this.

Different Exercises in Cold Temps

It is wise to be careful not to get the horse too sweaty on those very cold days but with these exercises you have plenty to work on even if it's just at the walk. **Practice your halts**, taking care that you can keep your contact and ask your horse to remain on the bit. If you have mirrors,

it's a good time to **teach your horse to stand "square"**. You can also have a friend tell you where the legs are positioned and which one needs to be brought forward to make the horse square up. Try to **focus on "feeling" where the legs are under you** and if no one is there to help you, then just look down to check but see if you can sit centered and try to determine which leg feels too far back or forward.

On warmer days work your horse a bit harder but be mindful of his condition so that he does not become sore from "too much too soon". Stay positive

knowing that spring will be coming soon and we can get more done and start working toward a new show season.

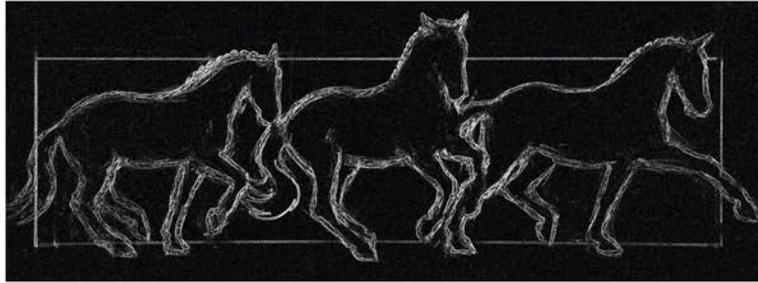
Also this is a good time to **review last year's tests and see if you are getting repetitive comments** in one particular area and know that is what you need to concentrate on improving. The judge's job is to protect the welfare of the horse by giving an evaluation of your training and we all try to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

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

BASICS, BASICS, BASICS!



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



ellen cook

Science meets Art

The Biomechanics of Classical Dressage Symposium

17 - 18 May 2014

Pima County Fairgrounds Tucson AZ

Charles de Kunffy & Dr Gerd Heuschmann



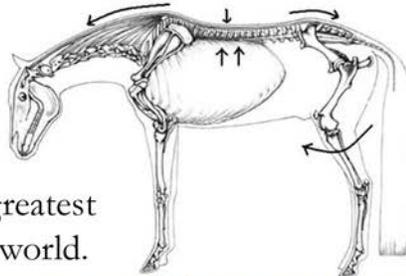
“ I HAVE TIME ”

“I want to vocalize this saying to every rider who runs into difficulties with their horses and can't find a peaceful solution”.

This two day educational symposium will include lectures and demonstrations on the principles and biomechanics of classical dressage.

Previous participants could not wait to get back into the saddle !

Come and join us and learn from two of the greatest dressage trainers in the world.



For more information visit www.tucsondressageclub.org

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Messages at Kyrklund Symposium *Are Feel the Ride and Make Jam*

By Virginia K. Williams

Virginia K. Williams is co-owner of Peak of Performance Sport Horses, Larkspur, CO.

"Walking away from this symposium as an Adult Amateur rider, I added to my training book that it is more important to TAP, TAP, TAP your horse forward, then it is to "pull back!" Focus on the "Feel." I am sure my trainer will appreciate that . . . and so will my horse. And, one more thing. I will work hard on developing my own Strawberry Jam recipe."

TAP, TAP, TAP! seemed to be the theme of Kyra Kyrklund's message to the attendees of this symposium. Kyra looks for interesting problems when she chooses her horses and riders that participate in these events. At the 2014 Masters Symposium, presented by Wellington Classic Dressage Inc., Wellington, FL, Jan. 25-26, she did just that.

One of the questions she is faced with most is, "What is collection, and how do I create collection?" Kyra's answer to that is, " You have basic ingredients to making Strawberry Jam, but then there are the variables that can change the taste of your Strawberry Jam. It is the same when riding. You have the basics of the horse, saddle, bridle, rider, boots, etc. Then you add the variables, such as, speed, rhythm,

rider's influence, energy, etc."

To succeed in your movements, you have to "Feel the Ride." You have to have a sense of the timing and processing it takes to become better with your horse as you progress with your horse. You have to learn to recognize "Collection." You have to rely on that "Feeling." You have to know when to apply the aid, and when not to.

Learning to "Feel the Ride" takes commitment and dedication to this sport.

take almost 30 years to achieve your 10,000 riding hours. If you ride five horses a day, everyday, it will take 5 1/2 years to meet your 10,000 hours of riding.

Watching a good rider and horse in the sport of dressage is like wanting their recipe for their Strawberry Jam.

Throughout the two-day symposium, Kyra worked with horses that ranged from 6 years old to 14. She assisted eight participants in improving their

rider position and communicating their aids, clearly and fairly, to match their riding level. The levels represented at the symposium, were Second Level through Prix St George. The breed of horses ranged from an ISR Mare to LUS Stallions.

Kyra has a wonderful sense of humor that made attending this symposium very enjoyable. She took time throughout the two-day event to answer questions and get personal about

her journey in dressage, and the opportunity she has had of riding some fantastic horses. ❖



From left to right, Emma Staley, a Colorado young rider and 2014 recipient of the Lendon Gray Winter Intense Training (WIT), Program Scholarship, through Dressage4kids. Kyra Kyrklund, six-time Olympic dressage competitor, four-time World Equestrian Games participant. Kelly Boyd, owner of Classical Equestrians, LLC, of Colorado

Kyra mentioned that there is a 10,000-hour rule. Riding 10,000 hours can produce an excellent rider in almost any discipline. Breaking that down . . . If you ride one hour a day, it would

GET YOUR TEAMS READY!

Start your planning now to attend the USDF Adult/Youth Team Competition on June 29 at Tomora Training Center in Ft .Collins, CO.

Lots of fun for all! Contact the Education Chairman, Jon Haugen, at education@rmds.org, or check with the RMDS Central office, rmds@rmds.org.



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ANDRIA ALLEN

Aim Higher and Achieve More



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PRICE \$675,000. 10 fenced acres, irrigation water, pond, 7 stall barn, arena, 3 bed, 2 bath bi-level home with lots of living space. Close to town. Fantastic views. Very private, lush setting.

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PRICE \$950,000. An amazing 80 acres with 18 shares of Ish Reservoir water. Fabulous plains and back range views from the 3 bed, 3 bath home with 2600 sq ft of living space. Create your own country paradise minutes from town. Easy commute in all directions.

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14205 N. 107TH STREET, LONGMONT

PRICE \$1,085,000. 10.4 acres on Terry Lake! Unparalleled setting with lake and mountain views, lake rights, three stall barn, arena, cross fenced pastures. Custom home features 6 bedrooms, 4 baths, granite/cherry kitchen, walkout lower level, study.

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



4616 LONETREE, LOVELAND

MLS 720151 PRICE \$619,000. Beautiful 8.5 acre property that has it all. Arena, washbay, individually fenced paddocks with run in sheds, 4 stall barn, fully equipped, heated tack room with bathroom, guest cottage, four fenced pastures. All fencing is horse safe. Home features 3 beds, 3 baths, open floor plan, wrap around all weather decking for great views and outdoor living.



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

www.AndriaAllen.com

• 303-810-8375



2014 Paragon CDI*** Moves to May

The Paragon CDI*** will be held May 23 - 25 in beautiful Estes Park, at the foot of the Rocky Mountain National Park. Managing partners Janet Foy and Heather Petersen, and sponsor Vance Diggins, moved this show from August to fulfill several objectives.

First, the earlier dates will put the CDI*** within qualifying periods for all major championships to be held in 2014. In addition, this show has been named by USEF as a qualifier for the 2014 Young Horse Championships in Verden, Germany. Listed below are the competitions that will accept scores from this show:

- Festival of Champions and World Equestrian Games Selection Trials
- North American Junior and Young Rider Championships
- USEF Young Horse and Developing Horse Championships
- USEF/USDF Regional Championships

There will be two FEI 5* judges at this competition, Gary Rockwell from the United States, and Elizabeth McMullen from Canada. Elizabeth will be judging on the panel at the 2014 World Equestrian Games in France later in the summer. Gary has judged two Olympic Games. Judges from India, Mexico and the U.S. will fill out the rest of the panel of judges.

Prizes For All

Prize money is given at all levels, not just in the CDI. Once again there will be no rodeo at the same time, so the grandstand arena, which was so popular last year, will host the CDI classes, all freestyles and many national classes. There will be a Sunday brunch that raises money for the Hearts and Horses Therapeutic Riding Program. Another highlight will be new stabling, complete with indoor wash



*Brian Hafner, winner of the Paragon CDI*** Grand Prix in Estes Park in 2013, also qualified for the Festival of Champions.*

stalls.

Come and compete at this competitor-friendly venue. A barn party always is held on Friday night and there is a free competitors dinner on Saturday night. A large vendor area gives everyone a wonderful shopping opportunity.

Volunteers always are needed and much appreciated. Many thanks to those who have worked at the show in the past and we hope to see you again. Our sponsors have been amazing, and again, thank you for the wonderful awards and opportunities you have given our

competitors.

For sponsorship opportunities, trade fair information or to volunteer, contact Janet Foy at dressagejanet@att.net. Prize lists are at www.2whitefeet.com. ❖



RMDS MEMBERSHIP FORM

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

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

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

Indicate Local Chapter (only one):

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

Name _____ Date of Birth _____

Address _____

City _____ State/ZIP _____

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

USDF No. _____ Occupation _____

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

I pledge \$ _____ to go towards the RMDS Scholarship Fund. (Include amount with your membership check)

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

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

RMDS Horse Registration Form

Horses must be registered with RMDS to be eligible for year-end awards and for horse-of-the year award.

Eligibility starts on the date the envelope containing this form and check is postmarked.

Both rider AND horse AND owner must be current before scores count toward year end awards and qualifying for RMDS championships.

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

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

Horse Name _____ Sex _____ Breed (if known) _____

Registration # (include copy of papers. List grade if no registry papers available.) _____

Owner Name(s) (one owner must be an RMDS member) _____

Address of Owner _____

Owner's Phone (H) _____ (E-Mail) _____

Name of Representative (If owner is a business) _____

Shows and Events

All shows are RMDS recognized except schooling shows.

MARCH 2014

- 1** **Foothills Chapter Lunch-Tuscany Tavern-Evergreen, CO**
Contact Kristie kristie@tpranch.us
- 13** **Executive Board Meeting- Elephant Bar-8121 E. Arapahoe Road-Greenwood Village. Contact RMDS Central Office for more information rmds@rmds.org 720-890-7825**
- 15-16** **USDF Instructor/Trainer Workshop: Riding/Training-2nd Level. OPEN to all - auditors welcome!**
Phantom Hill Farm-Ft Collins, CO
Contact RMDS Central Office-720-890-7825 rmds@rmds.org or Jon Haugen 970-217-7820 defiancesport@q.com
- 15** **Mariah Farms Schooling Show-Castle Rock, CO**
Contact Lisa Lamke 303-660-2456 www.mariahfarms.net
- 15** **Improve Your Seat Clinic: 1-5 pm Millbrook Farms-Cedar Fort, UT**
Contact Jan Lawrence 801-631-2516 HYPERLINK "mailto:millbrk@xmission.com" millbrk@xmission.com
- 15-16** **James Shaw Clinic-Windy Creek Ranch-Longmont, CO**
Contact Sarah Barnes 303-817-2783 sarahvbarnes@yahoo.com
- 22** **Triple Creek Dressage Schooling Show- Triple Creek Ranch-Longmont, CO**
Contact Lynn McChesney lynntriplecreek@gmail.com
- 28-30** **Eric Smiley Clinic-Hobby Horse Farms-Firestone, CO**
Contact Sarah Barnes 303-817-2783 sarahvbarnes@yahoo.com
- 29** **Cottonwood Riding Club Dressage Schooling Series-Littleton, CO**
Contact Tara Hieb 303-791-7656 comments@cottonwoodridingclub.com

APRIL 2014

- 12** **Pikes Peak Dressage RMDS Show-Kaimana Farm-Elizabeth, CO**
Contact Heather Petersen 719-683-8435 slush@drwg.net
- 12-13** **Jean-Luc Cornille Clinic-Windy Creek Ranch-Longmont, CO**
Contact Sarah Barnes 303-817-2783 sarahvbarnes@yahoo.com
- 19** **Triple Creek Dressage Schooling Show- Triple Creek Ranch-Longmont, CO**
Contact Lynn McChesney lynntriplecreek@gmail.com
- 26** **Mariah Farms Schooling Show-Castle Rock, CO**
Contact Lisa Lamke 303-660-2456 www.mariahfarms.net
- 25-27** **Dressage for the Cure Warm-up & At the Peak USEF Colorado Horse Park-Parker, CO**
Contact Heather Petersen 719-683-8435 slush@drwg.net
- 26** **BVD Ride-A-Test-Singletree Farm-Boulder, CO**
Contact Beth Geier 303-673-9840 bethgeier1@comcast.net
- 27** **BVD Spring Fling-Singletree Farm-Boulder, CO**
Contact Beth Geier 303-673-9840 bethgeier1@comcast.net

MAY 2014

- 3-4** **USDF Instructor/Trainer Workshop/Refresher Training-4th Level. OPEN to all - auditors welcome!**
Phantom Hill Farm-Ft Collins, CO
Contact RMDS Central Office-720-890-7825 rmds@rmds.org or Jon Haugen 970-217-7820 defiancesport@q.com
- 3-4** **GVDS Schooling Show I-Mesa Cty Fairgrounds-Grand Junction, CO**
Contact Tammy Fagan 970-858-1604 tfagadressage@wyoming.com
- 10-11** **Rocky Mountain Dressage I, II-USEF Somerset Farm, Longmont, CO**
Contact Kim Lampert show@somersetfarms.com

- 17** **CDEC Ride-A-Test-Cheyenne, WY**
Contact Jane Swanhorst-Ringolsby 307-634-2870 www.cheydressageandeventing.com
- 18** **Autumn Hill Spring into Summer-AHIEC-Longmont, CO**
Contact Simone Windeler 719-287-2040 simonedressage@gmail.com
- 23-25** **Paragon I, II, III-CDI 3*-USEF Stanley Park Fairgrounds-Estes Park, CO**
Contact Heather Petersen 719-683-8435 slush@drwg.net
- 24** **Mariah Farms Schooling Show-Castle Rock, CO**
Contact Lisa Lamke 303-660-2456 www.mariahfarms.net
- 30-June 1** **High Prairie Dressage I, II, III-USEF Colorado Horse Park-Parker, CO**
Contact Jennifer Killinger 818-841-3554 jennifer@glenroys.com
- 31-June 1** **GVDS Schooling Show II Mesa County Fairgrounds-Grand Junction, CO**
Contact Tammy Fagan 970-858-1604 tfagadressage@wyoming.com
- 31** **Triple Creek Dressage Schooling Show- Triple Creek Ranch-Longmont, CO**
Contact Lynn McChesney lynntriplecreek@gmail.com

JUNE 2014

- 7** **Cottonwood Riding Club Dressage Schooling Series-Littleton, CO**
Contact Tata Hieb 303-791-7656 comments@cottonwoodridingclub.com
- 7** **Arkansas Valley Ride-A-Test-Canon City, CO**
Contact Marcy Wadlington avda@earthlink.net
- 7-8** **CDEC Open Dressage Show - USEF Laramie Community College-Cheyenne, WY**
Contact Bill Gentle 307-634-1743 sbgentle@hotmail.com
- 14-15** **Rocky Mountain Summer I, II- USEF Somerset Farm, Longmont, CO**
Contact Kim Lampert show@somersetfarms.com
- 20-21** **Sage Creek I & II-Utah-USEF**
Contact Sue Jero 801-330-5763 dressageshowsec@aol.com
- 21-22** **Autumn Hill Dressage Festival I, II, Longmont, CO-USEF**
Contact Heather Petersen 719-683-8435 slush@drwg.net
- 29** **USDF Adult/Youth Team Competition**

JULY 2014

- 5-6** **Rocky Mountain Dressage III, IV-USEF Somerset Farm, Longmont, CO-**
Contact Kim Lampert show@somersetfarms.com
- 5-6** **Millbrook Farms Summer Dressage Show-Fairfield, UT USEF**
Contact Jan Lawrence 801-631-2516 millbrk@xmission.com
- 11-12** **Dressage at the Peak Summer Warm-Up & Dressage at the Peak II-USEF Fountain Valley School-Colorado Springs, CO**
Contact Heather Petersen 719-683-8435 slush@drwg.net
- 20** **Centaur Rising Dressage Show-Anchorage Farm-Pine, CO**
Contact Kris Cooper 303-838-5086 kris@anchoragefarm.com
- 25-26** **Sage Creek III & IV-Utah-USEF**
Contact Sue Jero 801-330-5763 dressageshowsec@aol.com
- 26-27** **Autumn Hill Dressage Festival III, IV, Longmont, CO-USEF**
Contact Heather Petersen 719-683-8435 slush@drwg.net

AUGUST 2014

- 1-3** **Dressage in the Rockies I, II, III-USEF Colorado Horse Park-Parker, CO**
Contact Jennifer Killinger 818-841-3554 jennifer@glenroys.com

- 9 **Triple Creek Dressage Schooling Show- Triple Creek Ranch-Longmont, CO**
Contact Lynn McChesney lynntriplecreek@gmail.com
- 9-10 **Millbrook Farms Dressage Show-Fairfield, UT USEF**
Contact Jan Lawrence 801-631-2516 millbrk@xmission.com
- 10 **Centaur Rising Dressage Show-Anchorage Farm-Pine, CO**
Contact Kris Cooper 303-838-5086 kris@anchoragefarm.com
- 15-17 **Estes Park I, II-CDI 2*-USEF**
Stanley Park Fairgrounds-Estes Park, CO
Contact Heather Petersen 719-683-8435 slush@drwg.net
- 15-17 **USEF r Judges Program - Estes Park –**
Contact Heather Petersen 719-683-8435 slush@drwg.net
- 23-24 **Utah Dressage Society Annual Show I & II-USEF**
Wasatch County Special Events Center-Heber City, UT
Contact Corinne Cody 435-901-3181 corinnenpc@gmail.com
- 24 **BVD So Long to Summer Singletree Farm-Boulder, CO**
Contact Beth Geier 303-673-9840 bethgeier1@comcast.net
- 30-31 **GVDS Fall Recognized Show-USEF**
Mesa County Fairgrounds-Grand Junction, CO
Contact Tammy Fagan 970-858-1604 tfagadressage@wyoming.com

SEPTEMBER 2014

- 6 **Pendragon Stud Equestrian Dressage Show-Castle Rock, CO**
Contact Leslie Terry (303) 688-4147 lt2@kellin.net
- 6 **Cottonwood Riding Club Dressage Schooling Series-Littleton, CO**
Contact Tara Hieb 303-791-7656 comments@cottonwoodridingclub.com
- 6 **Triple Creek Dressage Schooling Show- Triple Creek Ranch-Longmont, CO**
Contact Lynn McChesney lynntriplecreek@gmail.com
- 7 **Last Chance Show-Foothills Chapter-Rising Star Equestrian Center-Arvada, CO**
Contact Jan Danis 505-490-2805 jandalusian@gmail.com
- 17 **RMDS Breed Championships & Open Show/ USDF/Great American Breed Championships-Colorado Horse Park-Parker, CO USEF**
Contact Heather Petersen 719-683-8435 slush@drwg.net
- 18-21 **RMDS Championships & Open Show/ USDF/Great American Region 5 Championships-Colorado Horse Park-Parker, CO USEF**
Contact Heather Petersen 719-683-8435 slush@drwg.net
- 20-21 **USEF Judges Continuing Education - Colorado Horse Park –**
Contact Chuck Walker at USEF for more information

- 27 **CDEC 2-Phase Schooling Show-Cheyenne, WY**
Contact Jane Swanhorst-Ringolsby 307-634-2870 www. cheydressageandeventing.com

- 27-28 **Dressage and Western Dressage Schooling Show- Douglas County Fairgrounds-Castle Rock, CO**
Contact Simone Windeler 719-287-2040 simonedressage@gmail.com

OCTOBER 2014

- 11 **River Walk Schooling Show-Pathfinder Park-Florence, CO**
Contact Marcy Wadlington avda@earthlink.net
- 11-12 **GVDS Schooling Show III- Mesa County Fairgrounds-Grand Jctn, CO**
Contact Tammy Fagan 970-858-1604 tfagadressage@wyoming.com
- 18 **Triple Creek Dressage Schooling Show-Triple Creek Ranch-Longmont, CO**
Contact Lynn McChesney lynntriplecreek@gmail.com
- 24-26 **USDF Instructor/Trainer Workshop- Final Testing-Training-4th Level-TBA**
Contact RMDS Central Office-720-890-7825 rmds@rmds.org or Jon Haugen 970-217-7820 defiancesport@q.com

NOVEMBER 2014

- 1 **Triple Creek Dressage Schooling Show-Triple Creek Ranch-Longmont, CO**
Contact Lynn McChesney lynntriplecreek@gmail.com
- 6-9 **National Championships, Lexington, KY**
- 15 **RMDS Board of Governors Meeting-Renaissance Hotel-Denver, CO**
Contact RMDS Central Office
- 15 **RMDS Awards Banquet**

AUGUST 2015

- 14-16 **USEF r Judges Program - Estes Park –**
Contact Heather Petersen 719-683-8435 slush@drwg.net

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

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

EXECUTIVE BOARD MEETINGS

Open to all – 2nd Thursday of the odd months, 6:30 pm.
Contact RMDS Central Office for location

2014 RMDS-SPONSORED EDUCATIONAL EVENTS

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

- Mar 15-16 USDF Instructor/Trainer Workshop-Riding-Vicki Hammers-O'Neil-Ft Collins, CO
- May 3-4 USDF Instructor/Trainer Workshop-Refresher-Debbie Bowman-Ft Collins, CO
- June 29 USDF Adult/Youth Team Competition-Tomora Training Center-Ft Collins, CO
- Sep 17-21 RMDS Championships & Region 5 Championships-Parker, CO
- Oct 24-26 USDF Instructor/Trainer Workshop-Final Testing-TBA - Closed to auditors
- Nov 15 RMDS Board of Governors' and Awards Banquet-TBA

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

2014 RMDS EXECUTIVE BOARD

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

PERMANENT COMMITTEES

Adult Amateur	Jennifer Glass	719-749-2293	saglass25@msn.com
Awards.....	Shannon Lemons.....	719-686-0064	lemons_shannon@yahoo.com
Results.....	Central Office.....	720-890-7825	rmds@rmds.org
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Centaur Editor.....	Linda Gaber	785-470-7569	writers@evcohs.com
Centaur Production.....	Beverly Swanson	720-401-0357	bj@piaffedesign.com
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Omnibus Production	Nicole Bizarro.....	303-939-0110	nicbiz@indra.com
Webmaster	Michael Petersen.....	719-683-8435	webmaster@rmds.org
Constitution, By-laws.....	Central Office.....	720-890-7825	rmds@rmds.org
Education.....	Jon Haugen	970-217-7820	defiancesport@q.com
Insurance, Show Standards	Central Office.....	720-890-7825	rmds@rmds.org
Junior/Young Riders.....	Julie Haugen	970-290-8360	defiancesport@q.com
Junior Camp 2013	TBA		
Marketing	Sharon Soos.....	303-904-7534	sksoos@mesanetworks.net
Membership and			
Horse Registration.....	Central Office.....	720-890-7825	rmds@rmds.org
Professional Trainers/Riders	Simone Windeler.....	719-287-2040	simonedressage@gmail.com
Registration Officials and			
Show Standards	Central Office.....	720-890-7825	rmds@rmds.org
RMDS Show Liaison	Beverly Swanson	720-401-0357	ShowLiasionRMDS@gmail.com
Scheduling	Central Office	720-890-7825	rmds@rmds.org
Scholarship	MaryJo Hoepner	719-495-3648	scholarship@rmds.org
Western Dressage Liaison.....	Frances Carbonnel.....	720-979-3120	classicallegacy@aol.com

Chapter Presidents

Arkansas Valley.....	Brenda Haley	719-275-0118	brendahaley@q.com
Boulder Valley	Sarah Barnes.....	303-817-2783	sarahvbarnes@yahoo.com
Colorado Springs	Pat Leech	719-749-2860	pat.leech@skybeam.com
Foothills.....	Lori Mitchell	303-816-2375	klassicalride@aol.com
Grand Valley	Tammy Fagan.....	970-858-1604	tfagandressage@wyoming.com
High Plains.....	Jacquelin McIntyre	303-789-1263	jacquehm4@comcast.net
Northern Colorado	Renee Martig.....	970-278-0500	silverpony@frie.com
On the Bit Dressage.....	Jessica Ford.....	307-797-2478	aprilscomet97@yahoo.com
Pikes Peak.....	Michelle Anderson	303-646-1375	michand@hotmail.com
Platte River Dressage.....	Laura Speer	970-371-2934	riversidestables_evans@yahoo.com
Wasatch Mountains.....	Sally Shaffer	435-655-3323	sshaffer4@yahoo.com
Western Colorado.....	Barbara Graham Terry	970-963-4649	bgterry1@comcast.net

GOVERNING BODIES

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

USDF REGION 5

Director	Heather Petersen	719-683-8435	slush@drwg.net
FEI JRYR Coordinator	Joan Clay.....	970-420-0887	jnclay@comcast.net
Website			www.usdfregion5.org

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

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

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RMDS CHAPTER MEETING SCHEDULE

Arkansas Valley: 2nd Thursday of the month at 6 p.m., location to be determined. Brenda Haley, 719-275-0118, brendahaley@q.com

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

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

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

Grand Valley: 3rd Tuesday each month, location Mesa Mall Community Meeting Room at 6:30pm., Tammy Fagan, 970-858-1604 tfagandressage@wyoming.com

High Plains: Bi-monthly meeting, location TBD, Jacquelin McIntyre, jacquehm4@comcast.net, 303-789-1263, www.highplainsdressage.com

Northern Colorado: 2nd Tuesday, each month, location TBD, Renee Martig, 970-278-0500 silverpony@frie.com

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

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

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

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

Western Colorado: Barbara Graham Terry, 970-963-4649 bgterry1@comcast.net

RMDS EXECUTIVE BOARD MEETING SCHEDULE

All RMDS Executive Board meetings are open to all and occur on the second Thursday of every odd-numbered month. Meeting time is 6:30 p.m. Meeting dates in 2014 may be variable, please check the calendar or the website. Contact the RMDS Central Office for location.

2014 OMNIBUS CORRECTIONS

Page A-10 **Add:** USEF 'S' Sue Curry Shaffer 707-483-0860

Bids Still Open for Jr/YR Camp Director

RMDS is accepting bids for a director for the 2014 Jr/YR Camp Director.

The program aims to be a fun experience that expands riders' dressage education. The director is responsible for camp planning, supervision and liaison with campers' parents and other participants.

Visit the RMDS website at rmds.org for Camp Director guidelines.

Questions?

Contact the Central Office:
rmds@rmds.org.



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The Centaur Newsletter

The Centaur newsletter is published monthly. To guarantee that ads and articles will run in a given month, they must be received by the 7th of the month prior to the month of publication, i.e. January 7th for the February edition. If not received by the deadline, articles and ads may be placed in the following issue, if not time sensitive.

CONTACT INFORMATION

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

ADVERTISING

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

DISPLAY ADVERTISING

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

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

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

CLASSIFIED ADS

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

PAYMENT AND AD COPY DELIVERY

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

AD RATES AND SIZE SPECIFICATIONS

Classified \$20 per item for sale (includes web listing.) 50 words maximum. Classified w/photo \$32 per item for sale.

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

(Horizontal only)

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

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

EDITORIAL POLICY

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

Utilize the RMDS Network

Trainers and Instructors

Use the RMDS Website to Build New Business

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

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

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

Advertise Events on the RMDS Website

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

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

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

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

Important Info on **RMDS membership**

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

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

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

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Dressage Judge Ratings and Levels Qualified to Judge All Current RMDS Members

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

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

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^ = FEI Young Horse Certified

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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

Alfalfa vs. Hay Debate Continues for Horses

By Bruce A. Connally, DVM, MS

This Fall, I bought the most expensive hay of my nearly 60 years as a horse owner. I know it was the result of several years of drought and then the catastrophic flood, but my horses suddenly became much more expensive to keep.

All horses need roughage, and hay is the most common source of roughage fed to horses. Here in Colorado, alfalfa hay (first, second and third cuttings), grass hay (usually brome, timothy, orchard grasses), or a mix of the two, are most common. I have listed a few characteristics of each type of hay to help horse owners balance hay quality, price and availability with the needs of our animals.

Alfalfa Hay Can Be Easier to Obtain

1. Too much protein for the horse, so excess is processed into fat or used for energy as needed.
2. This excess protein results in an increased urine output to eliminate waste products. Barns that feed alfalfa have experienced wetter stalls and more ammonia in the air.
3. Very rich so it needs to be fed in smaller amounts.

Advantages: Less hay to buy and store and less manure to clean up.

Disadvantages: The horse finishes eating the smaller meal sooner. With nothing to eat for several hours between meals, the horse has lots of time on its hands (hooves) to be bored and kick the stalls, chew the fences, etc. Obesity is a huge issue in the horse world today. It is easy to feel sorry for your horse and feed a little more...

4. Smaller volume of feed has been associated with increased colic incidence.
5. Smaller volume of feed in the horse's gut makes the horse weigh less and potentially run faster (race horses and endurance horses).
6. A study has shown that horses fed alfalfa had fewer

stomach ulcers but the reason for this is unknown.

7. Because alfalfa can produce more tons of hay per acre, it is often easier to find than grass hay.

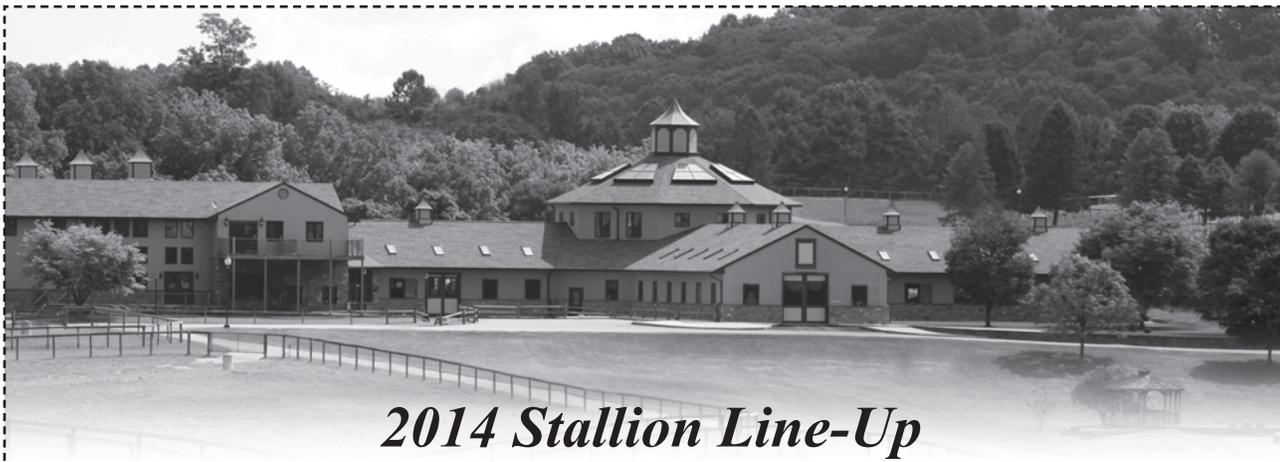
Grass Hay Can Reduce Colic

8. Protein levels in grass hay more closely approximate what the horse needs in its diet.
9. Feeding larger volumes of grass hay allows the horse to eat for a longer period of time. This has been shown to decrease vices such as cribbing and has been shown to make the horse somewhat easier to work around (not as "hot").
10. Larger volume of grass hay decreases the risk of colic, as it more closely resembles the horse's normal diet of grazing for 16 hours each day.
11. Horses on grass hay chew longer and differently than horses on alfalfa. This appears to be more natural and results in horses needing their teeth floated less often.
12. Larger volumes of grass hay fed mean buying larger amounts of hay, storing it and hauling off more manure.
13. Hay farmers produce less grass hay per acre than alfalfa, so they often charge more per ton.



The bottom line for me is that grass hay is better for the horse in most cases, while alfalfa hay may be more practical for the human taking care of that horse. An alfalfa-grass mix is a fairly practical compromise. On a year like this, it may be "take what we can get."

Bruce A. Connally DVM, MS, has been a horse owner all his life and an equine veterinarian for 35 years. He owned several practices in Wyoming, was a technical services veterinarian for a drug company, and taught equine medicine at Michigan State University and Colorado State University. Currently, he has a mobile equine practice in Longmont, CO. Dr. Connally's emphasis is on diagnosing and treating lameness in performance horses, as well as equine dentistry. Submit questions to him for publication in Centaur at 303-775-8359 or wyohorsevet@gmail.com.



2014 Stallion Line-Up



Contucci

Photo by Alix Coleman

1993 Hanoverian Stallion
Caprimond / Lungau / Akzent II



Donarweiss GGF

Photo by Tarmar Torti

2001 Hanoverian Stallion
De Niro / Hohenstein / Archipel



Popeye

2002 Westfalen Stallion
FS Pour l'Amour / Night Star I / Nobel



Don Principe

Photo by Pics of You

1999 Hanoverian Stallion
Donnerhall / Prince Thatch xx / Duerkheim



Doctor Wendell MF

2008 Hanoverian Stallion
Don Principe / Sandro Hit / Don Gregory



Qredit

Photo by Carolyn Bunch

2008 Oldenburg Stallion
Quaterback / Dream of Glory / Rubinstein I



Sternlicht GGF

2010 Hanoverian Stallion
Soliman de Hus / Rascalino / Wesley



Riverman

Photo by Alix Coleman

1990 Holsteiner Stallion
Redfort / Landego / Calypso II



Don Hill

1998 Hanoverian Stallion
Don Gregory / Hill Hawk xx / Pik Bube II

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Secrets from the Trainers' Vault

New Centaur Feature Lets YOU Ask the Question



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

Q. How do I keep my horse from falling in or out on the circle?

Answer #1: From RMDS President Gwen Ka'awaloa

Gwen Ka'awaloa is a USEF "r" Dressage and Sport Horse Breeding judge. She is currently working with the USDF Adult Committee. Gwen has earned the USDF bronze, silver and gold rider medals. Find Gwen as Trainer/instructor at Kaimana Farms in Elizabeth, Colorado. Kaimana Equestrian, LLC. 303-917- 3679

When a rider finds that he or she is having problems keeping a horse on a circle, it falls back to the basics of riding a horse between the seat and leg and into a guiding, but receiving, hand contact. The horse must be willing to take contact on the outside rein and allow an outside leg. The rider must ask the horse to be supple and bend around the inside leg and be soft and giving to the inside rein. Now this being said, how does a rider achieve this without constantly being told to fix one or the other of these potential evasions?

Most riders understand what needs to be fixed, but often find it hard to do. Obviously, a balanced seat, and independent leg and hand are very important and essential. So how do we begin to make this work? I find that a rider needs to feel the aids and establish a working relationship with the horse. Sometimes as instructors, we often just keep telling the rider what to fix and the rider often is frustrated with the corrections. I have been lucky enough to work with instructors who have given me tools to help riders find the aids.

For the circle, it is easy to set up cones as guides for the rider. I like to start with a 15-meter circle so no rails or walls are near. I put a 3-foot gate marked with cones at the quarter points on the circle (12, 3, 6 and 9). This gives the rider a point of reference to ride to. I ask my riders to concentrate on riding from one gate to the other and to feel the response from the horse as they guide them to each point. The rider usually finds that by looking ahead and concentrating on where they are going that the horse responds to the change in position and balance, and begins to move easily on the circle. As the horse and rider find their balance with one another, this circle becomes easy and then variations of riding to the inside of the cones or leg yielding the horse to the outside and riding on a larger circle can be added. The rider still will need the instructor to help them understand what aids are working and to watch the rider's balance and seat. The rider can use the cones on their own, as well, to help find that balance and feel.

The cone exercise I learned from Major Anders Lindgren. His influence in using cones to help riders see the next step has influenced my teaching for the last 28 years.

Answer #2: From Simone Ahern, simone@sunprairiestables.com, 719-339-2286

Lots of times the reasons why horses fall in or out of the circle are due to lack of balance (in a young horse), lack of balance in the rider, lack of education in the horse's training or in the rider's ability to keep the horse on the outside aids, yielding from the inside and staying bent with balance around the inside. I first need to assess which one of these is the case and then move forward with instructions.

If the horse understands how to stay balanced on the circle, it is important to check to see if the rider can sit in the middle of the horse's back and is not collapsing on the inside and putting too much weight into the stirrup on the outside. It also is helpful to check to see that the girth is tight enough and sitting in the middle of the horse's back.

I will have my student ride straight lines first to find the middle, and then begin with some slight yielding from quarter line to the rail and from the rail to quarter line, always starting and ending straight.

During this exercise, it is not important to make it to the rail and or the quarter line. What is important is that the horse and rider stay balanced throughout. The rider then will figure out how to yield the horse from the leg without changing the seat that should stay in the middle of the back weighting both seat bones. In a crooked rider, I

Cont. on pg 23

Secrets

Cont. from pg 22

don't talk about more or less weight on a particular seat bone, I first want the rider to learn how to stay sitting on both seat bones while yielding the horse from the leg.

Once the rider has established balance in these movements, I will take the exercise onto the circle by having the rider spiral in from a 20-meter circle onto a 10-meter circle and spiral back out. It can be helpful to set up some cones on the circle points to give the rider a better visual of where they have to go.

Throughout the exercise, I will talk a lot about having the rider feel both seat bones in the saddle and keep the upper body in the middle with their shoulders down and back, and aligned with the horse's shoulders and the line of travel that they are on. Once the rider maintains the position, then I can talk about the leg aiding to execute the movement.

I change directions a lot so the rider can feel both sides working.

I always remind my student of their alignment from their shoulders in relationship to hips, and hips to leg position so they can influence the horse correctly. If the rider is not sitting straight and balanced, how can the horse be straight and balanced? If necessary, I will have my student go into a halt and help the rider sit in the right place before we move on, since it is sometimes hard to change an old habit.

Answer #3: From trainer Grant Schneidman.

Grant Schneidman is a USDF silver and gold medalist. He has trained multiple regional champion horses and riders through the FEI levels including GP. He was an USET three day event rider competing internationally for 14 years before retiring to specialize in dressage. Together with his wife Sharon and Nicole Glusen-

kamp, they run Westmanton Stables at Iron Horse Farms. Over the years he has trained with many Olympic riders and rainers all over the US and Europe.
westmantondressage.com,
Westmantondressage@gmail.com.
303-841-5280

First, I make sure I can leg yield from my inside aids to my outside leg and rein. Then, I check if my horse will respect the outside aids through leg yielding to the inside. Next, when I ride my circle I pay special attention to my circle line, as the feeling of a horse falling in or out can be deceiving. If the shoulders are falling in or out, I use my leg forward, and if the haunches are falling in or out I use my leg a little back. ❖

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USDF hosted another great educational venture in Florida in January – the Succeed/USDF FEI Trainers' Conference with Stefan Peters and Scott Hasler. It had a wonderful turnout and the reviews were incredible once again.

USDF also helped to sponsor the 2014 Global Dressage Forum North American in February, also in Florida. USEF Network also has been broadcasting some great dressage from some of the CDIs in Florida this winter. And, having attended several of those CDIs myself, I must say, there is so much to learn from just watching these classes. It has been a very busy educational winter in the Southeast with the many forums offered by various groups and organizations, and I know a few folks have been able to attend some of the sessions. The energy during the Florida season is amazing and the opportunities to learn are incredible with many riders and trainers from Europe present, in addition to our top trainers in the US.

Raise Funds to Help Youth Compete

Fund-raising efforts are once again under way for the USDF Region 5 Juniors and Young Riders as they try to qualify and travel to the 2014 FEI North Amer-



USDF REGION FIVE

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ican Junior and Young Rider Championships. The championships will be held July 15 - 20 at the Kentucky Horse Park in Lexington. It is a very large undertaking to take our group of eight



*Rainbow sunset made a colorful salute at the Global Dressage Festival, evening of the CDIW*** Freestyles.*

riders to Kentucky with their horses, grooms and chef d'équipes, and they need all the support we can give them. If you would like to contribute or help with their fund-raising efforts, contact Joan Clay, our Region 5 Jr/YR FEI coordinator, at jnclay@comcast.net or 970-420-0877 or Fund-raising Chair Julie

Barringer-Richers at jabr57@gmail.com or 720-341-5033. If you are still interested in participating in the FEI Junior and Young Rider program for 2014, the last intention deadline is April 30, but the less-expensive deadline is April 1, so be

sure to get in your intentions soon.

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. Contact Scarlett Fahrenson at stgeorg@dakotacom.net and let her know your interest and she can provide you with more details on the potential responsibilities. PM Delegate nominations are due in to the USDF office no later than April 15.

The USDF publication on horse show management, *Show Biz*, has been updated very recently and now includes sections on Dressage Sport Horse Breeding competitions and Para Equestrian classes. It will be available for purchase through the USDF store in the Spring.

Till next month!

Heather Petersen, Region 5 Director

RMDS Online - www.rmids.org

Forms Online:

- USDF Instructor/Trainer Workshop Application
- RMDS 2014 Membership Forms
- Judges Continuing Education-Bill Solyntjes-Laramie County Fairgrounds-Loveland, CO
- TD/Show Management Workshop-CSU Extension Buidling at the Douglas County Fairgrounds in Castle Rock.

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

2014 USEF Dressage Developing Program: www.usef.org/documents/highPerformance/dressage//2014/2014DevelopingDressageProgram.pdf.



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2014 Clinics

March 10-11-12, 2014	Alfredo Hernandez Dressage Clinic
June 9-10-11, 2014	Alfredo Hernandez Dressage Clinic
August 25-26-27, 2014	Alfredo Hernandez Dressage Clinic
October 16-17-18, 2014	Alfredo Hernandez Dressage Clinic
TBD, 2014	Anne Howard Dressage Clinic
TBD, 2014	Jessica Jo Tate Dressage Clinic

2014 Schooling Shows

	<u>Judge</u>	<u>Open</u>	<u>Close</u>
May 10, 2014	TBD	04/12/14	05/07/14
June 21, 2014	TBD	05/24/14	06/18/14
July 19, 2014	TBD	06/24/14	07/16/14

Visit website for additional clinics and events