



CENTAUR

educating horse and rider as partners

MARCH 2016

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 Come Join the Fun!**

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WESTERN DRESSAGE EDUCATION

Judges' CE with Dolly Hannon

From Didi McKrey, RMDS Technical Delegate and Adult Amateur Chair, Michelle Anderson, Pikes Peak Chapter President and 'L' graduate, Cynthia Hunter and Beverly Swanson, Show Liaison and Centaur Publisher

On Saturday, Jan. 30, an avid group of 18 'L' graduates and auditors gathered at Table Mountain Ranch in Golden to learn from one of RMDS' favorite judges and trainers, Janet "Dolly" Hannon. The subject was *"Upgrade Your Judging Eye - Consistency in Judging Western Dressage & Judging the 'Average' Horse."*

Dolly proceeded to go through the methods by which "average" horses should be judged, as 'L' graduates are most likely to see this level of horse. Also of great interest was the standards by which Western dressage should be judged differently (and the same) as classical dressage.

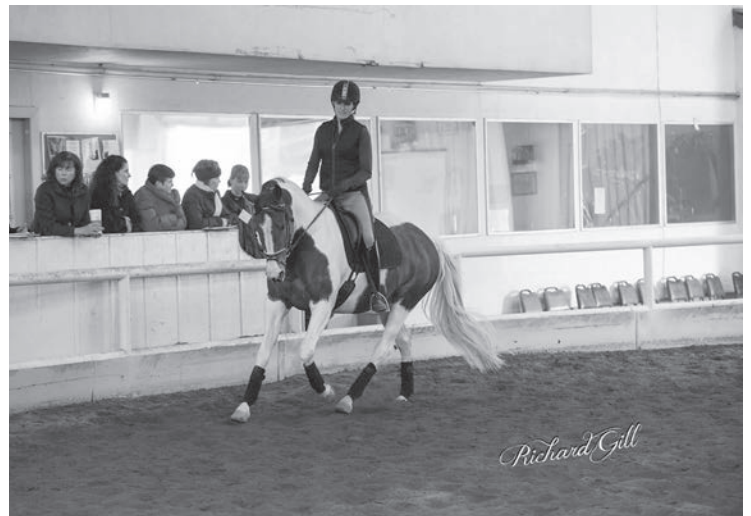
THE EQUATION: BASICS + CRITERIA +/- MODIFIERS

Basics refers to the fundamentals: Is the gait regular and free? Is there sufficient impulsion for the level? Is there sufficient submission for the level?

Criteria is the determination whether the competitor has fulfilled the purpose of including the movement in the test. The judge must decide if the essence of the movement has been performed, e.g. a 10-meter circle is 10 meters, round and executed at the specified letter.

Modifiers color the quality of the movement - in other words, transitions and preparations for the essence of the movement.

The equation applies to all judging, classical or western.



*Gina Budny and Matiana ride demo test
 Photo by Richard Gill*

cont. on pg. 7

President's Message

Spring is around the corner and we had a glimpse of it in February. The Denver Broncos won the Super Bowl and were led on the field and in the parade by a beautiful horse and rider. Thank you Ann Judge and Thunder.

My wish is to see many happy horses and riders this year in shows and clinics. We have a full schedule so look ahead to plan your year with your horse. RMDS will be hosting the USDF Adult Clinic in October and I would like to see Region 5 show up to support this educational opportunity.

We also need to hear from our members on how they are planning or accomplishing their goals. Personal stories are always appreciated in the Centaur and we prefer to highlight our members whenever we can.

RMDS recently lost a long-time member and friend, Alex Curnutte. We will miss her presence as a friend



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

and mentor. RMDS has lost several members over the last few years. Each person has left her or his mark on RMDS as she or he helped develop the future of dressage here in the Rocky Mountains.

As we dream of spring and the summer to follow let us see the beauty of our horses in each new day. Ride on friends...

*Aloha,
Gwen Ka'awaloa*

**COME SEE RMDS
AT THE
ROCKY MOUNTAIN HORSE EXPO
MARCH 11-13
WESTERN STOCK SHOW COMPLEX**

Go to ColoradoHorseCouncil.com
for complete information.

AND IF YOU'RE DOWN SOUTH...

**COME SEE PIKES PEAK CHAPTER
AT THE
COLORADO HORSEMAN'S EXPO
MARCH 19**

**NORRIS-PENROSE CENTER
COLORADO SPRINGS**

More on their Facebook page,
coloradohorsemansexpo

Volunteers welcome for both
events! Contact Sharon Soos for
RMHE or Beverly Swanson for CHE.



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Foothills Chapter

Congratulations to our 18 members who won awards at the RMDS awards banquet! Details can be found on our Facebook page, FoothillsDressage.

The Foothills Chapter will be home to four RMDS-sanctioned shows in 2016:

- June 12: Foothills Chapter Spring into Summer Show at Table Mountain Ranch
- July 10: Centaur Rising Dressage Show I at Anchorage Farm
- August 14: Centaur Rising Dressage Show II at Anchorage Farm
- August 27: Foothills Chapter Last Chance Show at Table Mountain Ranch

All of the above shows will feature Western dressage classes and will be recognized by the Western Dressage Association of Colorado (WDACO). These shows will enable Western dressage participants to be eligible for both Foothills and WDACO year-end awards. (See Linda Gaber's article on this subject on page 6.) Our goal is to obtain more RMDS members through these programs and thus familiarize participants with the broader world of dressage.

Other events are in the planning stages and are yet to be finalized. Check our website for more details.

Our 2016 goals are to 1) grow membership; 2) enhance the skills, knowledge and performance of all Foothills members; and 3) facilitate the working together of Foothills professionals to help one another achieve the first two goals.

A big thank you to our hardworking board members:

2016 Foothills Officers

Kris Cooper	President
Jan Danis	Vice President
Nicole Riffe	Secretary
Laura Quakenbush	Treasurer
Maylou Metcalf	Scholarship
Cassandra DiPentino	Education
Jan Danis & Linda Gaber	Shows
CC Ross & Linda Gaber	Communications

Kris Cooper, Foothills Chapter President

Pikes Peak Chapter

We are looking forward to another successful year for our chapter and are happy to welcome some new faces at our meetings!

Meetings and events are as follows (weather permitting)

- Tuesday, March 15 @ 6:30 p.m., PPDS Awards Dinner, Olive Garden by Citadel Mall, 513 N. Academy Blvd., Colorado Springs, CO 80909 719-591-1210. Come cheer for your fellow riders and PPDS members!
- Sunday, April 3 and Saturday, April 9 – Work Days at Kaimana Farms in preparation for our annual RMDS show.
- (Other work days or times may be arranged with Gwen @ 303-917-3679. This counts towards your RMDS volunteer hours!
- PPDS RMDS Show – Saturday, April 16 with a snow date of April 17.

We offer a wide range of classes including traditional USDF tests, Western dressage, Dressage Trail and USEA tests – there is something for everyone!

Please plan to join us for a great spring warm up for your show season.

Other upcoming club meetings this year are scheduled for the following Tuesdays – mark your calendar now!

May 17, June 14, Aug. 9, Oct. 4 and Nov. 15, all starting at 6:30 p.m. Locations are TBD but we will be moving them around the Colorado Springs area.

Watch for our new chapter E-newsletter – coming soon!

For the most current information on our chapter activities visit our website at pikespeakdressage.org/Main/Home.

Michelle Anderson, Pikes Peak Chapter President

Grand Valley Chapter

The new Grand Valley Dressage meeting schedule will be the third Monday of the month, February through November at 6 p.m. for the Show Committee and 7 p.m. for the regular meeting. Meetings are held at Canyon View Vineyard Church, Classroom T106, at 736 25-1/2 Rd., Grand Junction, CO 81505. All welcome to both meetings.

Arlene Rhodes, GVDS Chapter President

MARKETING CHAIR UNA SCHADE

1. Committee Chair, please introduce yourself and explain why you volunteered for this post.



Una Schade and Fritz

I was just elected to the position for 2016/2017 and am very excited to be on board. I volunteered for the position because I want to help grow RMDS and really help people interested in the sport learn about the great opportunities that RMDS has to offer.

I have been doing marketing professionally for more than 10 years in non-horse-related industries and I am very excited to bring my corporate knowledge to RMDS and utilize my skills for my passion.

I am working my way through the levels with my rescue horse, Fritz, and am excited to show Fourth Level and possibly even PSG in 2016. This is our first venture in dressage, so the fact we are climbing the levels together so successfully is really exciting.

2. What does your committee do for members?

We develop ways to engage people in dressage in our local area. This ranges from Facebook posts, building creative materials such as flyers, website updates, emails, getting donations for our silent auction, finding advertisers for the Centaur and Omnibus, and so much more.

3. How can members support and be involved in RMDS?

We want to hear from you. What you like, what you don't like. What you want to see more or less of. If you have a suggestion, don't be shy and send it my way! The more you tell us, the more we can make RMDS a better place for you, our members.

Also, come out to shows and clinics to meet other people interested in the sport and to build camaraderie, and if you are able to volunteer at the events, do so! The more help we have, the bigger and better we can build RMDS and dressage in our area.

Another way to grow memberships is to ask friends to Like Rocky Mountain Dressage Society on Facebook. If you click the "Invite Friends to Like This Page," it will display a pop-up of all your friends and you choose individually who to invite. It took me about 10 minutes to go through over 600 of my friends, so it is not a huge time commitment but would definitely benefit the organization. I invited probably about 50+ people. Four already accepted and liked the page and have started following RMDS on Facebook! The latest information is there for upcoming events, shows, fund-raisers, volunteering, scholarships, socializing and more.

Look to this page in your 2016 printed Centaurs for an introduction to your RMDS Committees and the committee chairs who lead them. The goal is to give you a look into your organization's working parts, so to speak, to let you know what is planned and to invite you to share your ideas for what you would like to see happen. Volunteering to work on a committee's activities is an ideal way to make new friends and influence its events.

The Society's 12 permanent and appointed committees and their chairs make things happen. They organize and produce the clinics, shows, scholarships, educational programs, banquet, awards, newsletter, webpage and omnibus, youth opportunities, professional training and adult rider activities that are offered each year.

Action starts first with each of them: Adult Amateur, Awards, Communications, Education, Junior/Young Riders, Marketing, Professional Trainers/Riders, RMDS Show Liaison and Scholarship. Appointed committees are Banquet, Nominating and Western Dressage Liaison.

2015 Chapter Volunteers of the Year

Editor's Note: The February E-Centaur article was incomplete. We regret the omission.

- Grand Valley – Georgann Smith
- Arkansas Valley – Sandy Vernon
- Northern Colorado – Didi DeKrey
- Boulder Valley Dressage – Melissa Mullin
- On the Bit Dressage – Tom and Kelly Wolfe
- Colorado Springs Dressage – Pat Leech
- Pikes Peak – Gwen Ka'awaloa
- Foothills – Kris Cooper
- Platte River – Peter Soos
- High Plains Dressage – Olga Hendrickson
- Western Colorado – Barbara McElnea

Chapter News *cont. from pg 3*

High Plains Chapter

We are looking forward to our March 8 meeting! It will be for High Plains members only at Littleton Equine Medical Clinic. We are having our own private evening with a vet beginning promptly at 6:30 p.m.. Drs. Mullen and Christakos will be addressing the Care and Maintenance of the Dressage Horse. Space is limited. High Plains members may RSVP to Kathy Simard at katsimard@msn.com.

We are also hosting Andreas Hausberger this year. It is once again in the middle of July. Watch our Facebook page for details!

Kathy Simard, High Plains Chapter President

Arkansas Valley Chapter

Arkansas Valley had its January potluck and discussed shows and clinics for the year ahead. We decided to table an RMDS-recognized show until next year. From the list of desires from the group, we will have a fun-filled year ahead with our horses.

- May 7 - Schooling Show, Pathfinder Park
- June 11 - Schooling Show, Pathfinder Park, (alternative dates are, June 12, 18, or 19)
- July 9 - Ride A Test, B Bar B ranch Westcliffe (alternative dates, July 10, 23, 24)
- Aug. 13 - clinics and overnight camping, B Bar B, Westcliffe (alt dates 20, 21)
- Sept. 3, 4, or 24, 25 open for discussion of event/clinics
- October 1 or 2, Schooling Show - Pathfinder Park

We will have three schooling shows this year. We will tally the scores from the three events and have an overall top performer to be announced at the October meeting. The top scores will receive prizes and ribbons.

We also have clinics planned and are finalizing dates and times.

With the weather being so favorable, we will begin our "Fun Day," an opportunity for all members to ride together next month. Beginners to advanced, we work with our horses on groundwork, practicing tests and working on dressage movements. These were well attended last year.

We are gathering volunteers for this year's event. If you are interested in our shows and clinics and are coming down

to our neck of the woods, let us know. All are welcome!

Beth Hart, AVDA President

Northern Colorado Chapter

2016 Board: President – Didi DeKrey, Vice President – Rose Balfour, Treasurer/acting – Ann Mear, Secretary – Kathleen Kilkelly, Delegates – Renee Martig and Julie Haugen

Just as the grass is pushing itself out of the frozen ground, our membership is growing towards our projected level. The club has held a nice financial cushion for several years, and continues to do so.

Plans are under way for this season's events. We will have two presentations at our meetings. March 8 meeting Julie Haugen will present a short lecture on Freestyles. She will discuss and answer questions about the basics of constructing Freestyles and what are the advantages of "Dancing to the Music" with our horses. For our April 12 meeting Heather Peterson will lecture about forbidden substances.

Judges have been contracted for our two schooling shows; Kathleen Donnelly for the spring, and Michelle Anderson for our fall show. Check out the Omnibus for details and the Prize List!

Thank you to all the riders and horses at the Judges' CE at Table Mountain

Becky Osborne and Bentley

Sally Higgins and Hootie

Meryl Shane and Sly

Cassandra DiPentino and Pico

Gina Budny and Matiana

Candace Honeywell and Wesley

Emily Clingman and Grace

Attract Western Dressage Riders to Shows By Enrolling in New High Point Program

FOR SCHOOLING, RATED AND ALL BREED COMPETITIONS

From Linda Gaber, RMDS Communications Chair

RMDS chapters offering Western dressage classes at their 2016 shows can attract more riders by enrolling in a new Western Dressage Association of Colorado High Point program, which earns competitors points for year-end awards.

This program is promoted to all breeds. All qualified shows will be listed on the Western dressage website, www.wdaco.org, as a High Point Show. There is a \$25 enrollment fee for each show or schooling show which includes a Western dressage test, to be listed as a High Point Show.

Requirements for Participating

- Show managers are required to submit all scores within 30 days of the close of the show.
- Show managers can request a list of judges from the WDACO at info@WDACO.org.
- The judge at each qualified show must be an 'L' judge or higher (educated in Western dressage rules) or a WDAA Judge's Program Graduate.
- The 2016 WDACO show year runs from Feb. 1 to Dec. 31, 2016.
- USEF-licensed judges by discipline. usef.org/_IFrames/LicensedOfficials/locSearch.aspx
- Local USDF judges which have their 'L' graduate rating. rmds.org/Organization/Officials
- Colorado WDAA Train The Trainers™ Graduates.
- Managers must offer WDAA classes in Intro, Basic and higher levels if interest or test entries are received.
- Shows must be open to all breeds and riders. Breed shows can qualify for WDACO High Point shows as long as they include open classes. Breed-only classes do not count toward High Point classes.

Riders will need to save their tests and submit them to the contact information below. An awards banquet will be held after the end of the show year.

For further information for adding Western dressage test classes to your show: www.westerndressageassociation.org/faqs/. Show managers may enroll online and pay with a credit card or PayPal at www.wdaco.org "2016 WDACO High Point."

Mail a copy of the show premium to WDACO at 2543 Oak Ridge Rd., Sedalia, CO, 80135 or send a link to an electronic copy of the premium to info@WDACO.org. (Where possible, WDACO will post the premium or the link on the WDACO's event page.)

Mail show approval forms and payment to WDACO or complete them online at <http://wdaco.org/2016-wdaco-high-point/2016-wdaco-high-point-show-submission-form/>. Allow 3 to 4 weeks' advance enrollment for qualification.

WDACO Promotes Your Show

In consideration for participating in the 2016 WDACO High Point Program, the WDACO will:

- Advertise each show on the WDACO website as a High Point qualifier.
 - Post event notification of each show on the WDACO Facebook page.
 - Track and maintain the submitted WDACO High Point scores and award winners at the end of the competition year.
- WDACO suggests managers post participants' scores at the show grounds during the

show. Managers must return tests to participants with judge's scores, test ridden, comments, date and signature before the end of the show. It is recommended that the show manager like/follow the WDACO Facebook page to see notices of upcoming High Point shows.

Show managers can find the WDACO High Point Rules and enrollment forms for participants at wdaco.org/2016-wdaco-high-point/2016-wdaco-high-point-rider-enrollment-form/. WDAA rules and tests can be found at www.westerndressageassociation.org/westerndressagerules-tests/.

For questions, contact info@WDACO.org.



RMDS member Frances Carbonnel and Jubilee Banjo, 2015 Reserve Champion HOTY Third Level Western Dressage

Differences in Western Dressage

First, the gaits are different: specifically the jog and the lope. Be sure to use the correct verbiage!

A few of the rule differences are:

- Voice/clucking allowed.
- Rewarding the horse during test is allowed.
- Changing of posting diagonal is performed at the end of the diagonal rather than at X.

Always refer to the USEF website (USEF.org) for current rules, deductions/eliminations and approved tack.

Didi deKrey: The last Saturday of January started with a hot coffee and carpooling with two judges to Table Mountain Ranch in Golden for the day-long session geared towards judging dressage and Western dressage (WD). I went as an auditor, mostly because of my interest in WD. I haven't done any showing - or watching for that matter - so I was curious what a WD judge would look for and thus, how I could improve.

A few of the general comments that I noted were an emphasis on finding the essence of the movement. For example, in the movement "halt to rein back," the *rein back* is the essence. The rider is part of the judging criteria in addition to the horse.

The class went to the indoor arena to watch and evaluate several (brave) riders perform. Dolly and the judges all were very cognizant that the riders were "putting themselves out there" for their benefit. Everyone was supportive in their critiques and comments. We had a variety of riders and breeds. Again, emphasis was on the essence for judging each horse/rider.

An enjoyable and informative way to spend the day - I encourage all to attend the upcoming Education sessions.

Cynthia Hunter - As a new 'L' Program participant, I especially enjoyed hearing Dolly "LIVE" from C as she made remarks and scores during each test's movements. She was very supportive of Western dressage and emphasized how important this sport will be in the future as one of the USEF's fastest-growing disciplines. We are so lucky to have Dolly's and RMDS's support for these incredible training events. Thank you!



Janet "Dolly" Hannon answering questions from 'L' graduates Simone Windeler, Michelle Anderson, Sharron Sarchet and Kathy Simard

Michelle Anderson: The session was a great reminder of how to identify correct basics regardless of breed or physical type and to reward those basics. For those of us new to Western dressage it was also a real eye-opener. Anyone who thinks those are "just western pleasure" tests should try to ride them! Many of the movements require that the horse be on the aids to an even greater degree than is required by our Second Level tests.

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Training Right for 2016

10 Ways to Get the Most from Your Student/Instructor Relationship

From Amber Clark

Amber Clark offers client lessons, training and trailer-in services at Black Forest and Castle Rock locations. She has earned her USDF Gold, Silver and Bronze medals and is a member of the Pikes Peak Chapter.

Recently, I have been thinking about the difficulties involved with being a student, as well as the difficulties involved with being an instructor. I have had the great fortune of having been both, so I am taking a look from both sides to come up with some ideas that promote a good student/instructor relationship.

1. Ride with someone you respect

Respect is an important factor in the teaching and learning relationship. If a student constantly questions the instructor's expertise, it breeds discontent and frustration throughout the relationship. Even the most patient instructor will grow tired of a lesson that feels like a constant bickering match. It is important to ride with someone whose opinion you respect, otherwise why are you paying for it?

2. Ride with someone who treats you and your horse with respect

No matter what level you or your horse are training at, you deserve respect.

Ride with someone who treats their Grand Prix clients the same as their Training Level clients. At the end of the day, this is a customer service industry and you are the customer.

3. Don't feel the need to embellish yourself or your horse's resume

I have always found that the people who lead conversations with how wonderful they are, while name-dropping all of the "famous" people they have ridden with, usually are the ones with the most self-doubt and the thinnest credentials. Be comfortable with yourself and your riding level and goals. Choose a trainer that can do the same. No one likes to be around someone who talks about how great they are all the time. Note, be proud of your accomplishments whatever they may be. I know I am proud of mine! Just don't fall into the trap of letting your riding accomplishments define who you are as a rider.

4. Be realistic, i.e. don't expect your trainer to be a miracle worker

If June and her horse (the horse that the trainer helped June choose) are in full training and you and your horse are new to dressage and lessons, or even to riding when convenient, then you and June are on two different paths and will progress at two different rates. You must be dedicated in order to progress. Every trainer dreads hearing the phrase, "I've only ridden once since our last lesson," from someone he or she sees on an already irregular basis. The trainer is there to help you, but a certain amount of progression and success means you must also help yourself.

5. If you have questions or concerns – ASK

I have a student that writes a list of questions each week and we either address them over email or at the beginning of a lesson once a week. It helps her clarify things and it keeps these questions from interrupting the valuable riding time. If you can save questions for before or after the lesson that is best. If your instructor seems annoyed by having to answer your questions, then I would sit down and have a conversation about what would be the best way to resolve that.

6. If you are frustrated with something, calmly tell your instructor

We are human and we know how hard riding can be. We understand frustration. By talking about it, you may find that your instructor is frustrated, as well. Talk about it calmly, be open to feedback and work through it together.

7. Rudeness and petulance have no place in the arena

These things shouldn't be tolerated from an instructor and an instructor shouldn't be expected to tolerate them from a student. Most instructors won't put up with this behavior from children and shouldn't be expected to tolerate it from adults, either. In turn, students shouldn't be expected to tolerate it, regardless of how great the trainer may think she or he is.

8. We can only fix so many things at a time

The student may believe that one thing is super important to fix right now! If your instructor disagrees with a valid reason, then you should trust her. Try it her way. Chances are she has dealt with this a number of times and sees the road out of it with a little bit more clarity than you. If you are uncomfortable with her way, then seek new instruction. Don't argue the point. Don't try to prove her wrong. Just find someone new whose approach suits you.

cont. on pg 9

10 Ways *cont. from pg 8*

9. If you're having a bad day, be honest and up front about it

This statement goes both ways. If you come to a lesson upset about something else, then say that. The lesson can be restructured, if needed. As instructors, this is our job. Sometimes, we have to teach and/or ride when we have outside influences affecting us, also. We do our best to leave it at the door. But, if we seem a little off one day, perhaps that's why. If the instructor continually brings outside influences into the arena and it affects lessons, then you may consider seeking new instruction.

10. Be on time

We all know this one. Your trainer has a schedule, just as you do. Things beyond our control happen. If it's just constant bad planning, then plan better. The barn is where we work and, as much as we enjoy our job, we want to go home, too.

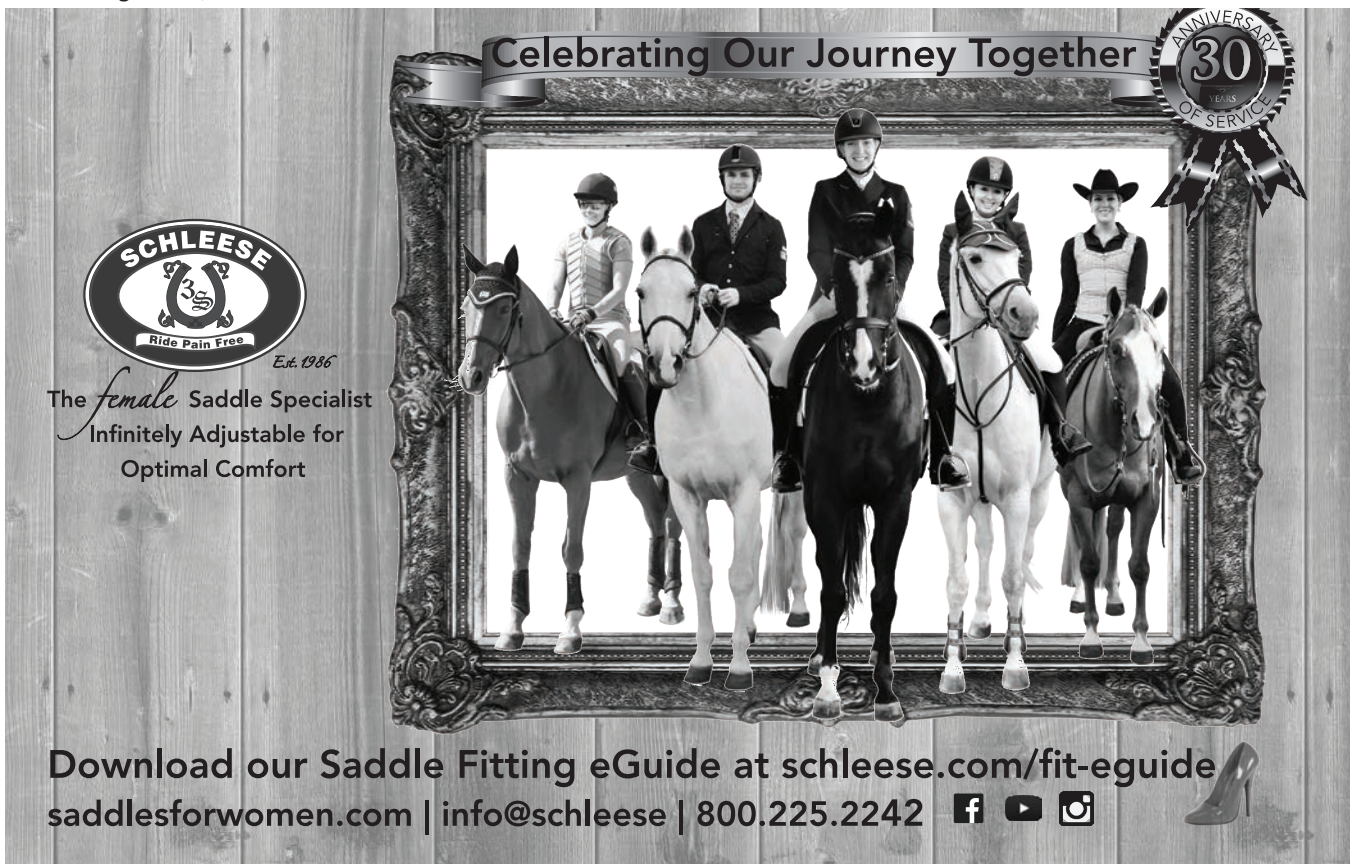
I hope some of these ideas help both students and instructors go into 2016 facilitating the best professional relationships possible!

Contact Amber at amctraining@ymail.com, 770-314-0812 and on Facebook at <https://www.facebook.com/pages/AMC-Training-Sales/177105285648221>.

NEW USEF EQUINE VACCINATION RULE FOR COMPETITORS

All horses entering the grounds of a Federation-licensed competition must be accompanied by documentation of Equine Influenza Virus and Equine Herpes Virus (Rhinopneumonitis) vaccinations within six months prior to entering the stables. In addition:

- No joint injections allowed within 12 hours of competition
- No shock wave treatments within 3 days
- No intrasynovial injections within 4 days






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Colorado Horse Council Honors Laura Backus

Colorado Springs Member Named Horse Person of Year



Laura Backus

The Colorado Horse Council has named RMDS member Laura Backus of Larkspur its 2015 Horse Person of the Year. She is a member of the Colorado Springs Chapter and is co-owner of Pendragon Stud Equestrian Center.

The award was announced in the CHC's November newsletter. It listed among her

equestrian accomplishments international recognition in 2012 by Riders4Helmets, the Craig Ferrell, M.D. Equestrian Safety Award. That year she also was honored with the United States Pony Clubs 20+ Year Local Legend Award as a long-time volunteer dedicated to developing horsemanship, sportsmanship and leadership among Pony Club members. Currently she is district commissioner of Hunter Hill Pony Club.

She was the 2009 American Riding Instructors' Association National Instructor of the Year and is a Level III-certified instructor by ARIA in eventing and dressage.

In dressage, Laura has earned her USDF Bronze and Silver medals and trained with several notables in the world of eventing and dressage, such as Debbie Bowman, Denny Emerson, Major Lindgren, Elke Herrmann, Kim Walnes and Lucinda Green.

She has taught eventing and dressage for more than 25 years training students to compete at the North American Junior and Young Rider Championships, and RMDS and area championships. She has competed through FEI level in dressage and trained horses through Prix St. Georges.

Laura is a member of Colorado Horse Council and Douglas-Elbert County Horse Council. CHC also announced its new officers: President Kent Sturman, Donna Garnett, Camille Courtney, Shannon Rushton, Heidi Nyland Melocco, Maurice Wade and Jonathan Horowitz. Dennis Kuehl is outgoing president. www.ColoradoHorseCouncil.com.



MICHELLE ANDERSON'S HORSE COOKIE RECIPE

From Michelle Anderson of Elizabeth, CO., president of Pike's Peak Chapter.

I got this online and have tweaked it a bit. All ingredients are available at a grocery store except oat flour from Natural Grocers. I recommend wearing rubber gloves to form balls; that molasses is messy stuff!

Oat Carrot/Apple Horse Cookies

Ingredients

1 cup uncooked oats
1 cup flour (bran or oat flour is better than wheat flour for horses)
1 cup shredded carrots or apples
1 teaspoon salt
1 teaspoon sugar
2 teaspoons vegetable oil
1/4 cup molasses

Directions

Mix ingredients in bowl.
Form dough into small balls and place on greased cookie sheet.
Bake at 350 degrees for 15 minutes or until golden brown.



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7171 Pike Road \$6,500,000

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12234 Cash Road \$1,150,000

Tastefully updated 3,428 square-foot home on one acre features a new dining room, arched doorways, and Brazilian cherry wood floors. Downstairs you'll find a mother-in-law suite with a beautiful kitchenette and laundry room. A separate studio with a huge, heated, RV-sized workshop provides space for an office, guest quarters, and storage for tools and toys.

Karen and Delight



5901 Oxford Road \$1,200,000

Enjoy beautiful views, privacy and close-in convenience with this 2.5-acre property. Sun-filled 4,196 square-foot home has been tastefully remodeled from top to bottom, including an elegant farm-style kitchen with cherry and walnut finishes, a new master and a walk-out basement with entertainment area. Brand new outbuilding allows for equipment storage or toys, or a future office or stable for animals.



14587 N. 83rd Street \$985,000

Enjoy living on 10 acres in this bold, yet simple and elegant remodel. State-of-the-art 2,400 square-foot home includes maple hardwood floors and cabinets throughout, triple-pane Zola™ windows, 24-gauge metal roof, Hardie™ board siding and a new geo-thermal system just to get started! Property has numerous charming outbuildings including 2 horse barns with a total of 6 stalls, and a separate guest studio.

www.klrealty.net

303.444.3177

team@klrealty.net

**USDF REGION 5 YOUTH AND ADULT
TEAM COMPETITION
Prize List
Saturday June 11, 2016
Tomora Training Center
11000 Hwy 34 Bypass-Greeley, CO**

EVERYONE IS WELCOME -- BEGINNER TO ADVANCED!

This event provides an opportunity for youth and adults to compete in a relaxed, team-like atmosphere, and encourages camaraderie and support for youth and adults competing at any level. USDF/USEF rules apply.

Opening date: May 18, 2016
Judge: Julie McDermott
2nd Judge: Julie Haugen
Show Manager: Didi DeKrey
denisedekrey@gmail.com

Closing date: June 1, 2016
Secretary: Beth Geier
2942 Park Lake Dr
Boulder, CO 80301
bethgeier1@comcast.net

Class #	Class Description
1	USDF Intro A
2	USDF Intro B
3	USDF Intro C
4	Training Level Test 1
5	Training Level Test 2
6	Training Level Test 3
7	First Level Test 1
8	First Level Test 2

Class #	Class Description
9	First Level Test 3
10	Second Level TOC
11	Third Level TOC
12	Fourth Level TOC
13	FEI TOC
14	Western Dressage TOC
15	Gaited Dressage TOC
16	Eventing TOC

FEES: JUST \$60.00 PER PERSON—THAT'S IT—NO OTHER FEES!!
Current Coggins Test within this year.

FUN FOR ALL! NO PRESSURE! EASY ON THE WALLET! INFORMAL DRESS! MEET NEW FRIENDS! Helmets & boots required.

Each entry will ride 2 different tests of their choice. FEI riders need only ride one test, and it will count twice. All riders are on a team made up of 3 or 4 members. Either create your own team or be placed on a scramble team. *Please keep youth with youth and adults with adults.* Teams will be encouraged to express their team spirit through the use of the team color they choose or colors will be assigned (**need to get ok from secretary**). Ribbons will be given through 6th place for the team standings. Make checks payable to: RMDS and mail with a copy of current Coggins test to the show secretary.

Stabling available: \$30/day; \$45 overnight – need reservations
Use the 2015 RMDS entry form.

Directions: Tomora Training Center, 11000 Hwy 34 Bypass, Greeley, CO 80634

DO NOT USE GOOGLE MAP.

I-25 to exit #257A onto Hwy 34 bypass, east towards Greeley. Do **not** take business route off to right. Approx. 7.5 mi. to Tomora Training Center on right (south) side of 34 Bypass. Driveway entry is across from Promontory Parkway.



Aim Higher and Achieve More with ANDRIA ALLEN

NEW LISTING!



4437 FOOTHILLS DRIVE, BERTHOUD

MLS # 779798 PRICE \$850,000
 5.6 acres, custom 5 bed, 3 bath home. Partially finished basement w/ home theatre and craft area. Large 60x75 multi-use heated outbuilding has 4 stalls, heated tack room/office, oversize RV garage door. Second 30x40 outbuilding has insulated office and garage door. Fully fenced and cross fenced.



LONGS PEAK ESTATES, ERIE

3-5 acre lots. Approx. \$300,000 per lot.
 Small animals and horses allowed.
 Call for more information.

LOTS FOR SALE



BOULDER COUNTY HOME PRICES HAVE RISEN 11% OVER THE LAST YEAR – one of the highest and fastest in the nation. This makes now a great time to sell if you're thinking about a change in your housing/property situation. If you're a buyer, it does make purchasing a bit more difficult. However, interest rates are promising to rise through the year. As property prices and interest rates rise, home affordability decreases. Whether you're thinking about up-sizing, downsizing, or an investment property, now is a great time to invest in real estate and yourself. Give me a call for a free market analysis of your home.

MEDIAN HOME PRICES THROUGH 2014 FOR THE FRONT RANGE OF COLORADO

BOULDER MEDIAN SELLING PRICE

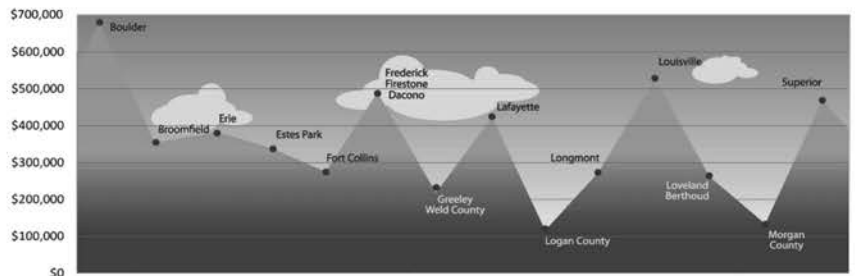
2014	2013	2012	2011
\$685,000	\$631,250	\$570,000	\$545,000

FREDERICK, FIRESTONE, DACONO MEDIAN SELLING PRICE

2014	2013	2012	2011
\$495,000	\$249,900	\$225,000	\$209,000

LOVELAND, BERTHOUD MEDIAN SELLING PRICE

2014	2013	2012	2011
\$275,000	\$249,825	\$229,547	\$215,000



ANDRIA ALLEN

Aim Higher and Achieve More

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



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

www.AndriaAllen.com

• **303-810-8375**



Shows and Events

All shows are RMDS recognized except schooling shows.

RMDS CALENDAR

MARCH 2016

- 5 **Mariah Farms Schooling Show-Castle Rock, CO**
Contact Lisa Lamke 303-660-2456 llamke@msn.com
- 5 **Triple Creek Schooling Show-Triple Creek Ranch-Longmont, CO**
Contact Lynn McChesney 303-444-4291 www.triplecreek-ranch.com
- 10 **RMDS Executive Board Meeting-Darcy's Pub-Denver-6:30 p.m.**
Contact RMDS Central Office-720-890-7825 rmds@rmds.org
- 13 **Colorado Therapeutic Riding TACK SALE-
11968 Mineral Road-Longmont, CO**
Contact Naomi Heller 303-652-9131 naomi@ctrcinc.org
- 13 **Winter Clinic Series with Amber Clark-Black Forest, CO**
Contact Amber Clark 770-314-0812 amctraining@gmail.com
- 19-20 **Jeremy Steinberg Clinic-Lost Lake Equestrian-Franktown, CO**
Contact Sarah Dodge 303-726-2127 sarahdodge3@gmail.com

APRIL 2016

- April 1-3 **Michelle Gibson Clinic-Colorado Equestrian Center-
Littleton, CO**
Contact Corinne Lettau 612-964-6467 clettau@msn.com
- 2 **Mariah Farms Schooling Show-Castle Rock, CO**
Contact Lisa Lamke 303-660-2456 llamke@msn.com
- 3 **Winter Clinic Series with Amber Clark-Black Forest, CO**
Contact Amber Clark 770-314-0812 amctraining@gmail.com
- 16-17 **USDF 'L' Program Session C-Central AZ Dressage Academy-AZ**
Contact Dorie Vlatten Schmitz, 480-580-0645, dvschmitz@msn.com
- 16 **Pikes Peak RMDS Show-Kaimana Farms-Elizabeth, CO**
Contact Heather Petersen 303-648-3164 slush@drw.net
- 17 **NCDA Schooling Show-Tomora Training Center-Greeley, CO**
Contact Didi DeKrey denisedekrey@gmail.com
- 18-19 **Instructors Symposium with George Williams –
for professionals only. Paragon Equestrian Center, Berthoud CO**
Contact RMDS Central Office 720-890-7825 rmds@rmds.org
- 20 **Instructors Clinic with George Williams – Everyone welcome
Paragon Equestrian Center, Berthoud CO**
Contact RMDS Central Office 720-890-7825 rmds@rmds.org
- 23 **Triple Creek Schooling Show-Triple Creek Ranch-Longmont, CO**
Contact Lynn McChesney 303-444-4291 www.triplecreek-ranch.com

MAY 2016

- 6-8 **Dressage for the Cure Warm-up & Dressage for the Cure-USEF**
Contact Heather Petersen 303-648-3164 slush@drw.net
- 7 **Mariah Farms Schooling Show-Castle Rock, CO**
Contact Lisa Lamke 303-660-2456 llamke@msn.com
- 7 **BVD Ride-A-Test-Reverie Farms-Longmont, CO-Simone Ahern**
Contact Beth Geier 303-673-9840 bethgeier1@comcast.net
- 8 **BVD Spring Fling- Reverie Farms-Longmont, CO-Sarah Martin**
Contact Beth Geier 303-673-9840 bethgeier1@comcast.net
- 7-8 **GVDS Schooling Show with Megan Bretey-Grand Junction, CO**
Contact Arlene Rhodes Arlene@skypony.org
- 12 **RMDS Executive Board Meeting-Darcy's Pub-Denver-6:30 p.m.**
Contact RMDS Central Office-720-890-7825 rmds@rmds.org
- 14 **Schooling Show-Shiloh Ranch-Black Forest, CO**
Contact Simone Windeler 719-287-2040 simonedressage@gmail.com
- 14-15 **Rocky Mtn Dressage I, II-Somerset Farms-Longmont, CO-USEF**
Contact Dian Seabury 520-906-5545 dfseabury@gmail.com
- 21 **Triple Creek Schooling Show-Triple Creek Ranch-Longmont, CO**
Contact Lynn McChesney 303-444-4291 www.triplecreek-ranch.com

- 27-29 **Paragon Dressage I, II, III-Estes Park, CO-USEF**
Contact Heather Petersen 303-648-3164 slush@drw.net

- 27-29 **Nebraska Cornhusker Schooling Show and
Cornhusker Classic I, II (not RMDS recognized)-
Lancaster Event Center-Lincoln, NE**
Contact Anne Sushko gandasushko@hotmail.com

JUNE 2016

- 3-5 **High Prairie Dressage I, II, III-Colo Horse Park-Parker, CO USEF**
Contact Geoff Combs 303-841-5550 geoffcombs@cohorsepark.com
- 4 **Mariah Farms Schooling Show-Castle Rock, CO**
Contact Lisa Lamke 303-660-2456 llamke@msn.com
- 4-5 **USDF 'L' Program Session D1-Parker, CO**
Contact Dorie Vlatten Schmitz, 480-580-0645, dvschmitz@msn.com
- 11 **USDF Reg 5 Adult/Youth Team Competition-Tomora Trng Center**
Contact RMDS Central Office rmds@rmds.org 720-890-7825
- 11 **Schooling Show-Shiloh Ranch-Black Forest, CO**
Contact Simone Windeler 719-287-2040 simonedressage@gmail.com
- 12 **Foothills Spring into Summer-Table Mountain Ranch-Golden, CO**
Contact Linda Gaber 785-470-7569 wriders@icloud.com
- 11-12 **GVDS Schooling Show with Patti Thurman-Grand Junction, CO**
Contact Arlene Rhodes Arlene@skypony.org
- 17-18 **Sage Creek Dressage I & II-Sage Creek Equestrian Center-
Heber City, UT USEF**
Contact Simone Windeler 719-287-2040 simonedressage@gmail.com
- 18-19 **Rocky Mtn Summer Dressage I, II-
Somerset Farms-Longmont, CO-USEF**
Contact Dian Seabury 520-906-5545 dfseabury@gmail.com
- 18-19 **Fountain Valley Dressage-Colorado Springs, CO-USEF**
Contact Heather Petersen 303-648-3164 slush@drw.net
- 25 **Hidden Creek Schooling Show-Hidden Creek Equestrian Center
Falcon Sue Borders 719-740-1099 susan.e.borders@gmail.com**
- 24-25 **Showing On A Shoestring-Hilltop Dressage-Heber City, UT USEF**
Contact Alison Child 435-640-3287 achild@kirwin.com

JULY 2016

- 9 **Schooling Show-Shiloh Ranch-Black Forest, CO**
Contact Simone Windeler 719-287-2040 simonedressage@gmail.com
- 9-10 **Millbrook Farms Summer Dressage Festival-
Millbrook Farms-Utah-USEF**
Contact Jan Lawrence 801-631-2516 millbrk@xmission.com
- 12 **Centaur Rising Dressage Show I-Anchorage Farm-Pine, CO**
Contact Kris Cooper 303-838-5086, kris@anchoragefarm.com
- 12 **RMDS Executive Board Meeting-Darcy's Pub-Denver-6:30 p.m.**
Contact RMDS Central Office-720-890-7825 rmds@rmds.org
- 15-16 **Dressage at the Peak Warm-up and at the Peak II-
Fountain Valley School-Colorado Springs, CO-USEF**
Contact Heather Petersen 303-648-3164 slush@drw.net
- 16-17 **Rocky Mountain Dressage III, IV-Somerset Farms-Longmont, CO**
Contact Dian Seabury 520-906-5545 dfseabury@gmail.com
- 22-23 **Sage Creek Dressage I & II-Sage Creek Equestrian Center-
Heber City, UT USEF**
Contact Simone Windeler 719-287-2040 simonedressage@gmail.com
- 23 **Hidden Creek Schooling Show-Hidden Creek Equestrian Center
Falcon Sue Borders 719-740-1099 susan.e.borders@gmail.com**
- 23-24 **Autumn Hill Dressage III, IV-CSU Equine Center-Ft Collins-USEF**
Contact Heather Petersen 303-648-3164 slush@drw.net
- 23-24 **Dressage at Santa Fe-Hipico Santa Fe-NM-USEF**
Contact Dianne Delayo 505-660-9347 diannedelayo@msn.com
- 26-31 **NAJYRC – Colorado Horse Park-Parker, CO-USEF**
Contact USEF 859-258-2472 www.usef.org

AUGUST 2016

- 5-7 **Dressage in the Rockies I, II, III-Colo Horse Park, Parker, CO USEF**
Contact Geoff Combs 303-841-5550 geoffcombs@cohorsepark.com
- 6-7 **USDF 'L' Program Session D2-Parker, CO**
Contact Dorie Vlatten Schmitz, 480-580-0645, dvschmitz@msn.com
- 13 **Triple Creek Schooling Show-Triple Creek Ranch-Longmont, CO**
Contact Lynn McChesney 303-444-4291 www.triplecreek-ranch.com
- 13-14 **Dressage in the Big Sky-White Aspen Ranch-Billings, MT**
Contact Emily Brewster 406-652-1530 e_luoma@hotmail.com
- 13-14 **Millbrook Farms Dressage Show-Millbrook Farms-Utah-USEF**
Contact Jan Lawrence 801-631-2516 millbrk@xmission.com
- 14 **Centaur Rising Dressage Show II-Anchorage Farm-Pine, CO**
Contact Kris Cooper 303-838-5086, kris@anchoragefarm.com
- 19-21 **Estes Park I, II-Stanley Park Fairgrounds-Estes Park, CO-USEF**
Contact Heather Petersen 303-648-3164 slush@drwg.net
- 20-21 **Utah Dressage Shows I, II-Salt Lake City Equestrian Park-S. Jordan, UT-USEF**
Contact Stacey Hornsby 801-712-9621 stacey.hornsby@gmail.com
- 27 **Hidden Creek Schooling Show-Hidden Creek Equestrian Center**
Falcon Sue Borders 719-740-1099 susan.e.borders@gmail.com
- 27 **Foothills Last Chance Show-
Table Mountain Ranch-Golden, CO**
Contact Jan Danis 505-490-2805 jandalusian@gmail.com
- 28 **BVD So Long to Summer Show-Somerset Farm-Longmont, CO**
Contact Beth Geier 303-673-9840 bethgeier1@comcast.net

SEPTEMBER 2016

- 2-3 **Grand Valley Fall Show-Mesa County Fairgrounds-
Grand Junction, CO-Janet Foy-USEF**
Contact Arlene Rhodes 970-201-1779 arlene@skypony.org
- 4 **GVDS Schooling Show -Grand Junction, CO**
Contact Arlene Rhodes Arlene@skypony.org
- 8 **RMDS Executive Board Meeting-Darcy's Pub-Denver-6:30 p.m.**
Contact RMDS Central Office-720-890-7825 rmds@rmds.org
- 10 **Triple Creek Schooling Show-Triple Creek Ranch-Longmont, CO**
Contact Lynn McChesney 303-444-4291 www.triplecreek-ranch.com
- 10 **Schooling Show-Shiloh Ranch-Black Forest, CO**
Contact Simone Windeler 719-287-2040 simonedressage@gmail.com
- 14 **X Halt Salute RMDS Show-Estes Park, CO**
Contact Heather Petersen 303-648-3164 slush@drwg.net
- 14 **RMDS Sport Horse Championships-Estes Park, CO USEF**
Contact Heather Petersen 303-648-3164 slush@drwg.net
- 15-18 **RMDS & Reg 5 Championships-Estes Park, CO USEF**
Contact Heather Petersen 303-648-3164 slush@drwg.net

OCTOBER 2016

- 1-2 **USDF 'L' Program Final-Burbank, CA**
Contact Dorie Vlatten Schmitz, 480-580-0645, dvschmitz@msn.com
- 8-9 **USDF Reg. 5 Adult Clinic: Kathy Connelly & Betsy Steiner
Reverie Farms, Longmont CO**
Contact Victoria Trout at USDF 859-271-7882 vtrout@usdf.org
- 8-9 **GVDS Schooling Show with Jessica Greer-Grand Junction, CO**
Contact Arlene Rhodes Arlene@skypony.org
- 13 **RMDS Executive Board Meeting-Darcy's Pub-Denver-6:30 p.m.**
Contact RMDS Central Office-720-890-7825 rmds@rmds.org
- 15 **Schooling Show-Shiloh Ranch-Black Forest, CO**
Contact Simone Windeler 719-287-2040 simonedressage@gmail.com
- 16 **NCDA Schooling Show-Tomora Traing Center-Greeley, CO**
Contact Didi DeKrey denisedekrey@gmail.com
- 22 **Triple Creek Schooling Show-Triple Creek Ranch-Longmont, CO**
Contact Lynn McChesney 303-444-4291 www.triplecreek-ranch.com

NOVEMBER 2016

- 5 **RMDS Board of Governors-**
Contact RMDS Central Office-720-890-7825 rmds@rmds.org
- 10-13 **Natl Championships-Kentucky Horse Park-Lexington, KY USEF**
- 12 **Triple Creek Schooling Show-Triple Creek Ranch-Longmont, CO**
Contact Lynn McChesney 303-444-4291 www.triplecreek-ranch.com

2017

JANUARY 2017

- 14 **RMDS Awards Banquet-Renaissance Hotel-
3801 Quebec Street-Denver**
Contact RMDS Central Office 720-890-7825 rmds@rmds.org

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

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

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

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

Contact RMDS Central Office for location

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

***Authors earn 2 hours of RMDS volunteer
credit for scholarship applications.***

2016 OMNIBUS CORRECTIONS

- Page A-11 Julie Haugen is now a USEF 'r' judge
Page C-5 Date Change: Dressage at Santa Fe from
August 19-21 to July 23-24
Page C-37 Ride-A-Test judge will now be Jessica Greer

2016 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.....	Joan Clay	970-420-0887	jncly@comcast.net
Secretary	Heather Petersen	303-648-3164	slush@drwg.net
Treasurer	Sharon Soos.....	303-904-7534	sksoos@mesanetworks.net

PERMANENT COMMITTEES

Adult Amateur	Didi DeKrey.....	970-222-3104	denisedekrey@gmail.com
Awards.....	Shannon Lemons.....	719-686-0064	lemons_shannon@yahoo.com
Results.....	Central Office.....	720-890-7825	rmlds@indra.com
Communications.....	Linda Gaber	785-470-7569	writers@icloud.com
Centaur Editor.....	Linda Gaber	785-470-7569	writers@icloud.com
Centaur Production.....	Beverly Swanson	720-401-0357	bj@piaffedesign.com
Advertising.....	Central Office.....	720-890-7825	rmlds@rmlds.org
Omnibus Production	Nicole Bizarro.....	303-939-0110	nicbiz@indra.com
Webmaster	Michael Petersen.....	719-683-8435	webmaster@rmlds.org
Education.....	Carie Sciss	719-264-9742	carie.sciss@q.com
Junior/Young Riders.....	Julie Burt.....	720-347-8084	greeniemtn@msn.com
Marketing	Una Schade	720-862-4444	unaschade@gmail.com
Professional Trainers/Riders	Sarah Dodge	303-726-2127	sarahdodge3@gmail.com
RMDS Show Liaison	Beverly Swanson	720-401-0357	ShowLiasionRMDS@gmail.com
Scholarship	MaryJo Hoepner	719-495-3648	scholarship@rmlds.org

APPOINTED COMMITTEES

Banquet.....	TBA		
Western Dressage Liaison.....	Frances Carbonnel.....	720-979-3120	classicallegacy@aol.com

RMDS CENTRAL OFFICE

Constitution, By-laws.....	Central Office.....	720-890-7825	rmlds@indra.com
Insurance, Show Standards	Central Office.....	720-890-7825	rmlds@indra.com
Registration Officials and Show Standards	Central Office.....	720-890-7825	rmlds@indra.com
Scheduling.....	Central Office	720-890-7825	rmlds@indra.com

CHAPTER PRESIDENTS

Arkansas Valley.....	Beth Hart	719-821-9354	bethhart7@gmail.com
Boulder Valley	Sandra Rosewell	303-638-2525	sandra.rosewell@colorado.edu
Colorado Springs	Pat Leech	719-749-2860	pat.leech@skybeam.com
Foothills.....	Kris Cooper	303-838-5086	kris@anchoragefarm.com
Grand Valley	Arlene Rhodes.....	970-201-1779	arlene@skypony.org
High Plains.....	Kathy Simard	303-525-8284	katsimard@msn.com
Northern Colorado	Didi DeKrey.....	970-222-1304	denisedekrey@gmail.com
On the Bit Dressage.....	Jessica Ford.....	307-460-1738	info@onthebitdressage.com
Pikes Peak.....	Michelle Anderson	303-646-1375	michand@hotmail.com
Platte River Dressage.....	Laura Speer	970-371-2934	riversidestables_evans@yahoo.com
Western Colorado.....	Barbara Graham Terry	970-963-4649	bgterry1@comcast.net

GOVERNING BODIES

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

USDF REGION 5

Director	Heather Petersen	303-648-3164	slush@drwg.net
FEI Jr/YR Coordinator	Joan Clay.....	970-420-0887	jncly@comcast.net
Website			www.usdfregion5.org
US Equestrian Federation, Inc (USEF)		859-258-2472	www.usef.org
4047 Iron Works Parkway, Lexington, KY 40511			

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

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RMDS CHAPTER MEETING SCHEDULE

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

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

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

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

Grand Valley: third Monday of the month, February through November at Canyon View Vineyard Church, Classroom T106, at 736 25 1/2 Rd, Grand Junction, Arlene Rhodes 970-201-1779, arlene@skypony.org

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

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

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

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

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

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

RMDS EXECUTIVE BOARD MEETING SCHEDULE

All RMDS Executive Board meetings are open to all and occur on the second Thursday of every odd-numbered month. Meeting time is 6:30 p.m. Meeting dates in 2016 may be variable, please check the calendar or the website. Contact the RMDS Central Office for location.

2016 RMDS-SPONSORED EDUCATIONAL EVENTS

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

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

Register for these events at www.rmids.org

Apr. 18-19 Professionals Symposium with George Williams-professionals only (Monday/Tuesday)

Apr. 20 Clinic with George Williams – open to all (Wednesday)

Jun. 11 Adult/Youth Team Competition – Tomora Equestrian Training Center – Greeley, CO

Sep. 14-18 RMDS Championships & Region 5 Championships – Stanley Park Fairgrounds – Estes Park, CO

For details on these and other RMDS events:

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

The Centaur Newsletter

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

CONTACT INFORMATION

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

ADVERTISING

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

DISPLAY ADVERTISING

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

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

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

CLASSIFIED ADS

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

PAYMENT AND AD COPY DELIVERY

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

AD RATES AND SIZE SPECIFICATIONS

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

Full Page \$150 7" x 9.5"

Half Page \$90 7" x 4.5"

Outside back half \$105 7" x 4.5"

1/4 Page (Vertical Only) . \$55 3.25" x 4.5"

1/8 Page (Business Card) \$30 3.5" x 2"

(Horizontal only)

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

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

EDITORIAL POLICY

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

Utilize the RMDS Network

Trainers and Instructors

Use the RMDS Website to Build New Business

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

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

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

Advertise Events on the RMDS Website

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

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

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

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

Important Info on RMDS membership

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

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

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

Technical Delegates, Judges, and Certified Instructors

Dressage Judge Ratings and Levels Qualified to Judge

All Current RMDS Members

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

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

FEI 4*

Janet Foy^{^*} 719-260-1566
Sandra Hotz [^] 303-817-2030

FEI PARA Dressage 4*

Kristi Wysocki 303-648-9877

FEI PARA Dressage 3*

Sue Curry Shaffer [^] 707-483-0860

FEI 3*

Kristi Wysocki 303-648-9877

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Janet "Dolly" Hannon ^{^*} 303-919-4112
Sandra Hotz [^] 303-817-2030
Anita Owen 303-953-9904
Debbie Riehl-Rodriguez ^{^*} .. 303-263-0768
Sue Curry Shaffer [^] 707-483-0860
Kristi Wysocki ^{^*} 303-648-9877

[^] = FEI Young Horse Certified

* = Dressage Seat Equitation Certified

USEF 'r'

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Amy Jablonovsky 970-493-2833
Gwen Ka'awaloa 303-917-3679

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*Denotes Graduation with Distinction

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Julie Burt 720-347-8084
Kathleen Donnelly* 970-310-8729
Wendy Fryke 720-314-0974
Beth Geier 303-673-9840
Jessica Greer 970-581-5613
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Sharron Sarchet* 720-320-4461
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Debbie Riehl-Rodriguez 303-263-0768

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Gwen Ka'awaloa 'r' 303-917-3679
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Kristi Wysocki 'R' 303-648-9877

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Kristi Wysocki 'R' 303-648-9877

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Debbie Moloznik 818-515-0377
Heather Petersen 303-648-3164
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Rusty Cook (NM), r 505-249-7586
Laurie Mactavish (CO), R . 970-390-5160
Debbie Moloznik (CO), r ... 818-515-0377
Heather Petersen (CO), r . 303-648-3164
Dianne Stanley (FL), R 406-690-9450

Technical Delegates, RMDS recognized shows only

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Didi DeKrey 970-568-3916
Mary Jo Hoepner 719-495-3648

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Joan Clay 970-420-0887

Training - Second

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RaeAnn Cook 970-225-1408
Bridget Milnes 303-660-4986
Kristi Wysocki 303-648-9877

Training - Fourth

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

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Kathy Simard 720-981-4448

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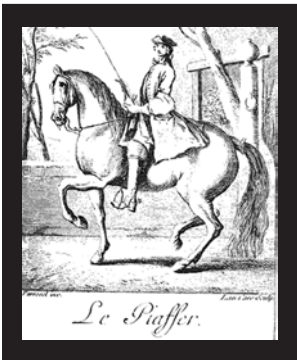
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Note: If you are a TD, Judge, or Certified Instructor and a current RMDS member and your name is not listed here, please contact the Central Office at 720-890-7825 or email: rmds@indra.com

Ask the Pros

Lets YOU Ask the Question



Sarah Dodge, 2016 Professional Liaison for RMDS, edits this feature column. RMDS members are encouraged to send questions to Sarah for area trainers to answer in the Ask The Pros column. RMDS professionals who are interested in contributing as a guest responder also are asked to contact her at sarahdodge3@gmail.com.

What's Your Question?

ÜBERSTREICHEN

What Is It and How Do I Use it?

From Sarah Dodge

Überstreichen is a German word that means “to release the reins.” Pronounced “oover-shtry-khen,” this release is used by a rider to check if the horse is correctly on the aids. It is an essential part of testing whether or not a horse has achieved the correct balance before riding more advanced patterns or exercises. Überstreichen can be performed in the trot or canter. It also is extremely useful in retraining horses and riders who have the tendency to pull on the reins or use the reins for balance. Notice I said for horses and riders. Riders are equally, if not completely, at fault when a horse has become too heavy in the contact. Riding überstreichen repeatedly can help remedy the reliance on the reins for balance.

There are two ways to ride überstreichen. The first way is what I think of as the most common understanding of überstreichen. It is ridden by releasing both hands forward towards the horse’s mouth. The contact is clearly released for two to three strides. During this release the horse should maintain its basic outline and show a willingness to reach slightly forward towards the rider’s hand. For the rider, it is imperative that she maintain her body position. The seat and legs stay connected and the upper body remains upright. Remember, the rider is testing the horse’s balance, so leaning forward or coming out of the saddle would be a hindrance to the horse.

The horse also should accept the reconnection of the contact so it is important to softly return the hands to the normal position. During the release, we want the horse to maintain his tempo and rhythm, maintain a steady head and neck position, and continue following the rider’s body along the designated line of travel. Überstreichen should be possible in an advanced horse at any time, during any movement. This is the ultimate goal, but it is easiest to start on curved lines like serpentines and circles. Once the horse is accepting this, the rider can add überstreichen to her work in any number of playful ways.

Change Exercise by Releasing Only Inside Hand

The second way to ride überstreichen is for the rider to release only the inside hand forward towards the horse’s mouth while the outside hand remains connected. This is typically done on a circle line or in a corner.

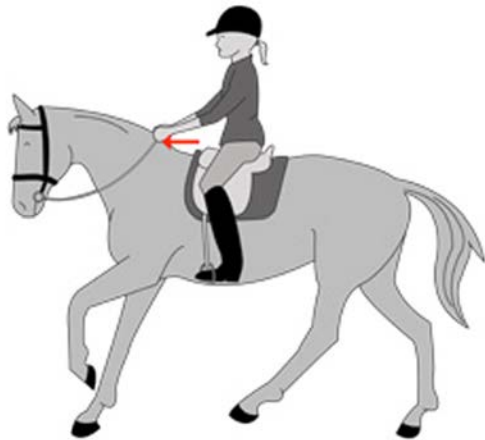
The goal is to have the horse maintain the bend of the curved line. The release lasts two to three strides and the rider reconnects to the horse’s mouth by simply returning her hand softly to the normal position. In this release, the horse should maintain his head and neck position. I often ask my students to ride überstreichen with the inside hand for the last one-quarter of a volte or small circle. This is an excellent way to see if the horse is bending correctly from the rider’s body rather than the rein. If the horse loses its balance or rushes forward, the rider simply repeats the volte and influences the horse’s inside hind leg to step further under towards the outside supporting/receiving rein. Then the release is repeated. This release can also be ridden in shoulder-in or half-pass, really any situation where the goal is to confirm that the horse is bending honestly from the rider’s body and connecting to the outside rein as the result of this bend.

This type of training is more about repetition than perfection. I find it most beneficial to practice überstreichen during the second phase of the ride, after the warm-up and before more difficult exercises. During this phase, I ride smaller bending lines and transitions in and between the gaits. My aim during this phase is to start influencing the horse to carry more weight behind and to move in a more balanced way relative to his training level. Practicing überstreichen in this phase makes sense

cont.on pg 21

Ask the Pros *from pg 20*

because it tells me if my horse and I are ready to move on. If the horse responds adversely by coming above the bit or dropping behind the bit, I stay in this phase longer. The wrong response to the release indicates connection issues that can be resolved by focusing on the rhythm and suppleness once again. I do not move on from this phase until the horse accepts the überstreichen without losing rhythm, balance, engagement or straightness.



Hips to hands to mouth

I encourage you to use überstreichen repeatedly during your rides. The more we repeat these releases, the more opportunity we are giving our horses to explore their own limits within self carriage. It is also useful as a teaching tool to help riders maintain a feeling of riding forward to the hand. I often hear the voice one of my favorite trainers saying, "Hips to the hands to the mouth." By this he meant, "Swing your hips towards your hands and your hands towards the horse's mouth." Überstreichen is an exaggeration of this. And repeatedly using it can encourage the feeling of riding forward to your hand. Give it a try, and not just once or twice. You may be surprised how light and responsive your horse can become!

New Helmet Standards Expected Early 2016

From Dover Saddlery

To gain Safety Equipment Institute certification, manufacturers of helmets and body protectors must meet or exceed a level of quality. Helmets currently on the market with ASTM F1163-04a/SEI-certified status and being used retain their existing SEI certification because they passed the standard at the time they were manufactured, and will remain so for the life of the helmet.

For its certification program, SEI reviews and adopts all ASTM safety standards. ASTM typically updates its standards every five to six years, and sometimes more frequently, based on new scientific information and technology. ASTM modified its safety standards for helmets in 2016; SEI has adopted this edition of the standard.

Helmet manufacturers will submit their current helmet styles for testing to SEI and either pass or exceed the new requirements for the updated standard.

Information regarding the helmet certification changes were taken directly from the SEI website <http://www.seinet.org/>.

The Rocky Mountain Dressage Society

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Inside Front Cover	7.5" x 10"	\$175.00 (\$275.00 for color)		
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Rocky Mountain Dressage Society / Advertising / Revised: July 2013

New USEF Equine Vaccination Rule for Competitors

Lexington, Ky. – This month, the USEF Board of Directors approved an addition to the rule book, which outlines equine vaccination requirements at licensed competitions. Beginning Dec. 1, 2015, all horses entering the grounds of a Federation-licensed competition must be accompanied by documentation of Equine Influenza Virus and Equine Herpes Virus (Rhinopneumonitis) vaccinations within six months prior to entering the stables.

Due to several high-profile Equine Herpes (EHV) outbreaks in recent years that have involved the neuropathic strain of the virus (equine herpesvirus myeloencephalopathy-EHM), some competitions have placed vaccination requirements on their competitors that go beyond most accepted medical opinions and raise concern that unnecessary requirements can potentially put a horse at risk. The intent of this rule is to ensure that all licensed competitions comply with the vaccination guidelines for Equine Influenza and Equine Herpes (Rhinopneumonitis) published by the American Association of Equine Practitioners. These guidelines are reviewed by infectious disease experts regularly, and recommend vaccinating competition horses at six-month intervals for both equine influenza (flu) and rhinopneumonitis (EHV-1 and EHV-4). There is not a vaccine that protects against EHM.

Intended to promote proper vaccination protocols, this rule does not anticipate an increased workload for competition management. The flu vaccination information can be added to the documentation already required by most competitions: a horse's health certificate and a negative coggins test.

If you have questions regarding **GR845** please contact the USEF Drugs & Medications department at medequestrian@aol.com or 800-633-2472.

USEF Equine Vaccination Rule

From the USEF Communications Department

GR8 Conduct of Licensed Competitions

GR845 EQUINE VACCINATION RULE

1. At Federation licensed competitions, horses entering the grounds must be accompanied by documentation of Equine Influenza Virus and Equine Herpes Virus (Rhinopneumonitis) vaccinations within six months prior to entering the stables. Horses not in compliance with this rule may be required to leave the competition grounds upon request by Competition Management. Documentation should consist of one of the following methods mentioned below. The frequency of vaccine administration should be per the vaccine manufacturers' or veterinarian's recommendations. It is recommended that vaccines are administered by or under the direction of a veterinarian.
2. In the case of vaccines administered by a veterinarian, the exhibitor, upon request by Competition Management, must provide documentation from the veterinarian on documenting that the horse in question received the vaccinations; name of the vaccines and date of vaccine administration.
3. In the case of vaccines administered by a person other than a veterinarian, the exhibitor, upon request by Competition Management, must provide a receipt of the vaccine purchase which is signed by the owner, or agent with care, custody, and control of the horse; name, serial number and expiration date of the vaccine; and date of vaccine administration.
4. In the case of a horse that is unable to receive either of the vaccinations due to a history of adverse reactions, the exhibitor, upon request by Competition Management, must provide a letter from the veterinarian on official letterhead stating that the horse in question cannot be vaccinated due to medical concerns and a log of temperatures taken twice daily for the seven days prior to entering the competition grounds. These horses must also have their temperature taken and logged twice daily while on the competition grounds. The log of temperatures should be provided to the Competition Management, steward, or technical delegate when requested.
5. Competition Management may not amend or enhance vaccination requirements without prior approval of the Veterinary Committee.



USDF REGION FIVE

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

Spring is coming and the weather has been great, at least in Colorado in mid-February. ♥ I'm ready for the snow to be done!

Fundraising efforts are under way for the USDF Region 5 Juniors and Young Riders, as they try to qualify and travel to the 2016 FEI North American Junior and Young Rider Championships. The championships will be held July 26 - 31 at the Colorado Horse Park in Parker. Hopefully it will be an easier trip this year for our group of eight riders with their horses, grooms and chefs d'equipes, but they still need all the support we can give them. There still are some travel expenses. They must stay in a hotel for the week, and there are team uniforms, chef expenses, feed, bedding and oh so much more that they need help with. If you would like to contribute or help with their fundraising efforts, please contact Joan Clay, our Region 5 Jr/YR FEI coordinator, at jnclay@comcast.net or 970-420-0877 or Fundraising Chair Kathy Gillespie, kjpagillespie@msn.com or 303-921-5253. Riders interested in participating in the FEI Junior and Young Rider program for 2016 must respond before the last intention deadline May 17, but the less-expensive deadline is May 4, so be sure to get your intentions in soon.

Regional Championship bids for 2017 have been received and we should know soon where the competition will be held. I had really hoped for some bids from some new areas but, unfortunately, it did not happen. Maybe we can get some things going for 2018. USDF will announce the locations of the 2017 Regionals in May. I hope everyone is planning on attending the Regionals in 2016 in Estes Park, CO, at the Stanley Park Fairgrounds. It's a beautiful area with lots of fun things to do and the venue is very nice. It should be a great show hosted by the Rocky Mountain Dressage Society!

If you are interested in being a delegate to the Board of Governors' meeting, please contact our Nominating Council representative and have your name added to the ballot for Participating Delegate. Please 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.

Till next month!

Heather Petersen, Region 5 Director

HOLD THE DATES:

Oct. 8-9, 2016

USDF Region 5 Adult clinic with Kathy Connelly and Betsy Steiner
At Reverie Farms, Longmont, CO

Contact Victoria Trout at USDF 859-271-7882 or vtrout@usdf.org.
Stay tuned for more information as it comes up.



RMDS MEMBERSHIP FORM

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

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

All business memberships include one individual membership.

Please include all information for person designated as individual member. If an adult amateur, include current copy of USEF AA card. All individual members will receive Centaur newsletter & the Omnibus.

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

Indicate Local Chapter (only one):

- Arkansas Valley
- Boulder Valley
- Colorado Springs
- Foothills (Golden, Evergreen)
- Grand Valley (Grand Junction)
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Address _____

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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)

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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) _____

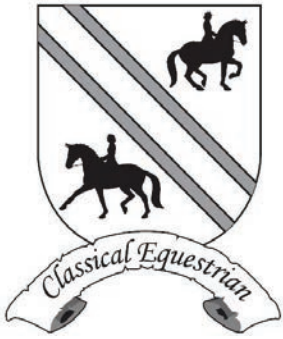
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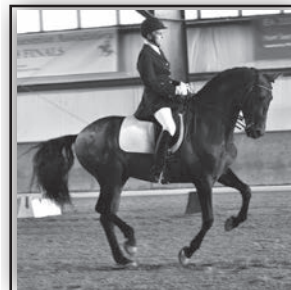
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HOLD THE DATES:

Oct. 8-9, 2016

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At Reverie Farms, Longmont, CO

Contact Victoria Trout at USDF 859-271-7882 or vtrout@usdf.org.
Stay tuned for more information as it comes up.




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