



THE CENTAUR

Educating Horse & Rider as Partners

MARCH 2019

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RMDS EDUCATIONAL

OPPORTUNITIES IN 2019!

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**DON'T MISS ANY OF THE
LATEST NEWS!
BE SURE TO RENEW YOUR
MEMBERSHIP**

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

FEI Trainer's Symposium in Florida ...pg 6

RMDS President Gwen Ka'awaloa, shares her Continuing Education in Florida

That Outside Rein: Bend and Balance ...pg 18

Frances Carbonnel details the outside rein and the biomechanics involved

CE Biomechanics & HeartSaver

Michelle Anderson packs our brains with valuable info...pg 8



and...

A Mounted Patrolman Embraces Dressage...pg 20

Sgt. Joe Cummings goes English and finds balance and tall boots

2019 Omnibus Corrections...pg 27

Please review - several test movements corrected

Spring is coming!

Elysée does her Derby Dance at 20 years old

UPCOMING EVENTS

USDF INSTRUCTOR CERT WORKSHOP: MAR 29-31

NEW TEST CLINIC WITH FEI 5* JUDGE JANET FOY: APR 6

HIGH PLAINS CLINIC WITH DOLLY HANNON: MAY 11

JR/YR SUMMER INTENSIVE: JUNE 20-22

Spring is near and show season is just around the corner. As we make plans to show or clinic we need to remember to check all the rules that we must follow to complete our entries and to keep our horses healthy. **Open the rule books now** and follow the guidelines to make your life and your horses health easier for all.

Clinics and shows, even the smaller ones, often require horses to have health certificates, Coggins tests and proof of vaccinations. Miss any of the requirements and you may not be able to show. If you are aiming for year-end awards or trying to qualify for Championships then you need to meet the registration requirements for both horse and rider for each of the applicable organizations. Scores will not count if you are not up to



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

date. Check the requirements, pay the memberships and registrations that are required and your show season will go smoothly (*see page 23 for show membership requirements*).

RMDS is working to update our computer database and our website. A group of qualified and knowledgeable members have put together a Statement of Work to invite bids to meet our needs. If you know someone or are qualified to meet these needs then please apply. We will be voting in April to accept a bid to get RMDS into

the 21st Century by 2020.

As the weather warms up and our horses shed all over us, we are able to ride more often. Enjoy the time you have with your family and horses. Several of our members have lost family and horses, dogs and cats too. These losses are never easy so we need to enjoy the time we have with them.

"True beauty is born through our actions and aspirations and in the kindness we offer to others"-- Alek Week

Aloha, Gwen Ka'awaloa



Functional Physical Therapy

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

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

We have two locations:

3441 Tennyson St.

Denver, CO 80212

(303)941-0664 phone

(303)997-4832 fax

www.functionalphysicaltherapyllc.com

2935 Baseline Rd Ste 301

Boulder, CO 80303

(303)941-1768 phone

(720)381-6776

Info@functionalphysicaltherapyllc.com



Grand Valley

We are excited to have 11 entries for our USDF/NEI grant funded Lungeing-Seat clinic with Joan Clay. We were able to offer free auditing, and a low entry fee due to the grant award. The clinic was held February 15-17 in Fruita, Colorado. This will be the first event of the new year for our club. In order to encourage our 2018 members to renew, I sent a membership form to all our members and told them if they come to the clinic to bring their form and their check and I would send them all in - I encouraged them to save a stamp and stay part of our community!

Fast on the heels of the Lungeing clinic will be our Ride-A-Test weekend March 23-24 judged by Megan Bretey, one of our local 'L' judges. Amber Benson will be heading a scribe clinic as well. We've been blessed with decent weather most of the winter so we hope to see a lot of members take advantage of this opportunity.

April 27-28 we will have our first schooling show of the year. We are delighted that another of our local judges, Stephanie Soule, will be able to judge this event. Stephanie was seriously injured early in 2018 and we are very pleased that she will be able to do this event! She has resumed teaching and is doing some riding. We all have been praying and thinking of her through her recovery so this has been great news to hear!

Arlene Rhodes, GVDS President

Western Colorado

As I write, we are getting inundated with snow (again!) which, while great for the water table, is proving challenging for riding (let us not even discuss actual training.) However, all manner of riders have been privy to some stellar movements that will be hard to recapture come the spring....Horses miraculous, unrehearsed haute ecole movements: caprioles, courbettes, levades- all done to the lovely, unexpected sounds of snow whooshing off the roof at high speed. A new and exciting dimension to indoor winter riding.

Outside, as the snow piles up, and the tractor breaks and the fence poles disappear, groups of previously separated horses, have miraculously reconfigured themselves into new groups, like those tricky cliques in high school. The low ones on the totem pole languishing on the outside... So no change there. Are there winter boots tall and snug enough to ward off the snow that's now sneaking down into the chilly ankles of stalwart wranglers as they plod

through drifts to restructure the equine clans? Empirical evidence alas says no. But the fuzzy face, the low nicker, the delicious scent, and the peace that comes from standing in a white wilderness with your best friend by your side, enjoying the snowflakes caressing your eyelashes, well then it's all worth it. Happy winter!

Lesley Hill, Western Colorado Chapter President

Foothills

Members already are signing up for a powerful two-day clinic in October to help train their muscle memory to land safely in a fall from a horse. National LandSafe Equestrian instructors Keli and Danny Warrington are bringing their black bucking, rearing mechanical horse from Maryland to practice safety techniques here in a controlled, well-padded environment.

Limited to 20 adult and young riders, participants will work two half days learning how to jump, roll, land and over-all avoid dangerous falls in real-life, gymnastic exercises. Cost is \$350 per person indoors at Table Mountain Ranch, Golden, Oct. 12 and 13. Auditors welcome.

Here is a brief look at one of the clinics: <https://diyhorseownership.com/landsafe-clinic-day-2/>

Also planned is the annual and quickly filled Ride-A-Test at TMR on Saturday, May 18. 'L' graduate Kathleen Donnelly is giving feedback and then critiquing a re-ride in each of the ten 45-minute sessions. Use this as a pre-show evaluation before entering the chapter's *Spring Into Summer Show* with Kathleen judging on June 9.

More education for all levels and ages is coming two days June 7 and 8 with Joan Clay, TD and USDF certified instructor Training-First Level. Her Fabulous Figures clinic puts participants on the ground walking patterns, among other exercises, to help refine serpentines, circles and diagonals when on horseback. Watch for more information and registration details to come for this activity at TMR. Auditors are invited to attend.

The end of show season can be a time to revisit problem areas that need attention during the winter. The Level Up! Clinic provides assessment and help for riders at each level working to move up to learn new tests and movements. Approximately eight participants will work in one-hour semi-private lessons at TMR. Auditors also can attend this program with dates to come.

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To reserve space and for more information on each event, contact Education Co-Chair Lauren Still at stillfamily1@mac.com. Registration and PayPal instructions will be on the chapter's website www.cofoothillsdressage.org.

All are invited to join us at our next chapter meeting Monday, April 22, 6:30 p.m. at Mimi's Café in Denver West, 14200 W Colfax Ave., Lakewood, CO, 80401.

Linda Gaber Foothills President

NCDA

Our General Meetings have been highlighted with some great speakers and topics this year! January's meeting featured Dr. Shaw Dixon, DVM. Dr. Dixon specializes in acupuncture and shared how this is a beneficial treatment for our horses and other furry friends.

February's meeting topic was the new 2019 Dressage tests. Kathleen Donnelly, 'L' graduate and instructor used videos – yes, already people are posting the new tests – and interactive discussions. We reviewed the good, the bad, the ugly, and the adorable rides. Next presentation is Wednesday March 13. We are looking forward to learning about Working Equitation from one of our members.

NCDA has a series of schooling shows this coming year: April 14, May 19 and July 21. April's show is preceded by a clinic with Ms. Dolly Hannon, who will stay on to judge. The Dolly Hannon clinic is ready for registrants (mounted or auditors), via mail or on the web at ***Equestrianentries.com***. We are hosting a Friday (April 12) evening affair with Ms. Hannon at Mimi's Café. The clinic is Saturday, April 13 at Tomora Training Center in Greeley. If you are interested in volunteering, please go to the Signup.com page and look for our event!

General meetings are the second Wednesday of the month (September through May) at the Mimi's Cafe, Loveland, Colorado. Everyone is welcome to join us! Follow us on Facebook! <https://www.facebook.com/myNCDA>

Didi DeKrey, NCDA President

Pikes Peak

Next member meeting is Tuesday March 5th at Guadalajara in Falcon at 6:30 pm.

We will finalize the details for our New Test clinic to be held Saturday April 6 at Meadowbrook Farms in Sedalia for

with 5* Judge Janet Foy. PPDS members can audit for \$30 and all other RMDS members can attend for \$40. This is a great opportunity to view the new tests and see from a judges view what they're looking for and ask questions. If there are any questions please feel free to contact me for more details.

Please keep an eye out for future events from our chapter. Stay warm and hope everyone is getting some riding in. We are almost to spring! Show season is around the corner!

Tiffany Rutledge, Pikes Peak President

High Plains

High Plains Dressage is happy to announce a full calendar for 2019. To apply to any of these events, please visit our website at highplainsdressage.org or call Stephanie Figgins at 720.480.7044 (Opening Dates Apply)

April 7, 2019: Ride-A-Test with guest judge Gwen Ka'awaloa at Paradox Ranch (formerly Iron Horse Farms)

May 11 and 12, 2019: Clinic with Dolly Hannon at Greenie Mountain Farms in Parker, Colorado (Julie Burt's Residence)

Upcoming Board Meetings:

- March 12, 2019
- April 9, 2019
- May 14, 2019

Meetings held on the second Tuesday of every month -- 5:30PM at 6796 Ponderosa Dr. Parker, CO

Open to the public! Please RSVP to stephanieefiggins@gmail.com to attend.

Stephanie Figgins, High Plains President

On The Bit

We are so excited to hold our first USEF/USDF and RMDS recognized show this July in Laramie, WY! Come join us for a fun and friendly show on July 20 - 21 at the Spur Ridge Equestrian Community. Our judges will be Donna Richardson ('S', CA) on Saturday and David Schmutz ('S', CA) on Sunday. You will find a complete prize list soon on our website www.onthebitdressage.com or on www.2whitefeet.com. We are looking forward to seeing you in Laramie! We are also

cont. on pg 5

Scholarship Committee Announcement

The RMDS Scholarship Committee is pleased to announce the 2019 RMDS Scholarship recipients, chosen from a strong field of applicants:

- The Leg Up Scholarship: Pam Phillips
- The Solid Seat Scholarship: Gayle Udall & Anclaire Spaulding
- The Opening Doors Scholarship: Clare Adamson

Best of luck with your educational journey this year!

The Scholarship Committee would like to congratulate all contenders on their dedication to the sport of dressage and would like to encourage all members to submit applications for next year's scholarships.

Natalie DeFee Mendik, Scholarship Chair

Chapter and Committee News *(cont.)*

trying to schedule a clinic for late spring/early summer, so check our website or Facebook page for updates!

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

Ginka Kubelka, On The Bit President

Boulder Valley

Boulder Valley Dressage Association has two great events this year, our second annual Dressage at the Fairgrounds USEF/USDF recognized show June 29-30 at the Boulder County Fairgrounds in Longmont, and our second annual Dressage Festival, with an RMDS show on Saturday, September 14, followed by a clinic with clinician Sandy Hotz on Sunday, September 15. Both events offer trailer-in and schooling on the Friday before the shows. We have a group of outstanding judges: Lilo Fore and Mike Osinski for the June shows, and Gwen Ka'awaloa for the September show. Please see the 2019 RMDS Omnibus for details on the shows and clinic.

We are pleased to announce that each show will feature a single arena, leaving much more room for warm-up. We will also limit the number of riders in the warm-up arenas at any given time, providing much more room. Additionally, the Boulder County Fairgrounds has purchased a Cherrington rock screener, which will screen rocks down to 3/8" in diameter, which will greatly improve the footing in the arena.

We encourage auditors at the Sandy Hotz Clinic on September 15 at the Fairgrounds; this is a benefit of your RMDS membership. Please be prepared to bring your own lunch and enjoy this great learning experience.

This past year we received sponsorship from *Colorado Tack and Supply* (14368 Lincoln Street, Thornton, CO 80023, 303-280-4721), *Longmont Ford* (235 Alpine Street, Longmont, CO 80501, 720-771-6003), *The Tack Collection* (Lafayette, CO, 303-666-5364), *Andria Allen* (WK Real Estate, 303-810-8375), and *Nancy Brinkman*, Boulder, Colorado. We much appreciate the generosity of these folks and encourage you to patronize them!

Stan Adamson, Boulder Valley President

Communications Chair

As you review the content of this Centaur, you may notice a common theme: **EDUCATION!**

Our RMDS President, *Gwen Ka'awaloa*, traveled to Florida for five days of continuing education at the FEI Trainer's Symposium to sharpen her judging eye and keep her skills up-to-date.

Michelle Anderson, 'L' graduate, attended both the Heart-Saver and Continuing Education on Biomechanics. Notice that the HeartSaver clinic was conducted by our president, Critical Care Tech-Emergency, and the CE was taught by our Professional's Chair *Kathy Simard*, 'L'grad and USDF Certified Instructor, and *Debbie Riehl-Rodriguez*, 'S' judge and biomechanics expert.

We are lucky to have professionals that continue their education and pass it on to us. So go out and take advantage of the many opportunities to learn - here are just a few:

April 6	New Test Clinic with Janet Foy
April 13-14	Dolly Hannon Clinic
June 20-22	Youth Summer Intensive

Beverly Swanson, Communications Chair

Five Days in Florida

FEI Trainer's Symposium

By Gwen Ka'awaloa, RMDS President

In January I flew to Florida to update my judging eye and to add some knowledge to my trainer's box. I spent five days with my good friends and fellow judges Patricia Morine and Lisa El Ramey. Good friends and fellow judges make for an excellent learning experience.

DAY ONE - FREESTYLE FORUM

Day One was the Freestyle forum, led by Terri Ciotti-Gallo and Gary Rockwell. The focus was on the Artistic side of the test. First we discussed the segregated categories (**Harmony, Choreography, Difficulty, Music and Interpretation**). Understanding each piece puts us on the path to more objective, consistent judging. We were reminded that USDF promotes clean, well-choreographed freestyles. Emphasis was placed on quality, not difficult exercises that stress the horse and rider.

USDF tests separate **Music** and **Interpretation** while the FEI combines them. All riders and designers need to keep in mind the score sheet and terminology to understand what is required. Judges should know the scoresheet well enough to be able to explain to the scribe how the scoring will flow.



Trish Morine - YES It was cold in Florida!

Music is not scored on a judge's musical preference but on specific criteria, "It equates to everything that happens before the show." Terri was very clear on this point. Music should be chosen, cut and prepared before the ride even

begins. **Cohesiveness, Seamlessness and Assessing Music** are part of this score. Time needs to be spent here so that everyone can enjoy the dance within the music.

Interpretation is what happens during the performance. Music as it relates to the movement, use of phrasing and dynamics and making sure the music expresses the gaits through rhythm and tempo. We watched several videos to bring home this point and to learn to hear the music with phrasing and dynamics noted, as well as the more important aspect - the rhythm matching the gaits. Background



type music does not allow for interpretation.

I cannot even begin to explain this in full detail, I only hope to inspire and encourage the use of the information and stated expectations on the score sheet.

Degree of Difficulty is evaluated as use of requirements and not exceeding the movements allowed. The ability to take a risk and be successful is re-

warded, whereas poor execution can lead to a deduction. Riders and designers must understand that each movement required is given a score, but **only if the judge can readily identify that movement**. Placement and use of the arena can increase the degree of difficulty when it is used to enhance a movement.

Choreography is based on design cohesiveness, use of arena, balance and creativity. Again movements and patterns must be clear and understandable. Creativity is a primary modifier. You must adhere to the requirements. Halts are only on centerline and you must cover the distance required for it to count in your favor. Read the test at the level you are performing in order to know what is and is not allowed. **KNOW THE RULES.**

Harmony is the ability to show how well you can present your freestyle as you demonstrate the training of your horse with music that enhances their performance. Good music that shows off the horses ability and that is ridden with interpretation and balance is always a joy to watch.

DAYS TWO AND THREE - NEW TESTS, GAITS, MOVEMENTS

The next two days were composed of judges going over the new tests and some discussion on gaits and movements. Gary Rockwell, Lois Yukins and Lisa Goretta led this portion. Quality of gait is primary and based on clarity of rhythm, walk = 4 beats, trot = 2 beats and canter = 3 beats. Movements such as half turn on the haunches and walk pirouettes were reviewed so we could practice our judging eye, using flash cards to give scores. Canter pirouettes, Piaffe and Passage were also

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Symposium in Florida *(cont.)*

discussed while watching some excellent video to again challenge our eye to knowledge ratio.

The heart of all our discussion and training was the **Pyramid of Training**. A few updates and clarity on wording have made it easier to understand. Find **the new version on pg. 22 of the Dec 2018/Jan 2019 USDF Connection or download from usdf.org/education/university** as it will give you a better understanding of the training process.

For the judges all the discussion, video and flash card scoring gave us a chance to challenge ourselves and to broaden our knowledge base. The live horse portion was fun as horses will be horses! I am sure some of the demo riders were a bit embarrassed by the behavior of some of their horses. We as judges had a better discussion time over what horses can and will do when least expected. Great demo riders and horses help everyone to improve.

FINAL TWO DAYS

The last 2 days were spent at the FEI Trainers Conference and we had four outstanding trainers to demonstrate methodology and progression. **George Williams, Charlotte Bredahl Baker, Christine Taurig and Debbie McDonald** showed us their focus and training techniques with help again from some awesome demo riders and horses.

KEY NOTES FROM EACH INSTRUCTOR . . .

George Williams- Young Riders

- Correctly ridden ring figures = horses are balanced and have an organized way of going. Half halts are “crucial”
- 3 rein aids –
 1. Inside closed = bend, soft and supple
 2. Counter flex, soft submission
 3. Outside rein to slow down for a few strides and to stabilize the shoulder.

Christine Taurig- Young Horse

- Circle point to circle point and plan ahead
- Accountability and Reliability, not stronger aids
- Gymnastic effect of Bending Aids, Own the Canter on the Inner leg
- Seat is the Mediator between leg and hand, An Engaged hind leg is a committed hind leg

Dressage is the training of the horse and rider. Education to improve both always is worth the time and effort.

Charlotte Bredahl Baker- Developing Horse

- In the half pass you have a shoulder in
- Precision for Test Riding, Not too deep, Out to the bridle
- Ride forward on inside leg, Hands close, especially outside rein close to the neck

Debbie McDonald- FEI horses

- Keep active to change tempo without being hectic
- Leg yield in warm up, No Driving leg
- Adjusting within gait during warm up
- Listen to the footfalls

The theme throughout was **precision, planning and harmony**. From working on equitation and balance to developing suppleness with control and adjustability, we were able to see all the horses and riders improve through several exercises and with excellent guidance from the clinicians.

I always enjoy watching, listening and then taking home some exercises to try with my students. My education has always been very important to me and to my clients, as they directly benefit from my time spent at these symposiums.

Dressage is the training of the horse and rider. Education to improve both always is worth the time and effort.

A Jam-Packed Weekend of Education

HeartSaver and Biomechanics

By Michelle Anderson, 'L' judge. PPDS member

I attended two educational events sponsored by RMDS in January, the Basic First Aid & CPR course in Castle Rock, and the Biomechanics 'L' Continuing Education session the following day and held near the airport.

FIRST AID & CPR

We all know that having an EMT on site is a requirement for recognized shows so we have the luxury of allowing them to jump into action if a crisis occurs. How many times have you seen a bad fall at a schooling show or clinic though? I'm sure we've all seen another rider take a tumble at our home barns. And I'll bet most of you have even been on a commercial airline when an announcement has been made asking if there is a doctor or other medically trained person on the flight. Would you be able to assist in these situations? Could you help save a life?

The goal of this session was to provide those attending with the confidence to step up and help, even if a more highly medically trained person is available. The attendees ranged from a schoolteacher who needed to recertify to amateur riders and professional trainers.

Having grown up with a mother who was a RN and taking Junior Lifesaving during my days as a competitive swimmer, I'm not entirely unfamiliar with some first aid basics, but this class allowed me to practice that knowledge again and regain my confidence to act in an emergency.

The morning involved watching a video demonstrating many different types of emergencies ranging from fainting or a potential heart attack to severe bleeding wounds and venomous snake bites. And yes, there were some participants who had to close their eyes during the snake portion! Personally I had to cover my eyes during the spider bite part of the presentation. (Creepy crawlies – UGH!)

Later in the day we split up into two groups, one led by our AM instructor and RMDS President *Gwen Ka'awaloa*, and

the other led by another Heartsaver/First Aid instructor, *John Humphrey*. We all had the opportunity to practice our CPR, breathing and AED (Automatic Electronic Defibrillator) skills on both adult and infant dummies designed for this purpose. I was afraid I would not have the strength to do effective CPR but in fact the difficulty for me was in forcing air into someone's lungs. As a lifelong asthmatic

I had to work a bit harder on that portion.

Following the class we each received a certification card indicating we had passed the course and could assist in an emergency. I know the next time someone near me has a flying dismount or I hear that announcement on a plane I'll have the confidence and skill to step up and help them!



Katherine Simard leads the CE class in Biomechanics

'L' BIOMECHANICS

The following day I was an 'L' graduate participant in the Biomechanics Continuing Education class held at the La Quinta Hotel on Tower Road. This location was very convenient for our two participants who flew in from outside the metro area. Other attendees ranged from an 'R' judge to a veterinarian and from Western Dressage participants to an FEI level eventer. Everyone was there to learn something new.

The session was based on the A portion of the 'L' program. I can tell you as someone who did NOT excel in science in school, I struggled with that portion during my program. Now, after graduating from the program and applying my knowledge to both my schooling show judging and my own riding, the material in this program makes so much more sense!

Our instructors, 'L' faculty member and 'S' judge *Debbie Riehl-Rodriguez* and USDF Instructor Faculty member and 'L' graduate *Katherine Simard* complimented each other perfectly, discussing both the physiology of the horse and the rider when analyzing performance issues. Kathy was especially entertaining when she demonstrated rider movement, both negative and positive!

cont. on pg 10

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\$565,000

State-of-the-art cabin abounding with character on nearly 50 acres in sought after Allenspark. South facing driveway makes for fast snow melt and easy year-round access. Loafing shed, level fenced horse arena/turnout and 20 acres of fenced pastures.



Karen Libin

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FOR SALE



19353 S Saint Vrain Dr. \$450,000

Very private mountain property with good building sites between Lyons and Allenspark. Access driveway already in place and borders national forest. Leave as an 80-acre parcel or divide into two. Forested with views of Indian peaks.

www.klrealty.net

team@klrealty.net



A Jam-Packed Weekend of Education *(cont. from pg. 8)*

We first reviewed the basics. The first three steps of the training pyramid, *Rhythm, Suppleness and Connection* must be firmly established before moving up the levels. (Remember that the new pyramid includes suppleness rather than relaxation).

We then reviewed the gaits and aspects that impact the gaits: **Pace** (a variation of the gait, such as lengthening or extension), **Stride** (the ground cover of an entire sequence of steps), **Trajectory** (the direction a limb moves from footfall to footfall) and **Rhythm** (the sequence and timing of the footfalls of a gait).

We also discussed the “rule” that the poll must be the highest point. This is not actually true, as many Baroque type horses cannot conform to this rule AND be using their backs correctly.

Suppleness, which is the range of motion of the joints, cannot exceed the mechanical capability (i.e., conformation) of the horse. This is one of the reasons why some horses bred to perform dressage will score higher than those not bred for that purpose. The latter are physically limited in how supple they can be.

We also discussed the “rule” that the poll must be the highest point. This is not actually true, as many Baroque type horses cannot conform to this rule AND be using their backs correctly. The true test is whether the horse’s back is engaged, regardless of the position of the poll.

Impulsion is only seen in gaits that have a moment of suspension (trot and canter). Impulsion is pushing power and ground cover. Tempo issues or short or quick strides should be penalized under this mark.

We then transitioned to how the rider can impact the horse, both positively and negatively. The SEAT is the primary aid we should use in riding, then the leg. Unfortunately, as Kathy pointed out, we are descended from apes and always want to use our hands first! If you think of every movement of your hands as a fishhook in the horse’s mouth, this may help remind you to limit your use of that particular aid.

“A stiff rider cannot create a supple horse, and a crooked rider cannot make a straight horse.”

It is imperative for us, as riders, to help our horses by becoming relaxed, strong and as straight as possible in our seats. This generally means you must also exercise OUTSIDE of riding.

We should also think of our whip as a forward aid while using our spurs as an aid to assist the horse in utilizing their core (using their back).

Remember:

“We can all sit perfectly when the Horse is Perfect!”

Authors note: The videos provided by USDF for judge training are quite dated. Many are of poor quality and many include riders without helmets. USDF has a desperate need for rider videos, both good and bad, to utilize in their training materials. Please contact USDF (education@usdf.org) if you can provide riding videos (not copyrighted or with copyright permission) that may demonstrate both good and poor aspects of movements. You will be helping the next generation of judge candidates to improve their abilities!



Aim Higher and Achieve More with ANDRIA ALLEN

The Market is Changing!



ANDRIA ALLEN

Aim Higher and Achieve More



My listings in 2018 sold for 99% of the original listing price.



For my listings in 2018, the average days on the market before receiving an offer was 3-4 days.



The weather has been cold and snowy, but buyers are already looking for homes this year. The inventory is quite low at this time, so if you are thinking about listing, you don't need to wait for spring weather for qualified Buyers to find your home.



Year to date for Boulder County, the number of homes sold is down 6.4%. However, the average home price has increased 10.8% and the median home price has increased 8.2%. The time on market has increased in some areas, but not significantly.



Sold at \$1,120,000
4514 County Rd 5 Erie, CO

Sold at \$611,000
5648 Pheasant Ln Ft Collins, CO

Sold at \$600,000
1820 17th Ave Longmont, CO

Sold at \$482,500
414 Altona Way Erie, CO

Sold at \$1,950,000
6122 Monarch Rd Longmont, CO

Sold at \$1,850,000
9647 N 63rd St Longmont, CO

Sold at \$1,975,000
6690 W Coal Creek Dr, Superior CO



If you're not sure what your home may sell for, give me a call for a free market analysis.



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

www.AndriaAllen.com • 303-810-8375



Shows and Events

All shows are RMDS recognized except schooling shows.

RMDS CALENDAR

2019

MARCH 2019

- 1-3 Rocky Mountain Horse Expo-Nat'l. Western Complex-Denver, CO**
Contact Sharon Soos-303-807-8742 sksoos@mesanetworks.net to volunteer
- 9 Mariah Farm Schooling Show 2-Castle Rock, CO**
Contact Beverly Swanson 720-401-0357 piaffedesign@gmail.com mariahfarms.net
- 9 Saddle Fitting with Beverly Harrison-Kaimana Farms-Elizabeth, CO** - Reduced price for RMDS members
Contact The Tack Collection 303-666-5364 info@tackcollection.com
- 29-31 USDF Instructor Certification Intensive Workshop-Preparing for Second Level**
Open to USDF T-1 Certified Instructors as participants and current RMDS Trainers as auditors
Contact RMDS Central Office 720-890-7825 rmds@rmds.org

APRIL 2019

- 5-7 Nancy Baker Clinic-Mira Vista Ranch-Longmont, CO**
Contact Gayle Udall 303-503-3383 tawdie@comcast.net
- 6 PPDS New Test Clinic with Janet Foy**
Contact Heather Petersen 303-648-3164 slush@drwg.net www.pikespeakdressage.com
- 6 Triple Creek Schooling Shows-Longmont, CO**
Contact Lynn McChesney 303-444-4291 lynntriplecreek@gmail.com
- 7 High Plains Ride-A-Test with Gwen Ka'awaloa-Iron Horse Farm-Parker, CO**
Contact Stephanie Figgins 720-480-7044 stephanieeffiggins@gmail.com
- 13 Mariah Farm Schooling Show 3-Castle Rock, CO**
Contact Beverly Swanson 720-401-0357 piaffedesign@gmail.com mariahfarms.net
- 13-14 Dolly Hannon Clinic & NCDA Schooling Show-Tomora Training Center-Greeley, CO**
Contact Didi DeKrey denisedekrey@gmail.com
- 20 Colorado Schooling Show-Haven Ridge-Elizabeth, CO**
Contact Kelly Boyd 720-480-8266
- 20 Arkansas Valley Dressage Show Series-Pathfinder Park-Florence, CO**
Contact Katie Knight 425-890-6112/Christine Casillas 970-471-0371
- 27-28 Jeremy Steinberg Clinic-Parker/Elizabeth area**
Contact Kathy Gillespie 303-921-5253 kjpgillespie@msn.com
- 27-28 GVDS Schooling Show-Mesa County Fairgrounds-Grand Junction, CO**
Contact Arlene Rhodes Arlene@skypony.org www.gvds.org

MAY 2019

- 3 Dressage for the Cure Warmup-Colorado Horse Park-Parker, CO USEF**
Contact Heather Petersen 719-338-0854 slush@drwg.net
- 3-5 Bobbie Lynn McKee Clinic at Phantom Hill Farm, Ft. Collins, CO**
Contact marthabrown@advantagebrokeragecorp.com or (970) 214-2280
- 4-5 Dressage for the Cure at the Peak-Colorado Horse Park-Parker, CO USEF**
Contact Heather Petersen 719-338-0854 slush@drwg.net
- 10-12 Nancy Baker Clinic-Mira Vista Ranch-Longmont, CO**
Contact Gayle Udall 303-503-3383 tawdie@comcast.net
- 11 Mariah Farm Schooling Show 4-Castle Rock, CO**
Contact Beverly Swanson 720-401-0357 piaffedesign@gmail.com mariahfarms.net

- 11-12 High Plains Clinic with Dolly Hannon-Greenie Mountain Farms-Parker, CO**
Contact Stephanie Figgins 720-480-7044 stephanieeffiggins@gmail.com
- 18 Colorado Schooling Show-Haven Ridge-Elizabeth, CO**
Contact Kelly Boyd 720-480-8266
- 19 NCDA Schooling Show- Tomora Training Center-Greeley, CO**
Contact Didi DeKrey denisedekrey@gmail.com
- 24-26 Paragon Dressage I, II, III-Colorado Horse Park-Parker, CO USEF**
Contact Heather Petersen 719-338-0854 slush@drwg.net
- 25 Triple Creek Schooling Shows-Longmont, CO**
Contact Lynn McChesney 303-444-4291 lynntriplecreek@gmail.com
- 31-June 2 High Prairie Dressage I, II, III-Parker, CO-USEF**
Contact Monica Fitzgerald mon1206@aol.com

JUNE 2019

- 8-9 GVDS Schooling Show-Mesa County Fairgrounds-Grand Junction, CO**
Contact Arlene Rhodes Arlene@skypony.org www.gvds.org
- 8-9 Cheyenne Dressage & Eventing Show I & II-Cheyenne, WY- USEF**
Contact Deeda Randal 307-631-1875 drandle@wyoming.com
- 9 Foothills Spring into Summer-Table Mtn. Ranch-Golden, CO**
Contact Linda Gaber 785-470-7569 wriders@icloud.com
- 9 Arkansas Valley Dressage Show Series-Pathfinder Park-Florence, CO**
Contact Katie Knight 425-890-6112/Christine Casillas 970-471-0371
- 15 Triple Creek Schooling Shows-Longmont, CO**
Contact Lynn McChesney 303-444-4291 lynntriplecreek@gmail.com
- 15-16 Fountain Valley Dressage-Fountain Valley School-Colorado Springs, CO, CO USEF**
Contact Heather Petersen 719-338-0854 slush@drwg.net
- 20-22 Youth Summer Intensive-Table Mountain Ranch-Golden, CO**
Contact Cassandra DiPentino-dipentinodressage@gmail.com
- 21-22 Sage Creek Dressage I & II- Heber, UT-USEF**
Contact Simone Windeler 719-287-2040 simonedressage@gmail.com
- 21-23 Nancy Baker Clinic-TBA**
Contact Gayle Udall 303-503-3383 tawdie@comcast.net
- 23 RMDS Adult/Youth Team Competition-Table Mountain Ranch-Golden, CO**
Contact Beth Geier 303-673-9840 bethgeier1@comcast.net
- 29-30 BV Dressage at the Fairgrounds I & II-Boulder County Fairgrounds-Longmont, CO-USEF**
Contact Heather Petersen 719.338.0854 slush@drwg.net www.2whitefeet.com
- 29-30 Magic City Dressage I & II-Billings, MT USEF**
Contact Emily Brester 406-698-9646 e_luoma@hotmail.com

JULY 2019

- 6-7 Millbrook Farms Summer Dressage Festival-Fairfield, UT USEF**
Contact Jan Lawrence 801-631-2615 millbrk@xmission.com
- 13-14 SFDA Dressage at Santa Fe I, II-HIPICO Santa Fe, NM**
Contact Debbie Garris 312-401-1157 dgarris@horseshowolutions.com
- 19-20 Sage Creek III & IV-Heber, UT-USEF**
Contact Simone Windeler 719-287-2040 simonedressage@gmail.com
- 20-21 On the bit Dressage Show-Spur Ridge Equestrian-Laramie, WY USEF**
Contact Heather Petersen 719-338-0854 slush@drwg.net
- 21 Centaur Rising Show I-Anchorage Farm-Pine, CO**
Contact Kris Cooper 303-838-5086 kris@anchoragefarm.com

- 21 **NCD A Summer Event-Tomora Training Center-Greeley, CO**
Contact Didi DeKrey denisedekrey@gmail.com
- 27-28 **Dressage Under the Big Sky I & II-Tri M Stables-Bozeman, MT-USEF**
Contact Claire Silvey 406-580-6628 claire@bozeman dressagesociety.com

AUGUST 2019

- 2-4 **Dressage in the Rockies I, II, III-Parker, CO-USEF**
Contact Monica Fitzgerald mon1206@aol.com
- 10-11 **Millbrook Farms Dressage Show-Fairfield, UT USEF**
Contact Jan Lawrence 801-631-2615 millbrk@xmission.com
- 11 **Centaur Rising Show II-Anchorage Farm-Pine, CO**
Contact Kris Cooper 303-838-5086 kris@anchoragefarm.com
- 16-18 **Estes Park Dressage I, II-Stanley Park Fairgrounds, Estes Park,, CO USEF**
Contact Heather Petersen 719-338-0854 slush@drwg.net
- 23 **GVDS Schooling Show-Mesa County Fairgrounds-Grand Junction, CO**
Contact Arlene Rhodes Arlene@skypony.org www.gvds.org
- 23-25 **Nancy Baker Clinic-TBA**
Contact Gayle Udall 303-503-3383 tawdie@comcast.net
- 24-25 **GVDS Show-Mesa County Fairgrounds-Grand Junction, CO USEF**
Contact Arlene Rhodes Arlene@skypony.org www.gvds.org
- 31 **Foothills Last Chance Show-Table Mtn. Ranch-Golden, CO**
Contact Linda Gaber 785-470-7569 wriders@icloud.com

SEPTEMBER 2019

- 7 **Triple Creek Schooling Shows-Longmont, CO**
Contact Lynn McChesney 303-444-4291 lynntriplecreek@gmail.com
- 7-8 **Dressage in the Rockies Fall I, II -Parker, CO-USEF**
Contact Monica Fitzgerald mon1206@aol.com
- 14 **BV Dressage Festival II-Boulder County Fairgrounds**
Contact Patti Hallock 720-323-6691 pattihal@gmail.com
- 15 **BV Dressage Clinic with Sandra Hotz-Boulder County Fairgrounds**
Contact Beth Gieer 303547-7179 bethgieer1@comcast.net
- 18 **Rocky Mountain Sport Horse Championships Colorado Horse Park-Parker, CO-USEF**
Contact Heather Petersen 719-338-0854 slush@drwg.net www.2whitefeet.com
- 19-22 **Great American Insurance Group/USDF Region 5 Dressage Championships & RMDS Championships-Colorado Horse Park-Parker, CO-USEF**
Contact Heather Petersen 719-338-0854 slush@drwg.net www.2whitefeet.com

OCTOBER 2019

- 5 **Arkansas Valley Dressage Show Series-Pathfinder Park-Florence, CO**
Contact Katie Knight 425-890-6112/Christine Casillas 970-471-0371
- 5-6 **GVDS Schooling Show-Mesa County Fairgrounds-Grand Junction, CO**
Contact Arlene Rhodes Arlene@skypony.org www.gvds.org
- 12 **Triple Creek Schooling Shows-Longmont, CO**
Contact Lynn McChesney 303-444-4291 lynntriplecreek@gmail.com
- 25-27 **Nancy Baker Clinic-Starfire Farm-Berthoud, CO**
Contact Gayle Udall 303-503-3383 tawdie@comcast.net

NOVEMBER 2019

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

DECEMBER 2019

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

2020

JANUARY 2020

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

APRIL 2020

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

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

2018 RMDS EXECUTIVE BOARD

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

PERMANENT COMMITTEES

Adult Amateur Co-Chairs.....	Anclaire Spaulding.....	303-903-7878	anclaire.spaulding@gmail.com
	Michelle Stevens	951-264-4100	mshoops@hotmail.com
Awards.....	Shannon Lemons	719-686-0064	lemons_shannon@yahoo.com
Results.....	Central Office.....	720-890-7825	rmds@rmds.org
Communications.....	Beverly Swanson	720-401-0357	centaurpublisher@gmail.com
Centaur Editor/Production.....	Beverly Swanson	720-401-0357	centaurpublisher@gmail.com
Advertising	Central Office.....	720-890-7825	rmds@rmds.org
Omnibus Production	Nicole Bizarro.....	303-939-0110	nicbiz@indra.com
Webmaster	Central Office.....	720-890-7825	rmds@rmds.org
Education.....	MaryJo Hoepner.....	719-495-3648	education@rmds.org
	Pam Phillips	719-649-7497	education@rmds.org
Junior/Young Riders.....	Cassandra DiPentino.....	303-641-9162	dipentinodressage@gmail.com
Marketing Co-chairs	Una Schade	720-862-4444	unaschade@gmail.com
	Dorothy Kapaun.....	970-310-5229	dorothykapaun@yahoo.com
Professionals Co- Chairs	Kathy Simard	720-981-4448	katsimard@msn.com
	Joan Clay.....	970-420-0887	jnclay@comcast.net
RMDS Show Liaison	Anclaire Spaulding.....	303-903-7878.....	anclaire.spaulding@gmail.com
	Michelle Stevens	951-264-4100	mshoops@hotmail.com
	Tiffany Rutledge	719-237-4115	tiffanybusch@hotmail.com
Scholarship	Natalie Defee-Mendik	720-287-1952	scholarship@rmds.org

APPOINTED COMMITTEES

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

RMDS CENTRAL OFFICE

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

CHAPTER PRESIDENTS

Arkansas Valley.....	Nancy Leonard	660-525-0084	fancyleonard@gmail.com
Boulder Valley	Stan Adamson	720-887-2606	adamsons100@msn.com
Foothills	Linda Gaber	303-674-7998	writers@icloud.com
Grand Valley	Arlene Rhodes.....	970-201-1779	arlene@skypony.org
High Plains.....	Stephanie Figgins	720-480-7044	stephaniefiggins@gmail.com
Northern Colorado	Didi DeKrey.....	970-222-1304	denisedekrey@gmail.com
On the Bit Dressage.....	Ginka Kubelka.....	307-399-8763	gbuchner@uwyo.edu
Pikes Peak.....	Tiffany Rutledge	719-237-4115	tiffanybusch@hotmail.com
Western Colorado.....	Lesley Hill.....	970-925-9238	ljs@rof.net

GOVERNING BODIES

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

USDF REGION 5

Director	Heather Petersen	719.338.0854.....	slush@drwg.net
FEI Jr/YR Coordinator	Joan Clay.....	970-420-0887	jnclay@comcast.net
Website			www.usdfregion5.org

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

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

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RMDS CHAPTER MEETING SCHEDULE

Arkansas Valley: 3rd Mon.-monthly, location on website, Nancy Leonard, 660-525-0084, fancyleonard@gmail.com, www.arkansasvalleydressage.org for times and locations

Boulder Valley: 2nd Mon., even months, location TBD, Stan Adamson, 720-887-2606, adamsons100@msn.com

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

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

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

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

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

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

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

RMDS EXECUTIVE BOARD MEETING SCHEDULE

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

2019 RMDS-SPONSORED EVENTS

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

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

2019:

March

- 1-3 Rocky Mountain Horse Expo-to volunteer contact Sharon Soos-303-807-8742
- 29-31 USDF Instructor Certification Intensive Workshop – Preparing for Second Level.
Open to USDF T-1 Certified Instructors as participants and current RMDS Trainers as auditors.

June

- 20-22 Youth Summer Intensive-Table Mountain Ranch-Golden, CO
Contact Cassandra DiPentino-dipentinodressage@gmail.com
- 23 RMDS Adult/Youth Team Competition-Table Mountain Ranch-Golden, CO
Contact Beth Geier 303-673-9840 bethgeier1@comcast.net

September

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

November

- 2 Board of Governors - TBA

2020:

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

For details on these and other RMDS events:

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

The Centaur Newsletter

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

CONTACT INFORMATION

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

ADVERTISING

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

DISPLAY ADVERTISING

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

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

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

CLASSIFIED ADS

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

PAYMENT AND AD COPY DELIVERY

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

AD RATES AND SIZE SPECIFICATIONS

Classified \$25 per item for sale (includes web listing.) 50 words maximum. Classified w/photo \$32 per item for sale.

Full Page\$1657" x 9.5"

Half Page\$997" x 4.5"

Outside back half\$1167" x 4.5"

1/4 Page (Vertical Only) . \$603.25" x 4.5"

1/8 Page (Business Card) \$333.5" 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.

Use the RMDS Network

Trainers and Instructors

Use the RMDS Website to Build New Business

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

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

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

Advertise Events on the RMDS Website

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

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

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

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

Important Info on RMDS membership

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

Duplicate cards are available via email. Request a new one by e-mailing the Central Office at rmds@rmds.org.

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

Technical Delegates, Judges and Certified Instructors

Dressage Judge Ratings and Levels Qualified to Judge

All Current RMDS Members

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

Status	Status	Levels	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 5*

Janet Foy^{^*} 719-237-4067

FEI 4*

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

FEI PARA Dressage 3*

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

USEF 'S'

Janet Foy ^{^*}..... 719-237-4067

Janet "Dolly" Hannon ^{^*}..... 303-919-4112

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

Debbie Riehl-Rodriguez ^{^*} .. 303-263-0768

Sue Curry Shaffer [^] 707-483-0860

[^] = FEI Young Horse Certified

* = Dressage Seat Equitation Certified

USEF 'R'

Gwen Ka'awaloa 303-917-3679

USEF 'r'

Julie Haugen..... 970-290-8360

Amy Jablonovsky..... 970-493-2833

USDF 'L' Graduates (Schooling and RMDS

Only recognized shows)

*Denotes Graduation with Distinction

Michelle Anderson 303-646-1375

Megan Bretey 970-250-5812

Kathleen Donnelly* 970-310-8729

Wendy Fryke 720-314-0974

Sarah Martin *..... 720-891-1369

KC Parkins-Kyle 303-841-9953

Sharron Sarchet* 720-320-4461

Kathy Simard*..... 720-981-4448

Stephanie Soule* 970-201-0747

Simone Windeler 719-287-2040

L FACULTY

Janet Foy 719-237-4067

Debbie Riehl-Rodriguez 303-263-0768

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

Dressage Sport Horse Breeding Judge

Gwen Ka'awaloa 'R' 303-917-3679

Debbie Riehl-Rodriguez 'R' 303-263-0768

USDF Sport Horse Seminar Faculty

Janet Foy 719-237-4067

Debbie Riehl-Rodriguez ... 303-263-0768

FEI Level 1 Dressage Steward

Debbie Moloznik 818-515-0377

Heather Petersen 303-648-3164

Technical Delegates USEF

Eva-Maria Adolphi (UT), r.. 801-913-6054

Rusty Cook (NM), R 505-249-7586

Debbie Moloznik (CO), r ... 818-515-0377

Heather Petersen (CO), R. 719.338.0854

Mike Taylor (ID), r 208-637-2755

Technical Delegates, RMDS recognized shows only

Joan Clay 970-420-0887

Mary Jo Hoepner 719-495-3648

USDF Certified Instructors

Training - First

Sheila Buschette..... 406-672-9378

Joan Clay 970-420-0887

Training - Second

Julie Burt 720-347-8084

RaeAnn Cook 970-225-1408

Sheri Mattei 970-227-8864

Bridget Milnes 303-660-4986

Training - Fourth

Janet "Dolly" Hannon 303-919-4112

Gwen Ka'awaloa 303-917-3679

Clayton Martin 719-379-3716

Sarah Martin 720-891-1369

Kathy Simard 720-981-4448

USDF INSTRUCTOR/TRAINER FACULTY

Janet "Dolly" Hannon..... 303-919-4112

Sarah Martin 720-891-1369

Kathy Simard 720-981-4448

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

Bend, Balance and the Role of the Outside Rein

By Frances Carbonnel, *Classical Legacy Dressage*

So often in discussions of the techniques of correct riding, the basic biomechanical principles governing both the horse's and the rider's body are left to be assumed by the listener. Yet, if we do not understand in depth these very fundamental concepts, the progression up the pyramid of training into the upper levels is easily derailed. So once again we return to the BASICS, which serve as pillars for any type of good riding.

Q FIRST, WHY SHOULD THE HORSE BEND AND HOW DOES HE BEND?

A Without correct bend, the horse cannot engage the hindquarters correctly, and all hope for COLLECTION and SELF CARRIAGE is lost.

When a horse bends correctly, his body does not merely contract inwards. To do so creates uncomfortable pressure on the inside articular facets of his thoracic spine, his ribs and the lateral processes of the lumbar vertebra. The horse then hollows and stiffens the back, and is unable to flex from the thoraco-lumbar junction to the Sacroiliac Joint to engage the hindquarters. The resulting painful contraction makes the dorsal spinous processes rub together, and the result over time can be arthritis, or Kissing Spines, in the thoracic and lumbar vertebra. Injury to the Sacroiliac joint, the Intertransverse Joint and thoraco-lumbar junction may also be an outcome.

Instead, **when the horse bends correctly, the spinous processes rotate inward**, and do not touch. The muscles of the back can then coordinate properly, allowing the ribcage to move toward the rider's outside leg, lifting and supporting the outside seat bone. The correct spinal rotation also allows the thoracic spine to bend and the ribs move out of the way of the point of the hip and the stifle without pinching the lumbar area, so that the horse can lower the inside haunch and engage the inside leg under the body mass.

Q HOW DOES THE RIDER CREATE PROPER BEND?

A We start with an explanation of the use of the OUTSIDE REIN.

The purpose of the OUTSIDE REIN is to help support the vertical and horizontal balance of the horse on a curved line. **It only works when the outside seatbone of the rider is connected to the back of the horse, through the hand, elbow and shoulder.**



This means that the rider must be vertically aligned: viewed from the front or back, **the rider's spine is a vertical extension of the spinous processes of the horse's thoracic vertebrae**. The rider's seat bones are equally weighted and sit equi-distant from the spine at the level of T12-T15 (see picture opposite page). So that the torso does not collapse to the inside or the outside, the rider's Lateral Oblique and Latissimus Dorsi muscles are engaged, and the THIGHS are placed FLAT on the horse's sides, serving to stabilize the torso from side to side, much as a pair of BOOK ENDS holds erect the books between them.

Viewed in profile, the familiar alignment of ears, shoulders, hip joints and ankles ensures the rider's stability and allows the rider to influence the horse longitudinally when the Half halt is used (more later!)

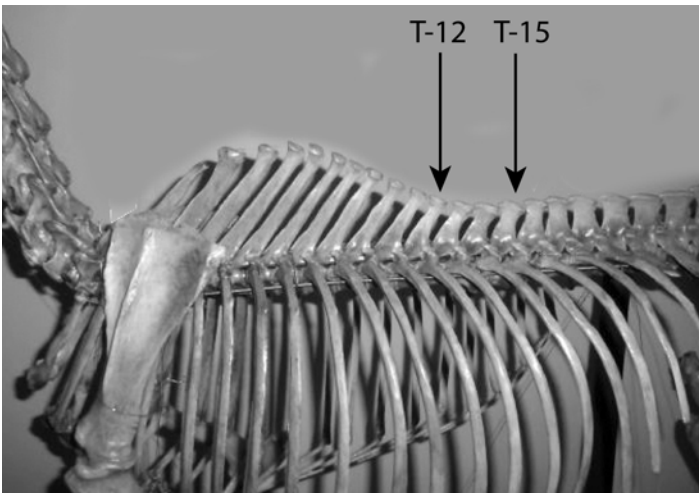
The vertical alignment and the rotation of the rider's body (torso, weight aids and hands), matching the curve of the horse's thoracic spine on a bent line, naturally create a scenario in which the rider's weight aids and inside thigh create the proper inside rotation of the horse's spine, while the inside rein maintains connection with the mouth without pulling on it. The outside rein and the weight aids can then support and control the horse's bend.

If the rider's thigh does not remain flat, the knee turns outward and the rider uses the back of the calf and the heel to try to bend the horse. The resulting contraction pulls the entire body of the rider to the inside, weighting the inside seat bone, creating a loss of verticality of the rider's torso and inhibiting the rider's rotation. The outside seat bone comes up and destroys the connection to the outside rein, effectively creating resistance to the bend.

cont. on pg 19

Biomechanics of Bend, Balance *(cont.)*

When riding a wide curve, such as a 20M circle, the rider rotates the torso inward, the inside thigh is applied, and the outside rein, being elastically connected to the rider's outside shoulder and seat bone through the hand and elbow, maintains the horse on the curved line. The rider should describe the curved line with the centerline of the horse's body. To create a tighter bend on a smaller curve, such as a 10M circle, the rider rotates the torso more inward, the inside thigh is applied and the outside rein moves toward the center of the horse's core to direct the horse's bend more inward without losing the proper rotation of the horse's spine. The outside rein remains elastically connected, and if the horse loses its balance to the outside, the outside thigh and an outside half halt bring the balance of the horse back to its center line without the ribs falling inward. The outside rein should NEVER stray outward from the horse's neck, on pain of losing the connection at the base of the neck and flipping the rotation.



Q WHAT IS THE HALF HALT, ITS FUNCTION AND TIMING?

A A Half Halt is a brief resistance (NOT a backward pull!) on the outside rein, supported by a closing of the thighs, a flattening of the low back and a slowing of the seat. The rider's pelvis tilts and the seat bones point forward, so as not to interfere with the correct function of the horse's back muscles. The combined action of the half halt aids is very brief, less than a second in duration, and is IMMEDIATELY followed by a RELEASE. This release is essential to the success of the Half Halt, as it frees the horse to adjust its own balance, and the horse perceives this release as a REWARD.

The **function** of the Half Halt is to **restore the balance of the horse** and is used if the horse loses balance and needs to restore the integrity of an exercise. It is also used to increase Collection. The visual impression of the horse "rocking back" to load more weight onto the haunches is created by the horse rotating its pelvis and flexing the

hips, stifles and hocks, which has the effect of lowering the hindquarters. This postural change results in an increase in the time spent by the hind foot on the ground, and a change in the trajectory of the limbs, to more upward instead of outward (COLLECTION.)

The goal of the half halt is to create **SELF CARRIAGE**, which in turn leads to **COLLECTION** and **LIGHTNESS**.

Its correct **TIMING** is essential: the Half Halt is applied when the outside hind foot strikes the ground (**or in the trot, when the diagonal pair outside hind/inside fore strikes the ground**). This loads the outside hind and frees the inside hind to more fully flex and engage as it leaves the ground and moves forward. If the duration or timing of the Half Halt is incorrect, the horse's response will be to fall on the forehand instead.

SO, TO SUMMARIZE, HERE ARE SOME QUOTES FOR THE RIDER TO LIVE BY:

- The horse cannot maintain its balance unless the rider maintains his/hers.
- The horse follows the weight of the rider.
- The rider describes the circle or bent line with the CENTERLINE of the horse's body.
- The rider's torso cannot rotate if the knees turn out. The horse cannot bend if the rider doesn't rotate.
- **The outside rein only works when the outside seat bone of the rider is connected to the back of the horse, through an elastic hand, elbow and shoulder.**
- Without correct bend, the horse cannot coordinate the muscles of the back to engage the hindquarters correctly, and all hope for **COLLECTION** is lost.
- The combined action of the aids in the Half Halt is very brief, less than a second in duration, and is **immediately** followed by a release, which is perceived by the horse as a **reward**.
- The correct DURATION AND TIMING of the Half Halt are essential to rebalancing the horse successfully. The goal of the Half Halt is to create SELF CARRIAGE, COLLECTION AND LIGHTNESS.

Frances trains classical and western dressage at Mariah Farms in Castle Rock. Reach Frances at 720-979-3120 or email her at classicallegacy@aol.com

Classical Dressage:

From Dallying a Rope on my Saddle Horn to Breeches and Tall Boots

By Sgt. Joe Cummings

If you would have told me 20 years ago I would someday be riding an English saddle and wearing tall boots I would have told you to put the bottle down. I was riding quarter horses; swinging ropes, chasing cows, and riding all over these beautiful mountains. The English world, especially dressage, was very foreign to me. This was a discipline I watched on TV during the Olympics where these tall beautiful horses executed precise movements and the riders looked like they weren't doing anything at all. I mean seriously, where do you dally your rope without a horn?

Well, you never know where your road leads. Fast forward to the current day and I find myself in charge of a Police Mounted Unit. Yes, I am a fulltime police supervisor tasked with developing policy, procedure, and training for our mounted unit. Our team has two members, but we train and operate with various other agencies along the Front Range.

In my jurisdiction we have a decent sized hospital with an active emergency room. One day while attending to some cop business I met an Emergency Room Technician who was busy tending to her patients. Apparently, she has been around a horse or two in her time and as horse people do, we started talking about our favorite subject: horses. I remember her telling me she was into this dressage thing and was a trainer and judge. She said, "You should come out and give it a try some time," and walked away. Yeah right, like I am going to put on breeches and tall boots.

Last summer the department decided to send me to an accredited mounted police instructor school. The first thing I did was call the lead instructor, Chris Laster. Chris is one heck of a rider and a mounted police supervisor in Florida. We had a few phone conversations and he told me dressage is the foundation for all police work and this instructor course incorporates many of the principles of dressage. The light bulb came on. I mean seriously, that old Greek guy Xenophon may have had a clue.

Back to the hospital I went and found that dressage lady and said, "We need to talk. I need to up my game for this school I am going to." I went to her barn for a few lessons and was hooked. She had me and my horse moving together like I thought I never would. It was coming together for me. I realized that balance is not an evil word. In police context, balance can mean safety. So again, like horse people do, I got out the checkbook and bought a used saddle, some breeches, and those tall boots. I was in it to win it. My horsemanship skills were coming to life.



Sgt. Joe Cummings and
Dun Lopin Slow aka "Tug"

I went to that school and out of 12 instructor candidates, I was the only one in a dressage saddle. I told Chris my normal patrol saddle was a western saddle and he said so what. You are going to ride this whole school in that dressage saddle. Well I did finish that school in that saddle and did pretty darn good. So I am now a mounted police instructor and a board member for the North American Mounted Police Commanders Association.

I am continuing to take lessons with that hospital lady and am looking forward to competing at training

level this year on my big quarter horse Dun Lopin Slow or "Tug" as we call him. If you are like me and have never considered dressage, then you are truly missing out on the opportunity to develop pure riding skills.

As far as that hospital lady, she knows her stuff and continues to help me take my riding to the next level. I am hooked. She has become my friend and mentor. She also happens to be your RMDS President, *Gwen Ka'awaloa*.

A friend approached me at a show last summer and said, "I was going to give you a hard time for riding English until I saw you ride English." I'll take that as a compliment.

Gwen has been steadily working with me to get me ready for my next adventure. I have received a special invitation to the Royal Canadian Mounted Police musical ride training facility in Ottawa, Ontario, Canada for a two-week Mounted Police seminar. Guess what? It's all dressage.

**2019 RMDS Junior/Young Rider
Summer Intensive
June 20-22, 2019
Table Mountain Ranch – Golden, CO**

RMDS Jr/YR Summer Intensive is open to any RMDS junior/young rider that is at least 10 years of age or older. Participants will camp in tents and we will spend three busy days together making new friends, riding with top local trainers, learning from area horse experts and riding in a schooling show.

Camp Costs: \$395 per camper (this includes meals, lessons, and activities). Campers must provide their own horse, tack, transportation/trailering, horse feed, and human cots/bedding. A \$195 deposit is required for pre-registration.

PRE-REGISTRATION FORM

Camper's Name: _____ **Age:** _____

Parent/Guardian Name: _____

Mailing Address: _____

City/State/Zip: _____

Email Address: _____

Phone: _____

Highest Level Shown/Currently Schooling: _____

Please mail the completed pre-registration form and deposit for \$195 made out to RMDS to:

**Cassandra DiPentino
10475 W. 46th Ave.
Wheat Ridge, CO 80033**



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Detailed information can be found at santafedressageassociation.com, including auditor pre-registration and demo rider selection process.



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****BILL WARREN - FEI 4* AND USEF ‘S’ DRESSAGE JUDGE AND BRONZE, SILVER, and GOLD MEDALIST**

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Show Membership Requirements for RMDS and More!

RMDS Membership is never required, but it is strongly suggested and can help fulfill some of the membership requirements of USDF for rider and owner.

RMDS Championships

- Rider must be a member for the current year.
- Owner, if different from the rider, must be a member for the current year.
- Horse must be lifetime registered with RMDS.
- All memberships must be current before the qualifying scores are earned.
- All members must be in good standing with the Society.

Educational memberships for rider/owner are not accepted. Must be a full member.

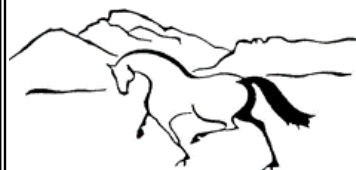
RMDS Year-End Awards

- Rider must be a member for the current year.
- Owner, if different from the rider, must be a member for the current year.
- Horse must be lifetime registered with RMDS.
- All memberships must be current before the qualifying scores are earned.
- All members must be in good standing with the Society.

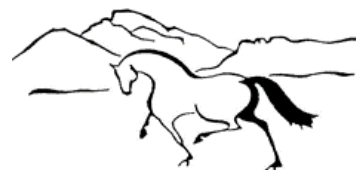
- Riders & owners that have an Education membership are not eligible for year-end awards. Riders or their representative are required to have a minimum of 4 recorded volunteer hours earned in the current competition year in order to be eligible for year-end awards.
- Scores may only be earned at RMDS Recognized competitions.
- Competitors are responsible for making sure their scores are correctly reported to the RMDS Central Office – score checks are highly recommended!
- Breed papers for the horse must be on file with RMDS if you would like your horse to be eligible for RMDS Year-End Breed Awards.
- Any USDF Region 5 Championship is automatically RMDS recognized.

RMDS Memberships are not required for trainers, coaches or handlers.

RMDS Membership Cards must be submitted with your entries to shows.



NCDA Presents:
Weekend Clinic and Spring Schooling Show
with
DOLLY HANNON



Friday, April 12th, 2019 – Sunday April 14th, 2019

Dolly Hannon is a USDF Certified Instructor, USDF Gold Medalist, USEF "S" Judge and USEF "R" Western Dressage Judge. We have a great weekend of learning planned where you can participate in discussion, schedule a ride with Dolly or audit, and culminating in the NCDA Spring Schooling Show to put it all together! Save the date and don't miss this wonderfully educational weekend! Open to ALL: NCDA members, non-members, Western and Classical Dressage riders and enthusiasts!

- **Friday, April 12th:** join us at **Mimi's Café in Loveland** for an evening of discussion with Dolly Hannon who will review videos and share from a judge's and trainer's perspective riding by the training pyramid.
- **Saturday, April 13th:** **Tomora Training Center, Greeley, Dolly Hannon Clinic.** Dolly will teach 45 minute individual lesson or 1 hour group of two riders.
Auditors are welcome. Contact Didi Dekrey, denisedekrey@gmail.com, or go to www.equestrianentries.com to book your ride! Over-night stabling is available at Tomora Training Center.
- **Sunday, April 14th:** **NCDA Spring Schooling Show, Tomora Training Stables.** Follow up a great clinic with the NCDA Spring Schooling Show! Judge: Dolly Hannon. Entries open March 25th and close April 8th. www.equestrianentries.com.

Spring shots and negative Coggins test for 2019 required at time of entry for Clinic and Schooling Show . No exceptions.

Visit the NCDA website at www.noco-dressage.org, or contact any NCDA Board Member for more details!



Hope everyone is staying warm and getting a little horse time this winter! We have definitely had a lot more snow this year than the past few years and it will do our pastures well, but I am craving warmth! Thankfully my brief inter-ludes to California help a bit, but it does make it harder to come home as well. It's been wonderful to see so many of you from Region 5 participating in the West Coast Dressage Festivals in California. We really need to keep supporting the West Coast CDIS as much as possible. It will really help keep quality International competitions west of the Mississippi and help our trainers to stay home and teach instead of having to give up their businesses in the winter and travel to the east coast.

We are accepting bids for the 2020 Great American/USDF Region 5 Championships through February 8th. If anyone is interesting in placing a bid for the Regional Championships or has any questions about the process, please contact myself or the USDF office and we'll be happy to help! The final date for a Regional Championship to be held in 2020 will be October 13th in order to fit into the National Championship time frame, so please keep that in mind when looking at facilities and possible weekends. The Finals will be held in Lexington, Kentucky in 2019.

If you have an educational activity that your barn, group or organization is doing, please let me know so I can add it to the Region 5 educational activity calendar that is sent out with the monthly Regional updates by USDF.

We would love to keep everyone as informed as possible. There are many wonderful clinics and symposiums being offered all over our region that folks can audit or ride in.

If you intend to qualify for Region 5 teams to the North American Youth Dressage Championships, then please note that there has been a change in the application structure for 2019. The application and fee should be turned

in to the USDF office by March 19, 2019 in order to avoid stiffer fees. If you apply by March 19th, the fee is only \$50. Applications submitted between March 20th and April 30th are \$100 and the final application deadline is May 15th, but it will cost you \$300 to apply between May 1st and May 15th. Absolutely no applications will be accepted after May 15th. If you plan to compete for NAYC, please also be sure to contact Joan Clay, our Region Coordinator for the FEI Juniors and Young Riders and let her know your intent. Her email address is jnclay@comcast.net and her phone number is 970.420.0887. The 2019 NAYC will be held at Old Salem Farm, North Salem, New York August 1-5, 2018.

Till next month!

Heather Petersen, Region 5 Director

Editor's note: This is the report from February 2019. Watch for the latest report in the April e-Centaur. Thanks!



RMDS MEMBERSHIP FORM

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

Individual Membership - \$60.00 **(\$70 after January 10-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. Fees will be going up for 2020.

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

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

Indicate Local Chapter (only one):

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

Name _____ Date of Birth _____

Address _____

City _____ State/ZIP _____

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

USDF No. _____ Occupation _____

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

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

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

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

RMDS Horse Registration Form

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

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

Both rider AND horse AND owner must be current before scores count toward year-end awards and qualifying for RMDS championships. **Please list horse's previous owner, if doing a change of ownership.**

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 previous owner (if changing ownership) _____

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Don't Forget!

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

OMNIBUS CORRECTIONS

2019 OMNIBUS CORRECTIONS

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

Page B-18 add: Debi Heaton to Bronze Medal list

Section D – Tests:

Page D-32 Third Level Test 2- Movement 11 should read "(Medium walk) [CMG(H)G(M)GHS]"

Page D-35 Third Level Test 3- Movement 14 should read "(Medium walk) [CHG(M)G(H)GMR]"

Page D-35 Third Level Test 3- Movement 22 has an alignment issue. M-C-H should be in front of Collected canter, not the transitions.

Page D-40 Fourth Level Test 3- Movement 3 has alignment issues. F-A should be in front of Collected trot, not the transitions.

Page D-40 Fourth Level Test 3- Movement 9 should read "F Collected walk. P-H Change rein, extended walk. H Collected walk."

Page D-86-88 Second – Fourth Level Freestyle- The note at the top should read "Omitted compulsory elements receive a "0". Judges Marks for Technical Execution must be given in half or full points (no tenths). Trot work must be done sitting."

Page D-88 Fourth Level Freestyle- Movement 1 should be "Collected walk (20m continuous)"

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



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**02
Feb**

Fitting Saddles to Older Horses

As horses age, have layoffs from work or have conformational issues, the back can drop (sway)[...]

Introducing Bev's new BLOG!

Bev shares her many years of saddlery and fitting experience with you in her new online blog. Learn about how to make you and your horse more comfortable and productive, extend the life of your precious tack, and much more.



**08
Jan**

Choosing a Saddle that is Right for the Rider

Choosing a saddle that is right for the rider is equally important to choosing[...]

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