

THE CENTAUR



HORSE HEALTH

The information in these articles is the sole opinion and responsibility of the author, and not that of RMDS.

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Does Your Horse Need Prozac?

-Shannon Lemons, DVM, Divide, Colorado

It is my contention that most, if not all, horses are suicidal.

In more than 10 years of veterinary practice, I have witnessed a multitude of ways in which horses try to kill themselves. I have removed T-posts from between shoulder blade and chest, as well as from abdomens. I have pulled tree limbs from inside hooves and groins. I have sewed a nose dangling beneath a chin back into place after a horse ran into a post. I have disentangled a horse from a high tension wire on a telephone that he had managed to wrap around his leg twice. I have cut a halter off a horse who decided that death by strangulation was preferable to vaccination with a 22-gauge needle.

Think of it - is there any other creature on earth (with the exception of Labrador, who can and will eat absolutely anything!) that can come up with as many creative ways to try to kill themselves? Just consider the fence that has been on your property in the same location for 3 years that your horse suddenly forgets is there as they run through it. And don't forget the highly vicious boulder that has been in the same place for the last fourteen trail rides that suddenly threatens to attack, forcing your horse to shy violently sideways toward the 30 foot drop-off next to the trail.

My conclusion? Suicidal tendencies are rampant in the equine species.

Take my mare, Belle, for example. I rescued this beautiful horse from certain death. She had what I felt was a relatively minor injury that I could heal with little difficulty. The fact that the owners signed her over to me for no cost should have been my first clue! How does she thank me for saving her life? By finding new and innovative ways to injure herself. Immediately after her original injury was healed, she suddenly found the need to run through the fence, breaking two posts and rupturing her flexor tendon. Okay, this could happen to anyone, right? Ten months later, she's sound enough to be ridden again. Winter has arrived, though, and Belle literally hasn't got the sense to come in out of the cold and into her nice dry shed. Result: hypothermia and colic in the middle of a 3 foot blizzard! Surely, our problems are over now, right? Think again! Throughout the following spring, she managed to badly lacerate a coronary band on a short trail ride (on the highway, no less, not going over a four wheel drive track), partially scalp herself on some unknown object, and sustain multiple lacerations while out on pasture. Most recently, she broke through the latch on the corral gate and got stuck between the gate and the catch, cutting an 8 inch gash in her side, all the way down to her ribs.

But there is something special about the ties between girls (of all ages) and their horses. Not long ago, someone asked why I didn't just get rid of this self-destructive horse. My response: "Are you crazy? I LOVE her!" Heaven help us in our love affair with these mentally unstable creatures.

So think about it. How did YOUR horse last attempt to commit suicide? Is your horse like Belle? You could put her in a padded stall and she'd still manage to injure herself? Does YOUR horse need Prozac?

Belle

Happy riding!

"I whisper, but my horses don't listen." -Shannon Lemons

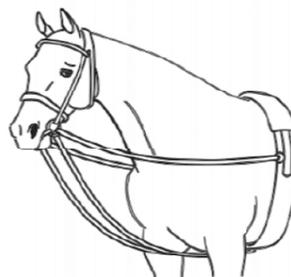
Region 5 Report

We are initiating a Lifetime Achievement Award for our region. The purpose is to recognize significant, longtime volunteer service to our region. Region 5 is on the frontier of dressage with many geographical and cultural challenges. Diligent efforts of individuals within our region encouraged the start and continued growth of dressage in our region benefiting our members. I would like to have five people for the selection committee: myself, Dianne Stanley, who is our historical committee representative, and three others representing different GMOs in our region. If you are interested in serving on this committee and helping to develop this and other historical initiatives, please contact me as soon as possible. I would like to have this committee in place by July 1 with an August 1 deadline for submission of nominees. I am planning to announce the award at the regional championships.

A recent and immediate change to USEF rules for competition allows the use of double sliding side reins (triangle reins) while lunging in warm-up (see the illustration below). Another change is the diameter of the curb mouthpiece which must be a minimum of 12 mm at the checks of the mouthpiece. Snaffles used in Young Horse classes must have a diameter of 14 mm. Go to <http://www.usef.org> and rule changes to see these and more rule changes.

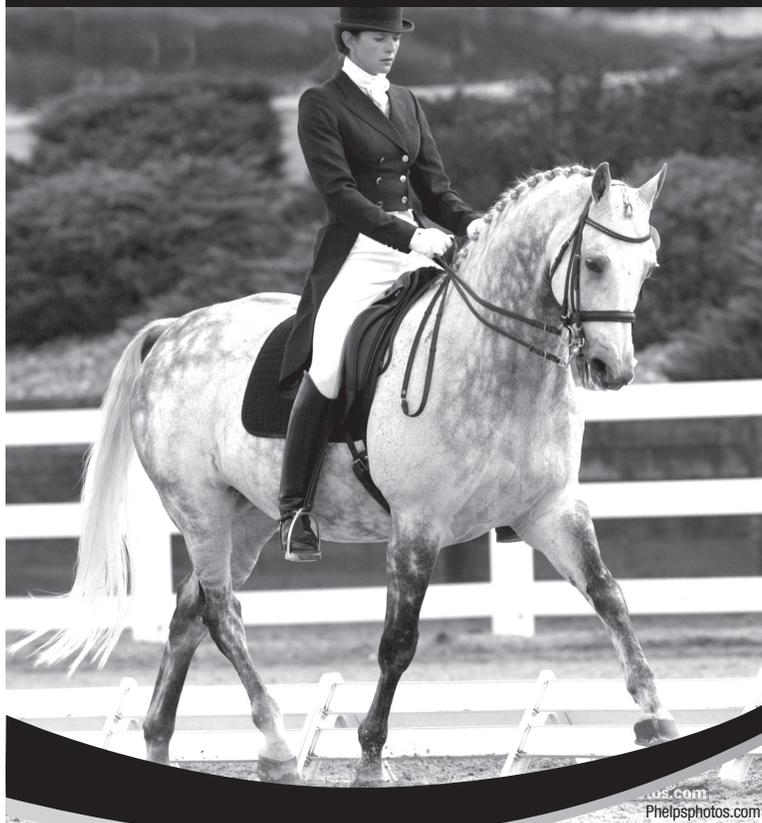
Hope you are enjoying the journey with your horse!

-Theresa Hunt, Region 5 Director



Double sliding side reins (triangle/dreieck zügel)

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THE COLORADO HORSE PARK

Chapter News

Boulder Valley Chapter

I would like to congratulate Boulder Valley member Sharon Gilbert again on winning the RMDS "Leg Up" scholarship - here's to helping her realize her riding goals!

Other riders might have the goal of riding in one or several shows this summer, getting out and hitting the trails, or participating in the USDF team competition in July. This event is cosponsored by RMDS, Boulder Valley Dressage, and Autumn Hill IEC, and is a 2 day event with both junior and adult divisions. This is not a show per se (although rides will be judged and scored), but a fun event for anyone who would like to get their horse out and try something different. (Riders who don't show are VERY welcome!)

Our June meeting will be held on Monday, June 8, at Blue Roof Equestrian Center, 10951 Isabelle Road, Lafayette. Dawn Fisher will be doing a long-lining demonstration, and we would love to see you there!

"The horse you get off is not the same as the horse you got on; it is your job as a rider to ensure that as often as possible the change is for the better."

-Nicole Donohue, President, Boulder Valley

Arkansas Valley Chapter

AVDA members got together on March 19 to watch dressage DVDs and discuss upcoming events. AVDA will host its second annual Riverwalk Schooling Show Series on May 2 and June 6 at Pathfinder Park (between Cañon City and Florence). Both shows will begin at 9 a.m. Classes from Introductory through Second Level will be offered, along with Sport Horse In-hand, Gaited Horse, Cowboy, Quadrille, and Prix Caprilli divisions. Flyers and entry forms can be found at www.horsetop.net. Riders who participate in both shows will be eligible for High Point rosettes.

Julie Burt will judge the show in May. The June show will be judged by Clayton Martin. Entries for the May show should be postmarked no later than April 28; June entries should be postmarked by June 2. Late entries will be accepted if space is available. Concessions and water will be available. Kandi

Kingery will be providing photography services (visit www.stonecreekphotography.smugmug.com for information). Visit www.horsetop.net for full details, or call Brenda Haley at 719-275-0118 or Debbie Pinter at 719-276-9088.

The next AVDA meeting will be held on April 16. We're looking for volunteers to help pick up the arena at the Penrose Equestrian Center on April 26, as well as for volunteers who would like to help out on the show dates.

We're looking forward to a terrific summer. Happy riding and good luck to everyone!

-Andrea Jones, For the members

High Plains Chapter

High Plains is still here! Like most of you I am sure, we have all just been busy, been riding, been worrying about the economy, and then been more busy. Our meetings are still the 3rd Tues of each month in Parker at the War Horse Inn. We are looking for a new meeting place to host lectures and other events. Any suggestions would be great.

In the works is a schooling show of which we could use help on planning and running, so all you want to be show managers, this is your chance!

Area barns have been very busy hosting clinics with options for all abilities and learning levels. Freedom Farms is hosting Uwe Steiner clinics every month starting in April. Contact Debbie Wilke at ddwilke@msn.com for more info. 8th Heaven is starting their schooling show series and RMDS recognized show series, plus trying to reschedule their Jane Savoie clinic. Contact Beverley Swanson at info@8thheavenhorses.com. Normandy Farms is hosting Bent Jensen at the end of May. Contact Alliedechant@msn.com. I know there are many other events going on at other locations. Check out your Centaur calendar for more ideas on exciting events around the area.

Our May meeting will be May 19th at the usual place. Check the website at highplainsdressage.com for updated info. Hope to see more of you at the meetings, and of course at the shows.

-Alex Curnutte, President, High Plains

Roster 2009 Corrections

Grace Maddox 720-320-8857

Beat the Heat!

-Shannon Lemons, DVM, Divide, Colorado

Although I am at present curled up underneath my fleece horse-ey blanket in front of the fire, they assure me that spring is here and summer is coming. (Who are "they," and do they live in the mountains?) Anyway, that means that soon we will be out on those beautiful Colorado afternoons, where the incredible sunshine can sometimes turn a dressage test into what feels like a journey to the center of the earth. Yes, we will be wearing black wool coats and black helmets, resulting in sweaty armpits and scalps, but what about our gallant steed? How do you beat the heat for your horse?

The physiology of thermal injury, or heat stress, mainly involves electrolyte balance and hydration status. The most extreme form of heat exhaustion, exhausted horse syndrome, is an exercise induced disorder most often seen in endurance riding. Although such severe cases are unlikely in our dry climate (humidity greatly decreases cooling ability and increases sweating), you should observe your horse for any signs, including dullness, lethargy, glassy eyes, increased skin tent on the neck, and muscle tremors. If you note any of these, see a veterinarian immediately.

Again, such serious complications are unlikely, since we're not competing at the Hong Kong Olympics! However, dehydration and electrolyte imbalance can be a problem when performing during the heat of the day. Sweating results not only in loss of body fluids but in loss of electrolytes. Thirst is triggered by a loss in the osmolality (think of it as particle content) of plasma in the body. Thus, if the osmolality doesn't change significantly, your horse will not experience the thirst "trigger." Sweating produces only a small change in the osmolality since both fluids and particles (electrolytes) are lost at the same time. This can perpetuate dehydration when the horse doesn't rehydrate properly after exercise since thirst hasn't been triggered by a significant change in particle content of the plasma. But don't be fooled, sweating is a good thing! Sweating is what helps your horse cool his or her body temperature, and if he or she stops sweating due to dehydration, hyperthermia is inevitable. Hyperthermia and dehydration in their worst forms can lead to inadequate circulation due to lack of blood volume, colic, and heat founder. More likely, however, you will see the more minor problems associated with heat stress - dehydration and electrolyte loss.

So, what do you do? There are three areas in which to address and prevent heat stress - well before you show, before performance, and after performance.

Well Before You Show

The first step to ensuring that the heat doesn't negatively affect your horse is to have him or her in good condition. By this I mean that your horse should be an actively working horse, not just a pasture ornament if you intend to perform in the summer. A horse with a regular work-out schedule will better stand up to the rigors of working in the heat. An active horse is less

likely to be obese, and speaking from experience, I know what an insulator body fat can be! We, more than the average Joe out there, know how physically demanding dressage training is for our horses, so if you are training regularly, even two solid training sessions per week with some lunging in-between, your horse should be in good working condition.

Next, schedule a wellness exam before show season with your veterinarian. Certain medical conditions will only be evident under extreme conditions such as a work-out in extreme heat. A heart murmur or evidence of metabolic disease such as Cushings or insulin resistance can be detected by your veterinarian before extreme stress occurs. Proper treatment and training for a horse with such conditions is crucial to preventing heat stress. Your veterinarian will also assess the overall health of your horse and help you decide if he or she is able to withstand the rigors of dressage training.

In advance of a show, you can alleviate heat stress on a particularly hairy horse with body clipping. Although our horses will be in summer coat by then, some breeds carry excessive hair throughout the year, and horses with certain metabolic diseases will not shed properly. Clipping of the areas that sweat the most (neck, chest, belly) can dissipate some body heat.

Make sure your horse will tolerate hosing or misting in case you need to rapidly cool him or her down. Trying to hose down a horse that is freaking out and therefore expending more energy and increasing body temperature is an exercise in futility.

Before Performance

When you arrive at a show on a particularly hot day, try to find a shady area, especially if you have a black horse. If no shade is available, consider a day stall to keep your horse cooler. Box fans can be hung on the stall and sprayed with a misting bottle if the heat is extreme (over about 100 degrees). After all, you have nothing better to do, and aren't we all slaves to our horses anyway?

Have water available at all times. Horses are most likely to drink ambient temperature water, so don't worry if the water isn't really cold.

Consider using an electrolyte paste the day before and the day of the performance, especially if your horse isn't a good drinker. Electrolyte pastes increase plasma osmolality and encourages the horse to drink.

Put your saddle on only when you are about to get on, and take it off in between performances if they are more than an hour apart.

Limit your warm up on hot days. Don't make your horse work really hard right before a performance, even if it only lasts 6 minutes. We all know how the heat can really "take it out of

President's Page

I hope all of you folks who went to Las Vegas for the World Cup had a wonderful time! It is always an exciting event.

Back at home, I would like to remind everyone about the RMDS AA Clinic May 8th-10th at Freedom Farms. The organizer, our AA Committee Chair, Lori Mitchell, and the sponsors, have spent quite a lot of time making this a spectacular event. I hope you get the opportunity to come watch!

Also, as you attend shows this summer, please be kind to the show managers. These folks spend a lot of time, money, and sleepless hours holding shows for competitors. As you know, nothing is ever perfect - the weather, the footing, the stabling, the judges, the other competitors, or the volunteers (or lack of). Show managers deal with a lot of stress. Just try running a show yourself and you'll find out how difficult it really is! I know, as I am running my first USDF/USEF show this year - it is amazingly overwhelming to say the least.

It is incredible how much planning goes into running a show. It starts a year in advance and doesn't end until weeks after the show. When all is said and done, the manager earns about fifty cents an hour and a bunch of gray hairs. Let's be grateful to those who subject themselves to this position.

I will forever encourage those of you who aren't showing to volunteer. Even if you only have two hours, it is a much needed and appreciated two hours. Volunteering is a good way to learn

about showing too. Scribing, ring stewarding, stable managing - any position will give you insight on how a show runs. Shows need volunteers, so please help! I love to volunteer myself so I can be in the show environment without the stress of riding. I get to see friends, rides, nationally recognized judges, and eat for free. Show food is getting quite good these days!

As always, I must thank a few people for their additional hard work and time spent with an RMDS event, such as Heather Petersen and the volunteers at the RMDS Winter Wake-Up. The show was held in bad weather conditions and still managed to run well. Thanks to Lori Mitchell for the RMDS AA Clinic. Also, to Sharon Soos, the High Plains chapter, and all the volunteers for the RMDS booth at the Rocky Mountain Horse Expo. That event has proven to be a super place to promote RMDS and the sport of dressage.

If it seems like I am always thanking the same people it would be because these few people are always the ones that step up and make the sacrifice of their time and energy to help RMDS. RMDS is always looking for ideas and people to help with our events. Please feel free to contact myself, the central office, your chapter presidents, or any of the committee chairpersons with your ideas and suggestions. Or, better yet, show up to a meeting (they're published in the Centaur) and help out in person!

-Laura Speer, President, RMDS

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You Know What You've Invested In Your Horse... Preserve It.

by Susan DeSylvia, M.A. of Pro Horse Productions

*T*hat's it. He's gone.

I left my house at 6:30 am, logistical plans scrolling through my head, preparing to load my horse for an 8:30 clinic ride... until I stopped in my tracks to find my son's 24 year old pony, Georgie, on the ground – not pacing and greeting me with his deep whinny welcome – I knew something was terribly wrong. After the vets and I did everything we could, the decision was made at 2 pm that he had suffered long enough. Georgie is gone, but not forgotten in our hearts, or in pictures and video.

In my 30+ years with horses I've heard and seen heartbreaking stories of others, but I had never been forced to make this decision myself. In my 9 years as a videographer, I've received phone calls from horse owners, trainers, and friends hoping I still had footage of their horse who is no longer able to compete, or who is galloping in Heaven. These phone calls have motivated me to take the time to capture a few photos and video of everyday events, as well as the special ones with my horses. When my friends tease me while I'm walking around with camcorder and camera in hand, I smile and say, "if it's worth doing, it's worth documenting!" On the day of our pony's tragedy, one of the first phone calls I made was to my friend and professional photographer Jennifer Miner, thanking her for the fall photo shoot we had taken the time to do the previous month. I had always wanted professional pictures with my family and horses, and now I'm so thankful to have those precious and priceless memories.



Isaac and Georgie

What pictures and videos do you have of your horse? If the answer is none, let this be the day to change that! You know what you've invested in your horse... preserve it.

What? You say you don't own a camcorder? I'll bet you know a friend who does. Or, if you need an inexpensive option, try denver.Craigslist.org to search for a used one. Many models

are available for under \$100. What type of camcorder should you get? My Father (an expert witness in the cable industry and master of research) has not steered me wrong with his advice to stick with camcorder models that use tape, versus those that record to a hard drive, memory stick, or directly to DVD. What I've come to appreciate about my tape recording camcorders through the years is that when a tape is full, I quickly pop in another one and I have an inexpensive way to keep the original footage. My experience with DVD camcorders is that

they need several minutes to format the DVD before recording, and what if your friend is starting her dressage test NOW and there's no time to format the DVD? I've also wondered what would happen to the sole copy of a dressage ride if that DVD gets scratched. With regard to camcorders that record on hard drives, I have gone through several computers and even more hard drives in the 9 years since I started videotaping. Computers and hard drives have crashed, while I have only lost two video tapes in thousands of hours of footage.

Tip #1: Do it!

Seriously – just do it. Your videos don't have to be professional to be precious. With practice and watching what you've videotaped on a larger TV screen, you will continue to get better. Start simple by taking 15 – 20 second clips of memories of your barn, horse, and friends. For example, take a video clip of grooming your horse standing on cross ties or eating a carrot. Then get practice using the zoom feature by capturing your horse turned out. Take a deep breath, relax, and just do it.

Tip #2: Use Your Body as the Tripod

When possible use a tripod or monopod. If you don't have one, you can turn your body into a tripod by anchoring your elbows to your sides and pivoting from your waist. Try to remember to breathe and stay relaxed. If I'm filming without a tripod, I make my footage even steadier by using the eye piece instead of the flip-out screen and touch the eye piece to my nose or cheek.

Tip #3: Lock on to the Rider

Don't expect that by pointing the camcorder in the direction of your horse, that the camcorder will capture quality footage. The better you are focusing on filming, the better your footage will be. If you can imagine there is a solid PVC tube connecting the lens of your camcorder to the barrel of the horse or the leg of the rider, your footage will be even more steady. Your goal is to have your horse in the center of your footage at all times, and video footage is steadier to watch if you are moving at the same pace and direction as your horse.

Tip #4: The Horse is Always Moving, So You are Always Zooming

Try to "fill the frame" and have the rider's head at the top of the viewfinder or screen, and the horse's hooves at the bottom. You want to be steadily zooming in and out so that the size of the horse and rider is consistent. As the horse is moving away from you, you are slowly zooming in to keep your horse's head at the top of your viewfinder and the horse's hooves at the bottom. If the rider is very close, choose to "cut off" the horse's legs instead of the rider's head. Call me silly, but there's something about watching people without heads that distracts me...

Tip #5: Video with the Light Source Behind You

Videotaping into open windows and light panel washes out the image. Sure, the chairs at that clinic might all be set up in the indoor arena looking into the light panel, but ask the clinician and the rider you are filming if will be okay to go on the other side of the arena.

Now that you've got your goals for great video footage in mind, here are 5 of the most common mistakes to try to avoid:

Mistake #1: Logistical Mistakes

You show up at the event and the battery is dead, the tape is full, or the lens is dusty. If your goal is to capture horse show footage, take the time two or three days before the horse show to clean your lens with lens cloth, label your video tape, and charge your battery. Then, put the camera bag in your truck or trailer right away to make sure you don't forget it!

Mistake #2: Forgetting the "Other Memories"

Don't forget to capture 15-20 seconds of memories of the people who have helped make this a special event. Capture memories around the horse show grounds and stabling, not just the dressage test. Take a moment to video the trainer giving feedback in the warm-up ring, as well as the "pit crew" who held the dressage coat, and polished the boots.

Mistake #3: Zooming too Fast

The slower and steadier you use the zoom feature, the more pleasant your footage will be to watch.

Mistake #4: Filming too Much

I hesitate to even include this, as my goal is to encourage

you to video! But you don't need to capture all the memories, just reminders to help trigger your memories. That's why I suggest taking 15-20 second clips from throughout the event.

Mistake #5: Not Practicing

Take some time to practice with your camcorder a week or two before an important show. Worst case scenario, practice zooming on a few of the rides before the ride you want to capture. You don't have to be recording that footage, just use your viewfinder to make sure the feel of the zoom feature comes automatically.

Now that I've shared some tips of what to do and not to do, let me challenge you to take action! Pick up the phone and call a friend to ask her if she wants to take turns videotaping with you. Set up a day and a time each month and just do it. If you set up a monthly video session, you'll be AMAZED at how much your riding will improve, and how much your video skills will improve! If you can watch your footage with your friend, you'll both see what you want to work on improving next time, and it will get better!

Next, look at your calendar and note what important clinics or shows you want to have video and photo memories of, then write down the 2 or 3 days you plan to practice videotaping before then.

Finally, think of everyday memories you might be in danger of taking for granted. Is it the gorgeous driveway up to the barn where you board, your trainer who busts her "you know what" to help you understand how to use your core muscles to improve your riding, or that barn friend who always makes you laugh? Write on your calendar what day you are going to bring out your camcorder and camera and capture those memories.

I am not "the shoe-maker's child." I have video memories of my special events and day-to-day memories. I have fancy footage from my professional cameras, and amateur footage from my cell phone. If you'd like to see the ideas from this article in action, or gather more ideas for fun memories to capture of your horses, you can go to my website at www.ProHorseProductions.com. On the *Video Tips* tab I've created a free video tip sheet you can print out and carry in your camcorder bag, as well as a short video tutorial you can watch.

In my next article I'll give you some tips for capturing video footage at clinics, or video for selling your horse.

When you add up what you are investing each month on board, lessons, shoes, clinics, and horse shows to keep your equestrian dreams alive, make the time to preserve this special relationship you have with your horse. I can promise you, you won't regret it!

About RMDS

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

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About RMDS

RMDS CHAPTER MEETING SCHEDULE

Arkansas Valley: 3rd Thurs., location TBD, 6 pm.
Brenda Haley, 719-275-0118,
www.horsetop.net

Boulder Valley: 2nd Mon., even months, location TBD,
Claudia Barkmeier 303-417-1675,
claudiabarkmeier@yahoo.com,
Nicole Donohue 303-678-8870,
hobbyhorse6789@yahoo.com

Colorado Springs: 3rd Tues., Colorado Springs City Hall, Simone Windeler 719-540-2000, wjsimone@msn.com
www.CSDressage.org

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

Grand Valley: 1st Thurs. each month, location TBD,
Lisa Binse, 970-243-8543,
Lbpawprints@yahoo.com

High Plains: 3rd Tues. each month, 7 pm, location TBD,
Alex Curnutte, 303-663-0358,
curnuttes@msn.com
www.highplainsdressage.com

Northern Colo.: 3rd Tues., each month, location TBD,
Laura Speer, 970-330-7233,
riversidestables_evans@yahoo.com

Penrose: Inactive for 2009,
Sharon Ghilarducci, 719-462-5760,
quailridgedrsg@hotmail.com

Tri State: TBA,
Darlene Vaughan,
307-332-7261,
popoagieranch@hotmail.com

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

Meeting Schedule of the RMDS Executive Board

All RMDS Executive Board meetings occur on the second Thursday of every odd-numbered month. Steering Committee meetings are held on the second Monday of every even-numbered month. Board of Governor's meeting is held the second Saturday of Nov. Contact the Central Office for precise details.

Omnibus 2009 Corrections

Page C-9	NAJYRC Qualifying Shows: Delete: June 19-20 Sage Creek I & II, Heber Valley, UT
Page C-19	8th Heaven Starter Series May 2 Show, TD, Jeannette Hillery, Show Secretary, Cathy Van Berg
Page C-29	Boulder Valley Dressage August 30 Show, Open: July 30, Closes: August 20

RMDS SPONSORED EDUCATIONAL EVENTS

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

2009

- May 8-10** RMDS Adult Clinic with Leslie O'Neal Olsen, Freedom Farm, Parker
- June 14-17** Junior Camp, 8th Heaven Farms, Castle Rock
- July 10-11** USDF Youth Team Championships & USDF AA Team Championships, Autumn Hill
- Sept 24** Rocky Mountain Series-Sport Horse Breeding Finals & USDFBC Finals, Colorado Horse Park, Parker
- Sept 25-27** RMDS Open and Championship Show, Colorado Horse Park, Parker

For details on these and other RMDS events:

- Contact Heather Petersen, 719-683-8435, slush@drgw.net - Education Chairman
- Read the Centaur, or go to the website at www.rmids.org
- Contact the RMDS Central Office 720-890-7825, or email 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 10th of the month prior to the month of publication, i.e. January 10 for the February edition. If not received by the deadline, articles and ads may be placed in the following issue, if not time sensitive.

CONTACT INFORMATION

For article suggestions, articles, columns, letters-to-the-editor: Centaur Editor, Cathy Van Berg, 1767 Rose Petal Lane, Castle Rock, CO 80109, Phone: 303.916.6136, email: vanbergc@yahoo.com

ADVERTISING

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

DISPLAY ADVERTISING

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

Artwork (ads) must be provided in electronic format. Acceptable forms include: jpeg, pdf, tiff, eps, and doc. IF UNSURE ABOUT AD FORMATTING, please contact the editor (contact info above) for consultation. No substitutions may be accepted. If your ad is submitted in a file format other than those listed above, you will be contacted regarding an additional charge for reformatting or redesign. Hourly charge for redesign/reformat is \$35, in minimal units of one hour.

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

CLASSIFIED ADS

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

PAYMENT AND AD COPY DELIVERY

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

AD RATES AND SIZE SPECIFICATIONS

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

Full Page.....	\$1507.5" x 9.5"
Half Page.....	\$907.5" x 4.75"
Outside back half	\$1057.5" x 4.75"
1/4 Page (Vertical Only)	\$553.75" x 4.25"
1/8 Page (Business Card)	\$30	.. 3.625" x 2.25" (horizontal only)

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

Payment for ads is due on the 10th of the month. If not received by the following 10th of the month, the person will be listed on the RMDS website under the suspended category.

EDITORIAL POLICY

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

Utilize the RMDS Network:

Trainers and Instructors - Get on the Web and 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, postal address, email, training locations and other pertinent info, i.e. award, certifications, lesson types, schooling horses, etc.

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

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

Advertise Events on the RMDS Website

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

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

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

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

Important Info on RMDS membership

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

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

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

About RMDS

Technical Delegates, Judges, and Certified Instructors Dressage Judge Ratings and Levels Qualified to Judge

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

Status	Status	Levels	Status	Status	Levels
"L"	Learner*	Training - Second (RMDS only)	"S"	Senior	All
"I"	Recorded	Training - Second	"I"	International	All
"R"	Registered	Training - Fourth	"O"	Olympic	All

*may only judge at RMDS recognized shows.

FEI 'I'

Janet Foy 719-260-1566

USEF 'S'

Debbie Riehl-Rodriguez 303-642-7708
Sandra Hotz 303-817-2030
Anita Owen 303-953-9904

USEF 'R'

Janet "Dolly" Hannon 303-919-4112
Kristi Wysocki 303-648-9877

USEF 'r'

Loni Gaudet 970-532-0852
Amy Jablonovsky 970-493-2833
Suzanne Zimmer 303-478-8325

USDF 'L' Graduates (Schooling and RMDS

Only recognized shows)

Simone Ahern-Harless* 719-749-9274
Barbara Bell (WY) 307-548-7079
Gigi Brittain* 303-646-1506
Julie Burt 719-372-6270
Rae Ann Cook* 970-225-1408
Marti Foster* 303-277-1132
Beth Geier 303-673-9840
Jan Goodrich-Spear 303-664-0152

Gwen Ka'awaloa* 303-646-4363
Linda Coates-Markle 303-469-0279
Sarah Martin* 719-379-3716
Kathleen Mayger* 970-310-8729
Linda Ohlson-Gross* 303-840-9818
KC Parkins-Kyle 303-841-9953
Kathy Simard* 720-981-4448
Maria Wasson 303-682-9594
Simone Windeler 719-540-2000

*Denotes Graduation with Distinction

Dressage Sport Horse Breeding Judges

Janet Foy 'R' 719-260-1566
Debbie Riehl-Rodriguez 'R' 303-642-7708
Kristi Wysocki 'r' 303-648-9877

Technical Delegates USEF

Eva-Maria Adolphi (UT), r 801-254-3247
Rusty Cook (NM), r 505-877-1456
Veronica Holt, R 303-646-3829
Laurie Mactavish, R 970-390-5160
Heather Petersen, r 719-683-8435
Deeda Randle (WY), R 307-638-6737
Catherine Siemiet, r 719-942-5311
Dianne Stanley (MT), r 406-652-4061
Libby Stokes, r 303-688-2795

TD, RMDS sanctioned shows only

Joan Clay 970-420-0887
Jeannette Hillery 303-494-7718
Susan Selby 970-227-9530
M. Elaine Thomas 719-495-1510

USDF Certified Instructors

Training - Second

Julie Burt 719-372-6270
Jill Cantor Lee 970-686-9163
RaeAnn Cook 970-225-1408
Janet "Dolly" Hannon 303-279-4546
Sabine Kallas 307-733-9497
Ellene Kloepfer 303-828-3879
Clayton Martin 719-379-3716
Sheri Mattei-Mead 970-669-3733
Kathryn Meistrell 303-550-5130
Bridget Milnes 303-660-4986
Kristi Wysocki 303-648-9877

Training - Fourth

Simone Ahern-Harless 719-749-9274
Nancy DeVaney 303-681-2516
Loma Fowler 303-841-0417
Sarah Martin 719-379-3716
Kathy Simard 720-981-4448
Melinda Weatherford 970-484-5218

Look for the Junior & Young Riders Fundraisers

And help send our Region 5 teams to the
North American Junior and Young Rider Championships
In Lexington, KY!

They are many ways to get involved:

*Region 5 Clothing Sales

*Food Sales @ Dressage Events

*Sponsorship

Contact Susan Rudman: 303-697-8528

We appreciate all your support!

Thank You!

The Region 5 Junior and Young Riders



USDF REGION FIVE

RMDS Jr/YR CAMP June 14-17, 2009

Top local trainers
Fascinating guest speakers on horsey topics
A horse obstacle course
Barbecue and S'mores
Art contest
a show with an L judge - and more!

Spend four days with your horse camping right outside the stable with your friends at host 8th Heaven Farms in Castle Rock. K.C. Parkins Kyle and Beverly Swanson will supervise. We will be staying in two person tents. (If weather is poor, indoor option is available). We will ride 2 times daily: One lesson, one fun ride. Three meals a day, tons of informational sessions, and a fun horse show on the last day. Take care of your own horse by cleaning his stall, feeding, watering, and have a great time meeting new horsey friends.

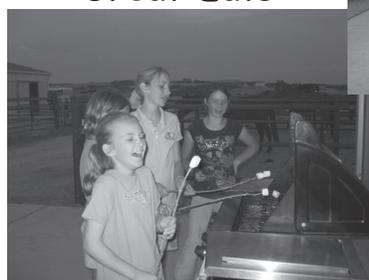
Great Trainers



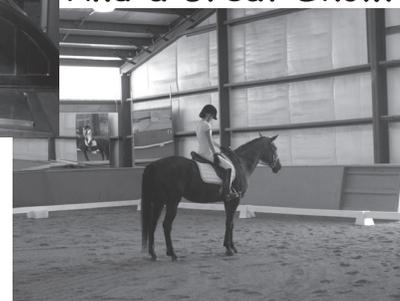
Great Friends



Great Eats



And a Great Show!



RMDS JR/YR Camp Registration 2009

This year's JR/YR Camp will be held June 14 - 17. Cost is \$295 per camper, ages 10-18, boys or girls who ride and can bring a horse. The lease of a school horse is optional if your horse isn't quite ready yet. (Call K.C. for details).

Fill out the form below in order to reserve your spot at camp. A deposit of \$100 written to RMDS is required to secure your reservation. It is refundable up to June 1, 2009. A packet of registration materials will be sent to you upon receipt of your deposit.

Address of camp:

8th Heaven Farms, 5555 S. Lake Gulch Rd., Castle Rock, CO 80104. Phone: (303) 688-5727

Address of director:

K.C. Parkins-Kyle, 2870 Flintwood Rd., Franktown, CO 80116. Phone: (303) 841-9953

Name: _____ Age: _____

Guardian name(s): _____

Address: _____

Phone number: _____ Other #: _____

Deposit check # _____

Please send registration to 8th Heaven Farms at 5555 S. Lake Gulch Rd., Castle Rock, CO 80104
attention: 'JR/YR Camp'; with check written to 'RMDS', memo: Jr. Camp

High Performance Dentistry for High Performing Horses

-Dr. John P. Marion, DVM, Castlewood Canyon Equine, P.C., Franktown, Colorado

After years of de-emphasizing equine dentistry, veterinary medicine has realized that we can make a great improvement in health and performance by taking better care of horses' mouths. As a result, equine dentistry is an area of veterinary medicine that has expanded greatly over the last 15 years. From this has come a greater understanding of how the mouth and bit work, and how to treat the problems and diseases that arise.

Horses' teeth and the problems that occur with them differ greatly from human dentistry. Normal equine teeth continually erupt, similar to growing, until approximately age 20. At the same time the tooth is wearing away as the horse chews. This constant cycle of eruption and wear results in new grooves constantly being created on the tooth. These grooves act like the grooves on a horseshoer's rasp and break down the food into tiny pieces. The constant creation of new grooves prevents the teeth from becoming dull, similar to a self-sharpening food processor. This allows the horse to be better able to break down plant material for digestion. Problems occur, however, when the teeth don't wear evenly. The most common occurrence of uneven wear is the development of sharp edges on the sides of the teeth. This occurs because the upper teeth sit farther out than the lower teeth. If you feel your own teeth, they are arranged similarly. As a result, the outside edge of the uppers and the inside edge of the lowers don't wear away as quickly as the rest of the tooth. Grinding one edge of the tooth causes it to become beveled like the edge of a knife which can cut into the cheek and tongue. It is these sharp edges that the veterinarian floats. Floating is simply an archaic term for smoothing or removing rough edges.

The first improvement in today's dentistry is that we are paying closer attention to the mouth and catching problems earlier. In the past, dentistry was an area that was avoided until a horse was losing weight or dropping feed. Now it is recommended by the American Association of Equine Practitioners that all horses have dentistry performed annually! Younger horses (under 12 years of age) should actually have dentistry performed every 8 months, because their mouths are changing and getting sharp points more rapidly. The second difference we see is the use of tranquilizers. Modern tranquilizers are

safe and allow the veterinarian to perform work on the entire mouth, not just the front 2 or 3 teeth. In the past, the back teeth were seldom floated because the large cheek muscles press tight against the teeth. This lack of space made it painful to move the float back and forth in the mouth. Think how uncomfortable most of us are when the dentist is cleaning our back molars. As uncomfortable as that is, we humans have it easier because our cheek muscles are smaller giving the dentist more room to work. The third difference we see in today's dentistry is the equipment used. There are a number of high-tech power instruments that can increase the quality and the comfort of a float. These "power floats" allow the veterinarian to correct problems that hand floats can barely begin to touch. Other equipment such as periodontal units and intra-oral x-ray systems are similar to that used by human dentists. These specialized instruments are being used to treat problems like periodontal and gum disease. Even the use of equipment to hold the mouth open and high power lights make a huge difference in how effective dentistry can be. If the horse is chewing on the instruments or the veterinarian can't see the back of the mouth, it prevents a thorough job from being performed.

The last major difference between dentistry today and years ago, is the realization that it can make a difference in performance. By placing a bit in the horse's mouth we create a very powerful contact point between horse and rider. The bit and bridle push the tongue and cheek against the sides of the teeth. If there are sharp edges on the sides of the teeth they will cut into the cheek and tongue and cause pain. If applying pressure on the reins transmits pain, our communication with the horse breaks down. Rather than receiving the intended signal, the horse is forced to protect himself or herself by resisting the bit. In addition, if going forward into the bridle causes pain, the horse will be reluctant to engage their hind end. An irritated horse that can't go forward comfortably is a horse that won't perform to their full potential. Would Debbie McDonald perform as well if she had a toothache? Would you?

Finally, whether your horse is a high performance show animal or a companion you wish to keep healthy for years, routine dental exams and today's modern dental techniques can make a big difference in achieving those goals.

Dr. Marion is the owner of Castlewood Canyon Equine, P.C., a full service equine veterinary practice located in Franktown, Colorado. Dr. Marion's area of practice includes a special interest in dentistry, as well as lameness and sports medicine. He has spent hundreds of hours studying and working with some of the world's leading experts in both fields. He has also been recognized as a Scholar of the Colorado Academy of Veterinary Practice. Besides having devoted a large portion of his practice to the treatment of Dressage horses, Dr. Marion has been the on-site veterinarian for RMDS and USDF Championships for several years.

2009 Shows and Events

All shows are RMDS recognized except schooling shows.

MAY 2009

- 2 **8th Heaven Starter Series #3-Castle Rock**
Contact Beverly Swanson, 303-688-5727
eighthheavenhorses@yahoo.com
- 2 **Riverwalk Show Series #1, Pathfinder Park, Florence**
Contact Brenda Haley, 719-275-0118, or Debbie Pinter, 719-276-9088
www.horsetop.net
- 2-3 **Debbie McDonald Clinic, Canon Ridge Farms, Castle Rock**
Contact Kristen Allen, 970-571-3660
- 3 **Autumn Hill Sunday Series #1-Longmont**
Contact Julie Barringer-Richers, 720-341-5033
jbarringerrichers@comcast.net
- 8 **Grand Valley Dressage Spring Show #1-USEF**
Contact Kathy Sassano, 970-245-0806
- 8-10 **RMDS Adult Clinic with Leslie O'Neal Olsen-Freedom Farm-Parker**
Contact Lori Mitchell, 303-816-2375, 303-204-9951
baffledressage@aol.com
- 8-10 **Marie DeWitt Clinic, Lafayette**
Contact Dawn Fisher, www.bluroofequestrian.com
- 9 **Whispering Winds Schooling Show #1, Monument**
Contact Simone Windeler, 719-287-2040, wjsimone@msn.com
- 9-10 **Grand Valley Dressage Spring Show #2-USEF**
Contact Kathy Sassano, 970-245-0806
- 12 **Janet Foy Clinic, Reiterhof Ranch, Franktown**
Contact Jody, 303-646-9520, www.geocities.com/ingolfin/
- 15-17 **Ralf Schmitzer Spring Clinic I, Whispering Winds, Monument**
Contact Simone Windeler, 719-287-2040, wjsimone@msn.com
- 16 **Rocky Mountain Dressage I-Longmont-USEF**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 17 **Rocky Mountain Dressage II-Longmont-USEF**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 19-21 **Ralf Schmitzer Spring Clinic II, Whispering Winds, Monument**
Contact Simone Windeler, 719-287-2040, wjsimone@msn.com
- 23 **Pendragon Stud RMDS Dressage Show-Larkspur**
Contact Leslie Terry, 303-688-4147
- 23-25 **Ralf Schmitzer Spring Clinic III, Skylark Farm, Franktown**
Contact Simone Windeler, 719-287-2040, wjsimone@msn.com
- 23-25 **Lynn Palm Clinic, MM Equestrian Center, Fountain**
Contact 800-503-2824, www.lynnpalm.com
- 26 **Janet Foy Clinic, Reiterhof Ranch, Franktown**
Contact Jody, 303-646-9520, www.geocities.com/ingolfin/
- 29 **Dressage in the Plains #1-Peyton, CO-USEF**
Contact Camille Griffin, 719-488-2812, camillegriffin@msn.com
- 30 **Mariah Farms Schooling Show**
Contact Lisa Lamke, 303-660-2456, llamke@msn.com
- 30-31 **Ned Marshall Memorial Show-Grand Junction-USEF**
Contact Kathy Sassano, 970-245-0806
- 30-31 **Dressage in the Plains #2-Peyton, CO-USEF**
Contact Camille Griffin, 719-488-2812, camillegriffin@msn.com

JUNE 2009

- 5 **Dressage at High Prairie #1-Parker, CO-USEF, YR Qualifier**
Contact Glenda McElroy, 818-841-3554
- 6 **Dressage at High Prairie #2-Parker, CO-USEF-BREED, YR Qualifier**
Contact Glenda McElroy, 818-841-3554
- 6 **Riverwalk Show Series #2, Pathfinder Park, Florence**
Contact Brenda Haley, 719-275-0118, or Debbie Pinter, 719-276-9088
www.horsetop.net
- 7 **Dressage at High Prairie #3-Parker, CO-USEF, YR Qualifier**
Contact Glenda McElroy, 818-841-3554
- 6-7 **NCDA Rocky Mountain Classic-Cheyenne-USEF**
Contact Laura Speer, 970-371-2934
- 6-7 **Millbrook Farms Dressage Show-MT-USEF**
Contact Jan Lawrence, 801-768-8739
- 9 **Janet Foy Clinic, Reiterhof Ranch, Franktown**
Contact Jody, 303-646-9520, www.geocities.com/ingolfin/
- 13 **Whispering Winds Schooling Show #2, Monument**
Contact Simone Windeler, 719-287-2040, wjsimone@msn.com
- 14-17 **Junior Camp-8th Heaven-Castle Rock**
Contact Beverly Swanson, 303-688-5727
eighthheavenhorses@yahoo.com
- 19 **Sage Creek Dressage #1-UT-USEF**
Contact Jennifer Layman, 435-901-3480
- 20 **Sage Creek Dressage #2-UT-USEF**
Contact Jennifer Layman, 435-901-3480
- 21 **Centaur Rising Dressage Show I-Pine, CO**
Contact Kristann Cooper, 303-838-5086, kris@anchoragefarm.com
- 21 **Lynn Klisavage Benefit Show, Sun Prairie Farms, Peyton**
Contact Camille Griffin, 719-488-2812, camillegriffin@msn.com
- 23 **Janet Foy Clinic, Reiterhof Ranch, Franktown**
Contact Jody, 303-646-9520, www.geocities.com/ingolfin/
- 27 **Autumn Hill Dressage Festival I-Longmont, CO-USEF, YR Qualifier**
Contact Julie Barringer-Richers, 720-341-5033
jbarringerrichers@comcast.net
- 28 **Autumn Hill Dressage Festival II-Longmont, CO-USEF, YR Qualifier**
Contact Julie Barringer-Richers, 720-341-5033
jbarringerrichers@comcast.net
- JULY 2009**
- 7 **Janet Foy Clinic, Reiterhof Ranch, Franktown**
Contact Jody, 303-646-9520, www.geocities.com/ingolfin/
- 10 **Wasatch Back Dressage Festival I-Heber City-UT-USEF**
Contact Alison Child, 435-640-3287, achild@kirwin.com
- 10-11 **USDF Youth Competition & USDF Adult Amateur Competition, Autumn Hill Farm-Longmont**
Contact Julie Barringer-Richers, 720-341-5033
jbarringerrichers@comcast.net
- 11 **Wasatch Back Dressage Festival II-Heber City-UT-USEF**
Contact Alison Child, 435-640-3287, achild@kirwin.com

2009 Shows and Events

- | | | | |
|-------|---|-------|---|
| 13 | Whispering Winds Schooling Show #3, Monument
Contact Simone Windeler, 719-287-2040, wjsimone@msn.com | 1 | Sage Creek Dressage #3-UT-USEF
Contact Jennifer Layman, 435-901-3480 |
| 12 | Autumn Hill Sunday Series #2-Longmont
Contact Julie Barringer-Richers, 720-341-5033
jbarringerrichers@comcast.net | 2 | Dressage in the Rockies #3-Parker, CO-USEF
Contact Glenda McElroy 818-841-3554 |
| 17 | Dressage at the Peak Summer Warm-up-Colorado Springs-USEF
Contact Heather Petersen ,719-683-8435, slush@drw.net | 2 | Sage Creek Dressage #4-UT-USEF
Contact Jennifer Layman, 435-901-3480 |
| 18-19 | Dressage at the Peak II Summer-Colorado Springs-USEF
Contact Heather Petersen, 719-683-8435, slush@drw.net | 1-2 | Cheyenne Dressage & Eventing Club Open Dressage Show-Cheyenne-USEF
Contact Rowena Heckert-307-632-4151, rlheckert@msn.com |
| 21 | Janet Foy Clinic, Reiterhof Ranch, Franktown
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/ | 4 | Janet Foy Clinic, Reiterhof Ranch, Franktown
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/ |
| 22-26 | NAJYRC-Kentucky Horse Park
Contact Susan Rudman, 303-697-8528, sewrunred@msn.com | 8 | Whispering Winds Schooling Show #4, Monument
Contact Simone Windeler, 719-287-2040, wjsimone@msn.com |
| 25 | Autumn Hill Dressage Festival III-Longmont, CO-USEF+
Contact Julie Barringer-Richers, 720-341-5033
jbarringerrichers@comcast.net | 9 | Autumn Hill Sunday Series #3-Longmont
Contact Julie Barringer-Richers, 720-341-5033
jbarringerrichers@comcast.net |
| 26 | Autumn Hill Dressage Festival IV-Longmont, CO-USEF
Contact Julie Barringer-Richers, 720-341-5033
jbarringerrichers@comcast.net | 9 | Centaur Rising Dressage Show II-Pine, CO
Contact Kristann Cooper, 303-838-5086, kris@anchoragefarm.com |
| 31 | Dressage in the Rockies #1-Parker, CO-USEF
Contact Glenda McElroy, 818-841-3554 | 15-16 | Dressage at Sun Prairie-Peyton, CO-USEF
Contact Camille Griffin, 719-488-2812, camillegriffin@msn.com |
| | | 18 | Janet Foy Clinic, Reiterhof Ranch, Franktown
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/ |
| | | 21 | Paragon Dressage I- -Estes Park-USEF-BREED
Contact Heather Petersen, 719-683-8435, slush@drw.net |

AUGUST 2009

- 1 **Dressage in the Rockies #2-Parker, CO-USEF-BREED**
Contact Glenda McElroy 818-841-3554



INTRODUCING THE PATRICK SADDLERY

Decorus E

Fully custom from one of England's finest saddle makers with tree and panel adjustability providing perfect fit for the horse and custom thigh block and flap for perfect fit for the rider.

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(SE corner of 95th & Arapahoe)
phone: 303/666-5364 • fax: 303/604-2783
toll free: 866/303-TACK • info@tackcollection.com




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2009 Shows and Events

- 22 **Paragon Dressage II- Estes Park-USEF**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 22 **Utah Dressage Society Show #1-Saratoga Springs, UT-USEF**
Contact Eva-Marie Adolphi, 801-254-3247, adolphi@redrock.net
- 23 **Utah Dressage Society Show #2-Saratoga Springs, UT-USEF**
Contact Eva-Marie Adolphi, 801-254-3247, adolphi@redrock.net
- 23 **Paragon Dressage III- Estes Park-USEF**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 29 **CSDA Fall Schooling Show-Colorado Springs-Whispering Winds-Monument**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 30 **CSDA Fall Show-Colorado Springs-Whispering Winds-Monument**
Contact Simone Windeler, 719-540-2000, wjsimone@msn.com
- 30 **Boulder Valley So Long to Summer Show-Longmont**
Contact Beth Geier, 303-673-9840

SEPTEMBER 2009

- 1 **Janet Foy Clinic, Reiterhof Ranch, Franktown**
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/
- 5-6 **Paul Belasik Clinic, 8th Heaven Farms, Castle Rock**
Contact Beverly Swanson, 303-688-5727
eighthheavenhorses@yahoo.com
- 5-6 **Grand Valley Dressage Fall Show & Western Slope Champs-USEF**
Contact Kathy Sassano, 970-245-0806
- 13 **Foothills 'Last Chance' Dressage Show-Golden**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 15 **Janet Foy Clinic, Reiterhof Ranch, Franktown**
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/
- 24 **Rocky Mountain Sport Horse Breeding Championships & Qualifying Open Breed Show-USEF**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 25-27 **RMDS Championships and Open Show -Parker-USEF**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 29 **Janet Foy Clinic, Reiterhof Ranch, Franktown**
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/

OCTOBER 2009

- 3-4 **Millbrook Farms Fall Show**
Contact Jan Lawrence, 801-768-8739
- 6 **Janet Foy Clinic, Reiterhof Ranch, Franktown**
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/

- 16-18 **Great American Insurance Group/USDF Regional Dressage Championship-Albuquerque, NM USEF**
- 17-18 **Fall Harvest Schooling Show-Grand Junction**
Contact Kathy Sassano, 970-245-0806
- 20 **Janet Foy Clinic, Reiterhof Ranch, Franktown**
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/

NOVEMBER 2009

- 3 **Janet Foy Clinic, Reiterhof Ranch, Franktown**
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/
- 14 **RMDS Board of Governors' Meeting, Colorado Springs**
- 17 **Janet Foy Clinic, Reiterhof Ranch, Franktown**
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/

DECEMBER 2009

- 8 **Janet Foy Clinic, Reiterhof Ranch, Franktown**
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/
- 29 **Janet Foy Clinic, Reiterhof Ranch, Franktown**
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/

JUNE 2010

- 19-20 **Dressage Through the Levels-Steffan Peters & Janet Foy**
Contact Heather Petersen, 719-683-8435, slush@drwg.net

AUGUST 2010

- 20-22 **Paragon Dressage Shows I, II, III, Estes Park, CDI****
Contact Heather Petersen, 719-683-8435, slush@drwg.net

SEPTEMBER 2010

- 15 **Rocky Mountain Sport Horse Breeding Qualifying Open Breed Show, USEF**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 16-19 **RMDS Championships and Open Show, Parker, USEF**
Contact Heather Petersen, 719-683-8435, slush@drwg.net

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

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

...and he whispered to the horse, trust no man in whose eyes you do not see yourself reflected as an equal.

Unknown

TDF & The Carol Lavell Gifted Fund Scholarship

-Joann Messersmith

Dakota Dressage & Eventing's Competition Committee Chair
USDF Region 4 Competition Management Coordinator

As the 2008 Region 4 recipient of The Dressage Foundation's (TDF's) Gifted Fund scholarship, I wanted to take a few minutes to remind all the adult amateur riders about this opportunity and the September deadline.

The Dressage Foundation has multiple programs, one of which is the Gifted Fund Scholarship, which now gives the recipient \$900. Full details are online at http://www.dressagefoundation.org/Help_For_Adult_Amatu-ers.htm.

The scholarship is described on the site as

"The Carol Lavell Gifted Fund: Seeded with Donations received in special remembrance of Carol's great dressage horse Gifted. Many other friends of The Dressage Foundation have added Donations, and the Scholarship Fund has grown steadily over the years. This Scholarship enables Adult Amateurs to set aside quality-time in concentrated training, away from the daily pressures of job and family, with a horse the recipient owns."

The scholarship information states

"We look for riders who want to work on their riding in a situation that is normally unavailable to them because of their other obligations. We encourage the rider to work with a trainer with which they have a working history."

Many of us take regular lessons, but to me, five to seven days away with my horse, focusing only on my riding, had not happened since early in college! The Gifted Scholarship gave me

the opportunity to pack up and haul to my regular instructor for 5 days, something I could not do without the extra funds the scholarship provided. I rode a lesson every day on my own horse, and a second lesson to focus on my seat and basic position to continue to advance up the levels. We made memories that week that will always be with me, and the impact of that week is something I have reflected on often, both in my riding, and in establishing a stronger partnership with my horse.

With the grant application deadline still several months away, now is the time to begin your planning and application, and request the letters of recommendation!

As I glance around the dressage world, many of us have been touched by The Dressage Foundation, directly or indirectly. Jan Brons was recently announced as a recipient of a larger grant from TDF. I remember auditing a clinic he gave, and thinking how gifted this man is. The GMO that I am a part of has received several grants from TDF to help hold clinics, and the impact of those grants is felt by a large group of people! Perhaps you personally know others who have received TDF funds.

As we move into show season, its with a big smile that I got to tell Lynn at TDF that my GMO was once again going to have a benefit class at our fall show (any show can add this, contact TDF). TDF also has an online book of memory, a lovely way to remember someone in our sport. While so many non-profits are struggling to survive, I urge anyone who can to support TDF in any way you can.

Beat the Heat...Cont'd from page 4

you," and you can be sure that your horse feels the same. Warm up enough to ensure your horse is relaxed and supple though, to prevent musculoskeletal injuries.

After Performance

After cool down, untack immediately unless you have another class right away.

Give access to water immediately. Your horse will only drink as much as his or her stomach will hold comfortably, so you really don't need to limit the amount of water. Also, to encourage drinking - remove the bit when you offer water! A bit makes it much harder for your horse to create enough suction to drink properly. If you feel your horse is really hot and sweaty, colder water might encourage him or her to drink more as it has a cooling effect on the mouth and throat. If you are worried about dehydration, consider giving water containing 0.9% sodium chloride, which replaces electrolytes lost in sweating as well as fluid volume. If you give water with sodium chloride,

however, be sure to then offer plain water within 30 minutes.

If you are done for the day, stand your horse under a mister or rinse him or her off with a hose to further cool body temperature.

Rehydrate, rehydrate, rehydrate - As soon as you get home, make sure water is again available. It may take 24-48 hours for your horse to fully replenish fluids and electrolytes lost in extreme heat.

As you can see, there are some relatively simple techniques that can prevent significant heat stress in your horse. Use common sense, have water available, and be alert for any unusual behavior in your horse. If you have any concerns, contact the show veterinarian. And don't forget to hydrate yourself as well. After all, who will spray the misting bottle on the box fan if you're passed out on the ground!

Have a great show season, and, above all, have fun!



RMDS Membership Form

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

Individual Membership - \$55.00 (\$60 after January 1)

Additional family members (same address) - \$40

Business Memberships- \$75.00 Centaur newsletter only - \$35.00 Life Membership - \$650.00

All business memberships include one individual membership.

Please include all information for person designated as individual member.

All individual members will receive Centaur newsletter & the Omnibus.

Indicate Local Chapter (only one):

Boulder Valley

High Plains (Parker, Littleton, Aurora)

Tri-State (Wyoming, Adjacent States)

Arkansas Valley

Colorado Springs

Northern Colorado (Fort Collins)

Western Colorado (Aspen, Vail etc)

Foothills (Golden, Evergreen)

Penrose (Canon City)

Grand Valley (Grand Junction)

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 pledge to the USDF Capital Campaign. (Include amount with your membership check)

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

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

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

Horse Registration Form

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

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

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

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

Horse Name _____ Sex _____

Breed (if known) _____ Registration No. (include copy of papers) _____
(list grade if no registry papers available.)

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

Address of Owner _____

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

Name of Representative (If owner is a business) _____

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

to: RMDS Central Office - 2942 Park Lake Dr. - Boulder, CO 80301 720-890-7825

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11471 LOOKOUT RD, LONGMONT

Take advantage of this rare 5 acre horse property with custom built 2,600 sq.ft. barn and 1,637 sq.ft. house in Boulder County.

\$499,900 | MLS# 589282



6077 JAY RD, BOULDER

Beautiful building site, bordering Boulder City. 5 acres, with open space on two sides, water rights, a barn and many mature trees.

\$778,000 | MLS# 555465



6449 WCR 63, KEENESBURG

Established working farm with extensive livestock and hay facilities on 255 acres, with water rights, and over 27,000 sq.ft. of outbuildings.

\$1,850,000 | MLS# 575342



8309 N 107TH, LONGMONT

68 beautiful acres, with a gorgeous 8,000 sq.ft. home. Substantial water rights, as well as a boat house and lake privileges on Gaynor Lake.

\$2,495,000 | MLS# 595971



8600 BASELINE RD, BOULDER

Wow! This 35 acre property offers a stately 6,898 sq.ft. residence, with 7 oversized stalls and pastures, bordering Boulder City limits.

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7180 N 49TH ST, LONGMONT

A little slice of heaven, so close to town offering 10 fenced acres plus a modest home and barn. Water rights and mountain views!

\$799,000 | MLS# 585230



6125 TREVARTON DR, LONGMONT

Water rights, lush pastures, Adjacent to open space, 4 stall barn 3,600 sq.ft. remodeled home, 4 beds, 4 baths, lots of trees and great views.

\$975,000 | MLS# 570733

KL REALTY | 4535 BROADWAY, BOULDER, CO 80304 | 303.444.3177

USDF Region 5 Youth and Adult Team Competition

Sponsored by Boulder Valley Dressage, Rocky Mountain Dressage Society and
Autumn Hill International Equestrian Center

Saturday, July 11, 2009

Autumn Hill IEC, 9417 N. Foothills Hwy., Longmont, CO 80503

*Plus a fun, educational event on the evening of Friday, July 10th for all participants!
Information for this event to be announced.*

***THIS A FUN and FRIENDLY EVENT FOR EVERYONE!!
Come and enjoy the camaraderie of other riders and then stay for the
Autumn Hill Sunday Series Show #2 on Sunday, July 12th!!***

OPENS: JUNE 8, 2009

CLOSES: JUNE 26, 2009

Judges: Linda Coates-Markle, CO Rae Ann Cook, CO **TD:** Jeannette Hillery
Secretary/Manager: Beth Geier-2942 Park Lake Dr.-Boulder, CO 80301-720-890-7825 bethgeier1@comcast.net
Show Grounds Contact: Julie Barringer-Richers, 720-341-5033, jbarringerrichers@comcast.net

***YOUTH --21 years or under—Your age is determined by the age you turn within the year 2009.
ADULT—22 years old or older within the year 2009.***

→YOUTH RIDERS: You will be put on a scramble team with 2-3 other Youth riders. Each team member will ride the test of their choice, an equitation class and you will also complete a written test appropriate to the riders age. Study guides will be provided. Pick your test from this list:

Class #	Class Description	Class #	Description
1 J	USDF Intro B	8 J	Second Level Test 1
2 J	Training Level Test 1	9 J	Second Level Test 2
3 J	Training Level Test 2	10 J	Second Level Test 4
4 J	Training Level Test 4	11 J	Third Level TOC
5 J	First Level Test 1	12 J	Fourth Level TOC
6 J	First Level Test 2	13 J	FEI TOC
7 J	First Level Test 4		

→ADULT RIDERS: You will be put on a scramble team with 2-3 other Adult riders. Each team member will ride two tests of their choice. You will also complete a written test. A study guide will be provided. **Pick any two tests from any level or adjoining levels → USDF Walk/Trot plus all USEF tests and all FEI tests.**

FEES: JUST \$50.00 PER PERSON— THAT'S IT—NO OTHER FEES!!

ENTRIES: You must use the 2009 RMDS Entry Form. Enclose a Self Addressed Stamped Envelope (SASE) with entry **OR Include LEGIBLE email address on entry form.** No USEF drug fee, non-member fees, or bridle tag deposit. Make checks payable to: **BVD.** Send entry to secretary. Incomplete entries may be returned! Post entries accepted with management approval and with a \$20.00 fee. \$40 bad check fee plus any collection/bank fees.

REFUNDS: Up to closing date, all fees refunded. After closing date and during competition day's, no refunds. Refunds for stabling, after closing date only if stall is filled.

AWARDS: Ribbons to sixth place for each division. High score ribbon for each division. (USDF Intro tests & Freestyles not eligible for high point awards.)

STABLING: Temporary stalls w/full doors-10x10. \$20.00/night through end of show Saturday, bedding not included. Shavings will be available for purchase on the grounds, or bring your own.

DIRECTIONS: From Denver-I-25 to US 36 through Boulder-go approx. 8 miles N of Boulder to intersection of US 36 and Nelson Road. From North take I-25 to CO 66-go west to US 36 and then south 5.2 miles.

FOOTING: Indoor-sand/wood. Outdoor-sand. Warm-up-sand/squeegee.

FOOD: Available for sale, on the grounds from the Young Riders!! **VET/FARRIER:** On Call-Numbers posted in office.

OTHER: DOGS ON LEASHES!! May use small arena for Intro thru First Level test 1.

Call For Centaur Articles

Do you love to write? See your byline in the Centaur! Give back to the dressage community and share your enthusiasm through informative articles.

Do you have a specialty the rest of the community would benefit in knowing about? We want to know!

Photographs are always welcome!

Contact: Cathy Van Berg, Centaur Editor at vanbergc@yahoo.com

June Topics: **Rider Fitness! Pilates, Yoga, Diet, Meditation**

July Topics: **The Judge's Point-of-View**

August Topics: **Summer with RMDS Shows, Clinics, Activities**

Silent Auction!

Jr/Yr Fundraiser for the

2009 NAJYRC!

May 16th & 17th
at the

**Rocky Mountain
Dressage I & II Shows
Longmont, CO**

Help send our Region 5 Junior and Young Rider Teams to the 2009 NAJYRC held @ the Kentucky Horse Park July 22th through July 26th. Silent Auction will hold many fabulous and unique items available for your bid.

To donate items, or retain Sponsorship, please contact Susan Rudman
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Feeding Horses For Spring Balance

-Lizzy Meyer, Intuitive Horse Rehabilitation through Nutrition

As spring creeps up, the body systems go from the slumber and store mode to a more active spring-cleaning phase. We can help our horses this time of year by recognizing that the body has specific needs at each new season. The transitional time between seasons is the most stressful time of year for horses. This is the time that we see a large percentage of colics, lameness involving ligaments/tendons, arthritis flare-ups, and metabolic stress symptoms.

According to Traditional Chinese Medicine, within the Five-Element theory, each season is affiliated with a natural element: Earth, Fire, Wind, Wood, Metal. Each element governs a different organ or system. Because the Wood element governs the liver, and spring is the time of Wood, this organ often becomes taxed during this time. Given the modern life-style our horses lead and the processed diets and synthetic nutrients they eat, the body already has significant taxes on the digestive system, not to mention dealing with the spring-stressed liver in addition to this.

Imagine if the horse who has liver stress is also eating processed grains, commercial supplements, and processed fats. This creates a situation where the gut is always stressed and therefore the body cannot take care of the liver stress simultaneously. The body is “focusing” on healing the gut above all else because the gut receives constant dietary stress and is supposed to absorb nutrition that would help every other system. However, the gut is not functioning at full-capacity so the other organs suffer. At this point, because the liver stress remains unaddressed, we begin to see symptoms that are seemingly unrelated in western medicine; yet are intimately associated with an imbalanced liver in eastern medicine.

There are many variations of liver imbalances. The majority of them begin with a stagnant liver where Qi is not flowing. This can lead to a variety of generalized symptoms, which include tendon/ligament stress and injury, “popping” in joints, muscle problems, indigestion, nervous system disorders, allergies, eye issues, and even cycling problems in mares. All of these symptoms correlate with very specific liver issues that cannot be addressed in the scope of this article. However, you can still help your horse to re-balance this time of year without knowing exactly which liver pattern he fits into.

The diet is the easiest variable to manipulate and is extremely effective in this situation. When feeding commercial processed grains and synthetic supplements (anything not in a whole food form), keep in mind the following: the body can only absorb about 10% of synthetic nutrients. Heat processing transforms foods into food products that need to be stabilized with many

other artificial ingredients, and fats often become de-natured and rancid when processed at high temperatures. In keeping up with the demand to constantly filter out unabsorbent nutrients and digesting de-natured proteins, fats, and carbohydrates, the gut is working hard 24/7 and the liver is backed up with unfinished work. The body cannot keep up with any other system needs. It can only do the minimum in order to survive.

When the gut rests, the entire body can do other “housekeeping” (including re-balancing the liver), in order to heal other cells, tissues, and organs. Dealing with inflammation, injuries, and insults, is a constant stress for even a healthy body to appease, never mind a weakened one. When this happens, we see the horse exhibiting symptoms of sub-optimal health, commonly manifested as: hard-keeping, chronic lameness, slow wound healing, poor performance, weakened immune system, and fatigue.

To de-stress the gut, and to help the liver return to normal function and Qi flow in the spring, the body needs different types of foods depending on the time of year for the best function. A few basic ideas to help the liver are: bitter greens, whole grains, sprouts, antioxidant fruits, and raw honey. These are basic foods that can dramatically help a horse to come into spring while maintaining top health and peak performance. In any case, things to avoid are: any processed feeds, synthetic supplements, and sweeteners.

In Chinese Medicine, a healthy liver in the spring strengthens, nourishes, and moistens tendons and ligaments. Therefore, if we feed the liver nourishing and cleansing foods, chronic connective tissue stress can be minimized. It is always best to feed foods appropriate for the season, as many of our common horse problems rise out of an imbalance within one of the Five Elements. If we can support the horse's body especially during these times, he will be much better able to cope with the coming season.

What would your horse's body do with this newfound source of energy? He could heal his chronic hoof inflammation, deal with his allergies, resolve a metabolic imbalance, mend a chronic gastric ulcer. There are so many things the body is capable of healing by itself, if given the right foods.

Creating a diet for your horse this spring is one of the most positive things you can do for your horse's long-term health, soundness, and performance. A diet utilizing whole foods with the goal of balancing the organ systems is simple to formulate and easy to feed by anyone.

Elizabeth Meyer is a lifelong horsewoman with ten years veterinary technician experience and a degree in Biology from Sweet Briar College, VA. Her consulting speciality is with intuitive diagnosis of problem horses who often have a multitude of elusive physical and mental issues to overcome. She is intrigued by the horse's natural ability to heal if given the right tools. Her work is mainly with horses who have experienced chronic disease or lameness - cases that most find difficult to manage. In this rehabilitation work, making the horse's diet one that is maximally healing and composed of real foods with specific therapeutic properties, is a major key in the horse's successful recovery.

Para Dressage Dreams

-Caryn Malone, Para Equestrian

Dreams are what make life worth it. Life is not always easy, and in fact can be quite difficult. We sometimes get pleasure in little dreams coming true, and that is enough. We sometimes dream huge knowing how impossible it may seem, but loving the challenge. I believe that no matter the size of the dream, the importance lies in taking part.

I would guess that when I told my coach (Dolly Hannon) that I wanted to make the Para Equestrian Dressage team, she thought I was crazy. I had no horse at that level, never ridden higher than 1st level at a show (though was schooling 2nd at home), had only been riding dressage for three years, and most importantly, I had no money. I have to credit Dolly however, in saving face and encouraging me to look into it. I found that it is not easy to find information about the Para Dressage sport. This too took a lot of leg work. One thing was evident, I was going to have to do all my own funding! So, giddy-up!

Here we are, five months later. The dream is still very much alive. I have been riding and training every day. I have very generously been leased a fabulous horse named Capezio (Cecil) owned by Joan Clay. Cecil and I clicked from ride one. Thank goodness, as our first show was less than a month away. Why the rush? Well, all other Para riders have had since last July to get qualifying scores to get to THE qualifier in mid-May. I now only have two shows to do that. Cecil has all the right stuff, but I am still very much in the learning stages!

My impairment is visual. So, I have to ask for a ride to all my

lessons and shows. Thank goodness I know a wonderful lady named Jeanette Hillery. She is my "taxi." Dreams often have to include others who want you to succeed too! Those dreams may fail without them.

After three weeks of training, which included a total of three lessons with Dolly, we went to Winter Wake-Up. Despite the 35-degree temperature and 40-mph winds, we managed a 70% on our first Para Team Test in Grade I.V, and 64% (due to pilot error) on our second Para Team Test Grade IV. "WOO-HOO!" is all I have to say.

Dreams are made up of thought, determination, dedication, and patience. I have learned to ask for transportation, money, and donations. I ride my training horses for my business and then still ride Cecil after 10 hours of work. It's all about how badly you want it.

I am 33 years old and finally have a dream that makes my life worth it. My goal is to make the 2010 World Equestrian Games Para Dressage team. To do that, I have to get to the qualifier at Lamplight. So I am now in the middle of prepping my fund-raiser, once again begging for volunteers, money, sponsors, the works! I have been pleasantly surprised at how generous people are. Thank you all SO much for your continued support.

This dream is being realized, no matter the outcome!
www.paradressagedreams.org

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Photo by Carol Walker,
 Living Images

Equine Emergency Preparedness and First Aid

-Ashleigh Olds, DVM, Aspen Creek Large Animal Clinic, Conifer, Colorado

Basic First Aid Kit

- Veterinarian and emergency contact phone numbers!
- Disinfectant soap (Betadine or Nolvasan)
- Saline wound wash or bottled water with squeeze cap
- Roll cotton or sheet cotton for bandaging
- Elastikon and/or vetwrap
- Disposable gloves
- Non-stick pad (Telfa)
- Gauze, scissors, razor/clippers
- Thermometer
- Antibiotic ointment (Nitrofurazone or Neosporin)
- Iodine, hoof pick, bandage scissors/trauma shears
- Flashlight/extra batteries
- Duct tape, epsom salts, EZ boot that fits
- +/- stethoscope
- +/- with veterinarian permission banamine and bute paste

Basic First Aid Concepts

LACERATIONS

Assess severity of wounds:

- Deep wounds or wound with blood spurting out should be seen immediately by a veterinarian. If blood is spurting out, do not try to clean the wound, just place a clean pressure bandage until the veterinarian can arrive.
- Wounds near joints, tendons, and eyes should be seen immediately.
- Any wound that is causing the horse to not want to put weight on a leg for more than 15 minutes needs to be seen immediately.
- Superficial wounds on the lower legs can often be rinsed well and bandaged with antibiotic ointment, and a visit from the vet delayed until the next day if necessary. Cleaning and bandaging is very important for ALL leg wounds regardless of whether you will have them seen by a veterinarian or not.
- Horse should be current on their tetanus vaccination (once a year), or they will need a booster after a cut/laceration.
- Wounds on the horses' upper body and face have an excellent blood supply and will often heal very well without antibiotics or stitching. Wounds on the lower legs do not tend to have a good blood supply and often will heal poorly and be prone to infection without suturing, antibiotics, and bandaging.

If bleeding is not severe and you are waiting for the veterinarian, the best thing to do is run cold water over the wound for 20 minutes, i.e. "The solution to pollution is dilution."

Stop bleeding with a pressure bandage – make sure to pad well (vetwrap directly on a horse's leg quickly becomes a strangulating tourniquet and can cause more damage than doing nothing).

PUNCTURE WOUNDS

These are wounds created by something long and sharp (nail, wire, tree branch) that pokes through the skin and often leaves only a very small external wound, but can create severe in-

fection because the foreign object deposits bacteria under the skin.

When in doubt about a possible puncture wound – clip the surrounding area.

Puncture wounds often take several days to show signs of infection and are best treated with aggressive wound cleaning and antibiotics when they first occur – call the veterinarian.

EYE EMERGENCIES

Any swelling, squinting, or excessive drainage from one or both eyes is an emergency. A small scratch or trauma to the eye can quickly lead to infection and loss of vision or the eye itself if not treated quickly. I always recommend having an eye problem looked at immediately.

NEVER PUT ANY OINTMENT IN THE EYE UNTIL YOUR VETERINARIAN HAS EXAMINED IT – putting the wrong type of ointment in a horse's eye can lead to a severe infection.

COLIC

Colic is any sort of abdominal pain in the horse.

Symptoms include: pawing at the ground, sweating, no interest in food, looking at the flanks or biting at flanks, laying down, rolling on the ground, and in some male horses frequent posturing to urinate.

WHAT TO DO: Take all food away. Call your vet. Allow water unless told not to by the veterinarian. Walk the horse until the vet arrives if he/she is trying to go down on the ground, but do not get hurt if the horse is violently painful.

Many cases of colic will resolve quickly with proper treatment and removal of food. You may be able to describe the symptoms to your veterinarian and administer banamine yourself – but ALWAYS CONSULT A VETERINARIAN BEFORE DOING SO.

If you have given a dose of banamine and the horse is still acting colicky after 1 hour – CALL THE VET. DO NOT GIVE MORE BANAMINE.

SUDDEN LAMENESS

Check the foot for any foreign object such as a nail or stick.

If a nail is in the foot – CALL THE VET RIGHT AWAY. Depending on the location of the nail, this can be a life-threatening situation. Your vet will give you directions regarding whether to pull the nail out or not.

If no foreign objects are found in the foot, and there are no signs of fracture, it can likely wait until the next day to be seen. In the meantime, it often helps to clean the foot well and soak it for 15 minutes in warm water with Epsom salts. If there is a foot abscess present, this will help soften the foot and make it easier for the abscess to be found and drained.

If you suspect a fracture, try to keep the horse as calm and still as possible – call your veterinarian right away.

(Part 1 of 2)

Continued in the June issue of the Centaur.

Classified Ads

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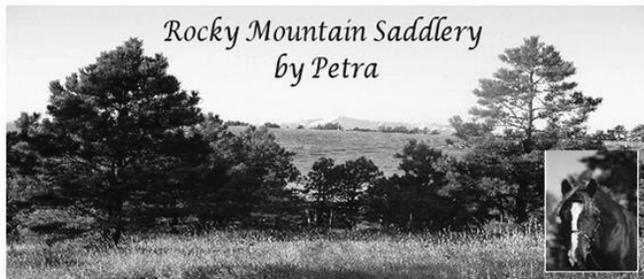
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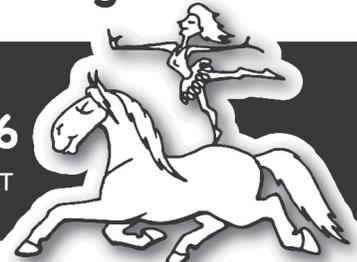
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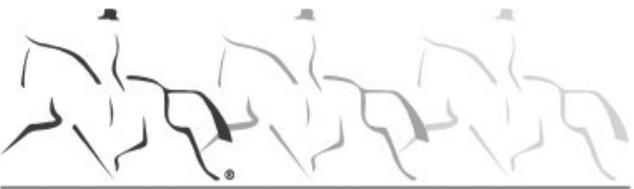
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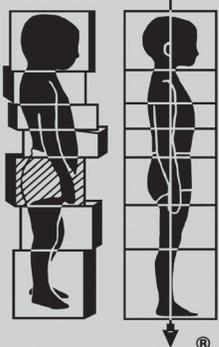


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