



CENTAUR

educating horse and rider as partners

MAY 2013

A Peek Inside

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CHEYENNE DRESSAGE AND EVENTING CLUB MARKS 30 YEARS!

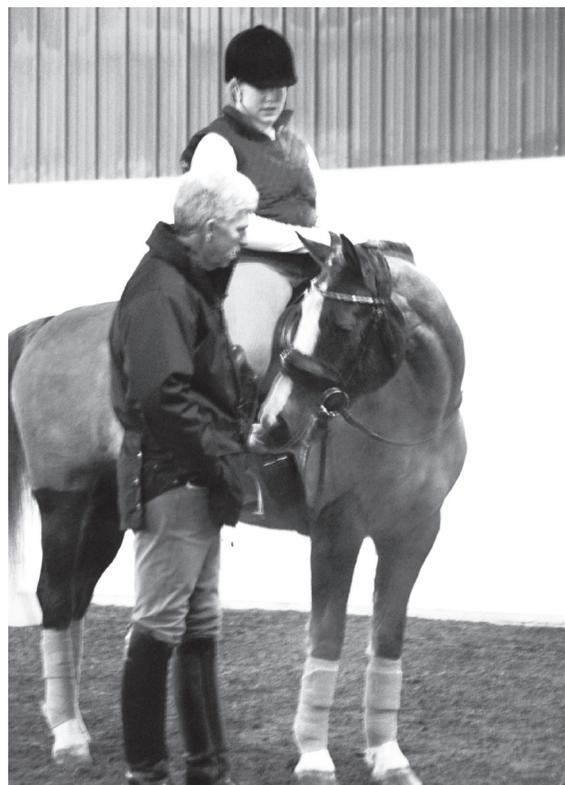
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George Williams on the Training Scale

By Sarah Barnes, President, Boulder Valley Dressage

Nearly 100 auditors joined eight lucky riders at Tomora Training Center in Greeley on Feb. 23-24 for two educational days with master instructor and United States Dressage Federation President George Williams. The underlying theme of the symposium, which featured horses working at every level from Training through Grand Prix, was the classic training scale.

After a brief lecture at the beginning of the morning on Saturday, which reviewed the whole training pyramid, George proceeded through the weekend to remind both the audience and the riders, alike, that each element – rhythm, relaxation, contact, impulsion, straightness and collection – must be maintained as consistently as possible throughout the horse's training up the levels. While the foundation of the training scale – rhythm, relaxation and contact – provide the focus at the beginning, these qualities must not be lost as the horse develops impulsion, straightness and collection.



Cont'd on pg 7 Whitney Haugen on TJR Destiny's Tiara.

Love, Devotion and Dressage:

The Story Behind the Capt. Michael D. Jablonovsky Trophy

By Amy Jablonovksy

At the end of each competition year, RMDS holds an awards banquet. By my count, 12 Special awards Trophies, 17 Breed trophies, 5 Sport Horse of the Year, 1 Horse of the Year – Materiale, 7 for Horse of the Year – Freestyles, 1 for Horse of the Year – Youth, 2 for Pony, 7 HOY Adult Amateur, 8 HOY overall and 1 Futurity trophy are put on display, 54 in total, awaiting presentation to the horse/rider combinations whose outstanding performance in dressage during the past competition year has earned them the prize of one of these trophies.

Cont'd on pg 6

President's Message

Show season has begun. We saw Dressage For The Cure at the Peak this past month, which meant just a bit more with the recent loss of another RMDS member, Patti Taylor. I believe that much of the RMDS membership has been touched in some way by cancer and I am so proud of our members for participating and volunteering in the show provided by 2 White Feet to help support this cause.

I hope that you are utilizing the new E-Centaur. The links provided to the left, in the margin bar, connect you to the Region 5 website allowing you to get up-to-the-minute Regional news. Chapters also are represented there. If you have a business or some other organization needing some exposure, the advertising prices for a "click-through ad" are a steal (\$50) for the exposure you get. Please take full advantage of these benefits and the free horse-related classified ad every month you get as a valued RMDS member.

As you may know, the RMDS Board consists of volunteers who sit on the board in a Chair position, heading up a committee, or maybe some members volunteer as a committee member. Current vice president Gwen Ka'awaloa asked that I appoint a committee that would represent all the professionals in RMDS. This committee will help represent the member professional trainers and instructors, as we already have representation for junior/young riders and adult amateurs. Gwen would like to ask professionals to step up to be on the committee, including one special pro who would

like to serve as the chairman of the committee. Please contact Gwen for more information on how you can help.

Sarah Barnes, Boulder Valley chapter president, is the current RMDS Nominating Committee Chair. Sarah, with the help of all the chapter presidents, finds members who may be interested in running for board positions. This year, RMDS will need to nominate and elect a new president, vice president, treasurer and secretary to two-year terms. If you want to find out more, please contact Sarah or your

follow my heart on this path and hope you will join me in your own discovery. At the time of writing this message, I am packing for a week-long trip to Healdsburg and the Barbier Farm to ride their beautiful horses and experience Enlightened Horsemanship in the Classical Tradition. I hope to return with much knowledge to share.

Happy Spring! Enjoy your rides!

-Lori Mitchell, President, RMDS



Lori and (top) Mozart, (left) Worglanz (aka Wally), and (right) Unico GPA.

chapter president. It is not too early to plan for the 2014 RMDS Executive Board.

If any of you attended the Nutrena/USDF Adult Clinic Series with Hilda Gurney held in Arizona last month, please share your experiences, photos and thoughts by writing something for an upcoming Centaur. Linda Gaber, RMDS Communications Chair, can help you organize your thoughts and write the piece. That is what Dolly Hannon and Sarah Barnes did for us in this issue, writing articles relating the educational insight they gained from attending the exceptional George Williams clinic.

One last note. Thank you to those of you who contacted me regarding my recent article about my trip to Healdsburg, Calif., and the Barbier Classical Series Symposium. Your kind words, and enthusiasm to hear about the current trends in dressage, was refreshing, and it was good to know there are others who feel the same as I do. I will continue to

"Proceed so that the horse finds himself willingly into the exercise, and not by force."

– Nuno Oliveira

Arkansas Valley Dressage

AVDA is eagerly awaiting the arrival of spring and our first event, a Ride-A-Test and clinic with United States Dressage Federation Certified Instructor Ellene Kloepper on May 11 and 12. Some of our members have been spotted at the many clinics being offered and a few have even been known to ride! So come and join in the fun and education being offered in southern Colorado.

– *President Cat Siemiet*

Boulder Valley Dressage

Since our last update, Boulder Valley Dressage members were saddened by the loss of long-time member Patti Taylor, who passed away at the end of March. She leaves behind a legacy of leadership, love and caring. As a member of Boulder Valley Dressage, Patti made many significant contributions to our organization by participating at our meetings, serving on special project committees and volunteering regularly at horse shows in our region. Her involvement with horses and their people made up a large part of Patti's life, encompassing her days as a show mom, as a mentor generously sharing her experience with fellow dressage enthusiasts, and as an examiner with local 4-H clubs, while all along the way pursuing her own riding and training goals. She will be greatly missed.

In honor of Patti's many contributions to Boulder Valley Dressage, we have established the "Patti Taylor BVD Volunteer of the Year" award, to be given annually at our awards banquet to the BVD volunteer who best exemplifies Patti's spirit of unstinting generosity and service.

On other fronts, April was a busy month for Boulder Valley Dressage. In addition to our bi-monthly meeting on April 8, we sponsored a table at the Boulder County Horse Association Fair at the Boulder County Fairgrounds on April 21 and held our annual Ride-A-Test and Spring Fling Show at Singletree Farm on April 27 and 28. Many thanks to all the volunteers and BVD members who participated in these events, as well as our judges, Julie Haugen (Ride-A-Test) and Jessica Greer (Spring Fling Show). Coming up in May, we will be hosting a Ride-A-Test featuring the new United States Equestrian Federation Rider Tests at Autumn Hill Equestrian Center on May 18 with Sandra Hotz judging.

Our next meeting will be June 10 at my house. Check out our website, newsletter and Facebook page for more updates.

Have a great ride!

– *President Sarah Barnes*

Foothills Chapter

Join us for our quarterly chapter meeting May 6 at 6:30 p.m. in Evergreen at the Tuscany Tavern. The chapter would love to hear your input on upcoming events, including our Aug. 24 Ride-A-Test with 'R' judge, trainer and grand prix rider Leslie O'Neal-Olsen from Atlanta. This event will be held at the lovely, intimate setting of Roberts Ranch, Littleton. The chapter wishes for this event to be very special and educational for everyone, so input is needed on what you would like to see included.

The Last Chance Show in September is being managed by our own Foothills member, Jan Danis. If anyone wishes to help in any way, please step up and contact Jan at jandalusian@gmail.com. Save your equine resale items for our first Foothills Flea Market at this show, Sept. 8. \$15 for a space to sell all your items.

The chapter would love to have a Freestyle Clinic presented by United States Equestrian Federation 'S' Judge Dolly Hannon and an additional Ride-A-Test, however finding a location willing to host these events in our area has been a huge obstacle. If anyone can offer a possible solution, we would greatly appreciate it. Just let me know.

Spring is in the air, enjoy the ride and time with your horses.

– *President Lori Mitchell*

Grand Valley Dressage

Our first show of the season, the Spring into Fun Practice Show held on March 16 and 17, went very well. We had a great turn out, not only from all over the Grand Valley, but competitors coming in from Aspen, Austin, Basalt, Cedaredge, Crawford, Eagle, Edwards, Montrose, Silt, and Moab, Utah. It was great to see some new faces and it was a good show for first timers to get their feet wet. We also had new helpers on the show crew. A big thank you to everyone.

On March 24, GVDS members performed a freestyle dressage demo at the Paint Horse Expo held at the Mesa County Fair Grounds. It was a great opportunity to get dressage to the community. We had a lot of good comments about it.

Next on our schedule is the GVDS Schooling Show I on May 4 and 5, with a clinic to follow on May 6 with United States Dressage Federation 'L' Graduate Sarah Martin. This is the first of four shows that will apply to GVDS year-end awards. We are all excited for this upcoming event. For entries, please see our website at www.gvds.org.

Our general meetings are held on the third Thursday of the month at the Mesa Mall Community Room. Please feel free to contact me anytime at tfagandresage@wyoming.com. Enjoy your horses,

— *President Tammy Fagan*

Northern Colorado

We've been busy planning our Ride-A-Test with USEF 'S' Judge Dolly Hannon on April 28. We're so lucky to have the opportunity to ride with her. It will be held at Stonegate Ranch in Fort Collins.

Dr. Kerri Belsito gave us an outstanding program on the Ferno Aqua Pacer. Dr. Belsito explained the benefits of the underwater treadmill therapy for horses and answered questions from the audience.

Dr Belsito is certified in physiotherapy for horses including acupuncture. She specializes in equine sports medicine and nutrition. Sports medicine is important, not only for injuries, but to keep our equine athletes fit and in the best condition possible.

Thank you, Dr Belsito.

We're in the planning stages for several events to be held over the summer. A trail ride, obstacle course and a fall schooling show, to name a few.

The February musical event, Finding Your Rhythm, was great fun. Musical therapist Ruth Meyers led the group. She showed us how to find the rhythm for walk, trot and canter on the drum. It's more difficult to maintain a steady rhythmic beat than some of us thought, but so helpful in understanding the importance of rhythm in riding. Thank you, Pat, for hosting the program.

— *President Renee Martig*

Pikes Peak Chapter

We are hoping to reschedule our clinic with Olympics judge and Fédération Equestre Internationale 5* Dressage Judge Gary Rockwell in the fall and hope to sponsor a potluck on a Friday night where we watch rides from the 2012 London Olympics while Gary gives his commentary.

March activities included a table at the Horseman's Day inside the Indoor Arena at Norris-Penrose and "More Than the View from C" at our regular monthly meeting on March 12. This was an opportunity for members and guests to ask questions of our licensed officials who included "L" graduate and show manager Simone Winderler, Fédération Equestre Internationale Level 1 dressage steward and show secretary/manager Heather Petersen and 'r' dressage and dressage sport horse breeding judge and emergency medical technician Gwen Ka'awaloa. We are so very fortunate to have this wealth of knowledge within our small chapter.

We are planning an evening clinic April 23 that will offer hands-on experience and information for preparing for the show season. We propose to set up stations for braiding, clipping, grooming (including emergency spot remover), paperwork (filling out horse show entries and membership forms), including what to have on hand at all times (i.e brand inspection and Coggins), and what to pack for yourself, your horse and your trailer.

May plans are for a lunging and long lining clinic.

For the most up-to-date information about chapter events, visit our website, <http://pikespeakdressage.org/Main/Home>.

We will not have a June meeting in deference to our members' busy show schedules, but are planning a potluck evening by the pool during the July show in Fountain. We hope members will join us, whether showing or not, or volunteer for the day and then join us for dinner. Chapter Awards Chair Shannon Lemons is working on a medal system for chapter year-end awards that will recognize all our members for each level of achievement during the season. Cash donations may be made towards this program.

Thanks to all our officers and members for your contributions to our fun chapter and 2013 plans.

— *President Michelle Anderson*

It's Now the Law to Wear a Helmet

As of April 1, all riders of all ages and all levels, including noncompeting riders and riders on noncompeting horses, must wear ASTM/SEI-certified protective equestrian headgear with harnesses fastened while mounted on show grounds. This replaces the United States Equestrian Federation's rule exception enabling competitors to wear "apparel only" headgear in USEF-licensed/United States Dressage Federation-recognized competition. To see the revised USEF Rule DR120, go to usef.org/documents/ruleBook/2013/08-DR.pdf.

What does ASTM/SEI-certified mean and why is it important to rider safety?

The American Society for Testing and Materials (ASTM) is a century-old organization that writes safety standards for items from artificial playground surfaces to firefighters' suits. The organization devises testing procedures and safety requirements for each item, setting standards that can be adopted by individual organizations, such as USA Equestrian.

With standards in place, the Safety Equipment Institute (SEI) ensures that they are followed by manufacturers, who do their own testing or contract the testing out to other laboratories. For equestrian, bicycle and hockey helmets to earn certification, they are tested by being dropped onto a flat anvil from a height of about six feet, and from several angles and directions. A second anvil test is designed for the unique risks of horseback riding. A helmet is dropped on a second anvil with a very sharp corner, designed to simulate the impact the side of a jump or a horse's hoof would have.

Why is there increased concern about the use of helmets for equestrians? Of all the traumatic brain injuries in recreational sports, horseback riding is responsible for 12 percent, the largest number, according to a report at a 2012 Riders4Helmets Safety Symposium. Most of these injuries occur at home, not at shows; half of these occur on weekends.

Wear an RMDS Polo Shirt

Visit rmds.org to order a Rocky Mountain Dressage Society short sleeve polo shirt with RMDS Logo. Shirts are \$28 in white and blue in men's and women's sizes.

RMDS Membership Cards

You may download your membership card by going to the RMDS website, www.rmds.org. Click on "Forms," then "Membership Card."

You're Stressed, But Your Horse Isn't

It appears that horses do not get stage fright, but their riders do.

According to Science News, French and Austrian scientists who measured stress rates of riders and their horses were surprised to learn that while riders showed significantly more stress performing before a large audience, their horses did not. And, riders do not communicate their heightened anxiety to the animals. The lack of transfer of emotions between rider and horse was completely unexpected.

The findings were made at the University of Veterinary Medicine, Vienna (Vetmeduni Vienna), and at the Ecole Nationale d'Equitation in Saumur, France. The scientists measured the changes in various stress-related parameters, such as the level of stress hormones in saliva and the regularity of the pulse, in horses and their riders. The measurements were taken after riding in front of about 1,000 spectators and when the riders practiced beforehand without any spectators. The results were compared to assess how the riders and their mounts responded to the presence of the audience.

2013 Omnibus Corrections

Page D-25, Dressage Test Typo: 2nd level test 3 #12 should be between G & H not G & M.

Page B-16 c. should read: The horse/rider combination must receive two (2) qualifying scores from RMDS recognized competitions at the level of the Championship Class that they wish to qualify to ride in the current RMDS show year; one of the tests must be the highest test at that level. The scores must be from two (2) different judges at two (2) different shows. The minimum qualifying score for each level for RMDS Championships ONLY shall be (not to exceed USDF requirements):

Page C-25 change contact: Grand Valley Shows Contact: Tammy Fagan 970-858-1604 www.gvds.org

Added Information: Name of horse on Coggins test **MUST** be the same as the name on all horse membership cards

USEF Board Approved: 1/17/13 Effective Date: 4/1/2013 Protective headgear is required for all competitors at all levels of competition at dressage competitions.

Love, Devotion and Dressage: The Story Behind the Capt. Michael D. Jablonovsky Trophy

Cont'd from pg 1

Many of these trophies bear the names of people and horses, in whose honor the trophy has been donated to RMDS. But have you ever wondered, just who was Pregelstrand, Revelation or Hannah? Who was Ricky Wasik or Major Anders Lindgren? Who were these horses and people whose names are engraved on these trophies? What is their story?

This is the story behind one trophy. USAF Capt. Michael D. Jablonovsky was not an accomplished dressage rider, trainer, instructor or judge. Truth be known, Michael wasn't a horse person at all.

Michael Jablonovsky was born and raised in Grove City, Penn. He was an excellent student and athlete, with ambitions to become a pilot. He was accepted to the United States Air Force Academy where he majored in liberal arts. Upon graduation, he was assigned to fly C-130s, a four-propeller cargo plane.

Mike and I met on a blind date. It was love at first sight. We dated for almost three years before getting married. During this time, I was involved in competitive trail riding, a modified type of distance riding. Though he wasn't a horse person, Mike's gentle demeanor was apparent every time he assisted with horse grooming or tacking up. My horse at the time adored him, showing his affection by nuzzling Mike every time Mike was near. At the competitions, Mike dove right in, helping me with ride preparations, setting up camp, providing moral support and trying to learn all he could about the sport.

After we were married, Mike was assigned to Rhein Main Air Force base in Frankfurt, Germany, flying C-130s for the 37th Tactical Airlift Squadron. His duties often took him away for weeks at a time. I decided to take advantage of being in Germany, "Land of Dressage," and use the time Mike was on TDY (temporary duty) to start dressage lessons. I soon learned about a German lady who owned her own small stable

Truth be known, Michael wasn't a horse person at all.

and had a horse that needed a rider. That horse was Lollypop. In time I purchased Lollypop, joined a local reitverein (riding club) and began to pursue dressage in earnest, taking lessons, training Lollypop and competing in local shows. Eventually, I earned my Deutches Reiterabzeichen im Bronze.

When he was not away on duty, Mike would accompany me to the stables and help. He became a champion stall mucker, a great groom and a fantastic ground person. While not a rider himself, Mike had a fine eye and soon learned many of the nuances of dressage. This enabled him to provide me excellent feedback after a test.

He was unsurpassed at polishing my boots! After watching me put a passable shine on them, he would take over. He would rub and buff until each boot had a mirror finish.

Many of the competitions I rode in were located at other stables. Lacking a horse trailer, I was dependent on others at the stable to get me and Lollypop to the shows. Sometimes this didn't work out and I would have to ride Lollypop to the show (distances between stables weren't too great). On these occasions, Mike would follow behind us in the car, hazard lights blinking.

One area where Mike wasn't so successful was cooling out Lollypop after a test. The fateful day came when Mike climbed in to the saddle and started to walk Lollypop, gripping firmly with his legs. This prompted Lollypop to go a bit faster. Mike tightened up even more, eliciting yet more energy from Lollypop. Eventually, Lollypop, apparently thinking he could go no faster, decided all the leg squeezing meant to go up, so up he went. Down went my husband. After that episode, Mike elected to hand walk Lollypop.

Late in February, 1984, at about 1:30 in the morning, Mike kissed me good-bye and set out on another assignment, this time in Spain. He never returned. The plane carrying him and 17

others crashed into the side of a mountain, 19 nautical miles outside of Zaragoza, Spain. There were no survivors.

I donated the Michael D. Jablonovsky Trophy to RMDS to honor my husband. It is the champagne bucket given to us as a wedding gift. Though it is awarded to the horse/rider combination with the highest average at Third Level and above, in recognition of their accomplishment, it serves a second purpose, also. It is a perpetual tribute to one man's love for his wife, and his devotion to her chosen sport.

Amy Jablonovksy of Fort Collins is a United States Equestrian Federation 'r' judge, and a former president and current Northern Colorado Chapter member. She is a United States Dressage Federation Bronze and Silver medalist, holds the German Rider's Bronze medal, and is a trainer, instructor, competitor and aspiring equine behaviorist.

Did you donate a trophy to be awarded each year to a new RMDS champion? Tell us its story behind the trophy, too. A photo is welcome with a present or past winner, horse, trophy or donor. Contact Centaur Editor Linda Gaber for details.



George Williams on the Training Scale

Cont'd from pg 1

Rhythm, as George explained, can be thought of in terms of consistent energy in a tempo appropriate to the horse's age and stage of training. **Relaxation** refers to a looseness or suppleness throughout the whole body, without any tension acting as a dam to forward movement, so that the rider's aids can surround the horse like a web. **Contact**, also known as connection, occurs when the horse accepts the rider's aids, moving forward to the bit. **Impulsion**, or thoroughness, means that power from the hind legs flows through the horse's body to the rider's hand. With impulsion, the horse's back can swing, the rider can adjust the stride, articulation of the horse's hind leg joints while in the air can be increased, while at the same time the ability to carry weight behind is improved, resulting in both greater engagement and more thrust. **Straightness**, George explained, requires both longitudinal and lateral balance. The hind leg must be tracking under the horse, so that both hind legs are brought closer together, narrowing the base of support in order to provide more push, similar to a diver or a gymnast. Finally, George reminded everyone, as the rider requests more collection, the seat must be straight and balanced. Of course, the straighter and more balanced the horse is, the easier it is for the rider to ride correctly. But, he or she must never compromise his or her position. Ride every stride, making sure the training scale always is in place.

George concluded his introductory remarks with some thoughts on everyday training:

- Allow the horse to have a proper warm-up, with plenty of time at walk to loosen up, stretch and "gymnasticize" all the joints and muscles.
- Maintain the horse's balance; being out of balance creates both physical and mental tension for the horse.
- Take frequent breaks to allow the horse to recuperate and remain relaxed; relaxed muscles build strength.

- Vary the exercises from day-to-day, so that different muscle groups are used.
- Finally, do not neglect the cool down, again with plenty of time at walk to stretch. In sum, look out for the horse's best interests, so that he enjoys his work.

With that, we were ready for the horses and riders. These included Ashley Eberhardt and her Andalusian mare Mango, working at Training/First Level; Whitney Haugen and her Morgan mare Tiara, also at Training/First Level; Gigi Brittain and her Friesian gelding Fritz, at Second Level; Julie Haugen and her Morgan stallion Alex, at Second/Third Level; Nicole Roach-Reinsvold and her Dutch gelding Vesper at Third Level; Kathy Simard and Wild, a Lippizan gelding, at Fourth/PSG; Jennifer Kirch and Paladin, a Dutch gelding, at PSG/11; and Jessica Greer and Navarro, a Dutch gelding, at Grand Prix.

George's approach with each pair was very similar. First, he watched them warm-up at all three gaits without comment, then he praised them for the things they were doing well before quickly zeroing in on whatever weakness might be impeding their ability to maintain the fundamentals of the training scale. In one case, the horse was not sufficiently in front of the aids, relaxed and accepting. The aids themselves, George explained, should relax the horse and give him confidence. This includes the whip, which he helped the rider learn to use more effectively. In another case, the focus was on establishing and maintaining rhythm, making sure the horse was balanced, working over his back, with the energy going from the rider's hand to the horse's mouth, not the reverse. Another horse needed work on the half-halt, which involved numerous transitions, always with the aim of keeping the horse relaxed, supple and obedient. With a more nervous horse, George emphasized seeking steadiness, consistency and regularity, pointing out that rhythm and tempo are integral to achieving relaxation. If the rider can keep the horse's body relaxed, he explained, she can then reach his mind. Although the skill level of the horses increased throughout

the day, the message remained much the same. For those working on tempi changes and canter pirouettes, the emphasis still was on maintaining rhythm, suppleness and balance. Each exercise George introduced was designed to address a specific issue, while at the same time seeking to establish the universal values of the training scale. Exercises should be repeated three times, according to George, the first time to introduce it, the second time to execute it and the third time to confirm it. If the horse becomes hurried, unbalanced or tense, the rider must immediately re-establish the fundamentals.

Although the snowstorm significantly reduced auditor attendance on day two, work in the arena for horses and riders continued from the day before, with Natalie Ellis and Victor replacing Gigi Brittain and Fritz. George began by discussing turn-on-the-forehand and leg-yielding exercises as a means of helping the less-than-perfect horse to become straighter, more coordinated and more responsive to the rider's leg. Then, with each horse-and-rider pair, he built on what had been accomplished the day before, adding new exercises aimed at accomplishing the same goal of maintaining the consistency of the training scale. As George noted, what might work for one horse on one day might not necessarily be the right solution for a different horse, or for the same horse on a different day; the rider must remain flexible and solve problems creatively. As for those riding in the symposium, in each case the result represented significant improvement, as by the end of the second day the horses all became looser, more balanced, more obedient and more successful in their work.

Many auditors left with stacks of notes, diagrams and helpful hints. No doubt the riders all went home and wrote down copious details about everything they learned. The amount of valuable information imparted defies summary in a brief article. Suffice it to say that George Williams brought a new level of understanding of the training scale to every member of the RMDS community lucky enough to benefit from this superb symposium.

Taking the Reins: RMDS Scholarship Recipient C. C. Ross

By CC Ross

As they say, dressage is a journey.

Mine started in July 2008 when Ferdinand (Danny) and I became partners. Both of us were considered "green" to dressage, but willing and eager to learn. The journey has taken us to unexpected places over the years, including Ferdinand winning the RMDS Horse of the Year in both 2010 and 2011 and RMDS Second Level Champion in 2011, ridden by his trainer. Through RMDS and the Foothills Chapter, I have met new friends, audited numerous clinics, and was honored to receive the 2012 Volunteer of the Year Award from my chapter.

My goal now is to step into the competition arena on Ferdinand to feel the excitement of going down center line. The scholarship will give me the "leg up" in achieving this goal. I plan to attend a seat clinic, lunge lessons and Ride-A-Test to prepare for the show season.

I want to thank the Scholarship Committee, including Heather and MaryJo, my supporters Bob, Cesia, Linda, Lori, Jan, Ann, Sharon, the Ken Caryl Equestrian Center, my trainer Susi and, most importantly, my partner Ferdinand who continues to be patient with me as we start moving up the levels. Thanks, RMDS!



C. C. Ross and Ferdinand.

One of the fundamental principles is that the rider must understand the physical and psychological make-up of the horse, and the horse must understand the meaning of the rider's actions. If the rider is incapable of understanding the horse, the horse clearly cannot understand the rider, either, and may well misinterpret his indications completely.

If one can see the world only through one's own eyes and is incapable of appreciating that it is perceived very differently through the eyes of the horse, one will inevitably be surprised by various of the latter's reactions. Furthermore, if a rider cannot correctly predict a horse's reaction to a strange event, his own reaction will always be tardy and often inappropriate.

Most of the cases of resistance or even of open rebellion by the horse to the rider's commands are founded on that most human of all human attributes, which is to forgive one's own weaknesses and to be intolerant of the weaknesses of others.

– From: *Principles of Dressage* by Brigadier General Kurt Albrecht, former commander of the Spanish Riding School
Submitted by Amy Jablonovsky, USEF Dressage 'r' Judge

Savoring Every Stride: RMDS Scholarship Recipient Kristi Wysocki

By Kristi Wysocki

To RMDS Scholarship Committee and all RMDS Members:

I would like to thank the RMDS Scholarship Committee and, more importantly, all members of RMDS, for providing the scholarship program that I will be a recipient of this year. I am honored to receive the Opening Doors Scholarship for 2013. It is more helpful than many might realize to have support from this organization as a judge and as an upper-level trainer and competitor.

Those of us who are dressage judges do it for the love of the sport. Expenses incurred for

education required for licensing and promotions take many years to offset with judge's fees. But the rewards are the goosebumps you get while judging a 70-plus-percent ride, and feeling your heart in your throat as a PARA rider comes down centerline for their final salute. These are the rewards that are beyond any paycheck. RMDS is helping me this year in funding my education for further advancement in both my dressage and PARA dressage judging licenses.

But, my greater passion remains the riding. I look forward to competing this year on my young FEI horse, Willow. To be successful

within the ring, that too requires a great deal of education. The more help one can get from the ground, the better. I look forward to working with Gary Rockwell, Lisa Wilcox, Steffen Peters and Sharon Schneidman in the coming year to help Willow and me achieve our highest possibilities. We plan to make our debut in the show ring sometime late this spring.

This has been the most challenging six months of my life. I lost my grand prix horse Red Adair suddenly in August. That was a great loss to me, as he was a dear friend. I then had to retire Billy Bell due to some arthritic issues in his neck. They had been my partners for an awfully long time and it was a hard transition to make. I endured a personal tragedy with my husband overseas that thankfully ended with him alive and home safe. These events all have been big reminders to enjoy every day with these partners and your family. Savor every stride. You never know what tomorrow may bring or take.

Thanks for believing in me and my new partner, Willow.



Kristi Wysocki and Willow.

RMDS awards scholarships to members annually. Honorees receive \$500 awards for horse-related education in 2013. Winners are C. C. Ross, Leg Up Scholarship for Training or First Level riders, Foothills Chapter; Jennifer Quigley, Solid Seat Scholarship for Adult Amateur riders over age 21, Grand Valley Chapter; Opening Doors Scholarships for professional riders/instructors to Kristi Wysocki, High Plains Chapter; and Sandy Hotz, Boulder Valley Chapter. There were no Junior/Young Rider applicants in 2013.

Members must have volunteered eight hours in the year they apply for a scholarship. Deadlines each year are in November. Watch for 2014 scholarship information in the Centaur.

Cowboy Country Embraces English Interests as Cheyenne Dressage and Eventing Club Marks 30 Years

By Jane Swanhorst-Ringolsby and Sue Gentle, members of CDEC, www.cheydressageandeventing.com

When someone says, Cheyenne, Wyoming, what comes to mind? Frontier Days, cowboys, cattle ranches, right? But, would you think dressage and eventing? Why would these disciplines so Equestrian/English appear in such a Western environment? Yep, that is us, as the Cheyenne Dressage and Eventing Club celebrates its 30th anniversary of not just surviving, but thriving, in this oh-so-cowboy-and-rodeo community. How can that be?



Sue Gentle and Little AI, Wyoming State Fair 1983.

Let me start by saying that one of the original founders of CDEC, Sue Gentle, does not throw anything away. Our club recently found this out, in detail. We asked if Sue would give us a talk at our March meeting about the club's history. Were we in for a surprise! She arrived with programs dating back to 1965, club newsletters dating back to the beginning, and prize lists and newspaper articles for so many of these events. The boxes and notebooks of history kept us all entertained and amazed for the entire evening, along with some glasses of wine.

The success of this little English/Equestrian enthusiast club starts with the determined and welcoming personalities of some of the original members. The group started not as a club, but as divisions of competition at the Laramie County Fair and Wyoming State Fair. Community and

business support/ sponsorships for all classes and types of horse competitions were huge. Many of the original club members started in other equine specialties, and gravitated to the lesser-known English riding style, which, in the late 1960s and 1970s, was becoming more prominent in the USA overall.

In the early days, before this club's creation, horse enthusiasts entered into English Equitation classes, English Pleasure classes, Hunter and Jumper classes, and several breed classes at the fairs. Any age, gender, horse or discipline was welcomed. And, this, in large part, was sponsored by the local Arabian Horse Club, but many other associations took an active part in these shows.

The earliest events were held at the Frontier Park, which to this day still hosts the annual Cheyenne Frontier Days Rodeo. The first dressage shows in the late 1970s were held in conjunction with the Wyoming Arabian Horse Club Arabian Shows. Some early dressage riders may remember some of the initial dressage shows were held in a parking lot on the premises. Rock-picking parties were held by members the night before in an attempt to improve the footing. The early dressage arenas were erected out of some



Sue Gentle on Little AI and CarrieEllen DeMuth on Ta-Aden (Fred) early 1980s (Frontier Park).

Let me start by saying that one of the original founders of CDEC, Sue Gentle, does not throw anything away.

interesting supplies: 11-foot tree-log lengths supported by cinder blocks, PVC pipes which did not

hold up in the Wyoming winds and frequently were blown over (or away). The show would be halted while the pieces were retrieved and placed back in the arena.

By the early 1980s, interest had progressed by a few people to focus on the pursuit of English riding, in spite of this dominant Western environment. In 1983, The Cheyenne Dressage and Hunt Club, which was the club's original name, was created. Later, it was changed to Cheyenne Dressage and Eventing Club to better reflect members' interests.



Sue Gentle on Little AI, Frontier Park, 1983.

The original members were a diverse group (and we still are). Most had no idea what dressage was, let alone English tack or principles. Many of the meetings early on were held in a donated riding arena, and many times in a small indoor area at Frontier Park. The few members who knew anything about English riding shared their knowledge and helped others during these mounted meetings. The group's first effort at a show was in 1983 when members joined with the Wyoming Arabian Horse Club in putting on a dressage show at Laramie County Community College.



Sue Gentle on Cassandra (State Fair): RMDS High Score Horse and Training Level Champion, 1982.

Now, 30 years later, the community college still is the site of CDEC's Open Dressage Show this year in Cheyenne June 8 and 9. This United States Dressage Federation/United States Equestrian Federation-recognized show takes place in a climate-controlled indoor competition arena which is welcoming and always a cool place. There is an abundance of spectator seating and restrooms. The adjoining indoor horse stalls provide four indoor wash racks, and full-service restrooms with showers. On-site concessions are provided and vendors are present. The oversized warm-up arena has good footing and roundpens are abundant for exercising horses that are staying. This show's ongoing success is a direct outcome of the club's generous members, and their positive and eager-to-volunteer attitude that is required for any show's success. Check the RMDS Show and Event Calendar in this issue and online for details and to enter.

CDEC, as a club, remains active with monthly meetings that include educational talks and great snacks. CDEC members share their equine expertise and experiences in dressage, eventing, steeplechase racing, endurance riding and combined driving, among other activities. We also enjoy presentations by local veterinarians and other professionals on such topics as horse health, toxic weeds and treatment, fire protection/mitigation, and any

other oddball thing members come up with. Our members show in dressage and eventing, in ranch horse competitions and compete in national endurance rides. Some enjoy nothing more than trail riding and some do not even own a horse. They just are equine enthusiasts, as we all are. As a club, we are supportive of each other in our horse activities. We have contributed to charitable organizations to help others less fortunate, especially with wildfires. We have an active trainer/student environment with both a local dressage trainer and a local jumper trainer. We have a few members with indoor arenas (which is needed six to seven months out of every year with our Wyoming weather and winds), and a few local cross country courses. So, we are able to sponsor annual Ride-A-Test events, schooling shows and other mounted social activities.

Join us at our dressage show in June, and anytime, as we celebrate our 30th anniversary and look forward to another 30 years of equestrian activity, enthusiasm and support.

Contact Jane Swanhorst-Ringolsby at 307.634.2870, Fax 307.638.8286. Cell 720.560.8193. swanhorst@aol.com.



Sue Gentle on Little AI, early Frontier Park arena, Wyoming Arab Horse Assoc Show, Cheyenne 1979.

A Lament - Capital Horseman
TO THE 'LITTLE SUCKER' 10/83



Little AI, better known as The Little Sucker, owned and shown by Susan Gentle

By Carriellen DeMuth
When cowboys were depressed they picked up their guitars and sang of their sorrows as in "The Streets of Laredo," and other laments. Sounds like a good way to handle depression, so here's a lament about the 'Little Sucker.'

The Little Sucker is a purebred Arabian horse who stands 13.2 hands high, owned by a lady named Sue Gentle in Cheyenne, WY. The Little Sucker's real name is Little AI, Albert, Sue calls him. What's so lamentable about that Little Sucker, Albert, is that he's one of the best, most powerful, long-strided, ground-covering, accurate dressage horses in the country. It is a quirk of fate that staggers the human mind.

Try to fathom the utter bed-rock depression that comes to a person who has to compete with the Little Sucker at Arabian dressage shows. I searched the world over to find a big Arab to ride dressage. Sue Gentle found the Little Sucker in her back yard one day.

I take dressage lessons once a week and faithfully attend all the clinics in the area. Sue read a book on dressage.

I have handmade horse-shoes put on my horse at monumental cost. Sue's husband Bill is learning to do his own shoeing on the Little Sucker.

I work out my show schedule carefully and prepare horse and rider mentally and physically. Sue shows up to post-entire on the Little Sucker - and you've guessed it, he wins, wins, wins, WINS AND WINS. His walk has a 12 inch overtrack. His halts are square perfection. His trot is cadenced true and long. His canter has loft and his lengthenings are heart-stopping. O cruel fate! It's enough to break a strong heart. Wiped out repeatedly by a 13.2 hand Little Sucker - Where's a guitar? *

Have You Got History?

This article on the Cheyenne (Wyo.) Dressage and Eventing Club is the first in a series of area dressage organization histories. A history of RMDS is being researched and developed for later publication by project coordinator and Colorado Springs Chapter President Pat Leech. Anyone with old Centaur newsletters, photos or other RMDS and dressage-related information and material from the 1970s can contact her at 719.749.2761 or Pat.leech@skybeam.com. She can make arrangements to pick up materials to scan into a computer. Materials can be returned or placed into an archive.



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“Ready...Set....Show!!”

June 19-22, 2013
Tomora Training Center, Greeley, CO

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

Camp Costs: \$375 per camper (This includes stabling, meals, lessons, activities and schooling show entry). Campers must provide their own: horse, tack, transportation/trailer, horse feed and bedding, and human cots/bedding. A \$175 deposit is required for pre-registration.

Camp Questions: Julie Haugen 970.290.8360 defiancesport@q.com

PRE-REGISTRATION FORM

Camper's Name: _____

Age: _____

Parent/Guardian Name: _____

Mailing Address: _____

City/State/Zip: _____

Email Address: _____

Phone: _____

Riding Experience: _____

Please mail the completed pre-registration form and a deposit check for \$175 (made out to RMDS) to:

Julie Haugen - 417 Promontory Dr. - Loveland, CO 80537

Exceptional George Williams Clinic Clarifies Training Scale

By Janet "Dolly" Hannon

I attended the Saturday portion of The Training Scale symposium Feb. 23 and 24 with George Williams, international competitor, trainer, clinician and current United States Dressage Federation president, held at Tomora Training Center in Greeley, and I was very pleased that I did. In spite of the cold temperatures, the clinic was very well attended with more than 100 who came to audit and ask questions of George during the many question and answer portions of the day. Those of you who missed it really lost an opportunity to see an excellent demonstration of correct instruction by a consummate professional. In contrast to the Steffen Peters symposium (which was excellent, article soon) that I attended in Florida, many of the demonstration horses and riders were more typical of those that we might teach at home. The symposium was sponsored by RMDS and Region 5.

The day started with a Q and A session that trainers were invited to attend because the noise at the trainer meeting with George on Friday night in a restaurant (which had excellent food) was too loud to really have a discussion. Then the day was devoted to demonstration riders and horses. They were: Ashley Eberhardt and Mango, Training/First Levels; Whitney Haugen and TJR Destiny's Tiara, First/Second Levels; Gigi Brittain and Fritz, Second Level; Julie Haugen and Thunder Alexander, Second/Third Levels; Nicole Roach-Reinsvold and Vesper, Third Level; Kathy Simard and Maestoso II Odetta II, Fourth/PSG Levels; Jennifer Kirch and Paladin, PSG/Intermediaire I; Jessica Greer and Navarro, Grand Prix. George observed and evaluated each horse and rider carefully, always was encouraging and professional, and all the horses and riders improved during the course of their lessons.

It was particularly interesting for me, as I have also had clinics from some of the trainers that he quoted during the day, and recognized many of the exercises as those I had seen in previous

clinics over the years. It was an interesting blend of instruction, feedback and exercises tailored to each horse and rider combination.

In the first demo with Ashley Eberhardt on Mango, George observed the warm-up for a little while and assessed some issues with the horse and rider. He addressed whether or not Mango was truly in front of the rider's aids. He felt that at times the rider's seat was compromised when the horse got behind the rider's legs and seat.

George talked about how he uses the whip, which was somewhat unique in that he asked the rider to use the inside rein as an opening rein and lay the whip on the horse's side pointing towards the stifle and press the whip into the horses side to back up the leg and, then if the horse does not react to this, he asked the rider to tickle the horse with the whip and then tap, if needed. It was a progressive use of the whip and he pointed out several times that the horse should be relaxed by the aids and the whip, in particular, and not be defensive or tense.

Use Whip to Relax Horse

Most of the time we are taught to make the horse reactive and or hot to the whip, but this makes perfect sense if the horse's reaction is to tense up or shut down to the use of the whip. When the horse understands the whip and relaxes when it is used, it can be used properly. The taps, if used, were in a 1-2-3 timing, as were most of the aides he described. He repeated many times that the horse's first reaction to either the rider's leg or the whip is relaxation, which is not commonly heard, but was so logical when you saw the horse respond to them.

He spoke a lot about the correct timing of the rider's aids and it was very similar to listening to Karl Mikolka in his explanations and some of

"Every good exercise can become a negative if done incorrectly or overused."

the exercises he has used. I understand that he worked with Karl for many years, and it showed in the exercises

chosen and, especially, the work on the counting of the strides and the timing of the rider's aides. He looked with each combination at the quality of the gaits, the consistency of the rhythm, the straightness, the bend; all the elements of the training scale or pyramid.

George emphasized that the horse must follow the tempo that the rider chooses and must also follow the line of travel that the rider chooses, even when it goes near the scary audience. He kept mentioning the use of the eyes to help maintain the line of travel. He always understood about the horses that were insecure, but eventually they all got used to the scary short end of the ring and got much closer to the audience. "You ride through a problem or spook and do not focus on the issue so the horse relaxes and listens to you," he said.

He worked with several of the riders on a pattern to enlarge the 20-meter circle with a leg yield out to get the horse to move from the inside leg to the outside rein connection. "One should be able to ride the horse for at least half a circle without nagging the horse with the lower legs," he said. He wanted all the horses, unless they were doing a leg yield to the wall or counter shoulder in (shoulder out) to be flexed to the inside without a loss of balance or the line of travel. He talked about how this enlarging of the circle and later leg yield patterns get the horse to soften and swing through their backs more. "In every aid that we use, the horse should first show relaxation and acceptance of the aid before we expect a quick response to the aid," he said.

Eyes on the Ground Valuable

"Every good exercise can become a negative if done incorrectly or overused." This quote is the reason why we all need instruction and/or eyes

on the ground (which he mentioned several times, especially when training flying changes) because so often we do not realize when a planned exercise is no longer benefiting our horses or we are not doing it properly.



Ashley Eberhardt and Mango.

He talked a lot about engaging the outside hind

leg and the timing of the aids with the outside hind to teach the horse early on to carry with the outside hind. We hear a lot about engagement of the inside hind, but not so much for the outside hind (for example, in a shoulder in) and I found this particularly interesting.

“We recognize in dressage training that we must be able to place the head and neck of the horse to utilize the horse's back and hind quarters.” With a hollow back, it could originate anyway in the horse's body. It is up to the rider to determine the origin. Check for physical issues like teeth, saddle fit, bit comfort, before you assume it is a training issue.

The second horse, Tiara, ridden by Whitney Haugen, is a sensitive Morgan mare. George had worked with this mare before and understood her sensitivity, and kept mentioning the need for tact with a hotter, sensitive horse like this.

“One of the simplest ways to straighten a crooked horse is to ride them more forward.” This was interesting because we all noticed that Tiara carried her haunches to the left, but he did not have Whitney push the haunches right, instead he worked on it over the course of the lesson gradually encouraging her to use subtle aids. He kept explaining to the audience that the trainer must keep encouraging rider tactfulness, and that you must determine how much pressure a horse can handle and not push it past that point of acceptance. He talked about rider

frustration and said that “the level of frustration becomes greater without the knowledge to back it up and that experience tells us to be patient and allow the horse to understand. . . . A lack of understanding on the horse's part can create tension and a possible shut down,” (which Tiara thought about, but was gently encouraged not to do). . . . Always pay attention to the rhythm of the hind legs. Soften your hands and see if the rhythm improves.”

They started with the filling out of the 20-meter circle pattern, then progressed onto figure eights of 20-meter circles, then serpentine, then 10-meter circles, reminding the rider about the change of bend and the riding of the horse from the inside leg to the outside rein (the 11th Commandment in dressage!)

George mentioned that the outside rein must allow the new bend and flexion. He kept reminding the rider to use gentle half halts and to use the fingers to communicate with the horse. He used leg yield in and out of canter and leg yield nose to the wall to train the outside hind to step under and get stronger.

It was interesting to note that he worked on the rider's seat by discussing the timing of the aids and reminders to be more tactful, and did not initially mention the seat very much directly. When questioned, he said that he felt that if he mentioned the seat earlier on that the rider might try too hard, make the horse more tense and not

achieve a positive result. He felt that once the horse softened her back that the seat could be discussed in a positive manner with a more consistent result.

A Study in the Use of the Number 3

The theme of this clinic was the use of the number three, meaning that exercises are

repeated three times to: 1. Introduce it to the horse 2. Show proficiency, and 3. Make sure it is repeatable. He also mentioned many times to make transitions in the count of three strides. He explained that in using this timing the horses understand our aids better and are happier to respond correctly.

George used many different leg yielding patterns. For example, leg yield nose to the wall (almost facing the wall) in the trot to train the outside hind leg to step more under and get stronger. I had not heard this before in reference to the outside hind. It is common to talk about the inside hind being engaged or strengthened by an exercise, but not as much the outside hind. However, it makes perfect sense since we know we have to strengthen both hind legs equally. He also mentioned this in the shoulder in exercises he did with some of the riders.

Balance Where the Nose Is

With the third horse, a Friesian named Fritz ridden by Gigi Brittain, they discussed that the horse had a tricky neck to connect but had a good sense of rhythm and was active from behind in his gaits. George felt that the horse was not completely over the back and that it originated in the neck. He had Gigi lower the neck and poll, add more energy, then add bend. He wanted her to have the horse stretch without pulling down or losing balance and not ride him too low as it could affect the longitudinal balance in a negative way. “We have to balance where

Cont'd on pg 17

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Prize List
Sunday June 23, 2013
Tomora Training Center**

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

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Judge: Jessica Greer "L"

2nd Judge: if needed

Show Manager: Jon Haugen

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defiancesport@q.com

Closing date: June 10, 2013

Secretary: Beth Geier

2942 Park Lake Dr

Boulder, CO 80301

bethgeier1@comcast.net

Class # Class Description

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

Class # Class Description

- 9 First Level Test 3
- 10 Second Level TOC
- 11 Third Level TOC
- 12 Fourth Level TOC
- 13 FEI TOC
- 14 Basic Western Dressage TOC
- 15 Primary Western Dressage TOC
- 16 Eventing TOC

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

Stabling available: \$20/day \$30/night

Use the 2013 RMDS entry form.

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

DO NOT USE GOOGLE MAP.

I-25 to exit #257A onto Hwy 34 bypass, east towards Greeley. Approx. 7.5 mi. to Tomora Training Center on right (south) side of 34 Bypass.

Exceptional George Williams Clinic Clarifies Training Scale

Con't from page 15

the nose is, with more longitudinal balance, then encourage a more open throatlatch." He wanted to remind us to always ride from back to front and maintain a straight line from the elbow to the horse's mouth. And, he wanted more bend created through the fingers and not through the use of the whole hand.

He had her take the horse deeper in the frame to soften the back and then bring it up; the deep stretch was not extreme compared to what we have seen in the past. He coached her through getting the horse to go by the spooky end of the ring and told her that when the horse wants to spook, the suppling exercises used to get his focus back come from the reaction to the rider's leg and less from the hands. "When it is right, it looks effortless." He also quoted Von Niendorf who said that "a good dressage horse is comfortable to ride and it also looks effortless to ride cross-country (something, in my opinion, that our dressage horses need more of) and it goes in its own efficient way."

George talked about the poll coming up to be the highest point, when the horse's back is more supple and swinging, and that if we bring the poll up artificially we are missing the importance of the back in the whole scheme of things. He mentioned that often horses might need to ridden overly round or deep in transitions to "gymnastize" the horse and get the back more supple with the goal being to be able to ride the poll more up with the nose out to the vertical to make the judges happy in the show ring. He was very good with his feedback to the riders and took his time to get this nice Friesian to relax and swing more through his back.

George has a very positive teaching style and kept reminding us that we all should take our time when training. He reminded me of Major Anders Lindgren who also said to "Remember the three Ts, hear their chime: Things, Take Time." Their teaching styles are similar.

It was very interesting to hear George talk about the tendency among riders to "swing the horse's neck" to connect them, which I observe as a common tendency and problem in my judging

and teaching, as well. He asked the rider to hold the inside position without swinging the neck because when the neck swings the hind legs are blocked from coming through (and the outside shoulder is encouraged to fall out or in). If one holds the deep position too long, the horse will not be able to hold it. "It is easier to swing the neck of the horse than to keep your stable seat and connect the horse correctly." He talked about not holding a correction for more than three strides because if held longer the horse can figure out how to brace against it, so frequent changes of flexion and bend work better in the long run. You have to be able to counter flex the horse without swinging the neck. The horse must soften its whole body and not stiffen or argue, but soften immediately without a loss of balance. The horse must give in to you with no resistance anywhere and no loss of balance over either shoulder.

Weight, Lighten the Seat

He mentioned that the rider's seat holds the horse's hind legs to the ground by sitting deeper and heavier when needed. The rider must be able to adjust his or her seat and weight in the saddle by sitting either heavier or lighter and be able to use the seat to give a directional effect, as well. He reminded the audience that the rider's spine and the horse's spine must be properly aligned. The horse must maintain the line of travel and be secure in its balance, which goes back directly to the rider's balance and organization.

With the fourth horse, a nice Morgan stallion named Alex ridden by Julie Haugen, he noted the tendency to be busy with the mouth, but wanted to improve the overall balance and suppleness to improve the problem, which he felt was the source of the issue. "A tight back can equal

mouth fussiness." He felt that the connections issues were due to tension in the back and the tendency to be on the forehand at times. "The horse must be surrounded by the aids and always kept on the line of travel chosen by the rider."

A head tilt equals a tight poll and the rider must not give up the reins but actually shorten them and not give up the bending aids. When the reins are always lengthened when the horse fusses, the horse is training the rider to give up the request. If they also slow down or back off the rider's driving aids, keep the forward energy and do not back off so you can keep the horse reaching evenly with the front legs. "You want the horse's front legs to push directly up off the ground and not pull backwards under the body." We often think about the hind legs and their influence on the front legs, but he reminded us about the correct use and actions of the front legs, as well. "Be like a terrier in your goals and focus on that goal so you do not get distracted by a horse's evasion. Do not lose focus, even when

Cont'd on pg 28

2013 Paragon CDI*** and Paragon Dressage I, II, & III 2013 USEF Dressage Seat Medal Finals

Complete Prize List at www.2whitefeet.com



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All Divisions, all levels offered, USDF Qualifying

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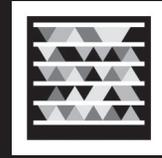
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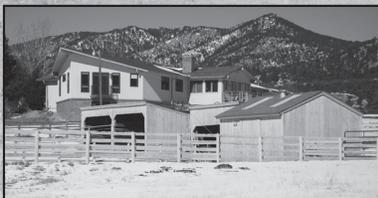
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Please make sure to visit the many other amazing properties on our website

2013 RMDS EXECUTIVE BOARD

President.....	Lori Mitchell.....	303-816-2375.....	bandwdressage@aol.com
Past President.....	Simone Windeler.....	719-287-2040.....	simonedressage@gmail.com
Vice President.....	Gwen Ka'awaloa.....	303-616-4363.....	Kaimana_co@hotmail.com
Secretary.....	Heather Petersen.....	719-683-8435.....	slush@drwgw.net
Treasurer.....	Sharon Soos.....	303-904-7534.....	sksoos@mesanetworks.net

PERMANENT COMMITTEES

Adult Amateur.....	Jennifer Glass.....	719-749-2293.....	aglas25@msn.com
Awards.....	Shannon Lemons.....	719-686-0064.....	lemons_shannon@yahoo.com
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Centaur Editor.....	Linda Gaber.....	785-470-7569.....	writers@evcohs.com
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Omnibus Advertising.....	Central Office.....	720-890-7825.....	rmids@rmids.org
Omnibus Production.....	Nicole Bizzarro.....	303-939-0110.....	nicbiz@indra.com
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Education.....	Jon Haugen.....	970-217-7820.....	defiancesport@q.com
Insurance, Show Standards.....	Central Office.....	720-890-7825.....	rmids@rmids.org
Junior/Young Riders.....	Julie Haugen.....	970-290-8360.....	defiancesport@q.com
Junior Camp 2013.....	TBA.....		
Marketing.....	Sharon Soos.....	303-904-7534.....	sksoos@mesanetworks.net
Membership and Horse Registration.....	Central Office.....	720-890-7825.....	rmids@rmids.org
Registration Officials and Show Standards.....	Central Office.....	720-890-7825.....	rmids@rmids.org
RMDS Show Liaison.....	Laura Speer.....	970-371-2934.....	Riversidestables_evans@yahoo.com
Scheduling.....	Central Office.....	720-890-7825.....	rmids@rmids.org
Scholarship.....	MaryJo Hoepner.....	719-495-3648.....	scholarship@rmids.org

CHAPTER PRESIDENTS

Arkansas Valley.....	Catherine Siemiet.....	719-942-5311.....	catsbarn@aol.com
Boulder Valley.....	Sarah Barnes.....	303-817-2783.....	sarahvbarnes@yahoo.com
Colorado Springs.....	Pat Leech.....	719-749-2860.....	pat.leech@skybeam.com
Foothills.....	Lori Mitchell.....	303-816-2375.....	bandwdressage@aol.com
Grand Valley.....	Tammy Fagan.....	970-858-1604.....	tfagandressage@wyoming.com
High Plains.....	Wendy Cibis.....	720-570-6413.....	wcibis@comcast.net
Northern Colorado.....	Renee Martig.....	970-278-0500.....	silverpony@friei.com
On the Bit Dressage.....	Jessica Ford.....	307-797-2478.....	aprilscomet97@yahoo.com
Pikes Peak.....	Michelle Anderson.....	303-646-1375.....	michand@hotmail.com
Platte River Dressage.....	Peter Soos.....	303-956-5850.....	pssoos@mesanetworks.net
Wasatch Mountains.....	Sally Shaffer.....	435-655-3323.....	sshaffer4@yahoo.com
Western Colorado.....	Barbara Graham Terry.....	970-963-4649.....	bgtery1@comcast.net

GOVERNING BODIES

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

USDF REGION 5

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

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

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

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RMDS CHAPTER MEETING SCHEDULE

Arkansas Valley: 2nd Thursday of the month at 6 p.m., location to be determined. Catherine Siemiet, catsbarn@aol.com

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

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

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

Grand Valley: 3rd Thursday each month, location TBD, Tammy Fagan, 970-858-1604 tfagandressage@wyoming.com

High Plains: Bi-monthly meeting, location TBD, Wendy Cibis, 720-570-6413, wcibis@comcast.net, www.highplainsdressage.com

Northern Colorado: 3rd Tuesday, each month, location TBD, Renee Martig, 970-278-0500 silverpony@frii.com

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

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

Platte River Dressage: Meeting time and location TBD, Peter Soos 303-956-5850 psoos@mesanetworks.net

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

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

RMDS EXECUTIVE BOARD MEETING SCHEDULE

All RMDS Executive Board meetings are open to all and occur on the second Thursday of every odd-numbered month. Meeting time is 6:30 pm. Meeting dates in 2013 may be variable, please check the calendar or the website. Contact the RMDS Central Office for location.

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Web: flyingstarstables.com

1044 County Road 15 Brighton, CO 80603
(Three miles East of I-25 at exit 229)

The Centaur Newsletter

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

CONTACT INFORMATION

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

ADVERTISING

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

DISPLAY ADVERTISING

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

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

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

CLASSIFIED ADS

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

PAYMENT AND AD COPY DELIVERY

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

AD RATES AND SIZE SPECIFICATIONS

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

Full Page \$150 7" x 9.5"

Half Page \$90 7" x 4.5"

Outside back half \$105 7" x 4.5"

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

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

(Horizontal only)

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

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

EDITORIAL POLICY

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

Utilize the RMDS Network

Trainers and Instructors

Use the RMDS Website to Build New Business

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

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

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

Advertise Events on the RMDS Website

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

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

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

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

Important Info on RMDS membership

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

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

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

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

*may only judge at RMDS recognized shows.

FEI PARA Dressage 3*

Kristi Wysocki 303-648-9877

FEI 4*

Janet Foy^ 719-260-1566

FEI 3*

Sandra Hotz ^ 303-817-2030

USEF 'S'

Janet "Dolly" Hannon ^* 303-919-4112

Sandra Hotz ^ 303-817-2030

Anita Owen 303-953-9904

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

Kristi Wysocki ^* 303-648-9877

^ = FEI Young Horse Certified

* = Dressage Seat Equitation Certified

USEF 'r'

Loni Gaudet 985-966-3832

Amy Jablonovsky 970-493-2833

Gwen Ka'awaloa 303-917-3679

USDF 'L' Graduates (Schooling and RMDS

Only recognized shows)

*Denotes Graduation with Distinction

Simone Ahern * 719-749-9274

Julie Burt 719-431-2342

Linda Coates-Markle 303-469-0279

Alex Curnutte* 303-906-7083

Kathleen Donnelly* 970-310-8729

Beth Geier 303-673-9840

Jessica Greer 970-581-5613

Julie Haugen* 970-290-8360

Sarah Martin * 719-379-3716

Linda Ohlson-Gross * 303-840-9818

KC Parkins-Kyle 303-841-9953

Kathy Simard* 720-981-4448

Stephanie Soule* 970-201-0747

Simone Windeler 719-287-2040

Dressage Sport Horse Breeding Judge

Janet Foy 'R' 719-260-1566

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

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

Kristi Wysocki 'R' 303-648-9877

FEI Level 1 Dressage Steward

Rusty Cook 505-877-1456

Heather Petersen 719-683-8435

Dianne Stanley 406-652-4061

Technical Delegates USEF

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

Rusty Cook (NM), r 505-877-1456

Laurie Mactavish (CO), R . 970-390-5160

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

Heather Petersen (CO), r . 719-683-8435

Catherine Siemiet (CO), r . 719-942-5311

Dianne Stanley (MT), R 406-652-4061

Technical Delegates, RMDS sanctioned shows only

Joan Clay 970-420-0887

Jeannette Hillery 303-494-7718

Mary Jo Hoepner 719-495-3648

Mindy Maguire 720-301-0089

Dee Stiers 970-876-2987

USDF Certified Instructors

Training - Second

Julie Burt 719-431-2342

Jill Cantor Lee 970-209-8491

RaeAnn Cook 970-225-1408

Janet "Dolly" Hannon 303-279-4546

Ellene Kloepfer 303-523-0191

Clayton Martin 719-379-3716

Bridget Milnes 303-660-4986

Kristi Wysocki 303-648-9877

Training - Fourth

Simone Ahern 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

Shows and Events

All shows are RMDS recognized except schooling shows.

MAY 2013

- 4-5 **GVDS Spring into Fun Schooling Show**
Mesa County Fairgrounds-Grand Junction, CO
Tammy Fagan 970-858-1604 www.gvds.org
- 4-6 **Ralf Schmitzer Clinic, Carpe Diem, Black Forest, CO**
Contact Simone Windeler 719-287-2040
simonedressage@gmail.com
- 9 **RMDS Executive Meeting, Romano's Italian Restaurant, Highlands Ranch, CO**
Contact RMDS Central Office 720-890-7825 rmds@rmds.org
- 11 **AVDA Ride-A-Test (May 12 rain date) Palomino Gaits, Canon City, CO**
Contact Marcy Wadlington 719-315-2625 avda@earthlink.net
- 11 **Schooling Show, Mariah Farm, Castle Rock, CO**
Contact Lisa Lamke 303-660-2456 llamke@msn.com
- 11-12 **Rocky Mountain I & II, Somerset Farms, Longmont, CO – USEF**
Contact: Heather Petersen, 719-683-8435, slush@drwgw.net
- 18 **CDEC Ride-A-Test with Gwen Ka'awaloa "r" Cheyenne, WY**
Contact Jane Swanhorst-Ringolsby 307-634-2870
swanhorst@aol.com
- 18 **Dressage in the Forest Schooling Show II, Windswept Farm, Colorado Springs, CO**
Contact Lanie Tolari windsweptfarmscolorado@gmail.com
- 19 **Autumn Hill Spring into Summer Show AHIEC, Longmont, CO**
Contact: Camille Griffin, camillegriffin@msn.com
- 25 **RMDS Show II at Sun Prairie, Peyton, CO**
Contact: Simone Ahern 719-749-9274
- 25 **Whispering Winds Farm Schooling Show, Colorado Springs, CO**
Contact Mary Hallmark 719-488-0333 painthorse50@msn.com
- 25 **Triple Creek Schooling Show, Triple Creek Ranch, Longmont, CO**
Contact Lynn McChesney 303-444-4291 www.triplecreek-ranch.com
- 31-Jun 2 **High Prairie Dressage I, II, III**
Colorado Horse Park, Parker, CO – USEF
Contact: Glenda McElroy 818-841-3554 glenda@glenroys.com

JUNE 2013

- 1-2 **GVDS Spring into Fun Schooling Show**
Mesa County Fairgrounds, Grand Junction, CO
Tammy Fagan 970-858-1604 www.gvds.org
- 8-9 **CDEC Open Dressage Show, Cheyenne, WY – USEF**
Contact: Bill/Sue Gentle 307-634-1743 sbgentle@hotmail.com
- 14 **USEF Forum on Welfare of the Horse, Colorado Horse Park, Parker, CO**
Contact: USEF – mailto: horsewelfare@usef.org
- 15 **Fun Schooling Show, Salisbury Park Equestrian Center, Parker, CO**
Contact Kris Garrett kriswithakamera@gmail.com
- 15-16 **Rocky Mountain Summer I & II**
Somerset Farms, Longmont, CO – USEF
Contact: Heather Petersen, 719-683-8435, slush@drwgw.net
- 19-22 **Junior Camp, Tomora Training Center, Greeley, CO**
Contact: Julie Haugen
- 21-22 **Sage Creek I & II, Sage Creek Equestrian, Heber, UT – USEF**
Contact Sue Jero 801-330-5763 dressageshow@sue@aol.com

- 22 **AVDA Ride-A-Test, (June 23 rain date) Palomino Gaits, Canon City, CO**
Contact Marcy Wadlington 719-315-2625 avda@earthlink.net
- 22 **Dressage in the Forest Schooling Show III, Windswept Farm, Colorado Springs, CO**
Contact Lanie Tolari windsweptfarmscolorado@gmail.com
- 23 **USDF Region 5 Adult/Team Competition, Tomora Training Center, Greeley, CO**
Contact Beth Geier 303-673-9840 bethgeier1@comcast.net
- 23 **Centaur Rising Dressage Show I**
Anchorage Farms, Pine, CO
Contact Kris Cooper 303-838-5086 kris@anchoragefarm.com
- 29 **Whispering Winds Farm Schooling Show, Colorado Springs, CO**
Contact Mary Hallmark 719-488-0333 painthorse50@msn.com
- 29-30 **Autumn Hill Festival I & II, Longmont, CO – USEF**
Contact Heather Petersen, 719-683-8435, slush@drwgw.net

JULY 2013

- 6-7 **Rocky Mountain III & IV, Somerset Farms Longmont, CO – USEF**
Contact Heather Petersen 719-683-8435 slush@drwgw.net
- 6-7 **Millbrook Farms Summer Dressage Festival**
Fairfield, UT – USEF
Contact Jan Lawrence 801-631-2516 millbrk@xmission.com
- 9 **RMDS Executive Meeting, Romano's Italian Restaurant, Highlands Ranch, CO**
Contact RMDS Central Office 720-890-7825 rmds@rmds.org
- 12-13 **Dressage at the Peak Summer Warm-Up & II**
Fountain Valley School, Colorado Springs, CO – USEF
Contact: Heather Petersen 719-683-8435 slush@drwgw.net
- 14 **Centaur Rising Dressage Show II, Anchorage Farms, Pine, CO**
Contact: Kris Cooper 303-838-5086 kris@anchoragefarm.com
- 16-21 **NAJYRC**
- 26-27 **Sage Creek III & IV, Sage Creek Equestrian Heber, UT – USEF**
Contact Sue Jero 801-330-5763 dressageshow@sue@aol.com
- 27 **RMDS Show III at Sun Prairie, Peyton, CO**
Contact Simone Ahern 719-749-9274
- 27 **Whispering Winds Farm Schooling Show, Colorado Springs, CO**
Contact Mary Hallmark 719-488-0333 painthorse50@msn.com
- 27-28 **Autumn Hill Festival III & IV – Longmont, CO – USEF**
Contact Heather Petersen 719-683-8435 slush@drwgw.net

AUGUST 2013

- 2-4 **Dressage in the Rockies I, II, III**
Colorado Horse Park, Parker, CO USEF
Contact Glenda McElroy 818-841-3554 glenda@glenroys.com
- 10-11 **Millbrook Farms Summer Dressage Show**
Fairfield, UT – USEF
Contact Jan Lawrence 801-631-2516 millbrk@xmission.com
- 11 **Centaur Rising Dressage Show III**
Anchorage Farms, Pine, CO
Contact Kris Cooper 303-838-5086 kris@anchoragefarm.com
- 16-18 **Paragon I, II, III & CDI*****
Stanley Park Fairgrounds, Estes Park, CO – USEF
Contact Heather Petersen 719-683-8435 slush@drwgw.net

- 24-25 **Utah Dressage Society I & II, Wasatch Event Center, Heber, UT – USEF**
Contact Nance Allen 801-274-1288 nance@xmission.com
- 24 **Foothills Chapter Ride-A-Test Roberts Ranch, Littleton, CO**
Contact Lori Mitchell 303-816-2375 bandwdressage@gmail.com
- 24 **Pendragon Stud Dressage Show – Larkspur, CO**
Contact Leslie Terry 303-688-4147
- 24 **Whispering Winds Farm Schooling Show, Colorado Springs, CO**
Contact Mary Hallmark 719-488-0333 painthorse50@msn.com
- 25 **Boulder Valley So Long to Summer Show Sextant Farm – Longmont, CO**
Contact: Beth Geier-303-673-9840 bethgeier1@comcast.net
- 31 **RMDS Show IV at Sun Prairie – Peyton, CO**
Contact: Simone Ahern 719-749-9274
- 31-Sept 1 **GVDS Fall Show Mesa County Fairgrounds, Grand Junction, CO – USEF**
Tammy Fagan 970-858-1604 www.gvds.org

SEPTEMBER 2013

- 8 **Foothills Chapter Last Chance Show, A Rising Star, Arvada, CO**
Contact Lori Mitchell 303-816-2375 bandwdressage@gmail.com
- 12 **RMDS Executive Meeting, Romano's Italian Restaurant, Highlands Ranch, CO**
Contact RMDS Central Office 720-890-7825 rmds@rmds.org
- 18 **Rocky Mountain Sport Horse Championships, Colorado Horse Park, Parker, CO – USEF**
Contact Heather Petersen 719-683-8435 slush@drwg.net
- 19-22 **USDF/Great American Region 5 Championship, Parker, CO – USEF**
Contact Heather Petersen 719-683-8435 slush@drwg.net
- 19-22 **RMDS Championship & Open Show, Parker, CO – USEF**
Contact Heather Petersen 719-683-8435 slush@drwg.net
- 28 **Whispering Winds Farm Schooling Show, Colorado Springs, CO**
Contact Mary Hallmark 719-488-0333 painthorse50@msn.com
- 28 **Triple Creek Schooling Show, Triple Creek Ranch, Longmont, CO**
Contact Lynn McChesney 303-444-4291 www.triplecreek-ranch.com

OCTOBER 2013

- 3-5 **Alfredo Hernandez Clinic, Windswept Farm, Colorado Springs, CO**
Contact Lanie Tolari windsweptfarmcolorado@gmail.com
- 5 **AVDA Ride-A-Test, (Oct. 6 rain date) Palomino Gaits, Canon City, CO**
Contact Marcy Wadlington 719-315-2625 avda@earthlink.net
- 10 **RMDS Executive Meeting, Romano's Italian Restaurant, Highlands Ranch, CO**
Contact RMDS Central Office 720-890-7825 rmds@rmds.org
- 10-13 **Dressage Festival of Champions, Kentucky Horse Park, KY – USEF**
Contact USEF
- 12-13 **GVDS Spring into Fun Schooling Show, Mesa County Fairgrounds, Grand Junction, CO**
Contact Tammy Fagan 970-858-1604 www.gvds.org
- 19 **Whispering Winds Farm Schooling Show, Colorado Springs, CO**
Contact Mary Hallmark 719-488-0333 painthorse50@msn.com
- 19 **Triple Creek Schooling Show, Triple Creek Ranch, Longmont, CO**
Contact Lynn McChesney 303-444-4291 www.triplecreek-ranch.com

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

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

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

RMDS-SPONSORED EDUCATIONAL EVENTS

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

2013	June 19-22	Junior Camp-Tomora Training Center, Greeley, CO
	June 23	USDF Region 5 Adult/Team Competition, Tomora Training Center, Greeley, CO
	Sept 18	Rocky Mountain Sport Horse Championships, Colorado Horse Park, Parker, CO
	Sept 19-22	RMDS Championships & USDF/Great American Region 5 Championships, Colorado Horse Park, Parker, CO
	Nov 9	RMDS Board of Governors' Meeting & RMDS Awards Banquet, Renaissance Hotel, Quebec Street, Denver, CO

For details on these and other RMDS events:

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



USDF REGION FIVE

Arizona | Colorado | E. Montana | New Mexico | W. Texas | Utah | Wyoming

As I sit here and write, my kids are playing nearby, home from school with a "snow day". Spring in Colorado is here and so are the sporadic Colorado blizzards. At least we're getting some moisture! I'm enjoying the flowering bulbs already and grass is starting to sprout in the pastures. Hopefully, we'll have a nice summer that isn't too hot or too dry. A new competition season is also upon some of us and others are gearing down as the temperatures down south become a little too warm. I'm looking forward to running my first horse show of the year in a couple of weeks and it will be wonderful to see all the competitors and friends.

As of April 30, our potential candidates for the 2013 FEI North American Junior and Young

Rider Championships will be finalized. As I write this in April, we have five declared Juniors and four declared Young Riders. I hope we have enough folks to field two full teams to Kentucky in July. It's the experience of a lifetime for our youth. If you would like to contribute or help with their fund-raising efforts, please contact Joan Clay, our Region 5 Jr/YR FEI coordinator, at [HYPERLINK "mailto:jnclay@comcast.net"](mailto:jnclay@comcast.net) jnclay@comcast.net or 970.420.0877.

In a couple of weeks, I head off to the United States Equestrian Federation Spring Executive

Board meeting. I look forward to sharing with you all the wonderful things going on in our organization in my next monthly update.

Please don't forget that there are several new rule changes that went into effect April 1. Read through your USEF rulebook and make sure you know the rules before you go out and show. Don't forget to wear your helmet.

Happy Spring!

Till next month!

-Heather Petersen, Region 5 director

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Exceptional George Williams Clinic Clarifies Training Scale

Con't from page 17

the horse is somewhat insistent." He cautioned Julie to be sensitive to the horse's possible fatigue, but not be talked out of continuing to work when a problem arose.

The main emphasis of this session was improving the basic balance and suppleness of the horse's back to get the horse more correct in the contact and quieter with the mouth. He reminded Julie to half halt on the outside rein and be softer with the inside rein and resist the temptation to pull back on the inside rein, but keep an elastic contact on the inside rein and, when needed, "play" the horse round. He told her to lead off with the outside rein when needed to help improve balance in the horse. With a sensitive horse like this one, it is even more important to maintain a correct and consistent tempo so the horse will relax.

With this nice stallion George used a lot of shoulder fore down the long side to alleviate the horse's tendency to go wide behind, which is a common problem with stallions. He also used spiraling in and out of the circle to improve the connection to the outside rein and get the inside hind to step more under the body and not allow the haunches to swing out to avoid carrying behind.

Calming the Horse's Mind

The fifth horse was a 10-year-old Dutch horse named Vesper ridden by Nicole Roach-Reinsvold. This was an attractive talented horse that had issues with the quality of the medium trot, and tension and lack of focus. George worked with them on an exercise that combined leg yield nose to the wall with a short diagonal of medium trot to help free the horse's shoulders. He then changed the pattern to a short diagonal from the corner to the center line in medium trot with shoulder in down the center line to D. As soon as the horse wanted to rush, he reminded the rider to rebalance and bring the horse back to a correct tempo. The corrections for this horse were a sophisticated combination of aiding and realizing that with a more supple body and swinging back the mind would also be

more calm and responsive.

The last pair I observed was Kathy Simard riding an 11-year-old Lipizzaner gelding named Wild. This was in many ways the most interesting session of the day for me because George had such a comprehensive understanding of the breed, but also the work on developing clean flying changes seems to be challenging for some horses and is a common problem we, as trainers, have to address. Right away he worked on the quality of the canter and wanted Kathy to tickle the horse with the whip right behind the calf, with no leg and a light seat to make him bounce a little behind. The whip was used in a tap tap tap pattern three times to get the canter more active behind and ultimately to improve the rhythm and quality, which he felt contributed to the tendency to have some late flying changes. First he wanted a bouncy canter, then he wanted Kathy to experiment on how much seat she could use to help keep the croup down and have the horse carry her more consistently without tension. The rider creates the bounce, then can control it during schooling. He had experienced that Lipizzaner's are very sensitive to the seat and can be tricky to ride. They are also very intelligent so can figure out patterns and evasions very quickly, so the rider must adjust and adapt quickly. This was very evident when they started working on flying changes.

Prepare for Flying Changes

For clean flying changes: 1. The rider must have a correct, good-quality canter with bounce and thoroughness which can be man-made if not natural for the horse. 2. The horse has to be soft and supple on the new inside rein and listening to the half halts on the old outside rein in the setup. 3. The horse must wait for the aid. This last part was challenging in this session because the horse was so fast in his reactions and clever that it took a lot of finesse to get him to wait for the aids.

George reminded us and Kathy not to be timid with the half halts on the new outside rein so

that it comes through the horse's body to the hind legs. The half halt must be strong enough to help the horse balance correctly. The half halts must rock the horse back. He had her work on a short diagonal moving the horse off the old outside leg, half halting on the old outside rein, then aiding with the new outside leg and supporting the horse on the new outside rein through the change. If you use your outside rein, the horse should immediately get more active with the outside hind leg and not block the rider. The horse must fill out the new outside rein before the change. Ultimately, we must be able to ride the canter forward so we have the energy to half halt back and achieve a clean expressive flying change that is uphill.

It was made clear to me once again that the concepts in dressage and, specifically for re-training flying changes, sound simple, but are difficult in application. That is why horses can learn a late change and hang onto that tendency for a long time

I had to leave before he worked with the last two horses, but I was so impressed with the clinic and George's teaching style and careful insistence on correct basics. It was a pleasure and I came away with a lot of information and notes to use for my teaching and training.

Janet "Dolly" Hannon is a United States Equestrian Federation 'S' judge, clinician and Foothills Chapter member. She trains out of Legacy Valley Farm in Arvada..



RMDS MEMBERSHIP FORM

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

Individual Membership - \$60.00 (**\$65 after January 1-late fee**) Additional family members (same address) - \$45

Business Memberships - \$100.00 Centaur newsletter only - \$35.00 Life Membership - \$750.00

Life Business Membership \$1,000.00 - Transfer Life Business to new owner \$100.00

All business memberships include one individual membership.

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

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

Indicate Local Chapter (only one):

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

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

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

RMDS Horse Registration Form

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

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

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

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

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

Horse Name _____ Sex _____ Breed (if known) _____

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

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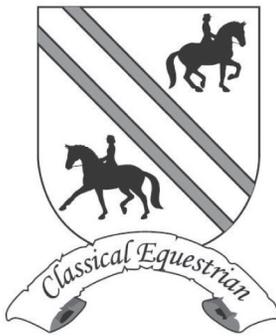
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Please visit website for additional clinics and events that we are working on.



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