



CENTAUR

educating horse and rider as partners

MAY 2014

A Peek Inside

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Check the Calendar for several new entries!

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

Don't Throw Points Away!

Editor's Note: This is an updated article from 2009 reflecting the new rules

By Janet Foy

Several times a day while judging a show, I turn to my scribe and say "Do you see how riders turn 8's into 6's?" To that end I felt I should write this article and explain how riders turn high scores into low scores over and over again.

6.	K-X-M	Change rein, working trot rising.	Trot rhythm and straightness on diagonal. Bend through corners.	8	6	no bend in corner
7.	E	Circle left 20 meters.	Roundness and size of circle, clear trot rhythm and bend.			

Let's start at the beginning. Even though there are no points for dress and presentation, it shows more attention to detail and a more positive attitude to present yourself and your horse in this manner.

For your horse:

- Make sure there are no shavings in the tail
- Clip the bridle path, no Mohawks
- Braiding is not mandatory but improves the look of the neck
- Trim the fetlocks unless you have a horse whose breed requires flowing fetlocks
- Put all bridle pieces into the keepers. Put all girth billets into keepers
- Polish your bit
- Make sure the saddle pad is not dirty or shrunken from many washes
- Trimming ears and muzzle are optional. I never did ears, just held them together and trimmed the edges. I also did not do muzzles, thinking the horses needed the "feelers" in strange stalls
- Numbers: I really like the European numbers that you can change with each show. They can be pinned on the pad or used on the bridle and are less annoying to the horse. If you pin the number on the saddle pad, be sure to place it so that your tails don't cover it. Do not put your number on top of your

cont. on pg 8

President's Message

Spring is here and that means new hope and, in some cases, change.

April brought sunshine and snow but, most importantly, the start of the show season. Riders began with Ride-A-Tests, RMDS-recognized shows and Dressage for the Cure – a great start for those who want to show. Some riders have new horses and some are just beginning the journey of competition. My hope is that everyone finds joy in competition or in the training of their horses with the philosophy of dressage.

In April, I began a new journey. I sold my horse of 12 years to a rider that will learn from his training and enjoy the experience of a school master. The decision was hard as I viewed Safarie as a partner and the journey I had training him an experience I will always treasure. But, this is not just a decision to move on, but one made for the benefit of my horse. I am not

without an equine partner as I have my 9-year-old mare whom I bred. It is her time to be my partner in the dress-



Safarie, Susan DeSilvia, and Gwen Ka'awaloa.

sage journey of training. So as some of us have done many times and others only a few, I start over to see how far I can train my horse up the levels.

Every horse I have ridden over the years has left me with a different perspective on my riding. All horses are individuals and no two are the same. As my riding improved, so did my abil-

ity to communicate with the horse I was riding. The next horse always had the benefit of my experience with the ones who came before. My reason for riding and training is the journey with the horse. I hope other riders feel the same, as well.

So as the days grow longer and we have more time to ride, please enjoy every minute and take pride in the smallest accomplishment. Dressage is a training method and there are many forms and philosophies; find the one that works for you and your horse, and pursue the work with care and compassion for your partner. Then you will find joy in your riding.

Hope to see you soon,
Gwen Ka'awaloa, President, RMDS

Fun Facts About the Board: Gwen Ka'awaloa, President

1. **What horseperson/rider do you most admire?** Reiner Klimke
2. **The greatest number of horses you ever owned?** 19
3. **Who is the most famous person you ever met?** Tom Selleck
4. **What celebrity do you most resemble?** No one, really
5. **Favorite drink and snack food?** Limeade, chocolate
6. **If the world were ending today, what would be your last meal?** Sushi, of course
7. **Favorite saddle to ride in?** At the moment, Prestige Optimax
8. **Favorite grooming tool or product?** Oster brushes
9. **What state/country were you born?** Honolulu, Hawai'i
10. **Share something about yourself that the RMDS membership would be very surprised to learn about you?** I have two black belts, Kodokan Jujitsu and a mixed martial arts system. This training has giving me the core and physical stamina to ride.

Boulder Valley

BVD held its annual Spring Fling and Ride-a-Test on April 26th and 27th at Singletree Farm in Boulder. The chapter extends a big thank you to all who came out to ride and to volunteer and to the Treadwells and everyone at Singletree for hosting us again this year.

Boulder Valley is providing several incentives this year to encourage our membership to become more involved in everything BVD and RMDS has to offer. Once again, we are offering a 50% rebate on auditing fees to BVD members who attend RMDS educational events. We have also introduced the BVD Ambassador program, whereby an experienced BVD member will be available at local schooling and RMDS-only shows to answer questions and provide support to those new to dressage. Finally, we are offering some great incentives for first-timers or those returning after a hiatus at our shows, as well as great prizes for all of our 1st place winners. We're hoping these incentives will encourage more involvement.

--Sarah Barnes, President,
Boulder Valley

Foothills Chapter

Foothills is ready for Spring! We met at Tuscany Tavern in Evergreen to discuss the exciting plans.

Our own Janet 'Dolly' Hannon, 'S' Judge, has confirmed a How to Improve and Develop a Winning Freestyle clinic. This will be held this season at Bridlewood Stables, Evergreen. Riders from Training Level through Grand Prix will have the opportunity to bring music and choreography to work one on one with Dolly. Dolly is the current chair of the USDF Freestyle Committee. She

judges freestyles all over the country. Do not miss her honest instruction and assistance guide you and your horse to a beautiful freestyle. Auditors encouraged to come. Details are in Centaur and future email blasts.

Our Foothills Scholarship Bank awarded four members our 2014 Scholarship checks. These four members all have just a little extra help in getting to their goals. We had one AA, who will be using the money to ride in the Dominique Barbier clinic with her mare. Three Junior/Young Riders are using the money to help with the cost of showing this season.

At our recent meeting we had Colorado Horsecare Foodbank President, Juliana Lehman and Board Member and Foothills member, Ellen Storeim, share with us the upcoming Flowers For Food, Cattle Drive and Horse Tails and Hay Bales benefit events. We were reminded that we never know when we might need to call upon others like the Foodbank for help. They have helped many horses and owners stay together in time of crisis. The chapter is thinking that we will buy a table at the upcoming Horse Tails and Hay Bales event and looking at other ways to partner with them to give back to the horse community.

Exciting Spring and Summer months ahead here at the Foothills Chapter!

--Lori Mitchell, President, Foothills Chapter

Grand Valley

With the wonderful spring weather the Western Slope has provided for us, we are all enjoying our horses with anticipation of the upcoming show season. Our first schooling show is May 3-4 to be held at the Mesa County Fairgrounds. We also offer Western and Gaited Dressage Classes. The prize list and entry form can be found on

our website, gvds.org.

Thanks Jennifer Quigley for hosting our March general meeting with some added fun of a pot luck video night. Getting together and watching top dressage riders heightened GV camaraderie and energy among us. Our general meetings are held the 3rd Tues. of each month. The April 15th meeting will be held at the Mesa Mall Community Meeting Room with a Show Committee meeting the following Tuesday on April 22nd.

We just finished up with a Deborah Hindi Clinic held on April 12-13th at the Roy Yates Arena. It was well attended and riders and auditors alike are raving about Deb's remarkable ability to expedite a deep understanding between horse and rider. Deb was happy to do a question and answer segment during lunch break. Everyone came away with added tools for their tool bags and a "I can't wait to get in the saddle tomorrow" attitude! We are all looking forward to riding with her again. Thank you to our Education Chair, Cheri Isgreen for putting this clinic together and supplying a horsey door prize.

See you all soon,

--Tammy Fagan, President, GVDS Chapter

Northern Colorado

Unfortunately we had to cancel our cross training clinic with Sarah Barnes on April 6th as a precaution by the state veterinarian. We will reschedule as soon as possible!

A date was decided for our schooling show, it's Oct 5th at Tomora Training Center with Julie Haugen judging. Will keep you posted as the date gets closer. As always we need volunteers.

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On May 17th at Phantom Hill Farm in Ft. Collins we'll be having a 'Get Ready to Show' clinic. Experts on filling out forms will answer questions and explain what organizations to join and how to fill out the entry form. We will go over proper show attire and tack as well as a demonstration on braiding styles. A Western Dressage representative will also be there to answer questions. We hope to reach new dressage enthusiasts in our area as well as members who have always wanted to show but didn't have enough detailed information. An email invitation will be sent to our local 4-H clubs, pony clubs and to the Larimer County Horsemen's Council. We'd love to have other chapters pass the word and join us for an educational afternoon.

Our May 20th meeting will be held at The Moot House restaurant in Ft. Collins at 7 pm. It will be a nice change of pace! I hope more members will join us for a short business meeting with a social gathering afterwards.

That's all for now. Don't forget to 'Like us' on FaceBook.

-Renee Martig, President, NCDA Chapter

Pikes Peak Chapter

PPDS hosted a booth at the Penrose Horseman's Day, which was a resounding success. We had the opportunity to speak to many people about the Sport of Dressage, Membership opportunities, upcoming meetings, events and our chapter show. "The Spectators Guide to Dressage" continued to be the most popular handout, as we were able to distribute them to people who came over to watch the freestyle videos we played throughout the entire event.

Our March 4 meeting featured Shayna Warner DVM, who gave an entertaining talk on preparing the horse for showing in terms of mitigating stress and legal medications. Her presentation was given in a "Jeopardy" game show format which encouraged audience participation.

Our first RMDS recognized show was held on April 12 at Gwen Ka'awaloa's Kaimana Farms in Elizabeth, CO. Mother Nature was extremely kind to us and with both the facility and all the professional services donated by chapter members we expect to realize a tidy profit. We had an incredible corp of volunteers as well both before and during the show.

A HUGE THANK YOU goes out to Simone Windeler, Heather Petersen, MaryJo Hoepner, Gwen Ka'awaloa, Chad Toney, Nina Felsenthal, Erin Ashby, Judy Carnick, Cathy Gardner, Holly Kaye, Bev Swanson and her brother Jon & sister Jan, Karen Olivier, Darlene McInness, Christy Shires and Elizabeth Petersen for volunteering (I hope I didn't miss anyone!). Also thanks to Joe & Steph Gallegos and Haws & Dawgs Concession and the Pine Ridge Pony Club for the wonderful bake sale goodies and to Kat Bryan for photos!

Our used tack & clothing sale was also a moderate success and we plan to continue it at the June Fountain Valley Show. If you didn't have time to clean closets before this show but want to participate in June, please contact me or our secretary Nina Felsenthal, ninafelsenthal@gmail.com.

The most current information for our chapter is available at our website at pikespeakdressage.org/Main/Home.

- Michelle Anderson, President, PPDA

High Plains Chapter

High Plains Chapter is in high gear for planning fun events for 2014. We had a very positive meeting on April 10, 2014 at the Tack Shack in Littleton. Thanks to Lynn for having such nice appetizers and always enjoyable shopping for our equine friends with a 15% discount.

We have many exciting and meaningful things coming up. We are making ribbons in remembrance of Claire Davis, the equestrian that died in the Arapahoe High School shooting, for all participants to wear at the High Prairie Dressage Horse Shows, May 30-June 1, 2014. Display your ribbon and show love, kindness and support to our 2 and 4-legged friends in Claire's memory.

Also coming up is the Christine Traurig clinic auditing, May 17-18 at Stellar Stables. Christine is a wonderful teacher and we can learn many important training tips by listening to her give lessons to riders from Training to Grand Prix. Please come and join all RMDS members at this great clinic.

Our exciting news for the summer is a clinic with Andreas Hausberger from the Spanish Riding School in Vienna, Austria. We are so excited to be presenting this fabulous opportunity to train for three days, July 19-21, 2014, with this incredible teacher of Classical Dressage. He will teach everyone from Training level to Grand Prix. Andres will also conduct lessons in lunging and long rein training. There will also be a rider dinner with Andreas.

Please join and look at our Facebook page and web site for updates. Sign up for the clinics at highplainsdressage.org/forms-and-other-important-links.html

- Jacque McIntyre, President, High Plains Chapter

USDF Offers Dressage to Hear

The US Dressage Federation has launched a podcast channel. Listening to the podcasts is designed to provide education and insight into dressage, as well as information about USDF programs and events.

Content will include excerpts from many of the educational activities held at Adequan/USDF national conventions and symposiums, interviews with equestrians, information about USDF programs and events, and other dressage news from across the country. The Official USDF Podcast channel is free, and available through the USDF website and on iTunes. To hear podcasts or to get more information about them, visit the USDF website at www.usdf.org or click on podcasts@usdf.org.

Youth Present Dancing Horses In Championships Fund-Raiser

The USDF FEI Juniors and Young Riders present An Afternoon of Dancing Horses as a fund-raiser for members of Region 5's team for the 2014 North American Junior and Young Rider Championships this summer.

Doors open at 1:30 p.m. for the program from 2 to 4 p.m. on Saturday, May 10, at Autumn Hill International Equestrian Center, 9417 N. Foothills Hwy., Longmont, CO. Tickets are \$10/adults, \$8/seniors/students, \$6/children 10 and under, and \$30/family maximum. Refreshments are available for purchase.

Join us for this exhibition of dressage freestyles from First Level through International FEI. For more information, call 720-341-5033 or email jabr57@gmail.com.

Honor Mom and Horses With Foodbank Flowers

The Colorado Horsecare Foodbank again is selling Mother's Day watering can planters, as well as vegetable plants, and flowering planters and baskets to raise funds to help horses and owners in times of financial hardship.

These greenhouse-grown plants are among several fund-raising activities. The nonprofit sells handbags, iPad and laptop carriers, offers a taste of the wild West with a May 16-18 Colorado cattle drive, as well as the 6th annual Hay Bales & Horse Tales™ social Oct. 3 at the Jefferson County Fairgrounds.

The Foodbank helps horse owners with donated hay to keep horses and owners together during regional emer-

gencies such as fires and floods, as well as with personal financial setbacks such as job loss, divorce or illness. For example, the group provided eight semi-trailer loads of hay to care for horses of victims of the Ft. Collins fires.

Deck rail planters and hanging baskets are available, as well as the Mother's Day planters. Flowers and containers are available in a variety of colors and types. Many plants are ready for Foothills gardens in late May and June. Volunteers also are welcome to help with Foodbank programs.

To order plants and for more information, call Foodbank founder Juliana Lehman at 303-670-1474 or email her at juliana@horsefoodbank.org. Visit the website at www.horsefoodbank.org for more details.

DAM Opens The American West in Bronze

In the first exhibition to explore the relationship between sculptors and the American West, The Denver Art Museum will host The American West in Bronze, 1850–1925, May 11 to Aug. 31. Through 72 bronze sculptures by 28 artists, there are portrayals of dignified Indians to rough-and-tumble scenes of rowdy cowboys and tributes to the stalwart pioneers.



Frederic Remington's (1861-1909), The Cheyenne, 1901 (cast by 1903, bronze, 20 7/8 x 24 3/8 x 7 1/2 inches, DAM, Funds from William D. Hewit Charitable Annuity Trust.

DAM is an international leader in the field of western American art, partnering with The Metropolitan Museum of Art, New York City, to illuminate this fascinating time period in bronze. Featured artists are Frederic Remington and Charles M. Russell, Frederick William MacMonnies and Paul Manship. The exhibit is included in general museum admission.

For museum information, call 720-865-5000 or visit www.denverartmuseum.org.

The Art is in the Transition

by Anna Blake

When I see kids learning to drive these days in compact cars with automatic transmissions, I wonder where's the challenge? Back in my day, (beware when a gray-haired woman begins a sentence this way), we didn't have medicated driving instructors and signs on the car warning others that there was a student driver (hysterical child) behind the wheel.

I learned to drive on the Washington state beach, in a big American car with a manual transmission and my father yelling profanity. He didn't give me any pointers, just lots of criticism. And remember how the clutch had that death-defying ability to create a multi-whiplash experience before you even got 5 mph? A little like a carnival ride actually. My father was not the sort to go on a carnival ride. The driving lesson came to an abrupt halt when I hit a whale carcass. Yes, it was very visible. In my defense, my father wanted to see what it was and from a distance it was hard to identify. And I didn't hit it hard, just bumped it really. I was almost stopped. The carcass did smell pretty ripe and some of it got hung up on the bumper. I walked back to where we were staying.

A lesser hormonal-teenage-girl would have burst into tears and settled for the family station wagon, but not me. I was born for cross-country trips in a Volkswagen bug, I had to master the shift. A year later, my boyfriend tried to teach me; he didn't yell profanity, he was the tense silent type.

In the end, I borrowed my boyfriend's car at 3 am one morning, and splatted and jolted my way to the mall. After three hours of touring the lot and without the external male distraction, I learned to shift smoothly, lightly, powerfully. And back in reverse.

This is how the Urban Dictionary describes Clutch: the crucial moment that comes between winning and losing (Derived from the clutch mechanism in a manual car, where perfect timing can mean the difference between a launch and a stall). Is this a great analogy for riding, or what?

Horses don't come in a choice of automatic or manual transmission, but we can ride them that way. In other words, most anyone can get a trot. The telling part is the first few strides going into or coming out of each gait. Is the horse relaxed and balanced or do the gears grind? Are you a no pointers and just lots of criticism sort like my father? Does your horse respond like a teenage girl? (Whatever!)

The ART is in the transition, that ease of shifting between gaits is where partnership exists; jerky and unbalanced or

smooth and powerful.

We all know a bad transition when we see one: A jarring loss of balance, a human with jerky hands, tight legs and a bouncing seat, cuing a horse have a tense poll, hollow neck and back, and irregular strides. Usually because the cue is too big, too quick or too harsh. In other words, you and your horse are in the car with me and my father and you don't want to be there either.

The ideal transition should feel like a jet taking off or landing: A forward push from behind with each stride balanced and level, with a rhythmic and gradual increase or decrease in gait. The transition between gaits isn't trotting so fast that the horse is forced to canter (like the roar of driving a car at 45mph in second gear) but a change of gait so the horse can cover more ground, relaxed and with less strength (like engaging the clutch and going into a higher gear so the engine can work less.)

Disclaimer: Riding, being a physical interactive conversation with another sentient being who weights a thousand pounds, is hard to learn from the written page. There are no shortage of techniques described but since we don't all use words the same way, it's virtually impossible to tell if you have it right without a ground person. I'm going to describe how it could feel in hopes of inspiring better technique. Did that make sense?

Upward transitions begin with an inhale, the lungs expand and we are a bit lighter in the saddle. There is energy in our core and the horse begins to respond. Apply both calves, inhale again, give a verbal command if you like, and then give the horse time to respond. If you get even a small response, reward him and ask for more. Slow and steady, the jet builds speed until it leaves the ground and flies. Note: if you go to the whip before he has time to answer, he will shut down. If you nag every stride with your legs he will be dull to the constant assault. You think he's lazy and needs spurs, but your cues are so hidden in trash and he can't find them. Stay with your horse, let the rhythm build stride by stride. You maintain neutral balance and stay out of his way, so he can do the same. Forward, the joyous call to partnership, Forward!

Note: The rider isn't the one who trots or canters. We just give the cue and the horse does the work. It seems obvious in print, but all of us have seen people who over-ride their horse off his feet and out of balance.

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Show With Confidence

Know What You Need to Know for 2014 Success

Editor's Note: This article previously was published in 2013.

By Beth Geier

I have contacted other show secretaries to find out what their "pet peeves" are regarding submission of entries.

Make Entry Legible: RMDS now allows you to fill out the entry form online. Do this for all the information that remains the same for every show, save it to your computer, and then hand write in the particulars for each show. The show secretary really appreciates being able to read the information.

Read the Prize List for each show as the details, fees and requirements change for each show and each facility. Follow the directions for that show.

Fill in All the Blanks: If you do not give a phone number or an e-mail address, how can we contact you with ride times or any changes that occur at the last minute? To be sure that your scores count, include your membership numbers.

Trainer: The person responsible for the horse on the show grounds and is there, not the person who teaches you.

Adult Amateurs: If you are entering the Adult Amateur division, you must include a copy of your current US Equestrian Federation Adult Amateur card with the entry, otherwise you will be placed in the Open division.

Drug Fees: Pay these for USEF/US Dressage Federation-recognized shows. Do not pay this to the RMDS-only shows.

Emergency Contact: A must. Should something happen to

you, we need a name and a phone number to call.

Coggins Test: If the prize list says you need one, please include this with the entry. Most barns do require this. It takes awhile to get the laboratory results back on this blood test, so plan ahead.



Membership Cards: Include all membership cards: USEF, USDF and RMDS. This will also help you to keep memberships up to date for the rider, the horse and the owner. Do not throw away that good score because you forgot to join one of the organizations. Joining RMDS first does give you a Group Membership with USDF.

Here are some helpful hints that can be done before show season:

- Using one sheet of paper, copy all the membership cards on one side and the Coggins test results on the other side. Make two-sided copies of this piece of paper for each show.
- On the RMDS Entry Form, also using one sheet of paper: Fill out all the lines that never change for the season, save to your computer, print out this page 2 and obtain all the signatures needed. When it is time for a show, fill in page 1 with each show's specific information and print out page 1 of the entry form on the unused Page 1. Page 2 already is completed and printed.

Beth Geier is RMDS Central Office manager, an experienced show secretary, and USDF 'L' graduate judge.

Transition *cont. from pg 6*

Downward transitions begin with an exhale and we are a bit softer in the saddle. Like a jet landing, shoulders stay back for balance and there is a gradual stride by stride slowing. Half-halt as much as you need, reward him for the tiniest response so he knows he got it right and he is confident to try harder, and then cue the new gait. Melt softly into the saddle, don't collapse and wreck. Relax and exhale again. Core tension is not the same thing as core strength. Stay inside of each stride, connected with your seat. If you are cuing his body to decelerate, use your body to cue it. It's not a job for your hands; pulling the bit (Metal on Bone) creates tension and resistance.

In riding a dressage test, we score each transition. When does it begin? In the first box of Training Level, Test 1, the directives include Balanced Transition. Scoring transitions continues through Grand Prix. I love how these tests are designed. If you ride them correctly, whether you compete or not, the result is a strong, supple and responsive horse. Because we don't ride this way to please the judge, we do it for the good of the horse. Yay, Dressage!

Anna Blake trains from her Infinity Farm in Peyton, CO. Her website is www.annablaketraining.com, and you can read more from Anna on her blog, annablakeblog.com.

Don't Throw Points Away!

cont. from pg 1

boot. It ruins the look and length of your leg.

For the rider:

- Polish your boots. There is no excuse for mud and dirt on a nice sunny day
- Spurs straps that fit and hold the spurs in a proper position. Be sure your spurs don't point up! You will be eliminated!
- Hair neatly tied up. If you have a bun, pin it down. Nothing is more distracting than a bouncing bun bag.
- Don't wear long dangly earrings
- Check for missing buttons prior to leaving for the show
- If you have a new helmet, wear it while schooling to see that it fits properly. Or hairspray the band and then put it on your head. Many points are lost while the rider tries in vain to straighten their helmets as they fall down around their eyes! Be sure the chin strap is fastened and snug.

There are two transitions, one up and one down. The judge must notice these and take them into account for the score, even at First level where there is no separate score.

Off comes a point! Remember, there are two transitions, one up and one down. The judge must notice these and take them into account for the score, even at

C prior to your turn. You should ride the turn like a quarter ten meter circle. Be sure to touch the rail on the short end after your turn.

Diagonals: Whether it is a lengthening, medium or extension be sure to pay attention to the corners. Watch the haunches don't fall in or out. Remember the haunches come onto the diagonal line after the shoulders. So, if you start your movement before the horse is really straight, the horse's haunches will be left or right. This can cause irregularity. Often, the movement was a high score, but the rider pays no attention to the transition at the end.

first level where there is no separate score.

Circles: If you make them too large you lose a point. You are making the movement easier than what is required. On 10 meter circles and smaller don't overbend the horse, this will create a balance issue. At training level, not much bend is required, but a horse that is counter-bent will lose points.

Corners: Use them. Period. It doesn't matter what level you are showing. A good rule of thumb is to go into the corner about 1.5 meters more than the smallest circle in your test. So, at Training Level, your circles are 20 meters. Find that line, and move your corners 1.5 meters more into the corner. Think of a corner as two straight lines connected by a turning aid. Don't try to leg yield into them as this pushes the energy out. You want to think of keeping the balance on the inside hind leg.

Lateral Movements: Most riders are getting pretty good at starting movements. Many don't remember to finish them however. If it says Shoulder in from H-E then at E you should straighten the horse, don't ride through the corner in Shoulder in.

Rising vs Sitting Trot: In Training Level there is an option. If you can not keep a nice forward trot sitting, then POST! Judges will not score higher for riders who sit. They will think "Why are they sitting? The trot is not going anywhere!" First level also allows a choice in trot lengthening. Use this to your benefit.

Show Up On Time

If your ride time is 9:00 then you should be at the ring ready to enter at 8:59. Start around the outside of the ring as soon as the rider in front of you has performed their last halt. Go immediately to the judge and give the scribe your number. Don't be too chatty as the judge is trying to finish the collectives from the rider before you. Remember if you have a reader, they must be there too. The reader can no longer show up three movements into the test and start reading. Even if you have a reader KNOW YOUR TEST. There can be wind, music from the next door arena, trains etc. that may interfere with your hearing. V-P-E-B sound a lot alike. Practice your test at home.

Riding The Test

Establish the halt before saluting. Many riders are nervous and don't really halt. Also, accept the halt you have unless you are 100% sure you can quickly make it better. Often, in trying to fix a halt, you make it worse! Remember the new rule, *a halt must last for 3 seconds*. This includes the halt prior to the rein back. Be sure to come to

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Don't Throw Points Away!

cont. from pg 8

Weak Points: Know your horse's weak points. Not every movement can be a "10" – even with Anky or Steffen! If your horse has a talent for a certain movement, then go for it! But to try to make a high score out of a movement the horse has trouble with will only garner you a lower score. Take the safe "6" and move on.

What Level? Show a level below what you are schooling. If you are struggling at home with a movement it will only be worse at the show. Use the 90% rule. If the movement happens 90% of the time at home, you are ready to show it.

Accuracy: Don't sacrifice your training for accuracy, but riding an accurate test and using the corners will impress the judge.

The Rule book: The USEF rulebook has a lot of "free" information. If you are riding Third Level, then read the requirements of the movements you are going to perform. Judges often see Turns on the Haunches that are bending the wrong direction. You can still make honest mistakes of course, but it is important you have the knowledge about the requirements of each movement.

I once had a rider ask the TD to talk to me. The rider said, "You scored my medium trot too low." I asked her what the requirements of medium were ... and she said "Why does that matter?" I tried to explain that if she did not know what she was trying to accomplish, then she could not criticize my mark or comments. I think you see the point I am trying to make.

Free Walk: Too many riders are holding the neck down. This inhibits the movement of the topline. The judge will look at the legs and also at the topline. The horse needs "complete freedom to lower and stretch his neck." It is not how low the neck goes. If the poll is slightly lower than the withers and relaxed and moving then this is fine!

Read your tests: Collect your test as soon as the class is placed and read the judge's comments. If the judge says, "Needs more accuracy," then make that your goal in the next ride. Judges do remember the past riders. If you can show them that you read the test and are working on their comments, this also creates a more favorable impression.

Stay positive: Remember the judge only sees you for six minutes. They don't know how much you have improved, or they don't know about your horse's training issues. They can only give comments based on your performance "now" and tell you why you did not get all tens! Even

if the score is not what you had hoped, if you and your trainer felt the performance was an improvement over the last time you were in the show arena, then you are on the right track!

Janet Foy is a Colorado Springs native and graduate of the University of Colorado in advertising and marketing. Her interest in dressage started when she lived in Oxford, England, where she passed several British Horse Society Instructor Exams. In the United States, she is a FEI 4 judge, USEF "S" Dressage Judge, USEF Sport Horse "R" Breeding Judge and FEI Technical Delegate. She has judged at all major U.S. shows and worldwide. As a rider, Janet has won her USDF Bronze, Silver and Gold medals and is on the USDF "L" Faculty and instructs federation judges' training programs for dressage and sport horse breeding. Her first book is Training the not so Perfect Dressage Horse.*

One of the Stars of
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Phone 773 782 70 50
rosinback@aol.com

Laura Amandis

Janet M. Foy

Stay Alert – Case of Equine Herpes Virus Detected, Treated in Larimer County

The Colorado Department of Agriculture in Lakewood alerts horse owners to a positive case of Equine Herpesvirus (EHV-1) this Spring.

A Larimer County horse tested positive for EHV-1. CDA is investigating the positive case and has placed the facility where the horse is stabled under quarantine. The horse is undergoing treatment and others it may have come into contact with are being monitored, but are not showing clinical signs of the disease. It is the only horse showing any clinical signs of disease and is recovering.

The most common way for EHV-1 to spread is by direct horse-to-horse contact, but it also can spread through the air, contaminated equipment, clothing and hands. Event organizers should continue to practice routine biosecurity practices that are effective in prevention of EHV and other horse diseases. The risk to other horse owners or event organizers is very low.

Symptoms include fever, decreased coordination, nasal discharge, urine dribbling, loss of tail tone, hind limb weakness, leaning against a wall or fence to maintain balance, lethargy, and the inability to rise. While there is no cure, the symptoms of the disease may be treatable. EHV-1 is not transmissible to people; it can be a serious disease of horses that can cause respiratory, neurologic disease and death.

For more information, visit [A Guide To Understanding the Neurologic Form of EHV Infection](#) or visit www.colorado.gov/ag/animals and click on "Animal Health."

– Reprinted with permission from Colorado Horse Council April newsletter.

GET YOUR TEAMS READY!

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

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



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



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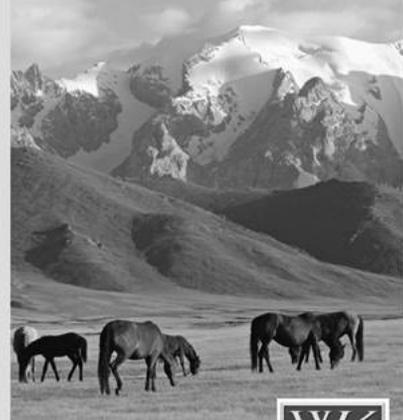


My greatest privilege is to serve your family and friends. Please let me know if I can assist someone you know with a real estate need.

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

www.AndriaAllen.com

303-810-8375



RMDS Championships - Get Your Sponsorships Now

Championships will be here before we know it. We are all preparing to ride our best in the upcoming shows, hoping to qualify in our chosen class.

RMDS also needs you to think about procuring sponsorships and program advertisers. This is a great opportunity for local and national businesses to showcase their products, services, or just say "thank you" to a trainer or owner.

There are many levels of sponsorship, with great branding opportunities:

- Program advertising
- Signage/banners on arenas
- PA announcements
- Inclusion in all PR events
- Presence on RMDS website

Expenses for the Championship Show have increased significantly, due to the Colorado Horse Park arena fees. It takes a great deal of work and scores of people to produce this 5-day show, particularly when we also host the USDF Region 5 Championships.

Please think about your contacts and others who might be interested in being an integral part of keeping the art of dressage alive and vibrant in the Rocky Mountain West.

Check the Championships page on the website, rmds.org, for the complete Sponsor package that you may download and print.

If you would like the Show Liaison to contact someone about sponsorship, email Beverly Swanson at: ShowLiaisonRMDS@gmail.com or phone 720.401.0357.

Thank you!



"The Year of the Horse"

Artwork by Stephanie Gallegos

RMDS Paid Positions

Every two years, RMDS goes through the open bid process for the paid positions. The following positions are up for bid or renewal:

Bids due by June 30, 2014

- Website Maintenance & hosting – effective August 1
- Central Office Manager – effective September 1 – will train, if needed

These are paid RMDS positions for qualified persons. Contracts will be awarded at the July Executive Board meeting.

Call the RMDS Central Office, email rmds@rmds.org or go to the RMDS website for guidelines for each position.

Send the bids to the RMDS President: Gwen Ka'awaloa - kaimana_co@hotmail.com

Bids must be received by June 30, 2014. We hope you will plan to attend the July 8 Executive Board meeting as there may be questions asked of you.

July 8 Executive Board meeting: TBA check the RMDS website for location

HIGH DESERT HOOF CARE
Alternatives in hoof protection. The new EasyShoe – a flexible glue-on with sole and frog support for transitioning, competition and full-time protection for horses who need it. Serving Boulder County and environs. AMA - PFCP CERTIFIED

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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):

Arkansas Valley

Foothills (Golden, Evergreen)

Pikes Peak (Colo. Spgs. area)

Boulder Valley

Grand Valley (Grand Junction)

Platte River (Greeley, E. Colorado)

Colorado Springs

High Plains (Parker, Littleton, Aurora)

Wasatch Mountains (Utah)

O N. Colorado (Ft. Collins, Loveland)

O Western Colorado (Aspen, Vail etc.)

Name _____ Date of Birth _____

Address _____

City _____ State/ZIP _____

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

USDF No. _____ Occupation _____

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

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

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

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

RMDS Horse Registration Form

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

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

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

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

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

Horse Name _____ Sex _____ Breed (if known) _____

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

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

Address of Owner _____

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

Name of Representative (If owner is a business) _____

Shows and Events

All shows are RMDS recognized except schooling shows.

MAY 2014

- 3 Hidden Creek Dressage Schooling Show-Peyton, CO**
Contact Susan Borders 719-740-1099
susan.e.borders@gmail.com
- 3-4 USDF Instructor/Trainer Workshop/Refresher Training-4th Level. OPEN to all - auditors welcome!**
Phantom Hill Farm-Ft Collins, CO
Contact RMDS Central Office-720-890-7825 rmds@rmds.org or Jon Haugen 970-217-7820 defiancesport@q.com
- 3-4 GVDS Schooling Show I-Mesa Cty Fairgrounds-Grand Junction, CO**
Contact Tammy Fagan 970-858-1604
tfagadressage@wyoming.com
- 10 Afternoon of Dancing Horses - NAYJRC Benefit @ Autumn Hill, Longmont, CO**
720-341-5033 or email: jabr57@gmail.com
- 10-11 Rocky Mountain Dressage I, II-USEF Somerset Farm, Longmont, CO**
Contact Kim Lampert show@somersetfarms.com
- 15 RMDS Executive Board Meeting-Elephant Bar-Greenwood Village**
Contact RMDS Central Office 720-890-7825 rmds@rmds.org
- 17 CDEC Ride-A-Test-Cheyenne, WY**
Contact Jane Swanhorst-Ringolsby 307-634-2870 www.cheydressageandeventing.com
- 17 Carpe Diem Ranch Spring Schooling Show-Black Forest, CO**
Contact Mary Hallmark 719-488-0333 painthorse50@msn.com
- 18 Autumn Hill Spring into Summer-AHIEC-Longmont, CO**
Contact Simone Windeler 719-287-2040
simonedressage@gmail.com
- 23-25 Paragon I, II, III-CDI 3*-USEF Stanley Park Fairgrounds-Estes Park, CO**
Contact Heather Petersen 719-683-8435 slush@drwg.net
- 24 Mariah Farms Schooling Show-Castle Rock, CO**
Contact Lisa Lamke 303-660-2456 www.mariahfarms.net
- 30-June 1 Dominique Barbier Clinic-Hilltop Stables-Indian Hills, CO**
Contact Lori Mitchell 303-816-2375 klassicalride@gmail.com
- 30-June 1 High Prairie Dressage I, II, III-USEF Colorado Horse Park-Parker, CO**
Contact Jennifer Killinger 818-841-3554 jennifer@glenroys.com
- 31-June 1 GVDS Schooling Show II Mesa County Fairgrounds-Grand Junction, CO**
Contact Tammy Fagan 970-858-1604
tfagadressage@wyoming.com
- 31 Triple Creek Dressage Schooling Show-Triple Creek Ranch-Longmont, CO**
Contact Lynn McChesney lynntriplecreek@gmail.com

JUNE 2014

- 7 Cottonwood Riding Club Dressage Schooling Series-Littleton, CO**
Contact Tata Hieb 303-791-7656 comments@cottonwoodridingclub.com
- 7 Arkansas Valley Ride-A-Test-Canon City, CO**
Contact Marcy Wadlington avda@earthlink.net
- 7 Better Hands, Better Horse Clinic-TBA**
Contact Simone Windeler 719-287-2040 simonedressage@gmail.com
- 7-8 CDEC Open Dressage Show - USEF Laramie Community College-Cheyenne, WY**
Contact Bill Gentle 307-634-1743 sbgentle@hotmail.com

- 14-15 Fountain Valley Dressage-Fountain Valley School-Colorado Springs, CO-USEF**
Contact Heather Petersen 719-683-8435 slush@drwg.net
- 14-15 Rocky Mountain Summer I, II- USEF Somerset Farm, Longmont, CO**
Contact Kim Lampert show@somersetfarms.com
- 20-21 Sage Creek I & II-Utah-USEF**
Contact Sue Jero 801-330-5763 dressageshowsec@aol.com
- 21 Dressage in the Forest I Schooling Show-Windswept Farms-Black Forest, CO**
Contact Lani Tolari www.windsweptfarms.net
- 21 Rancho del Soule Schooling Show-Grand Junction, CO**
Contact Stephanie Soule 970-201-0747 stephanie.soule@msn.com
- 21-22 Autumn Hill Dressage Festival I, II, Longmont, CO-USEF**
Contact Heather Petersen 719-683-8435 slush@drwg.net
- 28 The Mystery of Achieving Bend Clinic-TBA**
Contact Simone Windeler 719-287-2040 simonedressage@gmail.com
- 28 Hidden Creek Dressage Schooling Show-Peyton, CO**
Contact Susan Borders 719-740-1099 susan.e.borders@gmail.com
- 29 USDF Adult/Youth Team Competition Tomora Training Center-Greeley, CO**
Contact Beth Geier 303-673-9840 bethgeier1@comcast.net

JULY 2014

- 5-6 Rocky Mountain Dressage III, IV-USEF Somerset Farm, Longmont, CO-**
Contact Kim Lampert show@somersetfarms.com
- 5-6 Millbrook Farms Summer Dressage Show-Fairfield, UT USEF**
Contact Jan Lawrence 801-631-2516 millbrk@xmission.com
- 5-6 Jean Luc Cornille Clinic & Lecture-TBA-Elizabeth, CO**
Contact Simone Windeler 719-287-2040 simonedressage@gmail.com
- 8 RMDS Executive Board Meeting-TBA**
Contact RMDS Central Office 720-890-7825 rmds@rmds.org
- 10-13 Philippe Karl Clinic-Trinity Ranch-Santa Fe, NM**
Contact Terry Flanagan 505-231-5180 www.santafepk.com
- 11-12 Dressage at the Peak Summer Warm-Up & Dressage at the Peak II-USEF Fountain Valley School-Colorado Springs, CO**
Contact Heather Petersen 719-683-8435 slush@drwg.net
- 19 Dressage in the Forest II Schooling Show-Windswept Farms-Black Forest, CO**
Contact Lani Tolari www.windsweptfarms.net
- 20 Centaur Rising Dressage Show-Anchorage Farm-Pine, CO**
Contact Kris Cooper 303-838-5086 kris@anchoragefarm.com
- 20 Rancho del Soule Schooling Show-Grand Junction, CO**
Contact Stephanie Soule 970-201-0747 stephanie.soule@msn.com
- 25-26 Sage Creek III & IV-Utah-USEF**
Contact Sue Jero 801-330-5763 dressageshowsec@aol.com
- 26-27 Autumn Hill Dressage Festival III, IV, Longmont, CO-USEF**
Contact Heather Petersen 719-683-8435 slush@drwg.net

AUGUST 2014

- 1-3 Dressage in the Rockies I, II, III-USEF Colorado Horse Park-Parker, CO**
Contact Jennifer Killinger 818-841-3554 jennifer@glenroys.com
- 2 The Magic of Shoulder In Clinic-TBA**
Contact Simone Windeler 719-287-2040 simonedressage@gmail.com

- 9 **Triple Creek Dressage Schooling Show- Triple Creek Ranch-Longmont, CO**
Contact Lynn McChesney lynntriplecreek@gmail.com
- 9-10 **Millbrook Farms Dressage Show-Fairfield, UT USEF**
Contact Jan Lawrence 801-631-2516 millbrk@xmission.com
- 10 **Centaur Rising Dressage Show-Anchorage Farm-Pine, CO**
Contact Kris Cooper 303-838-5086 kris@anchoragefarm.com
- 10 **Rancho del Soule Schooling Show-Grand Junction, CO**
Contact Stephanie Soule 970-201-0747 stephanie.soule@msn.com
- 15-17 **Estes Park I, II-CDI 2*-USEF Stanley Park Fairgrounds-Estes Park, CO**
Contact Heather Petersen 719-683-8435 slush@drwg.net
- 15-17 **USEF r Judges Program - Estes Park –**
Contact Heather Petersen 719-683-8435 slush@drwg.net
- 23-24 **Utah Dressage Society Annual Show I & II-USEF Wasatch County Special Events Center-Heber City, UT**
Contact Corinne Cody 435-901-3181 corinnenpc@gmail.com
- 24 **BVD So Long to Summer Singletree Farm-Boulder, CO**
Contact Beth Geier 303-673-9840 bethgeier1@comcast.net
- 30 **Ride Your Best Transitions Ever Clinic-TBA**
Contact Simone Windeler 719-287-2040 simonedressage@gmail.com
- 30-31 **GVDS Fall Recognized Show-USEF Mesa County Fairgrounds-Grand Junction, CO**
Contact Tammy Fagan 970-858-1604 tfagadressage@wyoming.com

SEPTEMBER 2014

- 5 **RMIHC Dressage/Western Dressage Schooling Show-Douglas County Fairgrounds-Castle Rock, CO**
Contact Simone Windeler 719-287-2040 simonedressage@gmail.com
- 6 **RMIHC Working Equitation and Fun Show-Douglas County Fairgrounds-Castle Rock, CO**
Contact Simone Windeler 719-287-2040 simonedressage@gmail.com
- 6 **Pendragon Stud Equestrian Dressage Show-Castle Rock, CO**
Contact Leslie Terry (303) 688-4147 lt2@kellin.net
- 6 **Cottonwood Riding Club Dressage Schooling Series-Littleton, CO**
Contact Tara Hieb 303-791-7656 comments@cottonwoodridingclub.com
- 6 **Triple Creek Dressage Schooling Show- Triple Creek Ranch-Longmont, CO**
Contact Lynn McChesney lynntriplecreek@gmail.com
- 7 **Last Chance Show-Foothills Chapter-Rising Star Equestrian Center-Arvada, CO**
Contact Jan Danis 505-490-2805 jandalusian@gmail.com
- 11 **RMDS Executive Board Meeting-TBA**
Contact RMDS Central Office 720-890-7825 rmds@rmds.org
- 17 **RMDS Breed Championships & Open Show/ USDF/Great American Breed Championships-Colorado Horse Park-Parker, CO USEF**
Contact Heather Petersen 719-683-8435 slush@drwg.net
- 18-21 **RMDS Championships & Open Show/ USDF/Great American Region 5 Championships-Colorado Horse Park-Parker, CO USEF**
Contact Heather Petersen 719-683-8435 slush@drwg.net
- 20 **Rancho del Soule Schooling Show-Grand Junction, CO**
Contact Stephanie Soule 970-201-0747 stephanie.soule@msn.com
- 20-21 **USEF Judges Continuing Education - Colorado Horse Park –**
Contact Chuck Walker at USEF for more information
- 27 **CDEC 2-Phase Schooling Show-Cheyenne, WY**
Contact Jane Swanhorst-Ringolsby 307-634-2870 www.cheydressageandeventing.com
- 27-28 **Dressage and Western Dressage Schooling Show-Douglas County Fairgrounds-Castle Rock, CO**
Contact Simone Windeler 719-287-2040 simonedressage@gmail.com

OCTOBER 2014

- 4-7 **Philippe Karl Clinic-Trinity Ranch-Santa Fe, NM**
Contact Terry Flanagan 505-231-5180 www.santafepk.com
- 5 **NCDA Schooling Show-Tomora Training Center-Greeley, CO**
Contact Didi DeKrey 970-568-3916 www.windyridge@frii.com
- 9 **RMDS Executive Board Meeting-TBA**
Contact RMDS Central Office 720-890-7825 rmds@rmds.org
- 11 **River Walk Schooling Show-Pathfinder Park-Florence, CO**
Contact Marcy Wadlington avda@earthlink.net
- 11-12 **GVDS Schooling Show III-Mesa County Fairgrounds-Grand Jctn, CO**
Contact Tammy Fagan 970-858-1604 tfagadressage@wyoming.com
- 18 **Triple Creek Dressage Schooling Show-Triple Creek Ranch-Longmont, CO**
Contact Lynn McChesney lynntriplecreek@gmail.com
- 24-26 **USDF Instructor/Trainer Workshop-Final Testing-Training-4th Level-TBA**
Contact RMDS Central Office-720-890-7825 rmds@rmds.org or Jon Haugen 970-217-7820 defiancesport@q.com

NOVEMBER 2014

- 1 **Triple Creek Dressage Schooling Show-Triple Creek Ranch-Longmont, CO**
Contact Lynn McChesney lynntriplecreek@gmail.com
- 1-2 **USDF "L" Education Program Session A-Lois Yukins-Larimer County Fairgrounds-Berthoud, CO**
Contact Jon Haugen 970-217-7820 defiancesport@q.com or RMDS Central Office-720-890-7825 rmds@rmds.org
- 6-9 **National Championships, Lexington, KY**
- 15 **RMDS Board of Governors Meeting-Renaissance Hotel-Denver, CO**
Contact RMDS Central Office
- 15 **RMDS Awards Banquet**
- 16 **Rancho del Soule Schooling Show-Grand Junction, CO**
Contact Stephanie Soule 970-201-0747 stephanie.soule@msn.com

JANUARY 2015

- 10-11 **USDF "L" Education Program Session B-Bill Solyntjes-Tomora Training Center-Greeley, CO**
Contact Jon Haugen 970-217-7820 defiancesport@q.com or RMDS Central Office-720-890-7825 rmds@rmds.org
- 29 **Judges' Continuing Education-Freestyle Clinic-Debbie Riehl-Rodriguez-Larimer Cty Fairgrounds-Berthoud, CO**
Contact Jon Haugen 970-217-7820 defiancesport@q.com or RMDS Central Office-720-890-7825 rmds@rmds.org

FEBRUARY 2015

- 28 **Intro to New Tests with Kristi Wysocki-Petra Warlimont Dressage-Longmont, CO**
Contact Jon Haugen defiancesport@q.com or RMDS Central Office-720-890-7825 rmds@rmds.org

MARCH 2015

- 14-15 **USDF "L" Education Program Session C-Debbie Riehl-Rodriguez-Iron Horse Farm-Elizabeth, CO**
Contact Jon Haugen 970-217-7820 defiancesport@q.com or RMDS Central Office-720-890-7825 rmds@rmds.org

AUGUST 2015

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

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

IF YOU CAN VOLUNTEER, PLEASE CONTACT THE EVENT ORGANIZER!

2014 RMDS EXECUTIVE BOARD

President	Gwen Ka'awalo	303-917-3679	Kaimana_co@hotmail.com
Past President.....	Simone Windeler.....	719-287-2040	simonedressage@gmail.com
Vice President.....	Aline Brandau.....	720-323-0578	alinebrandau@gmail.com
Secretary	Nina Felsenthal	530-515-8986	ninafelsenthal@gmail.com
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PERMANENT COMMITTEES

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Omnibus Production	Nicole Bizarro.....	303-939-0110	nicbiz@indra.com
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Insurance, Show Standards	Central Office.....	720-890-7825	rmds@rmds.org
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Junior Camp 2013	TBA		
Marketing	Sharon Soos.....	303-904-7534	sksoos@mesanetworks.net
Membership and			
Horse Registration.....	Central Office.....	720-890-7825	rmds@rmds.org
Professional Trainers/Riders	Simone Windeler.....	719-287-2040	simonedressage@gmail.com
Registration Officials and			
Show Standards	Central Office.....	720-890-7825	rmds@rmds.org
RMDS Show Liaison	Beverly Swanson	720-401-0357	ShowLiasionRMDS@gmail.com
Scheduling	Central Office	720-890-7825	rmds@rmds.org
Scholarship	MaryJo Hoepner	719-495-3648	scholarship@rmds.org
Western Dressage Liaison.....	Frances Carbonnel.....	720-979-3120	classicallegacy@aol.com

Chapter Presidents

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

GOVERNING BODIES

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

USDF REGION 5

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

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

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

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RMDS CHAPTER MEETING SCHEDULE

Arkansas Valley: 2nd Thurs.-monthly, location TBD, Brenda Haley 719-369-2421 check www.arkansasvalleydressage.org for times and locations

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

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

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

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

High Plains: Bimonthly- location-TBD, Jacquelin McIntyre 303-910-3672 jacquehm4@comcast.net

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

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

Pikes Peak: 2nd Tuesday of the month - check www.pikespeakdressage.org for dates & location, Michelle Anderson 303-646-1375 michand@hotmail.com

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

Wasatch Mountain: location TBD, Sally Shaffer 435-640-8797

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

RMDS EXECUTIVE BOARD MEETING SCHEDULE

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

2014 OMNIBUS CORRECTIONS

Added Information:

Name of horse on Coggins test MUST be the same as the name on all horse membership cards

The following classes will not be recognized by RMDS for qualifying for RMDS Championships or for RMDS Year-end Awards:
Green Horse/ Green Rider

Page A-11 add to FEI Level 1 Dressage Steward: Debbie Moloznik 818-515-0377

2014 RMDS-SPONSORED EDUCATIONAL EVENTS

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

June 29	USDF Adult/Youth Team Competition-Tomora Training Center-Ft Collins, CO
Sep 17-21	RMDS Championships & Region 5 Championships-Parker, CO
Oct 24-26	USDF Instructor/Trainer Workshop-Final Testing-TBA - Closed to auditors – Need demo horses & riders
Nov 1-2	USDF "L" Education Program Session A-Lois Yukins-Larimer County Fairgrounds
Nov 15	RMDS Board of Governors' and Awards Banquet- Renaissance Hotel-3801 Quebec Street-Denver, CO

2015

Jan 10-11	USDF "L" Education Program Session B-Bill Solyntjes-Tomora Equestrian
Jan 29	Freestyle Clinic with Debbie Riehl-Rodriguez-Judges Continuing Education- Larimer County Fairgrounds
Feb 28	Intro to New Tests with Kristi Wysocki-Petra Warlimont Dressage-Longmont, CO
Mar 14-15	USDF "L" Education Program Session C-Debbie Riehl-Rodriguez-Iron Horse Farm-Elizabeth, 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

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

All Current RMDS Members

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

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

FEI 4*

Janet Foy^ 719-260-1566

FEI PARA Dressage 4*

Kristi Wysocki 303-648-9877

FEI 3*

Sandra Hotz ^ 303-817-2030

USEF 'S'

Janet Foy ^ 719-260-1566

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

Sandra Hotz ^ 303-817-2030

Anita Owen 303-953-9904

Debbie Riehl-Rodriguez ^* 303-263-0768

Sue Curry Shaffer 707-483-0860

Kristi Wysocki ^* 303-648-9877

^ = FEI Young Horse Certified

* = Dressage Seat Equitation Certified

USEF 'r'

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 720-347-8084

Kathleen Donnelly* 970-310-8729

Beth Geier 303-673-9840

Jessica Greer 970-581-5613

Julie Haugen* 970-290-8360

Sarah Martin * 720-891-1369

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

L FACULTY

Janet Foy 719-260-1566

Debbie Riehl-Rodriguez 303-263-0768

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

USDF Sport Horse Seminar Faculty

Janet Foy 719-260-1566

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

Kristi Wysocki 'R' 303-648-9877

FEI Level 1 Dressage Steward

Rusty Cook 505-249-7586

Debbie Moloznik 818-515-0377

Heather Petersen 719-683-8435

Dianne Stanley 406-690-9450

Technical Delegates USEF

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

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

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

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

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

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

Dianne Stanley (MT), R 406-690-9450

Technical Delegates, RMDS recognized shows only

Joan Clay 970-420-0887

Jeannette Hillery 303-494-7718

Mary Jo Hoepner 719-495-3648

Mindy Maguire 720-301-0089

Didi DeKrey 970-568-3916

Dee Stiers 970-876-2987

USDF Certified Instructors

Training - Second

Julie Burt 720-347-8084

RaeAnn Cook 505-249-7586

Janet "Dolly" Hannon 303-919-4112

Clayton Martin 719-379-3716

Bridget Milnes 303-660-4986

Kristi Wysocki 303-648-9877

Training - Fourth

Simone Ahern 719-749-9274

Loma Fowler 303-229-5108

Sarah Martin 720-891-1369

Kathy Simard 720-981-4448

USDF Instructor/Trainer Junior Faculty

Training - 1st Level

Kathy Simard 720-981-4448

USDF Instructor/Trainer Faculty

Training - 4th Level

Sarah Martin 720-891-1369

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



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Energy-efficient, 4-bed home on 31 irrigated acres. Suitable for crop farm or livestock operation. Nearby trail riding and beautiful mountain views.



7333 N. 63rd St \$979,000

5-acre horse property 10 minutes from Boulder. Contemporary home with multiple outbuildings. Includes a one-third share in a spring fed pond.



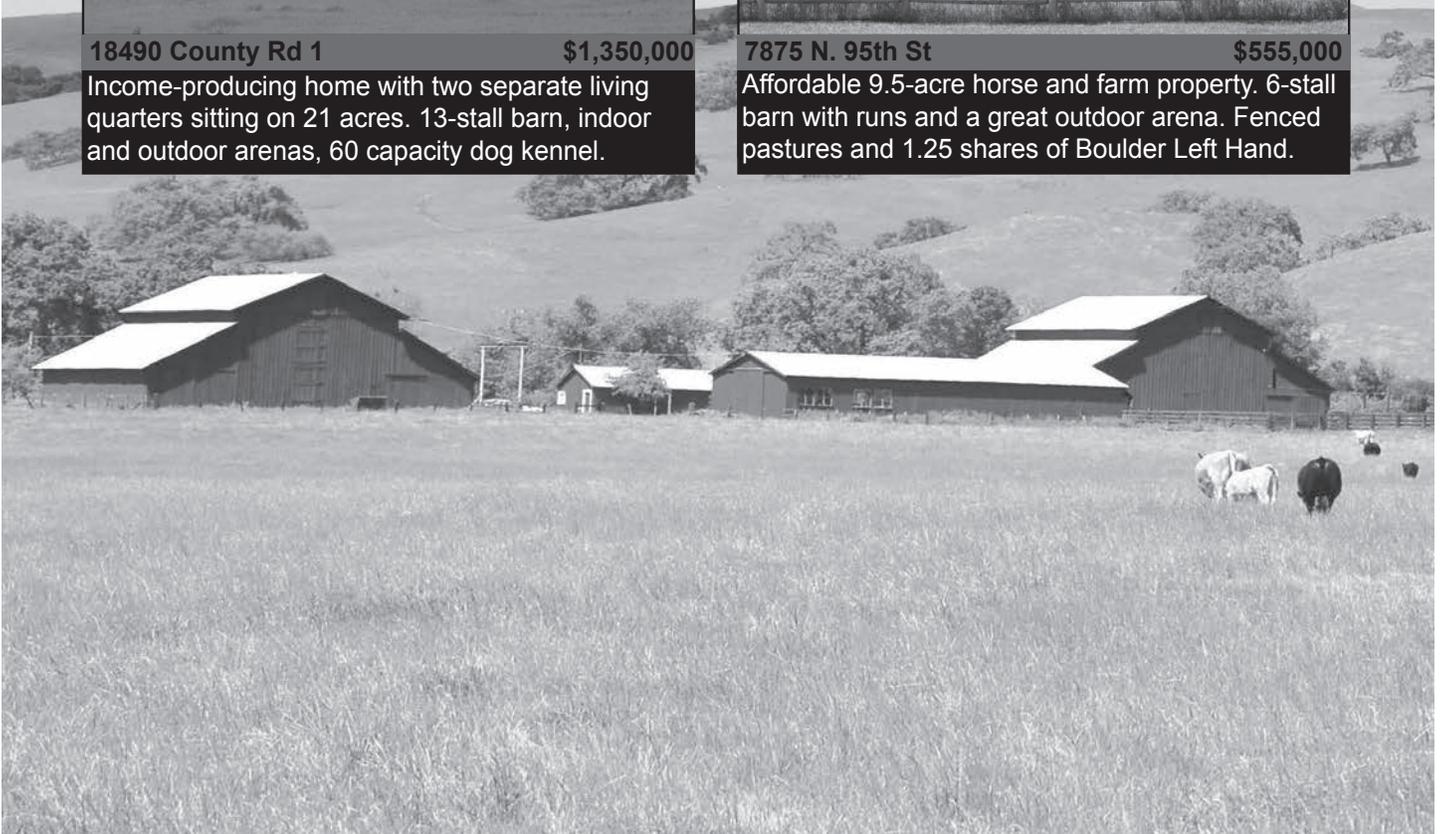
18490 County Rd 1 \$1,350,000

Income-producing home with two separate living quarters sitting on 21 acres. 13-stall barn, indoor and outdoor arenas, 60 capacity dog kennel.



7875 N. 95th St \$555,000

Affordable 9.5-acre horse and farm property. 6-stall barn with runs and a great outdoor arena. Fenced pastures and 1.25 shares of Boulder Left Hand.



www.klrealty.net

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team@klrealty.net



6303 Ute Hwy \$13,950,000

235-acre equestrian property with four residences, a 36,400 sq ft indoor arena, state of the art horse barn with a stainless steel vet room, an equipment shop, hay barn, and multiple out buildings.



4937 N. 109th St \$775,000

3-acre horse property with a 3-bed, 2-bath farm house and separate guest cottage. Loafing shed and historic barn.



294 Wedge Rock Dr \$795,000

4,000 sq ft 3-bed, 3-bath residence sitting on 10 acres. Recently remodeled. Barn, loafing sheds and horse pastures. National forest nearby.



7903 Plateau Dr \$658,000

4-bed, 4-bath ranch home on 2.8 acres. 4-stall barn with an attached multi-purpose utility building. Property can be operated with three turnout areas.



7873 Saint Vrain Rd \$995,000

Charming 5-acre setting with home and apartment above garage. Horse-ready and suited for market gardening.



7171 Pike Rd \$10,000,000

Includes two parcels: an eighty-acre equestrian operation and a ten-acre development parcel of residential sites. 36,000 sq ft indoor arena and a 7,000 sq ft breeding barn with 24 stalls.



4602 Highland Dr \$1,800,000

Established, commercial greenhouse including two residences, a horse barn, stables and a tack room lying on 3.5 acres. Water rights and pastures.



650 Blue View Rd \$1,300,000

44-acre income-producing hilltop quarry. 3-bed, 3-bath house and a 1,200 sq ft utility building. Nationally valuable Lyons Sandstone.

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

Secrets from the Trainers' Vault

Lets YOU Ask the Question



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

What's Your Question?

Today's Lesson: Realistic Expectations

from Stephanie Soule

"When you have had a good ride one day, it is wonderful, but it is also very dangerous."--Walter Zettl

It is human nature to desire success. It also human nature to expect that success comes in a logical, progressive manner. It is dressage rider Type A personality to the umpteenth degree to have this expectation. While dressage training is traditionally based on systematic and progressive training scale (the pyramid of training), it is imperative that we always remember that our horse requires many repetitions in order to master a new skill or task—both mentally and physically.

We must curb our desire for achievement of success and avoid drilling our equine partners at all costs. Just because your horse obediently responds to the introduction of your request for the first few steps of leg yield today does not mean that he understands the concept in such a manner that he can answer your request with immediate compliance when asked tomorrow. Even the most conscientious riders often fail to remember this.

Be a Thinking, Training Rider

We must always strive to be a thinking, training rider. When introducing new exercises or movements, it is imperative to consider that the seemingly compliant horse may perform easily on day one and day two, however on day three he may be balky or even refuse the exercise. This is often due to muscle soreness. It takes time to build the muscle required for strength and suppleness. The thinking, training rider adjusts her expectation of the day's ride. It is of special note when training the young or green horse to keep this in mind. There is nothing that will destroy your horse's work ethic quicker than the expectation of his rider for him to work while in pain.

It is a horse's nature to want to comply with the request of his partner (to follow his herd leader). Horses do not come into the arena scheming a way to get out of work or to undermine their rider. The rider should always expect that the horse want to acquiesce with her requests. There is always a reason for the horse failing to answer the question the rider puts forward. It is the

responsibility of the thinking, training rider to figure out why the horse is unable to comply. To develop the expectation that the horse you had yesterday most probably is not the horse you have today is the biggest achievement you can have as a dressage rider. We must always remember to ride the horse we are currently sitting on. The horse should be allowed that expectation.



Stephanie Soule trains at Rancho del Soule Dressage in Grand Junction, CO She has been riding dressage since 1979; successfully training and showing through FEI, and is an "L" graduate with distinction.

Mastery —

*We fail to realize that mastery is
not about perfection.*

It's about a process, a journey.

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

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

George Leonard, Mastery

Science meets Art

The Biomechanics of Classical Dressage Symposium

17 - 18 May 2014

Pima County Fairgrounds Tucson AZ

“ I HAVE TIME ”

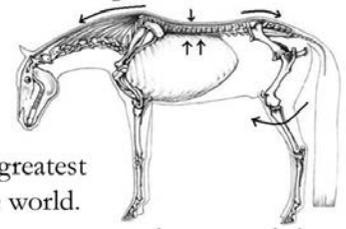
“I want to vocalize this saying to every rider who runs into difficulties with their horses and can't find a peaceful solution”.

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

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Hope everyone is enjoying their spring and looking forward to a fun filled summer! There are many educational events around our Region so if you're not spending a weekend with family or showing, consider supporting one of our well-organized and great educational opportunities sponsored by the local GMOs (Group Member Organizations) such as Arizona Dressage, Utah Dressage, New Mexico Dressage, Rocky Mountain Dressage and so forth.

I'm currently on hiatus from riding after having rotator cuff surgery. I'm thankful for this beneficial fix but I'm definitely chomping at the bit wanting to get back on my horses. It's a lot of fun though to just spend time out in the barn with our wonderful soul mates and to spend time helping my girls ride their ponies and watch their lessons. I'm blessed with two children who currently still want to ride! It may not last but I'm definitely enjoying it while it does.



USDF REGION FIVE

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

As of April 30th, our potential candidates for the 2014 FEI North American Junior and Young Rider Championships will be finalized. As I write this in mid-April, we have 5 declared Juniors and 4 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 and if you would like to contribute or help with their fundraising efforts, please contact Joan Clay, our Region 5 Jr/YR FEI coordinator, at jnclay@comcast.net or 970-420-0877 or Julie Barringer-Richers, our fundraising coordinator, at jabr57@gmail.com or 720-341-5033.

Tomorrow I head off to the USEF Spring Executive Board meeting. I look forward to sharing with you the great

things going on in our organization in my next monthly update. These meetings are always rewarding and productive and remind me of why we have such a neat organization.

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. If you have news you'd like to share, please let me know, we're happy to get it out and about for you.

Happy Spring!

Heather Petersen
USDF Region 5 Representative

RMDS Online - www.rmids.org

Forms Online:

- 2014 Championships Sponsor and Program Advertising now online
- USDF Instructor/Trainer Workshop Application
- RMDS 2014 Membership Forms
- Judges Continuing Education-Bill Solyntjes-Laramie County Fairgrounds-Loveland, CO
- TD/Show Management Workshop-CSU Extension Building at the Douglas County Fairgrounds in Castle Rock.

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

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



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Prestige OptiMax saddle which is too narrow for my horses. 17 in. seat has 34-36.5 on the flap (some adjustment) Very good condition \$1800-Florence, CO 719-784-4241

Prestige D2000 dressage saddle for sale. Wide tree, marked 36, 17 seat. Very good condition, cleaned regularly and oiled every week. The only flaw is the trace of a name plate on the rear of the cantle. Reason for selling this comfy saddle is that my horse's back is now too flat for it. \$1200. Call Helen 303 440 0824.



Trilogy Amadeo Elite, 17.5 Wide. New in 2011 and has had minimal use. Excellent condition. Horse has outgrown. \$3250.00 Contact Holly at holly@klreality.net 303.437.3908

REMEMBER - MEMBERS GET FREE CLASSIFIED ADS!
Send to Central office: rmds@rmds.org



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(719) 495-7004
WindsweptFarmsColorado@gmail.com

2014 Clinics

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

2014 Schooling Shows

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

Visit website for additional clinics and events



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