



CENTAUR

educating horse and rider as partners

MAY 2016

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**Veronica Holt
TD Grant**

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**Deadline
July 1**

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TIPS FROM A MASTER

A Conversation with Linda Tellington Jones

From Julia McSherry

Julia McSherry is a RMDS member of the Northern Colorado, Fort Collins Chapter, who lives in Greeley. She is a writer and owns two horses, an Andalusian and a Morgan.

Many of us know Linda Tellington Jones through her numerous books and clinics she has conducted all over the world for decades, including some in Colorado. Her TTouch method of bodywork and training, based on circular movements of the fingers and hands all over the body, is a technique used by horse owners around the globe. What is she like in person when she's at home and not on the road sharing her expertise? I was lucky enough to find out late this winter.

Accidentally, I found out that Linda lives on the Big Island in Hawaii where I was going to visit my stepdaughter and her family. On a lark, I e-mailed her to see if I could arrange an appointment to talk about my problem Andalusian, Diego, and why he doesn't seem to like being ridden.

She was sharing her home for two weeks, first with a group of students from all over the world studying TTouch for dogs and then a group of horse trainers from all over the world learning about TTouch for horses. Linda said she could see me on the day in between her two clinics.



Linda Tellington Jones, creator of TTouch, evokes beauty from within and without.

78 Years and Still Sharing TTouch

What I found is that after decades of international success training and helping so many horses and people, Linda has not slowed down one bit and is still loving her work and sharing her wisdom. As soon as I met her, I knew I had a huge, unexpected opportunity to interview her casually and in person, and I wanted some tips to share, conversationally and informally, with a few suggestions for what can make us all better

cont. on pg. 7

Spring is here and summer is around the corner. Horses are shedding and the green grass they love is growing everywhere. Clinics and shows are happening every weekend and we are busy preparing for all of them. Some clinics are just now showing up on the calendar so please check them out.

RMDS is proud to sponsor and help advertise several clinics, we prepare and run our Championship Show and this year will again host the Region 5 Championships in Estes Park, CO. As an organization dedicated to serving its members, we encourage everyone to take advantage of the offerings, as well as to volunteer to get a feel for the ins and outs of events.

I would like to remind our members that the Executive Board is hard at work and the hours our team gives to us cannot be measured in the traditional way. Each person has vol-



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

unteered to help lead RMDS forward and to keep our USDF GMO in good standing, while providing for the membership. So if you can thank an Executive Board Member and pass on suggestions and such, then we can all be winners this year.

Looking forward to meeting up with everyone at the shows and clinics.

*Aloha,
Gwen Ka'awaloa, RMDS President*

NEW USEF EQUINE VACCINATION RULE FOR COMPETITORS

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

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



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Foothills Chapter

Members have been busy planning and attending a Western dressage clinic, a seat and lunge lesson clinic, chapter meetings, as well as RMDS-sponsored events.

Coming up and open to all members to attend are:

- Ride-a-Test Clinic with Julie Haugen, USEF 'r' judge, on Sunday, May 22. Participants can ride their test of choice and receive feedback, then ride their test again. Both tests will be scored. Rides are 9 a.m. to 4:25 p.m. Cost is \$65, \$55 for Foothills members. Check Foothills website for registration form.

The Foothills Chapter will be home to four RMDS-sanctioned shows in 2016, all RMDS and Western Dressage Association of Colorado-recognized:

- Foothills Spring into Summer Show, Sunday, June 12, at Table Mountain Ranch, Golden, CO, Michelle Anderson, USDF 'L' graduate.
- Centaur Rising Dressage Show I, Sunday, July 10, Anchorage Farm, Pine, CO., Kathleen Donnelly, USDF 'L' graduate.
- Centaur Rising Dressage Show II, Sunday, Aug. 14, Anchorage Farm, Jessica Greer, USDF 'L' graduate.
- Foothills Last Chance Show, Saturday, Aug. 27, Table Mountain Ranch, judge TBD.

All events depend on volunteers. Please contact show managers listed in the 2016 Omnibus to participate. FH members receive volunteer hours toward reimbursement credits for RMDS educational clinics and event programs, as well as food and refreshments. Non-FH members also can earn RMDS volunteer credit hours.

Our next Chapter meeting will be held on Monday, May 23, at 6:30 p.m. at Mimi's Cafe in Lakewood. As always, all are welcome.

We are in the preliminary planning stages of an end-of-the-year banquet, which will honor not only members who excel in shows, but also our volunteers and other special awards.

Visit our website at <http://www.foothillsdressage.org/>. For up-to-the-minute news. Like our Facebook page at <https://www.facebook.com/FoothillsDressage/>.

Please thank our hard-working volunteer 2016 Foothills Officers:

President Kris Cooper
 Vice President Jan Danis
 Secretary Nicole Riffe
 Treasurer Laura Quakenbush
 Scholarship Marilou Metcalf

Education Cassandra DiPentino
 Shows Jan Danis and Linda Gaber
 Communications CC Ross and Linda Gaber

Kris Cooper, FH President

Pikes Peak Chapter

I am happy to welcome Beverly Swanson as our new Communications Chair. Beverly will be working on keeping our PPDS members informed through various means this year, so be looking for those posts and emails.

Our PPDS Awards dinner was held in March. A list of winners will be included in my July update.

In April, members held a work day in preparation for (I hope) another successful PPDS RMDS-recognized show on April 16. On the RMDS Shows and Events calendar, this is the very first scored show for the year.

Upcoming club meetings this year are scheduled for the following Tuesdays:

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

For the most current information on our chapter activities, visit our website at

<http://pikespeakdressage.org/Main/Home>.

Michelle Anderson, Pikes Peak Chapter President

High Plains Chapter

See our report on the High Plains Youth Clinic on pg. 9

Kathy Simard, High Plains Chapter President

WRITE WHAT YOU LEARN, EARN VOLUNTEER HOURS

Attend an event, write an article and share the knowledge.

Members who write an article for Centaur earn credit for two volunteer hours. A phone photo is great, also.

Deadlines are the 5th of every month. For details, contact writers@icloud.com.

ADULT AMATEUR CHAIR DIDI DEKREY

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



Didi McKrey & Bourbon

The practicality of Life was in the way when dressage caught my eye a number of years ago. Now, however, I am able to devote time to my passion, horses. Becoming active with my local chapter was a first step. A few years ago, I rejoined my local chapter (Northern Colorado) and became involved with the people and activities. This led to attending RMDS Board meetings and pursuing the RMDS Technical Delegate certification. As I traveled to

different Regions, I realized I wanted to do more for fellow adults. Thus, When the Adult Amateur chair position came open in 2014, it was a natural match.

2. What does your committee do for members?

The Adult Amateur Committee actively seeks input from our members asking, "What can RMDS do for you?" Working with other members, Board members and Chapter presidents has produced a Freestyle Clinic on our Western Slopes and an upcoming Foundations in Dressage Clinic in the south end of our GMO. Next year, the Adult Amateur Committee will organize a clinic in the north.

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

Join in! Come to any of the RMDS and local Chapter events. Interact and participate, make new friends, reacquaint with old ones. To get started, check the RMDS Chapter meeting schedule, as well as the calendar of shows and events, and RMDS-sponsored educational events, all listed in every printed Centaur.) Got ideas for other programs? Just let us know!

Contact DiDi at denisedekrey@gmail.com.

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

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

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

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Apply for New Veronica Holt TD Fund Grant

From The Dressage Foundation

The Veronica Holt Dressage Technical Delegate Fund is awarding its first grant this year. The deadline to apply for this grant is July 1 and the application can be found on The Dressage Foundation's website, <http://www.dressagefoundation.org/apply/dressage-tds/veronica-holt-dressage-technical-delegate-fund.html>

One grant will be awarded annually to a USEF Dressage Technical Delegate who has been approved by the USEF Licensed Official Committee to gain promotion from 'r' (Recorded) to 'R' (Registered). The grant will initially be \$500, to be used to pay for costs associated with completing apprenticeship requirements at competitions. As the fund balance grows, the amount and number of grants may increase. The selection committee will review and discuss the applications with a final decision being announced at the USDF Convention.

The award was established in memory of Veronica, who was a dedicated technical delegate and FEI steward who lived in Colorado. A former RMDS president, she was chef d'équipe for Region 5 North American Junior/Young Rider Championships, helped develop the RMDS TD program and was a mentor and friend to CDI managers, TDs, and Colorado and USDF show managers. She died in 2014.

Vaccines Needed for RMDS, USEF, USDF Shows

From the USEF Communications Department

The USEF Board of Directors has approved new equine vaccination requirements at licensed competitions. In 2016, all horses entering the grounds of a federation-licensed competition, including all RMDS shows, must be accompanied by documentation of Equine Influenza Virus and Equine Herpes Virus (Rhinopneumonitis) vaccinations within six months prior to entering the stables.

The intent of this rule is to ensure that all licensed competitions comply with the vaccination guidelines for Equine Influenza and Equine Herpes published by the American Association of Equine Practitioners. These guidelines are reviewed by infectious disease experts regularly, and recommend vaccinating competition horses at six-month intervals for both equine influenza (flu) and rhinopneumonitis (EHV-1 and EHV-4). There is not a vaccine that protects against EHM.

USDF Offers Youth Pin Program

From USDF

The USDF Youth Dressage Rider Recognition Pin Program is designed to recognize the accomplishments of youth in the dressage community at all levels. This program is open to students who are enrolled in grades 6 to 12 of a middle/high school or home school program and are a Group or Participating Member of USDF. Pins can be earned in each year of enrollment in the program. The program year will run from July 1 through June 30.

Meet Volunteer, Score, School Requirements

The following requirements must be met each year to earn a USDF Youth Dressage Rider Recognition Pin. The participant must:

- Be a current USDF Group or Participating Member
- Be enrolled in grades 6 to 12 of a middle/high school or home school program
- Have a GPA of 2.5
- An official school transcript detailing the past year of school must be submitted. Exceptions will be considered with documentation of IEP (Individualized Education Program)
- Submit proof of 20 volunteer hours. Volunteer hours do not need to be within the equine community or industry.
- Submit proof of qualifying scores: Two scores of 60% or higher at any level, Introductory through Grand Prix. Scores must be from two different competitions. Scores may be from a local (unrecognized) or USDF/USEF-recognized show. Examples of local shows include USDF Youth Team Competitions, GMO or farm-sponsored schooling shows, local and national Pony Club Rallies. Scores submitted must have been judged by a current USDF 'L' Graduate or USEF licensed judge. Scores must be earned during the current program year.
- Record 16 hours of education during the program year. Examples of accepted education hours are: GMO-hosted education seminars and clinics, completion of an online course on eTRAK (complete and pass quiz), USDF University Online and Off-Campus Programs, equine-related seminars on topics such as nutrition, veterinary care, farrier or hoof care, and sports physiology.

Completed applications must be submitted by June 30 of each year to receive a pin. Application form and volunteer and education reporting forms can be found on the usdf website. For more information, contact the Youth Programs Liaison at youth@usdf.org.

partners for our horses. At a vibrant 78 years old, with the beauty and energy of someone 20 years younger, she was willing to share.

Sitting by her pool on the lanai (porch) with a bank of fully opened sliding glass doors from the living room, the house blended with the outside beauty of the tropical flora and fauna. Students from Germany and other places wandered through, preparing for a group gathering at an animal-related local fundraising dinner. How could I be so lucky to have this hour with one of the most renowned horsewomen in the world?

Linda is enthusiastic, gracious and warm, and genuinely loves sharing her knowledge when it encourages horse and dog lovers and fosters better human/animal relationships. She had much to share and here are just a few tips from this grand dame of the horse world.



Linda Tellington Jones relaxing at her Hawaiian home.

Whisper and Listen

- Practice an attitude of gratitude with your horse.
- Do not take your horse's resistance personally.
- There is much talk in the horse world about horse whisperers. Actually, literally whispering to your horse is very effective. And, learn to listen to your horse.
- Practice the power of positive thinking by visualizing the performance/behavior/relationship you dream of rather than focusing on the mistakes your horse makes. This same suggestion applies to the expectation of your riding and relationship to your horse. Make a note at the end of each ride or work on the ground to practice first what you loved about your session.
- Smile when you ride. The physical act of smiling releases serotonin, the "feel good" hormone. (This is one of Linda's favorite reminders in her books.) It sounds simple, but it works. It relaxes the rider and this relaxation is felt by the horse. "When you smile and "feel good," she says, "I believe your horse feels this through the effect of "mirror neurons." It's a win/win situation.

- Practice "heart coherence." Learn about the effects of heart coherence on stress reduction at www.HeartMath.org. This organization teaches you to achieve coherence by thinking about a person (or animal) or place in nature with your breathing. "I add to that our "TTouch heart hug" gently moving the skin on your chest in one-and-a-quarter circles. HeartMath Institute sells a small device called an EmWave that gives off a lovely pinging sound when you are in heart coherence.

Horses become attuned to it," she explains.

- Practice breathing while you ride. (More and more trainers utilize this technique and it works, like smiling, to calm the rider, calm the horse and foster togetherness. Try breathing your horse up and down in transitions.)

- Take 5 minutes a day before riding to do light 2-second circles on your horse. "I gave German dressage teacher Jan Nivelles a 30-minute

private demo on a horse at Equitana last year. He went home and tried it on a horse and said it was the first time the mare had acted like she liked him," Linda told me.

- Lunge in an oval so your horse has to think instead of mindlessly staying on a circle.
- Golden rule: Treat your horse as you would like to be treated.
- Do a daily "TTouch body blessing" to begin each day and improve your riding.

The second "T" in TTouch stands for "trust." A magical way to achieve trust is by lowering your horse's head and doing ear TTouch). This affects the limbic system, the parts of the brain that control emotions and behavior.

Linda also promotes riding with the "liberty neck ring," a stiff adjustable ring made of lariat rope and the "balance rein," a Tellington tool that steadies a horse's mind, enhancing physical and mental balance. If you are interested in reading about these, check out Linda's Ultimate Horse Behavior and Training book and Dressage with Mind Body and Soul.

Assertive Empathy

Developing Skill to Balance Correction, Understanding Benefits Horse and Rider

From Amber Clark

Recently I was interviewed for a local Colorado horse publication. One of my favorite questions was, “What is the most important thing you try to teach your horses and your students?”

The single most important thing I teach my horses is “Whoa.” This may sound simplistic, even silly, to some riders and trainers, but I want my horses to learn that if they are afraid or misunderstand something all they have to do is be willing to stop in that moment of mental hysteria. If the horse stops, then it allows me the opportunity to “protect” them and get them into a better situation. By teaching the horse to stop and look to the rider in a moment of fear or panic, you instill an unparalleled level of trust in the horse.

As dressage riders, we spend much of our time focusing on going forward, creating power and animation. To make whoa a focus of training seems a bit counter intuitive and perhaps even counter productive. However, in my experience once you teach the horse a proper whoa, with a moment of decompression, their willingness to then seek the forward will improve. I firmly believe this is one of the most important basic pieces of obedience, as well as safety, we can build into our horses.

Critical Decision-Making Moments

Now onto my favorite part of the question and the basis for this article. “What is the most important thing you teach your riders?” Without question the most important thing I can teach my riders is assertive empathy. I define assertive empathy as knowing the difference between a moment when a horse needs the rider to take a position of assertiveness in order to make a correction, and the moment when a horse needs empathy and reassurance due to a lack of understanding. As a rider and/or trainer, these moments can be hard to decipher at times. You will be confronted with situations where you must make a judgment call on this particular thing over and over again.

When teaching or improving the piaffe there will be times



Amber praises 4-year-old Rhythmic Blues after a table blew into the arena during his test. It took a long time for him to show confidently in that arena.

when there is a rider on the horse and a person on the ground. Sometimes during these schooling sessions the horse will lose the rhythm of the piaffe and become backwards or stuck. In these moments, the ground person and rider must make a judgment call using assertive empathy. Is the horse purely becoming lazy and losing try, which will require motivation from the ground person and, possibly, even a moment of creating tension in order to reactivate the piaffe? Or, is the horse confused, losing rhythm because he is unclear where his feet go, which will require a pause moment for the horse’s brain to reset? This moment presents itself in a split second! As trainers and riders, we

barely have time to process the situation, much less assess and react. Perfecting this skill is of utmost importance if we wish to be not only better riders and trainers but also better competitors.

You may be thinking, “My horse doesn’t piaffe. I am at the beginning of my dressage journey. How does assertive empathy apply to me?” Think about when a horse and rider learn to make a proper canter transition. Here you are riding a beautiful well connected trot, sitting tall with your horse’s focus 100 percent on you. You

set up your aids for the canter, think through the transition, add aids for the transition and your horse goes into speed trot! You know that special trot I’m talking about. The one that makes you feel as though your insides might explode out your nose because it is so bouncy and awful. Is your horse: A. confused and having an honest misunderstanding or B. ignoring you because doing a proper transition requires him to use his body in a way that is difficult?

Scenario A. will require empathy, regrouping and repeating while Scenario B. will require a moment of assertiveness from the rider to quickly execute an appropriate correction so that the horse understands not doing something because it’s hard isn’t an option. The moments requiring assertive empathy, as I call it, are endless and occur repeatedly every day during our interactions with our horses.

Riders Also Need Reassurance

But, horses are not the only ones requiring assertive empathy. Riders must also have assertive cont.on pg 8

empathy with themselves. I find this to be even more challenging! Things with horses happen so fast. We have mere moments to decide what is the right decision in regards to assertiveness or empathy. As riders, we must always be assessing not only our horse's mistakes and reasons for behavior, but also our own mistakes. When we do something affecting our horse in a negative way, hindering him from performing to the best of his ability, do we push ourselves knowing that we are capable of much more or do we understand, regroup and try again?

We are always learning and improving, just like the horses we ride and train. We must always accept responsibility for what is ours, yet recognize when we have done everything in our power to perform to the best of our ability. Our personal best is different than someone else's personal best. Our horse must learn to adapt to our riding and abilities so that we can be the best possible team. A rider taking two lessons a week on a school horse cannot expect to ride like Edward Gal with Totilas underneath her. It's a nice thought, but it's asking too much. By having those unrealistic expectations, you lose the empathy piece for both yourself and your horse. On the flip side, if you and your horse are making the same mistake that you have made for the past year, you might need to examine being more assertive with

yourself about correcting the problem so you can move forward.

I find that sticking to the idea of assertive empathy closes the door for excuses, rationalizations and explanations for why repeating the same negative behavior is acceptable in either horse or rider while leaving the door open for understanding in moments of learning that are just harder than others. These moments can be hard to decipher, at times, even for the best professionals. That being said, if you get on everyday and make a conscious decision to make assertive empathy part of your riding I believe you will see changes in not only how you view your horse and your riding but also in your performance and the quality of your riding.

Food for thought to close: The moment when a horse needs an assertive leader is just as important, if not more important, than the moment when a horse needs empathy and understanding. A conscious marriage of these two things is a piece of what makes great horses and riders! Happy riding!

Amber Clark offers training from Black Forest, CO and can be reached at 770-314-0812 amctraining@gmail.com.

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Trainers Promote Dressage and More High Plains Youth Clinic Attracts Riders, Auditors from All Disciplines

From Stephanie Figgins
Treasurer, High Plains Dressage

On a windy Sunday in February, young riders gathered at Iron Horse Farms in Elizabeth, CO, to participate in the 2016 High Plains Dressage Youth Clinic.

Riders aged 10 to 18 were mounted on quarter horses to Warmbloods. The day started out with an introductory lecture on the training pyramid taught by Kathy Simard, High Plains president. She is a USDF-certified instructor and Instructor/Trainer Junior Faculty.

Questions on the difference between impulsion and engagement were discussed, along with understanding the moment of suspension that occurs in each gait. Following the lecture, each rider was assigned an instructor and ride time. High Plains was grateful to offer coaching from two local youth instructors, Julie Barringer-Richers and Greta Vowell from the Boulder Valley Dressage Chapter.

Participants Bring Different Experiences

Riders and auditors came from a variety of backgrounds, including eventing, dressage and Western pleasure. Each student did an excellent job taking into practice the tools and techniques that were pertinent to their horse and background.

Over the lunch break, riders and auditors received the opportunity to have a Q & A session with Grant and Sharon Schneidman, who own Iron Horse Farms. Everyone learned about both riders' history in the equestrian profession and also discussed the rider and horse fitness level that is required to compete at international levels. Lunch was catered from a local food truck, The Comforts of Home.

The day ended with afternoon riders continuing to learn and develop, and auditor questions and participation. "The youth clinic was a chance to give young riders in all disciplines the opportunity for coaching by proven, successful dressage trainers in order to increase their awareness of the dressage discipline, but also to encourage and foster youth involvement of equestrianism as a whole," Kathy said.

Thank you for everyone's participation. High Plains is looking forward to offering this clinic annually.



Aspen Creek Veterinary Hospital Seminar Adds Insight

From Linda Gaber, RMDS Communications Chair

A walk through a veterinarian's lameness exam, equine ophthalmology and shoes or barefoot were among the topics addressed by specialists at the fourth horse owner seminar hosted by Aspen Creek Veterinary Hospital, Conifer, in March.

Here are some educational highlights from the day-long program at Jefferson County Fairgrounds in Lakewood, CO:

Equine Lameness Exam

A lameness vet call requires the horse's owner to answer numerous questions to help in a diagnosis, according to Earl Gaughan, DVM, Dipl. American College of Veterinary Surgeons, who is an equine technical services veterinarian for Merck Animal Health. He has been in private practice in Colorado, and a professor of equine surgery.

- Give the age, breed, sex and history of the horse
- When was your horse last normal?
- Describe the horse's shoeing
- Have you treated the horse with anything vet is not aware of? "It's not a time to be shy," Dr. Gaughan said.
- Does the lameness change with work? Improve or worsen?
- Has real rest actually occurred?
- What are your expectations?

The source of lameness usually is in two areas: the neurologic system, and 90 percent of the time, the problems is in the structural aspects of the body. From the fetlocks to the foot are the regions presenting 90 percent of lameness issues.

Fortunately, as well as a visual, movement and hands-on exam, there are new tools to detect the source of lameness: video analysis, force plate analysis and kinematics, using reflectors and cameras. A lameness locator employs a camera and markers on a horse's body "to take the human element out." Local anesthesia is the only "true way to determine and prove the location of lameness by taking away pain," he said.

Equine Ophthalmology

Horses have about 20/35 vision which isn't great, detailed vision, rather it offers a wide field of view helping them be more aware of motion than detail, said Trevor Arnold, DVM, of Animal Eye Center in Loveland, CO. "They tend to move their head more than their eyes when focusing," he

said. They see primarily blue, green and yellow colors, and have difficulty adapting from light to dark areas, such as moving from trailer, barn and shadows.

Three common conditions in horses can lead to vision loss and can be uncomfortable: squamous cell carcinoma, corneal ulceration and equine recurrent uveitis (moon blindness).

Ultraviolet-shielding eye masks, or fly masks UV-rated, are helpful in sunny and snowy conditions.

Shoes or Barefoot?

There are plenty of benefits to keeping a horse barefoot, said Oklahoma Farriers College graduate and 18-year farrier Jason Critton, who operates C-Cross Farrier Services in Sedalia, CO. These include: equal weight-bearing on its feet, all of hoof sits on the ground, helps with blood flow to the hoof, and horse wears his feet so they are comfortable.

However, when wear exceeds hoof growth, this is a determining factor of when to add shoes. Another important factor is the horse's environment. "He does his best if he lives in an environment similar to where he works," he said.



Jason Critton, C-Cross Farrier Services, discusses shoeing with seminar attendees.

The main purpose of a horseshoe is to protect the trim. Shoes also can be needed for traction and as therapy to improve and support the entire

structure of the limb. Ideally, a horse should have a dedicated owner that puts together the best team: trainer, healthy diet and fitness program, veterinarian and farrier. When changing shoeing, go slowly. "I leave myself three shoeings to see where the horse is going, growing," he said.



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Karen and Delight



5901 Oxford Road \$1,200,000

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



14587 N. 83rd Street \$985,000

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

www.klrealty.net

303.444.3177

team@klrealty.net

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

EVERYONE IS WELCOME -- BEGINNER TO ADVANCED!

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

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

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

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

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

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

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

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

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

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

DO NOT USE GOOGLE MAP.

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



Aim Higher and Achieve More with ANDRIA ALLEN

It's an excellent time to sell property in the Boulder, Larimer and Weld County areas. I'd be happy to provide a market analysis for you, free of charge. Call me at 303-810-8375.



NEW LISTING!



4243 GETAWAY DRIVE, BERTHOUD

Lovely 8 acre property. Custom 3 bed, 3 bath walkout ranch home. Fully fenced pasture, 3 stall barn. Over 200 acres of shared private open space for riding.



ANDRIA ALLEN

Aim Higher and Achieve More

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

www.AndriaAllen.com
303-810-8375



Barbara's Home Buying Experience

One of the things I love the most about my chosen career is the wonderful people I meet, and have the opportunity to work with. Everyone is different in their approach to buying or selling a home. Some are very analytical; some are very emotional. Some people are very decisive and know exactly what they want. Some people need time and the experience of seeing different types of homes to make their decision. But, all are special to me.

I want to share a testimonial from someone who recently purchased a home after some time. The final decision was quite different from what she originally thought she wanted. She's thrilled with her new home! Scroll down to read Barbara's full testimonial.

If I haven't helped you with the purchase or sale of a home, I hope I get the opportunity to do so! Andria Allen

I can't say enough wonderful things about Andria. She was enormously patient with me as I went through major life changes that actually changed the nature of my property search. She wrote contracts for me on three separate properties over the years. That's what it took for me to find the one that felt right at the right time and the right price. She never pressured me in any way, but was always available to help in any way that she could. I always felt like she was an uncompromising ally, which means more to me than I can say.

I was able to recommend Andria to a close friend of mine with no reservation, knowing my friend would be taken care of as I had been. When the time comes for me to sell my current home, I know that Andria will be there to guide me, with her great competence and diligence. She knows real estate, and just as important, she knows people.



Aim Higher and Achieve More with ANDRIA ALLEN

Shows and Events

All shows are RMDS recognized except schooling shows.

RMDS CALENDAR

MAY 2016

- 6-8 Dressage for the Cure Warm-up & Dressage for the Cure-USEF**
Contact Heather Petersen 303-648-3164 slush@drwg.net
- 7 Mariah Farms Schooling Show-Castle Rock, CO**
Contact Lisa Lamke 303-660-2456 llamke@msn.com
- 7 BVD Ride-A-Test-Blue Roof-Lafayette, CO-Jessica Greer**
Contact Beth Geier 303-673-9840 bethgeier1@comcast.net
- 8 BVD Spring Fling- Singletree Farm-Boulder-Sarah Martin**
Contact Beth Geier 303-673-9840 bethgeier1@comcast.net
- 7-8 GVDS Schooling Show with Megan Bretey-Grand Junction, CO**
Contact Arlene Rhodes Arlene@skypony.org
- 12 RMDS Executive Board Meeting-Darcy's Pub-Denver-6:30 p.m.**
Contact RMDS Central Office-720-890-7825 rmds@rmds.org
- 14 Schooling Show-Shiloh Ranch-Black Forest, CO**
Contact Simone Windeler 719-287-2040 simonedressage@gmail.com
- 14-15 Rocky Mtn Dressage I, II-Somerset Farms-Longmont, CO-USEF**
Contact Dian Seabury 520-906-5545 dfseabury@gmail.com
- 21 Triple Creek Schooling Show-Triple Creek Ranch-Longmont, CO**
Contact Lynn McChesney 303-444-4291 www.triplecreek-ranch.com
- 27-29 Paragon Dressage I, II, III-Estes Park, CO-USEF**
Contact Heather Petersen 303-648-3164 slush@drwg.net
- 27-29 Nebraska Cornhusker Schooling Show and Cornhusker Classic I, II (not RMDS recognized)-Lancaster Event Center-Lincoln, NE**
Contact Anne Sushko gandasushko@hotmail.com

JUNE 2016

- 3-5 High Prairie Dressage I, II, III-Colo Horse Park-Parker, CO USEF**
Contact Geoff Combs 303-841-5550 geoffcombs@cohorsepark.com
- 4 Mariah Farms Schooling Show-Castle Rock, CO**
Contact Lisa Lamke 303-660-2456 llamke@msn.com
- 4-5 USDF 'L' Program Session D1-Parker, CO**
Contact Dorie Vlatten Schmitz, 480-580-0645, dvschmitz@msn.com
- 11 USDF Reg 5 Adult/Youth Team Competition-Tomora Trng Center**
Contact RMDS Central Office rmds@rmds.org 720-890-7825
- 11 Schooling Show-Shiloh Ranch-Black Forest, CO**
Contact Simone Windeler 719-287-2040 simonedressage@gmail.com
- 12 Foothills Spring into Summer-Table Mountain Ranch-Golden, CO**
Contact Linda Gaber 785-470-7569 wriders@icloud.com
- 11-12 GVDS Schooling Show with Patti Thurman-Grand Junction, CO**
Contact Arlene Rhodes Arlene@skypony.org
- 17-18 Sage Creek Dressage I & II-Sage Creek Equestrian Center-Heber City, UT USEF**
Contact Simone Windeler 719-287-2040 simonedressage@gmail.com
- 18-19 Rocky Mtn Summer Dressage I, II-Somerset Farms-Longmont, CO-USEF**
Contact Dian Seabury 520-906-5545 dfseabury@gmail.com
- 18-19 Fountain Valley Dressage-Colorado Springs, CO-USEF**
Contact Heather Petersen 303-648-3164 slush@drwg.net
- 25 Hidden Creek Schooling Show-Hidden Creek Equestrian Center Falcon Sue Borders 719-740-1099 susan.e.borders@gmail.com**
- 24-25 Showing On A Shoestring-Hilltop Dressage-Heber City, UT USEF**
Contact Alison Child 435-640-3287 achild@kirwin.com
- 24-25 RMDS Adult Clinic-Fountain Valley School-Colorado Springs, CO**
Contact Didi DeKrey 970-222-3104 denisedekrey@gmail.com
- 26 On The Bit Dressage Schooling Show-TBA**
Contact Stephanie Gies 307-399-7847 info@onthebitdressage.com

JULY 2016

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

AUGUST 2016

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

SEPTEMBER 2016

- 2-3 Grand Valley Fall Show-Mesa County Fairgrounds-Grand Junction, CO-Janet Foy-USEF**
Contact Arlene Rhodes 970-201-1779 arlene@skypony.org
- 4 GVDS Schooling Show -Grand Junction, CO**
Contact Arlene Rhodes Arlene@skypony.org

- 8 **RMDS Executive Board Meeting-Darcy's Pub-Denver-6:30 p.m.**
Contact RMDS Central Office-720-890-7825 rmds@rmds.org
- 10 **Triple Creek Schooling Show-Triple Creek Ranch-Longmont, CO**
Contact Lynn McChesney 303-444-4291 www.triplecreek-ranch.com
- 10 **Schooling Show-Shiloh Ranch-Black Forest, CO**
Contact Simone Windeler 719-287-2040 simonedressage@gmail.com
- 14 **X Halt Salute RMDS Show-Estes Park, CO**
Contact Heather Petersen 303-648-3164 slush@drwg.net
- 14 **RMDS Sport Horse Championships-Estes Park, CO USEF**
Contact Heather Petersen 303-648-3164 slush@drwg.net
- 15-18 **RMDS & Reg 5 Championships-Estes Park, CO USEF**
Contact Heather Petersen 303-648-3164 slush@drwg.net

OCTOBER 2016

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

NOVEMBER 2016

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

2017

JANUARY 2017

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

SEPTEMBER 2017

- 13 **Great American Insurance Group/USDF Breeders'
Championships & RMDS Sport Horse Championships-**
Contact Heather Petersen 303-648-3164 slush@drwg.net
- 14-17 **RMDS Championships**
Contact Heather Petersen 303-648-3164 slush@drwg.net

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

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 and are due by June 30.

- Website Maintenance & Hosting – effective Aug. 1
- Central Office Manager – effective Sept. 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.

**Email bids to RMDS President Gwen Ka'awaloa at:
kaimana_co@hotmail.com**

If you submit a bid, please plan to attend the July 12 (Tuesday) Executive Board meeting at 6:30 p.m., Darcy's Bistro, 4955 S. Ulster St. Denver, CO to answer questions.

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

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

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

Contact RMDS Central Office for location

2016 OMNIBUS CORRECTIONS

- Page A-2 Somerset Farms May 14-15 Show –
Open Date: April1 Close Date: May 3
- Page A-11 Julie Haugen is now a USEF 'r' judge
- Page C-5 Date Change: Dressage at Santa Fe from
August 19-21 to July 23-24
- Page C-37 Ride-A-Test judge will now be Jessica Greer
Location: Blue Roof Equestrian-10951 Isabelle
Road-Lafayette, Co
Spring Fling Location: Singletree Farm-8002
Arapahoe Road-Boulder, CO
- Page C-53 Dressage in the Big Sky - Change dates to:
August 6-7

2016 RMDS EXECUTIVE BOARD

President Gwen Ka'awalo 303-917-3679 Kaimana_co@hotmail.com
Past President..... Simone Windeler 719-287-2040 simonedressage@gmail.com
Vice President..... Joan Clay 970-420-0887 jnclay@comcast.net
Secretary Heather Petersen 303-648-3164 slush@drwg.net
Treasurer Sharon Soos 303-904-7534 sksoos@mesanetworks.net

PERMANENT COMMITTEES

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

APPOINTED COMMITTEES

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

RMDS CENTRAL OFFICE

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

CHAPTER PRESIDENTS

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

GOVERNING BODIES

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

USDF REGION 5

Director Heather Petersen 303-648-3164 slush@drwg.net
FEI Jr/YR Coordinator Joan Clay..... 970-420-0887 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, Beth Hart, 719-821-9354, bethhart7@gmail.com1 check www.arkansasvalleydressage.org for times and locations

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

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

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

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

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

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

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

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

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

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

RMDS EXECUTIVE BOARD MEETING SCHEDULE

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

2016 RMDS-SPONSORED EDUCATIONAL EVENTS

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

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

Register for these events at www.rmids.org

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

June 24-25 RMDS Adult Clinic-Fountain Valley School-Colorado Springs, CO

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

For details on these and other RMDS events:

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

The Centaur Newsletter

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

CONTACT INFORMATION

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

ADVERTISING

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

DISPLAY ADVERTISING

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

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

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

CLASSIFIED ADS

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

PAYMENT AND AD COPY DELIVERY

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

AD RATES AND SIZE SPECIFICATIONS

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

Full Page \$150 7" x 9.5"

Half Page \$90 7" x 4.5"

Outside back half \$105 7" x 4.5"

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

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

(Horizontal only)

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

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

EDITORIAL POLICY

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

Utilize the RMDS Network

Trainers and Instructors

Use the RMDS Website to Build New Business

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

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

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

Advertise Events on the RMDS Website

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

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

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

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

Important Info on RMDS membership

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

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

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

Technical Delegates, Judges and Certified Instructors

Dressage Judge Ratings and Levels Qualified to Judge

All Current RMDS Members

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

Status	Status	Levels	Status	Status	Levels
"r"	Recorded	Training - Second	3*	(FEI C)	All
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"S"	Senior	All	5*	(FEI O)	All

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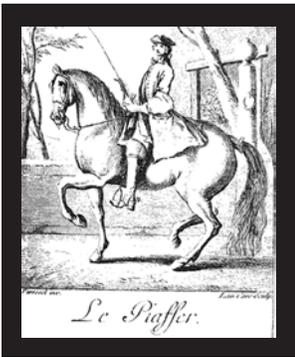
Training - 4th Level

Sarah Martin720-891-1369

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@indra.com

Ask the Pros

Lets YOU Ask the Question



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

What's Your Question?

Stronger, Balanced Horse and Rider Build Contact

From Jane Renner

Question: I hear my trainer tell me I need more connection, and I frequently receive comments from the judge that the contact is unsteady. What do they mean?

Point of contact: Forward energy engaged from the horse's hindquarters that travels to the bit enough to the point where the rider's hands feel the horse's mouth, and the point where the horse's mouth feels the rider's hands.

Connection: Consistent energy produced from the horse's hindquarters that travels balanced through the horse's body toward and through the bit reconnecting to the rider's back and seat. Requires horse's vertical and lateral balance.

A round frame does not mean your horse is connecting. Round frames can be a symptom of balance, but also a symptom of unbalance and disconnect. At the point of contact, the horse's nose will be slightly in front of the vertical and the poll level to the withers. To develop connection, the horse must trust the rider's hand will be steady at the point of contact. Therefore, if the horse is pushed into a deep round frame too early his muscles are not capable of holding that carriage for very long, and when fatigued, will search for a different placement of the head to relieve the top line muscles.

Likewise, the rider who hasn't developed balance onto their seat will absorb movement into their arms and hands, creating an unsteady point of contact. If you have received comments from the judge that your horse is unsteady in the contact it is because the horse is not strong enough to push the steps of walk, trot and canter to the bit, and/or your body is not providing a steady enough point of contact for him to connect with.

Creating Energy Together

The figure on the next page shows the "Circle of Energy" that the horse and rider create through the engagement of the rider's back, seat, legs, hands and arms. Here you can see that energy is developed in the horse's hindquarters from the rider's back and seat. Because of the pressure and activity in the rider's seat, the horse reacts by coupling his hindquarters and activates his hind leg pushing his body forward. The forward energy moves to just behind the leg where the leg and rein aids create lateral bal-

ance. The inside rein by pulsating gently will send lateral balance to the draping pressurized outside leg. The inside leg by pulsating gently will send balance to the quiet, steady outside rein. The leg and rein that receive balance should quietly accept pressure to help manipulate the line of travel. This enables the forward energy to move upwards through the shoulder, up the spinal canal of the neck to the poll.

How well your horse balances laterally will either enable the energy to continue or get stuck behind the rider's leg, thus causing the reaction of the poll. If your aids do not create lateral balance, the poll will stiffen and raise or lower blocking the flow of energy, and the rein contact will feel hard and stiff or will have no contact at all. If the aids create lateral balance, the horse will react by softening his poll allowing the energy to flow up through the shoulder, neck and poll, then down to the bit where the point of contact is felt by both horse and rider. The energy of the horse then moves up the rider's arm, which is an extension of the rein, and connected into the back where it starts all over again.

Riding without stirrups will build your strength and technique to independently move your body with your horse's gaits, and ground your seat as the basis for your balance and source of energy. Your trainer should be comfortable putting you on a lunge line without stirrups and reins to establish your balance on your seat and

cont.on pg 21

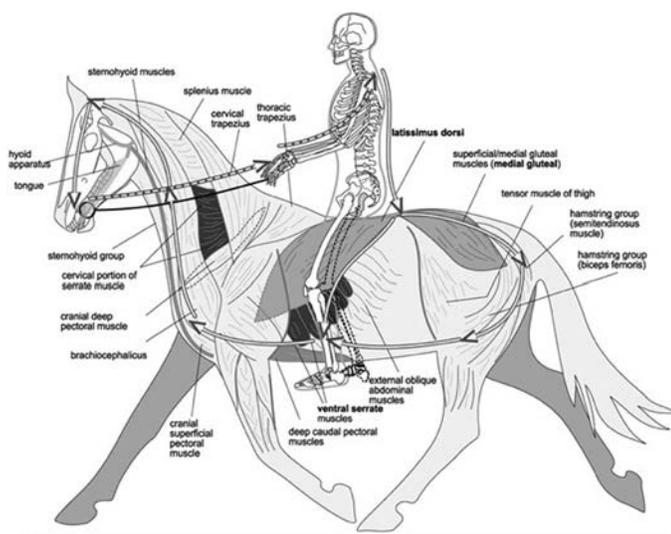
build your body strength. Your horse must be ridden forward, almost into a hunter frame, slightly on the forehand to understand the concept of moving onto contact and accepting the feeling of a rider's hand and arm weight. When you feel your horse slightly pulling your arms forward and down, the energy is connecting, but not with balance. If you try to "round" your horse at this point by see sawing or jiggling or forcing his poll down, he will learn to disengage his hind legs keeping the energy stuck behind the rider's leg and come above the bit or behind the bit in over flexing.

When you ride alone, post until you have the strength to sit the trot, and do so for short periods. Try to keep your arms long and symmetrical on either side of the withers. When you feel your horse take steady connection to your hand and stay in a steady head carriage, praise him with your voice. Don't try to "round" him by bending or jiggling the rein. If you feel him leaning and/or your strength starts failing, instead transition to walk, rest, gather strength, then move him forward again. Unsteady contact is for one reason only, lack of strength and balance in both horse and rider.

This article previously was published in June 2015 issue of Horse Illustrated and Sept. 3, 2015 HorseChannel.com.

Jane Renner is a USDF Bronze, Silver and Gold medalist who operates Renner Dressage in Franktown, CO, and travels to conduct clinics nationwide. She was a champion at Grand Prix Freestyle with Trakehners and in 2014 was Connemara Breed Champion at the National Dressage Pony Cup in Lexington, KY, and third in All Breeds with Connemaras. In 2015 she was undefeated in First Level with her Connemara pony Wildwych Bamboozle. She twice coached North American Jr./Young Riders for Region 3. Jane trained with Col. Charles Murphy, Bella Buttykay, Col. Benjt Lundquist, Robert Dover, Linda Zang, Uwe Steiner, Hokan Thorne, Linda Alicki, Leslie Webb and currently trains with Coloradoan Janet Foy. She is the author of *Golden Revenge and Cross Training book, 3 Days Out, 2 Days In.*

Contact Jane at rennerdressage@yahoo.com.



The "Circle of Energy"

Tired Arms Signal Good Contact

Remember contact, in its rawest form, is the feeling that the horse is leaning out on the bit, making your arms tired. You want contact, but not so it pulls you out of the saddle. So you have to develop strength in your core to be able to carry some weight in your arms and back while absorbing motion of the gaits. This is core strength. You must carry 5 pounds of elastic tension through the reins and into your back so that your horse can develop strength to push from his hind legs and thrust the motion forward to the bit.

This takes an enormous amount of upper body strength. Inner thigh strength must be developed as well to allow the lower legs to send balance to a receiving hand, and coordination developed from the inside hand that sends balance to a receiving leg. During the process of developing contact, the 5 pounds will fluctuate to 10 sometimes and 0 sometimes until the rider and horse develop enough strength and balance. Develop your strength, balance and coordination on the lunge line with your trainer.

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Rocky Mountain Dressage Society / Advertising / Revised: July 2013

New USEF Equine Vaccination Rule for Competitors

From the USEF Communications Department

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

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

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

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

USEF Equine Vaccination Rule

GR8 Conduct of Licensed Competitions

GR845 EQUINE VACCINATION RULE

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



USDF REGION FIVE

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

It's almost time for the USDF Spring Executive Board meeting, being held in Lexington, KY, this year. We have quite a few things on our plate for the upcoming meeting and it's always an interesting weekend getting together with dedicated volunteers from across our country to help work on the future of our sport. We will be discussing the US Dressage Finals, approving the 2017 Regional Championship bids, reviewing lots of our educational programs and oh so much more. It's a very intense weekend, but very informative and productive.

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, Big Sky Equestrian Association, Heart Mountain, Rocky Mountain Dressage and so forth.

As of May 17, our potential candidates for the 2016 FEI North American Junior and Young Rider Championships will be finalized. As I write this in early April, we have nine declared Juniors and one declared Young Rider. I hope we have enough folks to field two full teams in Colorado as Region 5 is once again hosting the Championships. We will at least have a great team of Juniors! 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 Kathy Gillespie, our fundraising coordinator, at kjpagillespie@msn.com

or 303-921-5253. The young adults work very hard, as do their parents, trainers and friends and every little bit of support is greatly appreciated. **DON'T FORGET TO TURN IN YOUR DECLARATIONS IF YOU ARE INTENDING TO TRY FOR OUR TEAMS!**

Please don't forget that there are several new rule changes that went into effect both Dec. 1 and April 1! Read through your USEF rulebook and make sure you know the rules before you go out and show. The saddle pad logo rule has had some major revisions that just took effect, so please be sure you know what is legal.

Also, make sure you have the appropriate vaccination information with you when you travel to a horse show that is USEF recognized. Some shows are asking for the proof with your entry information, so this may help you to have it a bit more organized. If you don't vaccinate, there are requirements you must follow in order to be on the show grounds.

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!

Till next month!

Heather Petersen
Region 5 Director

HOLD THE DATES:

Oct. 8-9, 2016

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

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



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

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

Business Memberships - \$100.00 Education (non-competing) - \$45.00 Life Membership - \$750.00

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

All business memberships include one individual membership.

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

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

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

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

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

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

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

Horse Name _____ Sex _____ Breed (if known) _____

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

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

Address of Owner _____

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

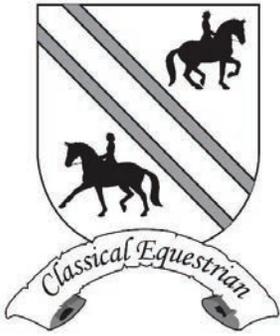
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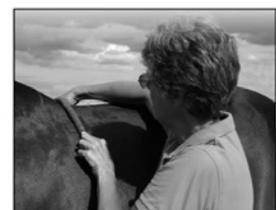
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