



# THE CENTAUR

*Educating Horse & Rider as Partners*

MAY 2019

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**Youth Summer Intensive**  
 June 20-22  
**RMDS Adult/Youth Team**  
 Competition  
 June 23

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



*New Test Clinic with Janet Foy ...pg 6*

**Pikes Peak Chapter presents a comprehensive look at the 2019 tests**

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**Grand Valley Chapter holds successful clinic with USDF Grant**

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Kylie McKee on Double Dior  
 New Test Clinic with Janet Foy

Photo by Craig Carnick

## UPCOMING EVENTS

**HIGH PLAINS CLINIC WITH DOLLY HANNON: MAY 11**

**FOOTHILLS CHAPTER LEARN TO RIDE FIGURES: JUNE 7-8**

**JR/YR SUMMER INTENSIVE: JUNE 20-22**

**RMDS ADULT/YOUTH TEAM COMPETITION: JUNE 23**

# Message From the President

May is flowers month and May Day is Lei day in Hawai'i. I hope that our members are seeing flowers bloom in their gardens and around the barn. When most of you see this Centaur we will be having our first fully recognized show. Dressage for the Cure donates to Sense and Security to help women who have been affected by breast cancer. Historically this show is a great jump into the season while providing for women in our community.

Although I have judged a couple shows this year my schedule becomes rather busy starting in May with my judging schedule having 2 to 5 shows per month. Several of our local judges find themselves very busy this time of year, while still trying to train and teach. We are not stressed because how often can you say "My



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

job is looking at beautiful horses and helping them connect to their riders?" Ah a job where the life of a horse is the view.

How many of you are covered in horse hair and mud? Wishing for a warm day to get that deep dust and dirt off. I love to help my horse shed that winter hair.... I enjoy seeing the healthy gloss of the spring coat. But the April weather was variable and challenging and

most of us struggled to get our equine partners as clean and shiny as we hoped.

With an agenda filled with goals to assign a new Database and Website system to one of the applicants, your RMDS Board is working very hard this month. We hope to be able to complete this goal this year to have RMDS be part of the modern era.

Take care of yourselves and horses as well as your families.

*Aloha, Gwen Ka'awaloa*



## Functional Physical Therapy

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

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

We have two locations:

3441 Tennyson St.

Denver, CO 80212

(303)941-0664 phone

(303)997-4832 fax

[www.functionalphysicaltherapyllc.com](http://www.functionalphysicaltherapyllc.com)

2935 Baseline Rd Ste 301

Boulder, CO 80303

(303)941-1768 phone

(720)381-6776

[Info@functionalphysicaltherapyllc.com](mailto:Info@functionalphysicaltherapyllc.com)



# Chapter & Committee News

## Western Colorado

Congratulations to our Chapter member and stalwart supporter of past schooling shows, Anita Williams, on an outstanding competition year. In 2018 Ducarlos (KWPN by Spielberg out of Wiecearla, dam sire Jazz) earned 5th place nationally at USDF Prix St. Georges Horse of the Year standings with a median score of 72.940; National Champion Dutch Warmblood at Prix St Georges; USDF National Champion at Prix St. Georges Vintage Cup (for all riders over 50), and Stortebecker (Hann by Souvenir out of Donna Carlotta, dam sire De Niro) earned 8th in the U.S. in the USDF Grand Prix Vintage Cup standings.

The WCC Chapter will focus in 2019 on hosting clinics to further our educational mission. May 21-23 we welcome Dr. Gerd Heuschmann, veterinarian, trainer and author to Caballero Iberico in Eagle, CO. for 3 days of individual training sessions. If you are interested in riding or auditing (8 riders/15 auditors limit per day) please email carolyndarleymiller@gmail.com for detailed information and availability. Dr. Heuschmann will then be giving his Symposium on Biomechanics May 25-26 on the Front Range, contact Kris Garrett at KriswithaKamera@gmail.com. Kristi Wysocki, FEI Judge and clinician, comes regularly to Cozy Point Ranch, Aspen, CO, contact Allison Dechant at alliedechant@msn.com for information on upcoming clinics with Kristi. Stay tuned to our Facebook page, Western Colorado Chapter of the Rocky Mountain Dressage Society and our website [www.westerncoloradgedrdressage.com](http://www.westerncoloradgedrdressage.com) for information on further activities.

*Lesley Hill, Western Colorado Chapter President*

## Foothills

I can't remember a stronger lineup of events for all riding disciplines presented by the Foothills Chapter! It will be a busy year of learning and doing for us. Every program is open to all RMDS members and non-members. The links below provide online information and registration. Many thanks to our Education Co-Chairs Lauren Still and Jewlee Barber. Contact them with any questions. All events are at Table Mountain Ranch, 19000 W 58th St., Golden, CO (TMR). Auditors are welcome.

**Ride-A-(New) Test Clinic** on Saturday, May 18, with clinician and L graduate Kathleen Donnelly, at TMR.

Contact Jewlee Barber [jewleedoll@gmail.com](mailto:jewleedoll@gmail.com) (720) 982-2887. Event Registration Link: [https://www.eventclinics.com/a/r8WGjYtv\\_Ui28t0mfrSJAQ](https://www.eventclinics.com/a/r8WGjYtv_Ui28t0mfrSJAQ).

**Fabulous Figures Clinic**, two days Friday, June 7, 5-8 p.m. and Saturday, June 8, 8 a.m. - 6 p.m. with Joan Clay, USDF certified instructor Training-First Level and TD, at TMR. Contact Jewlee Barber [jewleedoll@gmail.com](mailto:jewleedoll@gmail.com) (720) 982-2887. Event Registration Link: <https://www.eventclinics.com/a/KOxTb3fO7U-Ko1zM9N0N1Qg>

**Spring into Summer RMDS Foothills Chapter Dressage Show** - Sunday, June 9, with L graduate Kathleen Donnelly at TMR. Qualifies for Western Dressage Association of Colorado (WDACO) awards points. Prizelists on FH website under events [www.cofoothillsdressage.org](http://www.cofoothillsdressage.org) and in RMDS Omnibus page C-43. Entries at <https://www.theelegant rider.com/online-entry-form-foothills.html>.

Contact Show co-managers Kelsey Jacobsen [pasdecheval15@gmail.com](mailto:pasdecheval15@gmail.com) and Nic Sigler [nic sigler@aol.com](mailto:nic sigler@aol.com) (303) 903-3451.

**Last Chance RMDS Foothills Chapter Dressage Show** - Saturday, Aug. 31, with USEF 'S' Judge Debbie Riehl-Rodriguez at TMR. Qualifies for WDAOC awards points. Prizelists on FH website under events [www.cofoothillsdressage.org](http://www.cofoothillsdressage.org) and in RMDS Omnibus page C-43. Entries at <https://www.theelegant rider.com/online-entry-form-foothills.html>.

Contact Show co-managers Kelsey Jacobsen [pasdecheval15@gmail.com](mailto:pasdecheval15@gmail.com) and Nic Sigler [nic sigler@aol.com](mailto:nic sigler@aol.com) (303) 903-3451.

**LandSafe Clinic** Oct. 12-13 with instructors Keli and Danny Warrington and their mechanical horse, at TMR. See what the clinic is like: <https://youtu.be/9uaJCwivbto>. Contact Keli Warrington [keli@landsafequestrian.com](mailto:keli@landsafequestrian.com), (484) 459-4974.

Event Registration Link: <https://www.eventclinics.com/a/CLEsItjwvESERV6o5vrnwA>

**Level Up! Clinic** after show season provides help for riders at each level working to move up to learn new tests and movements. Approximately eight participants will work in one-hour semi-private lessons at TMR. Auditors can attend.

Dates to come.

*cont. on pg 4*

# Chapter and Committee News (cont.)

Check the chapter's website [www.cofoothillsdressage.org](http://www.cofoothillsdressage.org) for any updates.

*Linda Gaber Foothills President*

## **Boulder Valley**

We continue preparation for two shows at the Boulder County Fairgrounds for 2019:

June 28-30—with trailer in and schooling on Friday afternoon, June 28, followed by two show days on Saturday and Sunday with judges Lilo Fore and Mike Osinski

Sept. 13-15—with schooling on Friday afternoon, Sept. 13, a full day show on Saturday with judge Gwen Ka'awaloa, followed by a clinic with Sandra Hotz on Sunday, Sept. 15

Please see the Omnibus and the RMDS web site for details.

Warm-up arena will be bigger, with limited number of riders at one time. The Boulder County Fairgrounds has now used their new Cherrington rock picker in the main arena, which will provide greatly improved footing. The arena will be worked just prior to each show.

We hope riders and horses from far afield will join us for these two great shows this year.

*Stan Adamson, President*

## **On The Bit**

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

We will also offer a clinic with Joan Clay in June, so please contact us through Facebook or email us ([info@onthebitdressage.com](mailto:info@onthebitdressage.com)) if you are interested in riding with Joan!

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

*Ginka Kubelka, On The Bit President*

## **Pikes Peak**

Pikes Peak Chapter ran the new test clinic in early April with judge Janet Foy 5\*. It was a great success with a wonderful turn out. Thank you to all that helped plan it and attend the clinic.

We are officially in show season! I hope everyone was able to keep up with the training through the winter and are ready for the show season. I wish everyone good luck this season!

Our next member meeting will be Tuesday, May 14, at 6:30 at Bourbon Brothers off of I-25.

Enjoy the warmth and show season!

*Tiffany Rutledge, PPDS President*

## **High Plains**

On April 7 we hosted a Ride-A-Test with guest Judge Gwen Ka'awaloa at Paradox Ranch (Formerly Iron Horse Farms). Riders and horses participated in a full day of learning and testing and are excited to jump into the upcoming show season! (see article page 5)

May 11-12, 2019: Clinic with Dolly Hannon at Greenie Mountain Farms in Parker, CO (Julie Burt's residence)

Oct. 6, 2019: Youth Clinic at Paradox Ranch in Elizabeth, Colorado (Formerly Iron Horse Farms) Clinicians: Kathy Simard and Joan Clay. Special Guest: Current 2019 Region 5 Jr/Young Rider. Auditing: \$15

Upcoming Board Meetings: May 14; June 11; Meetings held on the second Tuesday of every month -- 5:30 p.m. at 6796 Ponderosa Dr. Parker, CO

Open to the public! Please RSVP to [stephanieefiggins@gmail.com](mailto:stephanieefiggins@gmail.com) to attend.

## USDF Second Level Instructor Workshop

By Uliana Ukrainchuk

I was really honored to be invited to participate as a rider in the USDF Second Level Instructors Workshop, at Phantom Hill Farm. Here is a list of some things that I learned:

- It is very important to use your core to sit the trot.
- On the lunge line I learned that with the exercises I had done, I was able to feel my seat and know what I was doing in my seat. I was able to feel which hind leg was going forward and under.
- To be able to have a good connection you should have your thumbs up, like you're holding a mug of hot chocolate.
- Have a warm-up plan in your mind, or at least make it look like you have everything planned out. (Although my mind wasn't as planned out as Sarah Geikie had said it was.)
- You should train your horse to be sensitive to your leg. It will help your horse to pick up your aids.

I also realized that staying fit will help you in riding, I have taken dance classes since age 5 which has helped with my fitness. One thing that really stood out to me was how much you use your core on a day to day basis. We may never really realize it but it is your center, your stability and it enhances your performance.

## Ride-A-Test with Gwen Ka'awaloa

By Lynn Van Voris

On April 7, I participated in the Ride A Test with Gwen Ka'awaloa 'R' judge. I am new to dressage and find the concept of riding a test in front of a judge a great way to get valuable feedback and insight on how to improve your next test.

Gwen has a reputation as a tough, but fair judge and although I was excited to get a judge's opinion, I was filled with trepidation. What if my horse and I weren't really up to the task? What if dressage isn't really my thing? The "what ifs" were definitely filling my over-50 amateur brain.

No need to worry, the test went fairly well. Gwen is not only super nice, but also very helpful and insightful, and the facility is gorgeous. The arena had marker cones to help with guiding through some of the movements. I was able to ask a few questions before the test to clarify where I needed to turn in



Lynn Van Voris

relation to the markers. Next up, ride the test. Nina and I decided to tackle Second Level Test One. Upon finishing the test, Gwen came out into the center of the arena and proceeded to ask about Nina and me. Gwen explained that I needed to work on the shoulder in, medium trot, and medium canter. She showed me where to look and exactly how to make my 10-meter circles.

Gwen explained to me that if I can ride an accurate test, I could have a very high score. Then we went to work, first tackling the shoulder in, then on to the medium trot and canter. I was impressed because Gwen really put us to work. It wasn't a quick, "Here is what you need to do;" it was more of a lesson. I really appreciated the time and effort that Gwen put in to helping Nina and me improve.

Thank you to High Plains for putting on the ride-a-test and for the excellent hospitality. A huge thank you to Paradox for hosting the ride-a-test. Paradox is a lovely facility and was super accessible and easy to navigate. A special thanks to Gwen for all of her insight and training. If you get a chance, ride in a ride-a-test.

## TDF: Applications Now Being Accepted for New George Williams Fund

Instructors age 25-35 are invited to submit an application for the new George Williams Young Professional Grant Fund.

George shared, "The Fund is designed to reflect how important it is to me that our young professionals have a solid foundation---one that is based on a good education that includes an unwavering commitment to helping their students learn and become the best they can be, all while passing on a love and respect for all horses."

Grants will range from \$3,000 - \$5,000. Applications are due June 1.

# *New Test Clinic with Janet Foy*

Pikes Peak Chapter held a New Test Clinic with instructor extraordinaire, Janet Foy, a FEI 5 \* judge, at Meadowbrook Equestrian Center in Sedalia, CO. All photo credits to Craig Carnick.

Participants included: Maureen Sterling on Floris King, Revanche and Ruby Gold; Kylie McKee on Double Dior; Margi Evans on Amara; Heather Beachem on Zanneke and Francesca; Terry McDonald on Fortisimo; Courtney Peck on Rhapsody; Kirsten Swenson on Bellheimer; Julie Forman on Prince Berimba; Lisa Battan on Baltic 6; Amber Clark on Simba; Gaylen Davis on Mojito RH

## **From Simone Windeler, 'L' Grad**

I recently had the opportunity to attend a "New Test Clinic" to learn about the brand new USDF/USEF dressage tests for 2019. Janet Foy was the clinic director, and she had both great tips for the riders, as well as instructions on what kind of mark certain "sins" would deserve. Janet will judge dressage at the next Olympics, so we truly were treated to insights and comments of the highest level.

The riders showed us every test at the level, starting at Training Level and ending with Fourth Level.

I therefore will separate each level into ideas for competitors and comments for judges. Some comments apply to all levels, Janet just made them at a certain level.

### **Training Level**

#### *For the competitor:*

Most horses are on the bit at training level, however it is not required - acceptance of the bit is enough (but it won't get you a high score). Your biggest key is **accuracy**. Make sure you understand the placement of the 20-meter circles and how to ride the 3-loop serpentine in Test 3. Be clear about where any of the movements begin and end.

3 - 4 walk steps into the halt on centerline are OK; do not move or wiggle your behind in the halt as it will often unbalance the horse; try to have equal weight on your seat bones into the halt; when you pick up the reins after free walk pick up the inside rein first and think about almost leg yielding

towards the outside rein to prevent stiffening

#### *For the judge:*

We are looking for steady tempo and correct basics.

If you canter out of the halt it is a "5."

When judging a stretchy circle think about how high the neck was before start (i.e. horses with a high-set neck can stretch down a lot less than horses with a low-set neck).

When judging free walk, judge 50% legs, 50% top line.

### **First Level**

#### *For the competitor:*

If you keep a slight shoulder-fore into the halt on centerline you will have better suppleness.

It is important to show a clear down transition from lengthening.

Think about a slight shoulder-in before the half circle 10 meters in Test 1.

On the diagonal the horse's shoulders should touch the letter that they leave and the one they arrive at.

For the canter depart in Test 2 at the end of the diagonal (movement 15) – do it right at the letter. Don't go past F and start it on the long side or in the corner. Ride it in the spot where a flying change would be.

On the stretchy circle - the inside rein shows the way down and keeps the bend, the outside rein controls the shoulder.



*Janet Foy, FEI 5\* judge*

*cont. on pg 7*

# Janet will judge dressage at the next OLYMPICS

Get as much done as possible before the new movement starts = prepare, prepare, prepare.

## *For the judge:*

For the change of lead through the trot in Test 3 we want to see 3-5 steps with the front legs

## **Second Level**

### *For the competitor:*

The halt just needs to be settled, but you don't have to hold it for 3 seconds yet.

In counter canter the hind legs should be on the rail so it has a slight renvers feeling.

For the half-turns on the haunches in Test 2 and 3 – center the turns onto the quarter-lines, that gives you plenty of time to set them up and they have a nice balance.

### *For the judge:*

If I (as the judge) am relaxed as I watch them perform then there is enough collection. If the horse is shown above the level of balance then it looks like they are struggling.

In the rein-back count the back steps of the front legs.

## **Third Level**

### *For the competitor:*

In half-pass it is important to go to the exact letter, you don't get brownie points for arriving sooner. Start the half-pass with a little shoulder-in.

In your canter extension, uphill is more important than power.

How to ride the shoulder-in to renvers (Test 2):

From your shoulder-in before E or B increase angle to four tracks and then change the bend into the renvers, rather than trying to go directly from shoulder-in into the renvers.

You need to feel your extension in the collection and vice versa.

### *For the judge:*

If a hindleg is resting in the halt, it can't be more than a "6."

Extended walk must have contact and needs to show overstep.

When we add length (extended vs medium vs collected) we take away height.

When trying to decide between a "7" and an "8" in gaits, if the horse shows more freedom in extensions use this to go up.

Turn on the haunches: if against the outside leg and thinking backwards it is a "4."

## **Fourth Level**

### *For the competitor:*

For your canter entry use a little shoulder-fore to stay supple, then use your very collected canter before X and into the halt; the halt should feel like snow floating to the ground.

For an expressive depart practice going to medium trot from the halt.

Half-pass has the most bend, shoulder-in has medium bend, voltes have the least bend in body when you compare these three.

A counter change of hand means two half-passes in a different direction, a zigzag is considered three half passes or more in different directions (important when designing a freestyle).

If you are showing walk on the straight line that judges see from the front keep the poll high.

In the half-pirouette think about the strides like pieces of a pie and make them the same size.

*cont. on pg 8*

# *New Test Clinic (cont.)*



*Heather Petersen  
and Janet Foy*

When doing the three flying changes in Test 1 put the middle change right over X.

When thinking about creating a freestyle: Lengthenings and extensions always look better towards the judge.

### **For the judge:**

What to do if the rider has forgotten a movement and already left the arena?

*The movement needs to be judged with an average score.*

What to do if the rider has forgotten a movement, done the final salute and the judge realizes that the movement is missing?

*Have the rider execute the missing movement, score it and in addition give an error for that movement.*

## **From Beverly Swanson, Adult Amateur Training and First level**

How to improve your score with those extra .5 points (and how not to lose them):

Geometry must be accurate. Do not make eggs, especially on the circles off the long side. Do your calculations!

If you make an error, just keep going. Do not stop and attempt to correct the error.

Bend in the corners.

Change of movement should occur as the shoulder leaves or touches the letter.

Keep bend in direction of the lead in serpentine loop.

Do not hold the head down in free walk.

Keep your seat equally weighted at halt.

## **From Amber Clark, Professional Trainer**

The New Test Clinic with Janet Foy sponsored by PPDS on April 6 was a fantastic introduction to the new tests as well as a great reminder of things we should remember for all tests! The theme of the day, which I am known for preaching, was *accuracy accuracy accuracy*. An average moving horse with good training and an accurately ridden test can be competitive in any class. This is very important to remember when considering the recent minimum freestyle score requirements. It's easy to make up to 3 percentage points with accuracy alone.

Janet spoke of the importance of knowing the correct dimensions of circles, knowing the directives for the movements and riding the test as written. Did you know that you can ride the free walk with or without contact depending on how your horse might show the best walk? Janet mentioned something that we have all witnessed and described how much it can affect the score. When picking the horse up from the free or extended walk, planning is paramount. A beautiful free walk that might score an 8 will come down to a 6 or 6.5 with a braced and unsightly transition back to medium walk. Inside flexion and a slight leg yield from your inner leg is your friend when picking your horse back up so that his attention and focus stays in the arena as opposed to sight-seeing outside the arena.

For high scores you must know how many tracks your lateral work should be on and make sure you can ride it consistently on that number of tracks. Again this is an instance where showing more will not get you extra points!

For example, shoulder-in should be three tracks. That means if you're tracking left, the left fore should be on one line, the right front and left hind should be on one line and the right hind should be on one line. If the right front and left hind separate onto their own line then you have gone to four tracks.

The information, directives, for what is expected of each movement and level is easily accessible. Know the expectations for your level and movements.

When riding a pattern involving a half pass and volte, Janet had

*cont. on pg 10*

# KL Realty



*Karen Libin*

FOR SALE



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team@klrealty.net

www.klrealty.net

## New Test Clinic (cont.)

an important reminder that you should have the most bend in your half pass not your volte. Often it's easy to feel as though the most bend should be on the volte but it's important to straighten enough between the two that you show less bending on the volte.

Once you reach Third and Fourth Level preparation, a clear start and a clear finish of each movement are very important if you want to get the most out of each score. Janet recommended being conservative in the medium and extended trots if it is not your

### **a clear START and a clear FINISH of each movement are very important to get the most out of each score**

horse's strongest movement. This is a place in the test where consistency can be more important. Every horse has a weak point and it's better to know you can get a 6.5 on that movement than risk consistency and receive a lower score.

Now, in 100% contrast the medium and extended canter is a place that risk will be rewarded! I have always found that to be very true. Ride a big risk with a good transition in and out in the big canters and you will be rewarded. This was a point that Janet continued to mention to people over and over. That is an easy thing to train and make a "sure thing" in your test.

If your horse has a walk that can tend to get lateral make your walk pirouette a little larger rather than perfectly on the spot to help maintain proper rhythm. This was a place where again, Janet recommended taking the 6.5 or 7 rather than make the pirouette on the spot and risk losing rhythm which would result in a 5.

One of the most helpful things I got out of the clinic has to do with the shortened canter work in Fourth Level. In this exercise the judge wants a demonstration that the croup lowers AND the stifle, hock and fetlock become closer together. I was making the mistake of trying to make the shortened canter too active as I would want in an actual pirouette and because of that I wasn't showing the stifle, hock and fetlock angle closing the best I could. Janet had me go back and coached me through the movement, accepting a little less activity with more closing of the angle behind and let me know that in riding the test this would score higher. It was an incredibly helpful moment during my ride!

I shared many of these same tips with a friend of mine who showed at Tryon last week and I am happy to report that her scores increased. There are many things that any rider can do regardless of experience, level, fanciness of horse or confidence. The most important of those things is to know your

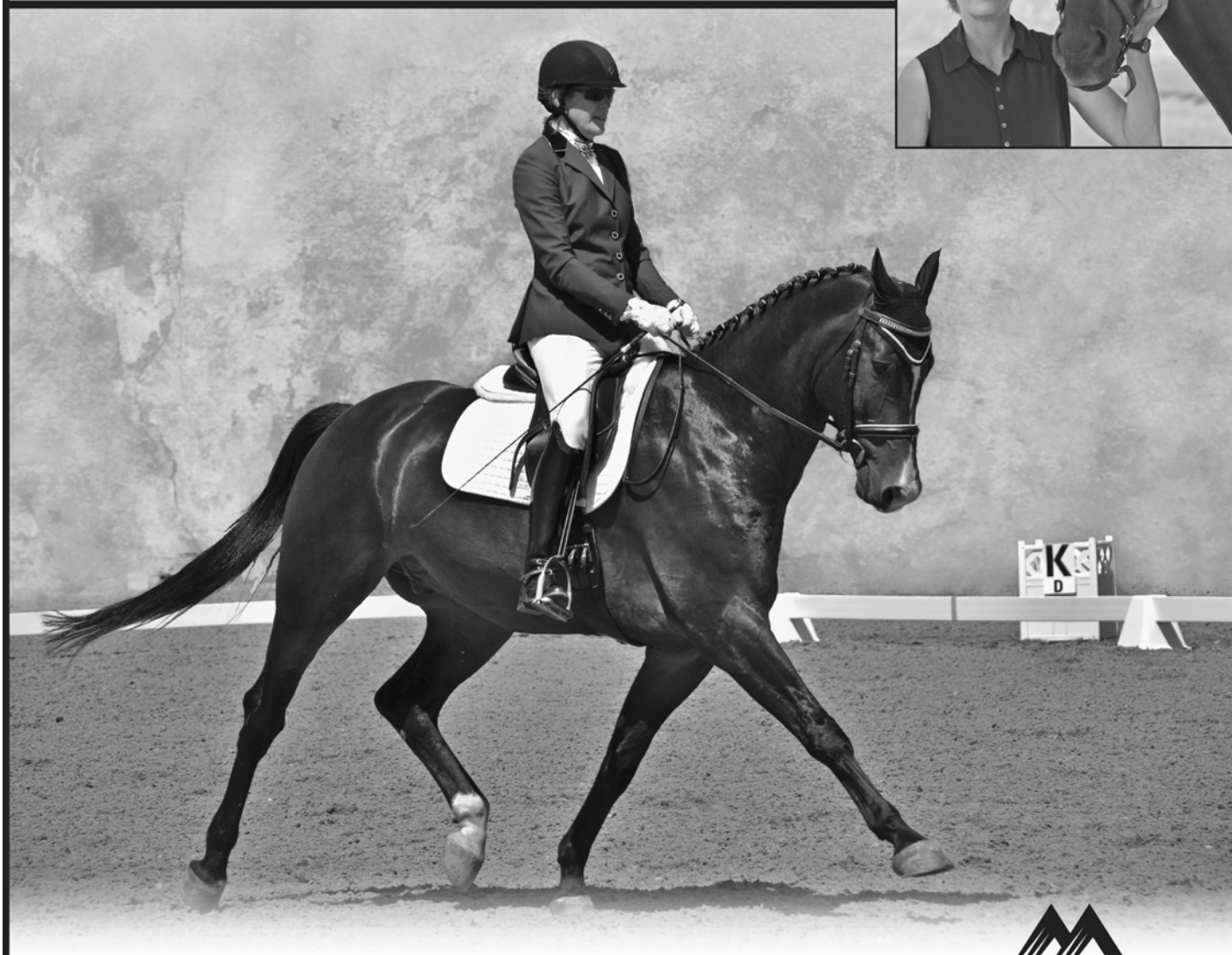
test and what is expected in it. We all owe a huge thank you to Janet Foy, Pkes Peak Dressage Chapter volunteers, and especially PPDS members Shannon Lemons and Heather Petersen for organizing this fantastic educational opportunity!



*Thank you Michelle Anderson for the great snack table!*



**Aim Higher and Achieve More with ANDRIA ALLEN**



I hope everyone enjoys their horses this year! It's always a fun to connect with you, whether at a show, clinic, or some other event.

Thank you to all who entrusted me with your real estate needs this year. It's been a pleasure. As always, I'm available to you or your referrals!



**ANDRIA ALLEN**

*Aim Higher and Achieve More*

Visit my blog for interesting information, statistics and articles about the real estate market at [www.andriallen.wordpress.com](http://www.andriallen.wordpress.com)

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# Shows & Events

All shows are RMDS recognized except schooling shows.

## RMDS CALENDAR

### 2019

#### MAY 2019

- 3 Dressage for the Cure Warmup-Colorado Horse Park-Parker, CO USEF**  
Contact Heather Petersen 719-338-0854 slush@drgw.net
- 3-5 Bobbie Lynn McKee Clinic at Phantom Hill Farm, Ft. Collins, CO**  
Contact marthabrown@advantagebrokeragecorp.com or 970-214-2280
- 4-5 Dressage for the Cure at the Peak-Colorado Horse Park-Parker, CO USEF**  
Contact Heather Petersen 719-338-0854 slush@drgw.net
- 9 RMDS Board Meeting - Armando's, Parker, CO**  
Contact RMDS Central Office 720-890-7825 rmds@rmds.org
- 10-12 Nancy Baker Clinic-Mira Vista Ranch-Longmont, CO**  
Contact Gayle Udall 303-503-3383 tawdie@comcast.net
- 11 Mariah Farm Schooling Show 4-Castle Rock, CO**  
Contact Beverly Swanson 720-401-0357 piaffedesign@gmail.com mariahfarms.net
- 11-12 High Plains Clinic with Dolly Hannon-Greenie Mountain Farms-Parker, CO**  
Stephanie Figgins 720-480-7044 stephanieeffiggins@gmail.com
- 18 Colorado Schooling Show-Haven Ridge-Elizabeth, CO**  
Contact Kelly Boyd 720-480-8266
- 18 Foothills Chapter Ride-A-Dressage Test-Table Mountain Ranch-Golden, CO**  
Lauren Still stillfamily1@mac.com www.cofoothillsdressage.org
- 19 NCDA Schooling Show- Tomora Training Center-Greeley, CO**  
Contact Didi DeKrey denisedekrey@gmail.com
- 24-26 Paragon Dressage I, II, III-Colorado Horse Park-Parker, CO USEF**  
Contact Heather Petersen 719-338-0854 slush@drgw.net
- 25 Triple Creek Schooling Shows-Longmont, CO**  
Contact Lynn McChesney 303-444-4291 lynntriplecreek@gmail.com
- 25-26 Dr Gerd Heuschmann Clinic-Happy Andalusians-Castle Rock, CO**  
Contact Kris Garrett kriswithakamera@gmail.com
- 31-Jun 2 High Prairie Dressage I, II, III-Parker, CO-USEF**  
Contact Monica Fitzgerald mon1206@aol.com

#### JUNE 2019

- 7-8 Foothills Chapter Learn to Ride Figures Clinic-Table Mountain Ranch-Golden, CO**  
Contact Lauren Still stillfamily1@mac.com www.cofoothillsdressage.org
- 8-9 GVDS Schooling Show-Mesa Cty Fairgrounds-Grand Junction, CO**  
Contact Arlene Rhodes Arlene@skypony.org www.gvds.org
- 8-9 Cheyenne Dressage & Eventing Show I & II-Cheyenne, WY- USEF**  
Contact Deeda Randal 307-631-1875 drandle@wyoming.com
- 9 Foothills Spring into Summer-Table Mtn. Ranch-Golden, CO**  
Contact Linda Gaber 785-470-7569 wriders@icloud.com
- 9 Arkansas Valley Dressage Show-Pathfinder Park-Florence, CO**  
Contact Katie Knight 425-890-6112/Christine Casillas 970-471-0371
- 15-16 Rocky Mountain Dressage I & II-Nighthawk Equestrian-Longmont, CO-USEF**  
Contact Heather Petersen 719-338-0854 slush@drgw.net
- 20-22 Youth Summer Intensive-Table Mountain Ranch-Golden, CO**  
Contact Cassandra DiPentino-dipentinodressage@gmail.com
- 21-22 Sage Creek Dressage I & II- Heber, UT-USEF**  
Simone Windeler 719-287-2040 simonedressage@gmail.com
- 21-23 Nancy Baker Clinic-TBA**  
Contact Gayle Udall 303-503-3383 tawdie@comcast.net

- 22 Triple Creek Schooling Shows-Longmont, CO**  
Contact Lynn McChesney 303-444-4291 lynntriplecreek@gmail.com
- 22 Creekside Schooling Show-Creekside Equestrian-Parker, CO**  
Contact Angel Hoskins 720-810-5466 ah@angelshorses.com
- 22 Two-rein, Bit & Bosal Western Dressage Clinic-Douglas County Fairgrounds**  
Contact Pamela Stenmark info@wdaco.org
- 23 RMDS Adult/Youth Team Competition-Table Mountain Ranch-Golden, CO**  
Contact Beth Geier 303-673-9840 bethgeier1@comcast.net
- 29-30 BV Dressage at the Fairgrounds I & II-Boulder County Fairgrounds-Longmont, CO-USEF**  
Contact Heather Petersen 303-648-3164 slush@drgw.net www.2whitefeet.com
- 29-30 Magic City Dressage I & II-Billings, MT USEF**  
Contact Emily Brester 406-698-9646 e\_luoma@hotmail.com

#### JULY 2019

- 6 Schooling Show-Happenstance Farm-Parker, CO**  
Contact Lynn Van Voris 303-345-8366, soccerfanatics3@msn.com
- 6-7 Millbrook Farms Summer Dressage Festival-Fairfield, UT USEF**  
Contact Jan Lawrence 801-631-2615 millbrk@xmission.com
- 9 RMDS Board Meeting - Armando's, Parker, CO**  
Contact RMDS Central Office 720-890-7825 rmds@rmds.org
- 13-14 SFDA Dressage at Santa Fe I, II-HIPICO Santa Fe, NM**  
Contact Debbie Garris 312-401-1157 dgarris@horseshowolutions.com
- 13-14 Rocky Mountain Dressage III & IV-Nighthawk Equestrian-Longmont, CO-USEF**  
Contact Heather Petersen 719-338-0854 slush@drgw.net
- 19-20 Sage Creek III & IV-Heber, UT-USEF**  
Simone Windeler 719-287-2040 simonedressage@gmail.com
- 20 Obstacle Clinic to Enhance Performance-Split Pine Ranch-Black Forest, CO**  
Contact Pamela Stenmark info@wdaco.org
- 20-21 On the bit Dressage Show-Spur Ridge Equestrian-Laramie, WY USEF**  
Contact Heather Petersen 719-338-0854 slush@drgw.net
- 21 Centaur Rising Show I-Anchorage Farm-Pine, CO**  
Contact Kris Cooper 303-838-5086 kris@anchoragefarm.com
- 21 NCDA Summer Event-Tomora Training Center-Greeley, CO**  
Contact Didi DeKrey denisedekrey@gmail.com
- 27 Creekside Schooling Show-Creekside Equestrian-Parker, CO**  
Contact Angel Hoskins 720-810-5466 ah@angelshorses.com
- 27-28 Dressage Under the Big Sky I & II-Tri M Stables-Bozeman, MT-USEF**  
Claire Silvey 406-580-6628 claire@bozemandressagesociety.com

#### AUGUST 2019

- 2-4 Dressage in the Rockies I, II, III-Parker, CO-USEF**  
Contact Monica Fitzgerald mon1206@aol.com
- 10-11 Millbrook Farms Dressage Show-Fairfield, UT USEF**  
Contact Jan Lawrence 801-631-2615 millbrk@xmission.com
- 11 Centaur Rising Show II-Anchorage Farm-Pine, CO**  
Contact Kris Cooper 303-838-5086 kris@anchoragefarm.com
- 16-18 Estes Park Dressage I, II-Stanley Park Fairgrounds, Estes Park,, CO USEF**  
Contact Heather Petersen 719-338-0854 slush@drgw.net
- 17 Summer Sizzler Schooling Show-Western Dressage-Douglas County Fairgrounds**  
Contact Pamela Stenmark info@wdaco.org

# Shows & Events

- 23 **GVDS Schooling Show-Mesa Cty Fairgrounds-Grand Junction, CO**  
Contact Arlene Rhodes Arlene@skypony.org www.gvds.org
- 23-25 **Nancy Baker Clinic-TBA**  
Contact Gayle Udall 303-503-3383 tawdie@comcast.net
- 24 **Creekside Schooling Show-Creekside Equestrian-Parker, CO**  
Contact Angel Hoskins 720-810-5466 ah@angelshorses.com
- 24-25 **GVDS Show-Mesa County Fairgrounds-Grand Junction, CO USEF**  
Contact Arlene Rhodes Arlene@skypony.org www.gvds.org
- 31 **Foothills Last Chance Show-Table Mtn. Ranch-Golden, CO**  
Contact Linda Gaber 785-470-7569 wriders@icloud.com  
www.cofoothillsdressage.org

## SEPTEMBER 2019

- 5 **RMDS Board Meeting - Armando's, Parker, CO**  
Contact RMDS Central Office 720-890-7825 rmds@rmds.org
- 7 **Triple Creek Schooling Shows-Longmont, CO**  
Contact Lynn McChesney 303-444-4291 lynntriplecreek@gmail.com
- 7-8 **Dressage in the Rockies Fall I, II -Parker, CO-USEF**  
Contact Monica Fitzgerald mon1206@aol.com
- 14 **BV Dressage Festival II-Boulder County Fairgrounds**  
Contact Patti Hallock 720-323-6691 pattihal@gmail.com
- 15 **BV Dressage Clinic with Sandra Hotz-Boulder County Fairgrounds**  
Contact Beth Gieer 303547-7179 bethgieer1@comcast.net
- 18 **Rocky Mountain Sport Horse Championships Colorado Horse Park-Parker, CO-USEF**  
Contact Heather Petersen 719-338-0854 slush@drwg.net  
www.2whitefeet.com
- 19-22 **Great American Insurance Group/USDF Region 5 Dressage Championships & RMDS Championships-Colorado Horse Park-Parker, CO-USEF**  
Contact Heather Petersen 719-338-0854 slush@drwg.net  
www.2whitefeet.com
- 28 **Creekside Schooling Show-Creekside Equestrian-Parker, CO**  
Contact Angel Hoskins 720-810-5466 ah@angelshorses.com

## OCTOBER 2019

- 5 **Arkansas Valley Dressage Show-Pathfinder Park-Florence, CO**  
Contact Katie Knight 425-890-6112/Christine Casillas 970-471-0371
- 5-6 **GVDS Schooling Show-Mesa Cty Fairgrounds-Grand Junction, CO**  
Contact Arlene Rhodes Arlene@skypony.org www.gvds.org
- 6 **High Plains Youth Clinic with Joan Clay/Kathy Simard-Paradox Ranch-Parker, CO**  
Stephanie Figgins 720-480-7044 stephanieeffiggins@gmail.com

- 10 **RMDS Board Meeting - Armando's, Parker, CO**  
Contact RMDS Central Office 720-890-7825 rmds@rmds.org
- 12 **Triple Creek Schooling Shows-Longmont, CO**  
Contact Lynn McChesney 303-444-4291 lynntriplecreek@gmail.com
- 12-13 **Foothills Chapter Learn to Fall Clinic-Table Mountain Ranch-Golden, CO**  
Lauren Still stillfamily1@mac.com www.cofoothillsdressage.org
- 25-27 **Nancy Baker Clinic-Starfire Farm-Berthoud, CO**  
Contact Gayle Udall 303-503-3383 tawdie@comcast.net
- 26 **Creekside Schooling Show-Creekside Equestrian-Parker, CO**  
Contact Angel Hoskins 720-810-5466 ah@angelshorses.com

## NOVEMBER 2019

- 2 **Board of Governors meeting**
- 7-10 **USDF National Finals-Lexington, KY-USEF**  
Contact USDF 859-971-2277
- 9 **Triple Creek Schooling Shows-Longmont, CO**  
Contact Lynn McChesney 303-444-4291 lynntriplecreek@gmail.com

## DECEMBER 2019

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

## 2020

### JANUARY 2020

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

### APRIL 2020

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

**EXECUTIVE BOARD MEETINGS – OPEN TO ALL-2nd Thursday of the odd months-6:30 p.m. See Calendar listings for dates, contact RMDS Central Office for location updates. For latest updates to the calendar, check the website at [www.rmds.org](http://www.rmds.org)**

## Email and Business Ethics for RMDS

At the March Board meeting, the topic of ethics in our business dealings with each other as RMDS members was placed on the agenda for discussion. In the past few years, certain members have misappropriated email lists sent from shows, clinics and events for their own private use.

This behavior has made it appear that RMDS and/or managers of events are either selling or sharing their email lists and contacts. This reflects poorly on the unsuspecting manager, their barn, and their event.

While this may be "legal" in the eyes of the law, as members of an organization that protects our horses from unethical behavior, RMDS members have an obligation to treat each other with respect.

We strongly condemn this behavior, and may take action in the future to sanction the offending party.

## 2018 RMDS EXECUTIVE BOARD

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

## PERMANENT COMMITTEES

|                                |                            |                    |                              |
|--------------------------------|----------------------------|--------------------|------------------------------|
| Adult Amateur Co-Chairs.....   | Anclaire Spaulding.....    | 303-903-7878 ..... | anclaire.spaulding@gmail.com |
|                                | Michelle Stevens .....     | 951-264-4100 ..... | mshoops@hotmail.com          |
| Awards.....                    | Shannon Lemons.....        | 719-686-0064 ..... | lemons_shannon@yahoo.com     |
| Results.....                   | Central Office.....        | 720-890-7825 ..... | rmds@rmds.org                |
| Communications.....            | Beverly Swanson .....      | 720-401-0357 ..... | centaurpublisher@gmail.com   |
| Centaur Editor/Production..... | Beverly Swanson .....      | 720-401-0357 ..... | centaurpublisher@gmail.com   |
| Advertising.....               | Central Office.....        | 720-890-7825 ..... | rmds@rmds.org                |
| Omnibus Production .....       | Nicole Bizarro.....        | 303-939-0110 ..... | nicbiz@indra.com             |
| Webmaster .....                | Michael Petersen.....      | 719-683-8435 ..... | webmaster@rmds.org           |
| Education.....                 | MaryJo Hoepner.....        | 719-495-3648 ..... | education@rmds.org           |
|                                | Pam Phillips .....         | 719-649-7497 ..... | education@rmds.org           |
| Junior/Young Riders.....       | Cassandra DiPentino.....   | 303-641-9162 ..... | dipentinodressage@gmail.com  |
| Marketing Co-chairs .....      | Una Schade .....           | 720-862-4444 ..... | unaschade@gmail.com          |
|                                | Dorothy Kapaun.....        | 970-310-5229 ..... | dorothykapaun@yahoo.com      |
| Professionals Co- Chairs ..... | Kathy Simard .....         | 720-981-4448 ..... | katsimard@msn.com            |
|                                | Joan Clay.....             | 970-420-0887 ..... | jncly@comcast.net            |
| RMDS Show Liaison .....        | Anclaire Spaulding.....    | 303-903-7878 ..... | anclaire.spaulding@gmail.com |
|                                | Michelle Stevens .....     | 951-264-4100 ..... | mshoops@hotmail.com          |
|                                | Tiffany Rutledge .....     | 719-237-4115 ..... | tiffanybusch@hotmail.com     |
| Scholarship .....              | Natalie Defee-Mendik ..... | 720-287-1952 ..... | scholarship@rmds.org         |

## APPOINTED COMMITTEES

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

## RMDS CENTRAL OFFICE

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

## CHAPTER PRESIDENTS

|                          |                         |                    |                             |
|--------------------------|-------------------------|--------------------|-----------------------------|
| Arkansas Valley.....     | Brenda Haley .....      | 970-471-0371 ..... | remedios15@gmail.com        |
| Boulder Valley .....     | Stan Adamson .....      | 720-887-2606 ..... | adamsons100@msn.com         |
| Foothills .....          | Linda Gaber .....       | 303-674-7998 ..... | writers@icloud.com          |
| Grand Valley .....       | Arlene Rhodes.....      | 970-201-1779 ..... | arlene@skypony.org          |
| High Plains.....         | Stephanie Figgins ..... | 720-480-7044 ..... | stephanieefiggins@gmail.com |
| Northern Colorado .....  | Didi DeKrey.....        | 970-222-1304 ..... | denisedekrey@gmail.com      |
| On the Bit Dressage..... | Ginka Kubelka.....      | 307-399-8763 ..... | gbuchner@uwoyo.edu          |
| Pikes Peak.....          | Tiffany Rutledge .....  | 719-237-4115 ..... | tiffanybusch@hotmail.com    |
| Western Colorado.....    | Lesley Hill.....        | 970-925-9238 ..... | ljs@rof.net                 |

## GOVERNING BODIES

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

## USDF REGION 5

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

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

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

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## RMDS CHAPTER MEETING SCHEDULE

**Arkansas Valley:** 3rd Mon.-monthly, location on website, Brenda Haley, 719-275-0118, brendahaley@q.com check [www.arkansasvalleydressage.org](http://www.arkansasvalleydressage.org) for times and locations

**Boulder Valley:** 2nd Mon., even months, location TBD, Sandra Rosewell, 303-638-2525, Sandra.Rosewell@Colorado.edu

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

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

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

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

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

**Pikes Peak:** 2nd Tuesday of the month - check [www.pikespeakdressage.org](http://www.pikespeakdressage.org) for dates & location, Tiffany Rutledge 719-237-4115, [tiffanybusch@hotmail.com](mailto:tiffanybusch@hotmail.com)

**Western Colorado:** location TBD, Lesley Hill 970-925-9238, [ljs@rof.net](mailto:ljs@rof.net)

## RMDS EXECUTIVE BOARD MEETING SCHEDULE

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

# 2019 RMDS-SPONSORED EVENTS

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

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

## 2019:

### June

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

### September

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

### November

- 2 Board of Governors - TBA

## 2020:

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

### ***For details on these and other RMDS events:***

- Contact the Education Chairman: [education@rmids.org](mailto:education@rmids.org)
- Read the Centaur
- Go on the website - [www.rmids.org](http://www.rmids.org)
- Contact the RMDS Central Office 720-890-7825 [rmids@rmids.org](mailto:rmids@rmids.org)

## The Centaur Newsletter

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

### CONTACT INFORMATION

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

### ADVERTISING

RMDS Office, Beth Geier, 2942 Park Lake Dr., Boulder, CO 80301, Phone: 720.890.7825, email: [rmds@rmds.org](mailto: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](mailto:rmds@rmds.org), and cc the electronic copy to [nicbiz@indra.com](mailto: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](mailto:rmds@rmds.org) (note on subject line "Trainer Info".) Please include your name, phone, address, email, training locations and other pertinent info such as awards, certifications, lesson types, schooling horses, etc.

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

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

### Advertise Events on the RMDS Website

Website ads on the RMDS site provide your event with high visibility. Your ad will run for one month from the date it first appears. Unless the RMDS Central Office is notified in advance ([rmds@rmds.org](mailto: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. If emailed to you, they are free. Request a new one by mailing the Central Office at [rmds@rmds.org](mailto:rmds@rmds.org).

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

# Technical Delegates, Judges and Certified Instructors

## Dressage Judge Ratings and Levels Qualified to Judge

### All Current RMDS Members

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

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

#### FEI 5\*

Janet Foy<sup>^\*</sup> ..... 719-237-4067

#### FEI 4\*

Sandra Hotz <sup>^</sup>..... 303-817-2030

#### FEI PARA Dressage 3\*

Sue Curry Shaffer <sup>^</sup>..... 707-483-0860

#### USEF 'S'

Janet Foy <sup>^\*</sup>..... 719-237-4067

Janet "Dolly" Hannon <sup>^\*</sup>..... 303-919-4112

Sandra Hotz <sup>^</sup>..... 303-817-2030

Debbie Riehl-Rodriguez <sup>^\*</sup> .. 303-263-0768

Sue Curry Shaffer <sup>^</sup> ..... 707-483-0860

<sup>^</sup> = FEI Young Horse Certified

\* = Dressage Seat Equitation Certified

#### USEF 'R'

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

#### USEF 'r'

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

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

#### USDF 'L' Graduates (Schooling and RMDS

Only recognized shows)

\*Denotes Graduation with Distinction

Michelle Anderson ..... 303-646-1375

Megan Bretey ..... 970-250-5812

Kathleen Donnelly\* ..... 970-310-8729

Wendy Fryke ..... 720-314-0974

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

KC Parkins-Kyle ..... 303-841-9953

Sharron Sarchet\* ..... 720-320-4461

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

Stephanie Soule\* ..... 970-201-0747

Simone Windeler ..... 719-287-2040

#### L FACULTY

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

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

#### Dressage Sport Horse Breeding Judge

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

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

#### USDF Sport Horse Seminar Faculty

Janet Foy ..... 719-237-4067

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

#### FEI Level 1 Dressage Steward

Debbie Moloznik ..... 818-515-0377

Heather Petersen ..... 303-648-3164

#### Technical Delegates USEF

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

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

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

Heather Petersen (CO), R. 719.338.0854

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

#### Technical Delegates, RMDS recognized shows only

Joan Clay ..... 970-420-0887

Mary Jo Hoepner ..... 719-495-3648

#### USDF Certified Instructors

##### Training - First

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

Joan Clay ..... 970-420-0887

##### Training - Second

Julie Burt ..... 720-347-8084

RaeAnn Cook ..... 970-225-1408

Sheri Mattei ..... 970-227-8864

Bridget Milnes ..... 303-660-4986

##### Training - Fourth

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

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

Clayton Martin ..... 719-379-3716

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

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

#### USDF INSTRUCTOR/TRAINER FACULTY

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

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

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

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

# Lunging Clinic with Joan Clay

By Judi Devore, GVDS member

*NOTE: This is the follow-up article to the USDF Grant application process that appeared in the April 2019 e-Centaur*

Eleven horse and rider pairs and 26 auditors were treated to an informative hands-on clinic hosted by GVDS and supported by a grant from USDF. (see article in April 2019 e-Centaur).

At the introductory session and potluck on Friday night, Joan Clay, our USDF-certified instructor, brought her assortment of lunging equipment and explained the benefits and reasons for each. This gave everyone the opportunity to think about what they might want to try for their particular situation.



Our second day began with a lunging demonstration by Joan on the correct safety, positioning and techniques for lunging. She started with the proper way to connect your horse to the lunge line with a couple of options.

One option being the lunging cavesson and another being a strap that connected through the cavesson and bit ring which assured that there would be no pull on the bit itself.

Once the actual lunge lessons began, several participants realized they weren't influencing their horses properly with a few of the following being the most frequent corrections by Joan:

- Create a triangle framing the horse between the lunge line, and the whip. Think of the lunge line

as your reins if you were riding, your whip as your driving aid or legs, and your voice bridging the whip and lunge line as a substitute for the seat. Make sure to keep your position square to the horse.

- Pick a point and stay there, pivoting around your foot to keep your shoulders square to the horse, but don't travel or let the horse drag you along. Keep them traveling along the diameter of the circle that you decide.

The next focus was determining how the horse was performing using the pyramid of training as our guide. She would ask the participants if the horses had a good rhythm, first focusing on the regularity of the footfalls and if that seemed satisfactory to the audience, she would ask about the tempo or speed of the gait.

Although many of the horses had good regularity, they had to be encouraged to have a better tempo.

She then asked the audience to comment on the suppleness of the horse and if they were demonstrating the correct bend both laterally and longitudinally.

Several of the horses had issues looking to the outside of the circle and she helped correct this depending on the horse in this way:

- Increase the tempo slightly
- Move the horse out a bit on the circle
- Then increase pressure on the lunge line to turn the head slightly inward
- The increased tempo and centrifugal force will aid in bending the horse in on the circle.

Our second day started with a warm-up of exercises on the ground without horses. Then we lunged a rider on their horse and, getting tips for things to help our seat and position our independence in the saddle. Joan first evaluated each rider at the walk and the trot and then offered specific exercises and methods for improving their position.

Joan appreciated the fact that each of us had different issues in the saddle, many of which were due to injuries or *cont. on pg 19*

## *Lunging Clinic with Joan Clay*

medical problems, and muscle memory was preventing us from using our bodies in the right way. She gave us tailored exercises to improve these issues. Some of the more common problems and exercises were:



- Sit on the triangle of your pelvis and rotate forward on to your pubic bone, then neutral, then back on your seat bones, and then back to neutral to find where the pubic and seat bones have equal weight.
  - Rotate your hips (scrolling) inward and outward and then inward then find the place where your toes and knees are pointed forward. Most of us needed to scroll inward.
  - Keep a soft bend in your knee as though you have a tennis ball you are holding just behind the knee.
  - To lengthen the upper leg while being lunged, bend your knee, grasp your foot on one side and push your knee towards the ground while pushing your pelvis forward, straightening and opening the upper thigh. Be sure to keep your seat with your balanced pelvic triangle, as described before, while you are doing this.
  - Do a two-point position and imagine there is grease in your hip, knee, and ankle joints while you glide along with the horse's movement. Make sure to keep a neutral spine as you do your two-point position.
  - When sitting the trot think of a granite ball in the bowl of your pelvis rolling backward and follow that movement to increase suppleness in the movement of your pelvis. The motion absorbed in the movement of the hips helps to quiet the upper body.
- While being lunged on the horse, holding your hands in rein position but without reins, imagine you have a set of maracas in your hand and you gently shake them in rhythm to the trot to help relax the upper shoulder and elbows.
  - To stabilize upper body and eliminate excess movement, she had the rider ride with her hands over her head for a short period of time which helped her feel the horse's movement in a more stable way.

The enthusiasm for the amount of learning that took place over the course of the clinic was infectious. Many of us who had been lunging for years and thought we knew what we were doing learned so much more about technique and equipment than we thought possible. Our club was so thankful to Joan for helping us expand our ideas for this clinic. With her help it became so much more than we originally imagined.



*Donna DuBois and Persia*

# *Ethics of a Horse Trader*

By Bruce A. Connally, DVM, MS

Horse traders are the used-car salesmen of the equine world. As an equine veterinarian I work with a lot of horse traders and have learned to respect many of these hard-working folks. Now I am not talking about the liars that will drug up a lame horse so he feels good when you try him out. And the rascals that will tranquilize a wild horse and sell him as "dog gentle" are not only unethical, they are downright dangerous. The traders that I am talking about are the ones who make their living seeing "potential" in a horse and then buying him "right." They can feed him a little, ride him a little, and then sell him to someone who needs that kind of horse.

I count a few horse traders as my friends, and have bought horses from some of them. That

however, is a story for another time. Horse traders have taught me a lot about horses and about human nature over the last 35 years. Dean is a friend of mine who has made his living as a horse trader and farrier for many years.

I met him in my first year as a veterinarian over in Lander, WY. The thing I like the best about Dean is that he tells me right up front how he approaches a potential buyer.

"I never lie to someone about a horse," Dean said. "I might only tell them the "important parts" of the truth, but I never lie." I saw those ethics in action one day. A client of mine had really fallen in love with a big sorrel gelding and asked me to do a pre-purchase examination. While I was there they asked Dean about registration papers for the horse. Dean was characteristically truthful with them.

"Papers won't make this gelding run one bit faster." He told the buyer. "But if you need them, I might have some down in the glove box of my pickup that will fit him".

It is hard to argue with ethics like that. This gelding will never reproduce so registration papers in this

case are only useful when you are bragging about how well-bred your horse is.

Dean has a masterful understanding of human nature and has taught me a lot over the years. Many of us go to a used-car lot and are seduced by the chrome bumpers and shiny mirrors.

More than once I have heard Dean tell a novice horsewoman. "My favorite color is "gentle."

It was his way of suggesting she look at the well-broke bay gelding instead of the two-year-old black and white paint filly that had caught this novice buyer's eye. He will sell the paint to her if she insists. He may even make more money on the paint than he would on the bay gelding. But in his own way, Dean

was trying to do the right thing.

**"I never lie to someone about a horse," Dean said. "I might only tell them the "IMPORTANT PARTS" of the truth, but I never lie."**

Not all horse traders have this sense of ethics. I used to do veterinary work for a trader in Colorado. One day he brought six horses in to have their blood drawn for Coggins tests and a health certificate to the Billings horse sale in

Montana. One of the horses appeared to be nearly 20 years old. As horses age the fat pad above their eye decreases and they develop a characteristic concave area just about big enough to put a golf ball in. This horse was in good shape but the concave area on his head would make him look older to a buyer sitting on the benches above the sale ring. In an unusual moment of candor this trader shared one of his secrets. He would inject 10 mL of air under the skin to fill in this concave spot. He told me the air would stay there for about a week and make the horse look much younger during that time. I made a mental note to never buy a horse from this trader.

My favorite story came from a client of mine down in southern Colorado. He and a buddy had found a roan quarter horse stallion listed in a horse sale in Indiana. This horse was raised on a big ranch in Wyoming that is known for good quality horses. How the horse

*cont. on pg 21*

## Ethics of a Horse Trader

got to Indiana was a mystery but these boys got him bought and brought back to Colorado. The horse was a little thin and his hair coat was a little rough but he was beautiful in their eyes. The boys had grand plans to stand the horse at stud and make a fortune. As soon as one of their mares came into heat they brought her to this horse. Nothing happened. The boys were perplexed. They thought maybe the horse was just a little tired from his long trip. They bought him a bag of fancy feed and found a little grass out behind the barn for him. In a week or so the horse was looking good and they tried him on another mare with the same disappointing results. The roan horse was nice but he just had no interest in breeding that mare.

Now these boys were beginning to see their dreams of riches and fame go up in smoke. In a moment of inspired desperation, one of the boys had a great idea. Maybe those "little blue pills" that help men would help this guy. They didn't really know how many to give him but decided to start with six. They waited 30 minutes and brought the mare back in but nothing happened. The next day they tried 10 pills with the same results.

As a last act of desperation they called in the vet to see what was wrong with their new stallion. It only took a few minutes for the veterinarian to diagnose the problem. Their prize stallion was really a darn good gelding. He had apparently been castrated a while ago, but had never been recorded on his registration papers. The boys had been so excited about their new stallion they kind of forgot to check. They never found out who castrated the horse or if the seller in Indiana knew that he was a gelding. They did however prove the old adage one again.

***The best way to get a \$1 million dollars in the horse industry is to start with \$2 million.***

**It only took a few minutes for the veterinarian to diagnose the problem. Their prize STALLION was really a darn good gelding.**

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

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

**PRE-REGISTRATION FORM**

**Camper's Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Parent/Guardian Name:** \_\_\_\_\_

**Mailing Address:** \_\_\_\_\_

**City/State/Zip:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

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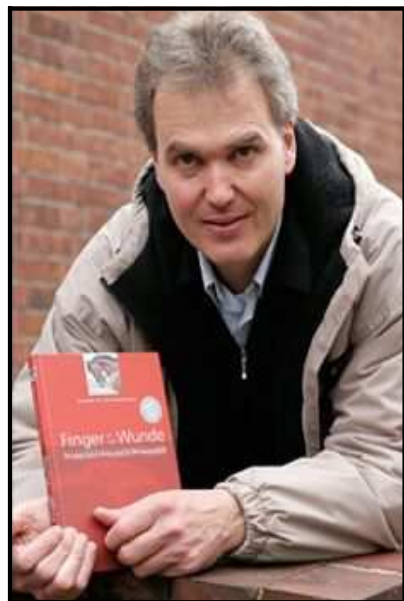
# *“For the Good of the Horse”* with **Dr. Gerd Heuschmann**

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# Region 5 Report



We just finished a very productive set of USDF Executive Board meetings in Lexington, Kentucky. Lisa Gorretta did a great job leading her first set of in person meetings as President and lots of information was covered. Sites were selected for the 2020 Regional Championships and will soon be released to the membership by USDF. The agenda kept us busy for over a day and a half but it's great to see the progress that was made. I had the pleasure of starting the first morning off with a nice walk around the lake outside the Rolex Stadium, visiting a few of the cross country fence complexes that were set for the Land Rover 5\*, and walking down around a few of the organizations that call the Kentucky Horse Park home. Sadly, it was raining on the second morning so we didn't go for a walk.

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 Association, Tucson Dressage Club, Utah Dressage Society, Rocky Mountain Dressage and so forth. Mark your calendars and head south September 28-29, 2019 for a wonderful symposium with Laura Graves. Check the Regional updates each month for other educational activities coming up.

Soon our potential candidates for the 2019 FEI North American Junior and Young Rider Championships will be finalized. As I write this in mid April, we have 4 declared Juniors and 2 declared Young Riders. We had hoped to have enough folks to field two full teams but it is a large endeavor and expense to take our teams to New York, so it might be a smaller year. 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](mailto:jnclay@comcast.net) or 970-420-0877. These 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!**

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



**RMDS MEMBERSHIP FORM**

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

Individual Membership - \$60.00 **(\$70 after January 10-late fee)** Additional family members (same address) - \$45  
 Business Memberships - \$100.00 Education (non-competing) - \$45.00 Life Membership - \$750.00  
 Life Business Membership \$1,000.00 - Transfer Life Business to new owner \$100.00

All business memberships include one individual membership. Fees will be going up for 2020.

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

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

Indicate Local Chapter (only one):

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

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City \_\_\_\_\_ State/ZIP \_\_\_\_\_

Phone (Home) \_\_\_\_\_ (Work) \_\_\_\_\_ (E-Mail) \_\_\_\_\_

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Names, DOBs, & USDF #s of additional family members \_\_\_\_\_

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

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

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

**RMDS Horse Registration Form**

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

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

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

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

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

Horse Name \_\_\_\_\_ Sex \_\_\_\_\_ Breed (if known) \_\_\_\_\_

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

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

Address of Owner \_\_\_\_\_

Owner's Phone (H) \_\_\_\_\_ (E-Mail) \_\_\_\_\_

**Name of previous owner (if changing ownership)** \_\_\_\_\_

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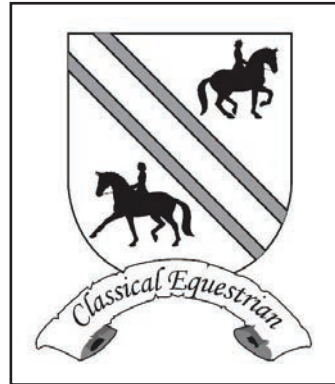
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## Don't Forget!

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

## 2019 OMNIBUS CORRECTIONS

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

Page B-18 add: Debi Heaton to Bronze Medal list  
Section D – Tests:

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

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

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

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

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

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

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

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



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