

# THE CENTAUR



## This Month: Lendon Gray!

The information in the Centaur Newsletter is the sole opinion and responsibility of the authors, and not that of RMDS.



## Wasatch Mountains Sponsors First Clinic!

See Pages 18-19 for the Full Report

Evan Hill rides Megabucks at the Wasatch Mountains' first ever Clinic sponsoring trainer Kristi Wysocki.

Features:

- Bylaw Changes .....5-7
- Perseverance .....8-9
- Wasatch Mountains ....18-19
- Over at the Knee .....22-24
- Reform .....25
- Para Dressage .....28
- Region 5 Report .....2
- Chapter News .....3-4
- About RMDS .....10-13
- Shows and Events .....16-17
- Classifieds .....29
- Business Ads .....30-31

### Special Business

#### **Board of Governor's (BOG) Annual Meeting**

November 14th, 2009, Colorado Springs, The Inn at Palmer Divide. Elections for the offices of President, Vice-President, Secretary, and Treasurer will be held. Nominations will be accepted from the floor.

#### **Proposed Bylaw/Standing Rule Changes**

See pages 5-7 for a summary, to be discussed at the Nov. 14 BOG Meeting.

**Membership Renewals** are now being accepted for 2010. Dues are \$55 if paid by December 31st, after which they become \$60. Please Renew Early!

## Region 5 Report

The USDF Convention and Symposium is around the corner, December 2-6 in Austin, TX. The Symposium with Jan Brink, "Communication, A Two-Way System of Understanding," should be great. I have attended a Trainer's Conference featuring Jan Brink, he is a wonderful trainer/rider and has a good sense of humor. The convention is a great way to get involved in the governance of our sport and to meet other dressage people from other states. You should review all proposed governance changes, rule changes, budgets, and contact your GMO or Participating Member delegates to voice your opinion, and let them know if you would like them to discuss any concerns in the council and committee meetings. The meeting schedule is available on the USDF website and in the September USDF Connection.

Your Participating Member delegates are:

Alexandra Curnutte,	curnuttms@msn.com
Scarlett Fahrenson,	stgeorg@dakotacom.net
Susan Leutwyler,	theleuts@cox.net
Heather Petersen,	slush@drgw.net
Barbara Ramlow,	crkside@nemontel.net
Catherine Siemiet,	catsbarn@aol.com

GMO's need to send in their representatives to USDF so they will be on an email list to receive items that will be discussed in the Board of Governors' meeting. For more detailed information go to <http://www.usdf.org/about/about-usdf/governance/index.asp>

The convention is a day shorter. The Salute Gala will be combined with the Awards Banquet on Friday, December 4. USDF will induct Linda Zang and Brentina into the Roemer Foundation/USDF Hall of Fame. There will be a trade fair at the Symposium and Jan Brink will present his lecture Saturday night.

Advance registration for the convention will save you 20% and the deadline is November 9. The September USDF Dressage Connection contains the Convention preview and registration and is also available online at [www.usdf.org](http://www.usdf.org). Hope to see you there.

Enjoy your Horses and Happy Riding!

-Theresa Hunt  
Region 5 Director



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# Chapter and Scholarship News

## High Plains Chapter

High Plains is sponsoring a two day clinic November 7th and 8th, 2009, with FEI "I" Judge and 2x Olympian Hilda Gurney. Included in the 2 days will be a lecture on Saturday evening with snacks. Freedom Farms has offered their facility for this clinic. The lecture location is TBA. The main focus of the clinic will be for AA's but all are welcome to apply to ride or audit. The theme for the clinic will be *Preparing the Horse and Rider for the Next Level*. For example: going from 1st -2nd, what do you need to show and work on for yourself and your horse? This will be a chapter sponsored event so cost to riders will be \$100/ride/day, which is a big savings compared to a normal clinic price with Hilda. We are anticipating great interest so have prepared a selection process for the riders. Auditors will be encouraged and solicited.

All clinic info can be viewed at [www.highplainsdressage.com](http://www.highplainsdressage.com) or contact Debbie Wilke at [ddwilke@msn.com](mailto:ddwilke@msn.com) / Alex Curnutte at [curnuttes@msn.com](mailto:curnuttes@msn.com).

In the mean time we were going to have a schooling show but canceled due to low entries. We believe that we need to make sure we have more lead time to put it together properly. The plan is to offer one next year.

Officer Elections for 2010 will be held during the High Plains Oct 20th meeting. Location: Warhorse Inn, Main St. Parker CO, 7pm. We have 2 new officers this year whom we hope will continue for next year. The slate of nominees for the 2010 HP Executive Board can be viewed at [www.highplainsdressage.com](http://www.highplainsdressage.com). Any member wishing to add their name to the slate of nominees, should contact any of the current HP Executive Board members. We encourage all HP members to attend this meeting to meet and vote on HP Officers for 2010.

HP also has 13 delegate slots open for the RMDS Board of Governors' meeting on Nov., 14th 2009. Any interested members should submit their names prior to the Oct 20th HP meeting to Alex at [curnuttes@msn.com](mailto:curnuttes@msn.com).

-Alex Curnutte, High Plains President  
[www.highplainsdressage.com](http://www.highplainsdressage.com)

## Boulder Valley Dressage Chapter

Boulder Valley held our "So Long To Summer" show at Somerset Farms in Longmont on Sunday, August 30th. We had a great turnout, with 82 rides total, but many of those were 11th hour entries. This seems to be an on-going problem for many shows this year and cause for many headaches for show management; it is very difficult to schedule & re-schedule ride times & have adequate judges if the number of entries is unknown so close to the show date.

A retirement ceremony was held at the lunch break for Boulder Valley member & 2009 RMDS scholarship recipient Sharon Gilbert's horse Black Manassis; I don't think there was a dry eye in the house! Many thanks are due to all who made this show possible.

At our next chapter meeting, to be held October 12th at the CTRC, 11968 Mineral Road in Longmont, we will be discussing proposed by-law changes, dates for our spring & end of summer shows, & officers for next year. I would also like to receive input from members on programs/events they would like to see happen in 2010. If there is interest, possibly a ride-a-test clinic combined with some how-to presentations on filling out show entries & braiding & grooming for shows.

Go hug your horse today; we can never thank them enough for all they do for us.

"Somewhere in time's own space, there must be some sweet pastured place, where creeks sing on and tall trees grow, some paradise where horses go. For by the love that guides my pen, I know great horses live again."  
-Stanley Harrison

-Nicole Donohue, BVD President

## Foothills Chapter

The Foothills Last Chance show was held Sunday, Sept. 13th, at Table Mountain Ranch, Golden, CO. We had a very full show and needed to hire an extra judge to accommodate everyone Big thanks to Jan Wingate for organizing the volunteers. BIG Thanks to all the volunteers, Heather and Camille, Judy and Aurturro, and the TMR managers also. We need to have a meeting before the RMD's BOG meeting in November to elect officers and talk about show dates and other business. An e-mail will be sent to all members. We also had a pool party in Sept. and had a great time.

-Dolly Hannon, Foothills President

## Sarah Haney and Thirsty May Storm, 2009 Scholarship Recipients

Part of the RMDS application is providing a budget. I am the owner of a Pet Salon in Colorado Springs, so while I live off of a budget, I have to admit I hate doing them! I equate everything in dog, so let's say my total expenses for 2009 are \$4,500, that includes everything from shoes, lessons, show fees, clinics, you get the point. In order for me to earn \$4,500, I divide that by an average of \$39.00 a dog, which means I have to groom 115 dogs to pay for all of this! Reality bites! Thank goodness for the RMDS scholarship! That saved me from having to groom an extra 13 dogs to pay my way, which in turn gave me an extra 15-20 hours to ride my horse and not work! I strongly

## Chapter and Scholarship News

encourage everyone to create a budget; it is a real eye opener to see on paper just how much you spend!

On my budget was attending clinics, one of which I went to see was Debbie MacDonald. I am only a training level rider, but I know that a strong foundation is key to moving up the levels. The quality of straightness, the power of the almighty half halt, and my own personal struggle, inside leg to outside rein. Having a background in western riding, barrel racing to point fingers, it's easy for me to want to pull my horse around, and a hard habit to break! But the importance of that outside rein to achieve higher levels of movement is something that I really now understand and therefore find it easier to do. I also learned that even upper level riders go back to using the big crayons, even when they look it, they are not perfect, their horses still buck, pull, rush, and shy, and yes, some riders still

hold their breath too! I'm glad to see these things I struggle with affect more advanced riders too. Taking part in clinics, whether you are auditing or riding, not only teaches you new things, but reaffirms your current training techniques as well. Everyone can learn from someone, and maybe you only take home one or two things from a lesson, but that's a step or two further in the right direction than you were before!

Dressage to me is not about the shows and ribbons, although it is an awesome feeling to perform a really nice test and get high scores, but it's more about building harmony and a partnership with my horse, volunteering, making new friends, and learning! Best of luck to everyone applying for the 2010 scholarship and remember to give back to this wonderful sport that we all love so much!

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Graphic Design Beth Beymer

Any questions or concerns regarding the RMDS organization may be addressed to the President of RMDS at [president@rmds.org](mailto:president@rmds.org) or by calling the Central Office at 720-890-7825.

# Proposed Bylaw and Standing Rule Changes 2009

*For discussion and possible changes.*

Discussed and voted on at the Board of Governors' Meeting, **November 10, 2009**

Use the 2009 Omnibus for reference.

## Bylaws

(By 2/3 vote) - page E-11 Article XIII, A.

### 1. Page E-6 VII Officers-D. 2: **Pat Leech**

Upon assuming office in January, the President shall appoint (with the approval of the Executive Board) an auditor who shall be charged with reviewing the financial records of the previous year. A full audit of the financial records must be performed with every change of Treasurer or at least every five (5) years. The auditor shall report the findings to the President and to the Executive Board.

Change – ADD the following to the last sentence:

***The auditor shall report the findings to the President and to the Executive Board who will make the results available to the membership by publishing the audit findings in the Centaur and on the RMDS Web Page.***

### 2. Page E-7 VII Officers-F: **Pat Leech**

Change: Reword the final sentence as follows:

The Secretary shall... and distribute immediately following each meeting a summary of the minutes of each meeting to all delegates of the Board of Governors, Executive Board members, Committee Chairpersons, and the editor of the Centaur ***and will publish a copy of the minutes of each Executive Board meeting and the Board of Governors meeting in the Centaur and on the society web page.***

### 3. Page E-7 VII Officers-G: **Pat Leech**

Current Rule:

Treasurer: The Treasurer shall have the responsibility of reporting to the Society and the Executive Board with regard to all financial matters involving the Society. The treasurer shall make known to the Executive Board, such recommendations and/or suggestions as to the manner in which the financial affairs of the Society are conducted. He/She shall prepare a budget for the Society, which shall be presented to the Executive Board prior to the annual Board of Governors meeting. The Treasurer shall provide a summary of the Society's finances to any member upon request.

Change: Reword the final sentence as follows:

The Treasurer shall provide a ***current statement of the Society's finances to any member in good standing upon request and shall publish a year end statement for the current year and the budget for the upcoming year in the***

*January edition of the Centaur and on the society web page.*

4. Page E-8 IX Executive Board-D: **Pat Leech**

D. The Executive Board shall have responsibility for the general management of the affairs of the Society. Leave this rule intact and insert the following rule and renumber the remaining rules in this section.

Change: Add the following rule:

***E. Signatory authority for the RMDS checkbook will reside with the President and Treasurer and both signatures will be required for all checks written for the Society. All expenditures in excess of \$500.00 will require review and approval of the Executive Board before they are paid.***

5. Page E-11 XIII Amendments to Bylaws & Standing Rules: **Pat Leech**

Add Item D:

***All proposed changes to the RMDS By-Laws and Standing Rules must be published as submitted and without change in the Societies newsletter at least 90 days prior to the annual meeting date of the Board of Governors and in each issue thereafter until the meeting date. i.e. if the Board of Governors meeting is in November, the proposed rule changes will be published in the August, September and October issues of the newsletter.***

## STANDING RULES

(By majority vote) – page E-11 Article XIII, A.

6. Page E-12 I. JUDGES: Executive Board-housekeeping

Change & add:

The Rocky Mountain Dressage Society (RMDS) shall develop and maintain a list of recognized dressage judges. **Two (2)** categories of individuals are eligible to be recognized as judges at RMDS recognized shows

- A. Any judge recognized by US Equestrian Federation or any FEI or foreign judge holding registration for judging dressage in his/her own country is recognized by RMDS.
- B. Any USDF “L” Graduate or any judge recognized by the USDF who is in compliance with the RMDS “L” Graduate Judges recognized officials program (**Section VII.**) shall be recognized by RMDS

7. Page E-12 II. TECHNICAL DELEGATES: Executive Board-housekeeping

The Society shall develop and maintain a list of recognized Dressage Technical Delegates. Two (2) categories of individuals are recognized as RMDS approved Technical Delegates. ***The duties of the RMDS Dressage Technical Delegate at RMDS approved shows are equivalent to those of the US Equestrian Federation Technical Delegate as outlined in the current US Equestrian Federation Rule Book.***

- A. Any US Equestrian Federation or FEI approved Dressage or Combined Training Technical Delegate or Steward may officiate at RMDS only recognized competitions.
- B. Any approved RMDS Technical Delegate who is in compliance with the RMDS Technical Delegates program (**Section VI**) for continuing recognition may officiate at competitions recognized only by RMDS.

DELETE and Place in description: ***C. The duties of the RMDS Dressage Technical Delegate at RMDS approved shows are equivalent to those of the US Equestrian Federation Technical Delegate as outlined in the current US Equestrian Federation Rule Book***

8. Page E-13 III. RMDS Recognized/Approved Competitions-K.1. Executive Board-housekeeping

- K. At RMDS only recognized shows; all US Equestrian Federation rules regarding competitions shall be followed with the following exceptions:

1. DELETE: *RMDS requires having medical personnel, as defined by US Equestrian Federation, (Article 1211.5) on the show grounds. The telephone numbers of the nearest emergency facility and an ambulance service must be posted at the show office.*

9. Page E-13 III. RMDS Recognized/Approved Competitions.K.2: **Pat Leech**

ADD:  
The distance between RMDS Recognized Competitions *held on the same date* shall be a minimum of 50 miles.

10. Page E-13 III. RMDS Recognized/Approved Competitions K. : **Heather Petersen**

Add 4. *RMDS does not require a veterinarian be present for pony measurements. Pony measurements may be conducted at RMDS ONLY recognized competitions by the technical delegate and the presiding judge with a USEF approved and numbered measuring stick. A veterinarian may be used instead of a judge if the competition desires, but it is not required.*

11. Page E-16 V. Awards – Year-End A.8.b.: Executive Board-housekeeping

Delete: Adult/Amateur classes or divisions are open to riders who have reached their 21st birthday as of December 1 of the current competition year and who enjoy Amateur status as defined in the current US Equestrian Federation Rule Book. A current US Equestrian Federation Amateur Card shall be required as proof of amateur status.

Replace with: *Adult/Amateur classes or divisions are open to riders who have or will reach their 22nd birthday of the current calendar year. A current US Equestrian Federation Amateur Card shall be required as proof of amateur status.*

12. Page E-19 V. Awards – Year-End F.4.e. Executive Board-housekeeping

DELETE and replace:

Scores from open *and championship classes* will count towards year-end awards. *Classes for specific breeds will not count.*

13. Page E-24 XIII. Compensated Professional Services B. **Pat Leech**

Any official of RMDS who serves in a paid position may not vote on issues pertaining to that position.

Change - Reword as follows

*Any individual or immediate member of their family who is in a contractual relationship or holds a compensated position between themselves and RMDS or one of its chapters may NOT hold a position on any of the following governing boards:*

1. *RMDS Executive Board*
2. *Chapter Executive Board*
3. *RMDS Board of Governors Delegate*

14. Page E-28 XIV. RMDS Championship Show C.1. **Pat Leech**

Add:  
*d. All qualified entries for the RMDS Young Horse and Mature Horse Sport Horse Breed Championship classes will be shown individually on the triangle, a score sheet will be completed by each officiating judge, and the average of the scores will be used to place the participants. The highest placed horse from each division (Young Horse or Mature Horse) will be the division Champion, while the second highest placed horse from each division will be the division Reserve Champion.*



# Perseverance Pays Off: Orion and I

By Malva Freymuth-Tarasewicz

Malva is a professional violinist, teaches choral music and drama at Summit Middle School, and maintains a private teaching studio. She has earned both her *USDF bronze medal and USDF bronze freestyle bar this year—the certificates awarding these distinctions are both dated 9-11-09. How's that for coming full circle?!*

## ***E*ver since I can remember, I've loved horses and have wanted them to be a part of my life...**

Although I got to ride a handful of times as a child, I had no further access to horses until my mid-thirties. I was looking for a therapeutic riding opportunity for our young son and met a woman who kindly allowed me to use her retired dressage horse for lead lining. We got into conversation, she told me a little about dressage, and seeing my enthusiasm she encouraged me to get on her horse for a long lesson! My old horse dreams were rekindled; soon I found an instructor and began taking lessons plus part-leasing a fun little appaloosa. Within a year, I was determined to find a horse of my own and had grand dressage dreams based on a single Klimke video that I had viewed—I'd never before dreamed that horses could dance!

My first rides on warmblood horses were on a few local dressage horses that were for sale; then, I even tried a few in another state. Being such a green rider and used to the small horse I'd been riding, I didn't know anything about evaluating a horse but it seemed to me that I'd have a better chance of figuring that out if I could ride and compare many horses in close proximity over a short time period. A trip to Europe seemed logical: I speak German fluently, my husband was working for Northwest Airlines and so I could fly for free, and I could stay with my German relatives. Unbelievably, on my first day there, I felt sure that I had found my dream horse! I also visited a tack shop to purchase a pair of dressage boots. Following is

*Unfortunately, I had no idea that forcing a horse into a frame and pressuring him to look like he knew a lot was likely to have negative repercussions that might take years to work out.*

a sketch of the drama that unfolded in my first year of horse ownership. The heartbreak that I experienced with my new horse coincided with a bizarre series of mistakes regarding the boots that I had purchased. Strangest of all, both the horse and the boot situations found resolution on the same day one year later! Perhaps destiny had a hand in it?

When I found "Omar" at a sale barn in Europe, he'd only been there for ten days and was described as being very green but learning so fast that they were schooling second level movements on him. Unfortunately, I had no idea that forcing a horse into a frame and pressuring him to look like he knew a lot was likely to have negative repercussions that might take years to work out. I did have a sense that the tightly curled frame didn't look right, but my imagination was caught by the floaty manner in which this horse moved. Plus, his lack of training made him

almost affordable to me. (It would take me six weeks to get the finances sorted out and during this time, Omar certainly continued with a forced regimen of "training for quick sale.")

I also spent time at a tack shop being measured for dressage boots—these had to be sent to the shop from the factory and arrived the day before my scheduled departure. When I phoned to confirm store hours, I was mistakenly given weekday information instead of the shorter Saturday hours and so the store was locked for the weekend when I arrived to pick up the boots. How disappointing! They would have to be sent by slow surface mail instead.

Back home in Colorado, I made the arrangements for shipping my horse. His unappealing name of "Omar" seemed ominous when the only available flight was on September 11 with arrival in New York exactly one year after the Twin Towers attack. Omar, arriving on 9-11 in New York City? I renamed him "Orion" and pushed superstitious thoughts aside.

Our relationship started with a bang. Our first two rides were at a sedate walk, but the third ended with a crash that had me laid up for most of October and November recovering from separated ribs, massive bruising, and an unbelievable contusion on my butt. While I recuperated, I put Orion in training and in December I finally had a handful of rides and lessons on him. He didn't feel anything like what I remembered from my trial ride in Europe and I couldn't understand how such a soft and sensitive seeming horse could have turned into the truculent, reluctant animal I was sitting on now. Spooks and blow-ups were part and parcel of those few rides and I began

wishing that I hadn't bought him. Then, just before Christmas, pus began oozing from a draining tract near Orion's hock; the vet recommended full-out surgery at CSU.

In tandem with the horse issues, I'd also been having "boot issues." Several months after they'd been mailed, I still hadn't received my boots. Surely the postal service wasn't that slow? I emailed a query to the tack shop. "Oh, yes, the boots were just returned to us, the address was incorrect." Instead of 774 they had written 744! I thought that surely the mailman would have recognized our name and delivered them anyway. In fact, a short time later, the federal customs form did arrive in our postbox in spite of the same incorrect address. Go figure. Maybe our regular mailman was out sick when the boots came. "Alright, please correct the address and send me the boots again." This time they arrived quickly; it was just a few

days 'til Christmas. Excitedly, I tried them on. "Super, this one fits great. But, what's going on here? I can't get my foot into the other one!" Inside, the boot was stamped with a foot size of 7 rather than 7 ½! Astounded, I boxed them up and sent them back, requesting that the store owner check the numbers on the next pair before shipping them.

January arrived and I'd had about a dozen rides total on Orion when he dumped my instructor during a training session. The very next day, I too was violently ejected into the dirt and landed square on my shoulder. Numbly, I drove to the emergency room instead of to the concert hall where my colleagues were expecting me on stage (I'm a violinist in a professional symphony). The diagnosis? Complete humeral head fracture. It would have to heal without a cast and I went through excruciating pain as every movement caused the splintered bones to grate against each other.

I was ready to give up—my lifelong dream had so quickly turned into a nightmare. To make matters worse, my husband was sent to the east coast, mobilized by the Navy Reserve in the continuing aftermath of 9-11 while I remained home alone

*Orion and I had both mended physically but remained emotional wrecks. I'd visit him in his stall and cry as the remoteness, mistrust, and disrespect that I sensed in Orion couldn't be denied. Neither could the need for highly expert help...*

with my broken arm and our eight-year-old son. Orion's surgery proceeded in February as scheduled, and his eight weeks of stall rest ironically began on Valentine's Day. Any celebration of love or happiness was out of the question. As if to mock me, the next pair of boots arrived and I discovered that the feet were now correctly sized but that the entire calf (rather than just the ankle) had been widened by one cm. Back to the post office I went—this shipping back and forth was eating up all the savings I'd gained by buying the boots in Europe.

By April, Orion and I had both mended physically but remained emotional wrecks. I'd visit him in his stall and cry as the remoteness, mistrust, and disrespect that I sensed in Orion couldn't be denied. Neither could the need for highly expert help (and unforeseen amounts of money). Putting him up for sale seemed like the only way out. I connected with Hilary and Charlie Carrel (Colts Unlimited, WY) and requested that they work with Orion as if he'd be coming back to me rather than pushing for a quick sale; I didn't want anyone else to go through what I'd experienced. As fate would have it, the May date that they set for picking up Orion happened to be my birthday. More poignant tears and heartache. Why did all these bad things keep happening on "special" days?

Orion's departure opened up some time in which I could observe various trainers at work. I was still hoping to gain some insight into Orion's dramatic decline. The details of technique, timing, and feel that I saw being addressed went way beyond what I'd been exposed to. I'd done a lot of reading along with taking lessons, but watching the every-day nitty-gritty stuff that

made up the process showed me that I'd only experienced the tip of the iceberg.

During the summer, I was introduced to Gretchen Ahlem, a trainer who clearly taught both the basics and the intricacies of dressage at every lesson while yet remaining affordable for people like me. I began to learn about truly influencing the many body parts of a horse and regained some confidence as I learned effective strategies for riding the spooks that her school horse occasionally produced. Meanwhile, Orion was being worked through his enormous tension and fear, and the Carrels reported his increasing confidence as they taught him to jump. In Europe, he'd been jammed into an inappropriate frame and had been dictated to with every step. Jumping required him to think for himself and allowed him to find his natural balance. The Carrels also took him to his first ever show and found that he came away from this challenging situation with increased focus and willingness to work. These positive reports, plus the expert guidance I was now receiving from Gretchen convinced me to take a leap of faith: I would bring Orion home and try working at my dream again.

In September, the Carrels brought a string of horses to show at the Colorado Horse Park and they dropped Orion off at Gretchen's on Saturday the 13th (NOT Friday the 13th!) After bedding Orion down, I drove home and arrived just after the postman had delivered a large flat package. Could it be...? With trembling hands, I opened the box. The boots inside were gorgeous; the numbers stamped inside the shaft were correct. I put one on and then...the other. They fit like a glove.

Walter Zettl says, "It's a matter of trust." How true! After that first nightmarish year, the next entire year was the equivalent of intense psychotherapy for Orion. Gretchen had us do a lot of groundwork while she was Orion's primary rider. His unpredictable and athletic over-reactions were like "flashbacks" and required a skilled rider. However, by the second year, enough of a bond had developed between us and my own riding had progressed sufficiently for me to take over all the riding. Since then, Gretchen has guided us from the ground, teaching me how to teach Orion. And it has taken Orion years to learn how to learn! In any case, it's a hard, slow road for a developing rider to train their own horse through the levels. It becomes even harder when both the rider and the horse have mutual fear issues. Just as when peeling an onion, there's always a new layer to contend with. However, I've also discovered that the onion peel analogy is true of the positive learning process and can truly represent the essence of dressage—the layers of learning never end and as you move up the levels, the onion skins become ever thinner and more subtle. Thank goodness I love onions!

# About RMDS

## 2009 RMDS Executive Board

President .....	Laura Speer .....	970-330-7233 .....	riversidestables_evans@yahoo.com
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Vice President .....	Alexandra Curnutte .....	303-663-0358 .....	curnutt@msn.com
Secretary .....	Simone Windeler .....	719-540-2000 .....	simonedressage@gmail.com
Treasurer .....	Sharon Soos .....	303-904-7534 .....	sksoos@mesanetworks.net

## Permanent Committees

Adult Amateur .....	Lori Mitchell .....	303-816-2375 .....	baffledressage@aol.com
Awards .....	Lauren Smith .....	303-799-1443 .....	hh_smith@msn.com
Results .....	Central Office .....	720-890-7825 .....	rm@rm@rm@rm.org
Championship Show .....	Debbie Wilke .....	303-646-8937 .....	ddwilke@msn.com
Communications .....	Susan Rudman .....	303-697-8528 .....	sewrunred@msn.com
Centaur Production .....	Cathy Van Berg .....	303-916-6136 .....	vanbergc@yahoo.com
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Insurance, Show Standards .....	Central Office .....	720-890-7825 .....	rm@rm@rm@rm.org
Junior/Young Riders .....	Colleen McFadden .....	303-665-2631 .....	Mcfadden_colleen@hotmail.com
Junior Camp .....	KC Parkins-Kyle .....	303-841-9953 .....	murphyhors@aol.com
Marketing .....	Heather J. McEntee .....	719-338-9913 .....	heather@hjmcdressage.com
Membership			
Horse Registration .....	Central Office .....	720-890-7825 .....	rm@rm@rm@rm.org
Registration Officials and			
Show Standards .....	Central Office .....	720-890-7825 .....	rm@rm@rm@rm.org
Scheduling .....	Central Office .....	720-890-7825 .....	rm@rm@rm@rm.org
Scholarship .....	Loni Gaudet .....	970-532-0852 .....	lonigaudet@earthlink.net

## Chapter Presidents

Arkansas Valley .....	Brenda Haley .....	719-275-0118 .....	shininghorse@copper.net
Boulder Valley .....	Nicole Donohue .....	303-678-8870 .....	hobbyhorse6789@yahoo.com
Colorado Springs .....	Simone Windeler .....	719-540-2000 .....	simonedressage@gmail.com
Foothills .....	Dolly Hannon .....	303-919-4112 .....	dollyhannon@msn.com
Grand Valley .....	Lisa Bins .....	970-243-8543 .....	lbawprints@yahoo.com
High Plains .....	Alexandra Curnutte .....	303-663-0358 .....	curnutt@msn.com
Northern Colorado .....	Laura Speer .....	970-371-2934 .....	riversidestables_evans@yahoo.com
Tri-State .....	Darlene Vaughn .....	307-332-7261 .....	popagieranch@hotmail.com
Wasatch Mountains .....	Sally Shaffer .....	435-640-8797 .....	sshaffer4@yahoo.com
Western Colorado .....	Judith Family .....	970-923-8832 .....	dns@rof.net

## Governing Bodies

### UNITED STATES DRESSAGE FEDERATION

USDF ..... 859-971-2277 ..... www.usdf.org  
 4051 Iron Works Parkway  
 Lexington, KY 40511

### USDF Region 5:

Director ..... Theresa L Hunt ..... hunterry@mindspring.com  
 FEI JRYR Coordinator ..... Susan Rudman ..... 303-697-8528 ..... sewrunred@msn.com  
 Website ..... www.usdfregion5.org

US EQUESTRIAN FEDERATION, INC ..... 859-258-2472 ..... www.usef.org

### USEF

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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# About RMDS

## RMDS CHAPTER MEETING SCHEDULE

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

**Boulder Valley:** 2nd Mon., even months, location TBD,  
Nicole Donohue 303-678-8870,  
hobbyhorse6789@yahoo.com

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

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

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

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

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

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

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

**Wasatch Mountains**  
Sally Shaffer, 435-640-8797  
Location TBD

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

## Meeting Schedule of the RMDS Executive Board

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

## RMDS SPONSORED EDUCATIONAL EVENTS

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

### 2009

**Oct 10-11** RMDS Continuing Education with Lendon Gray, Somerset Farms, Longmont. Instructors, riders, and auditors welcome.

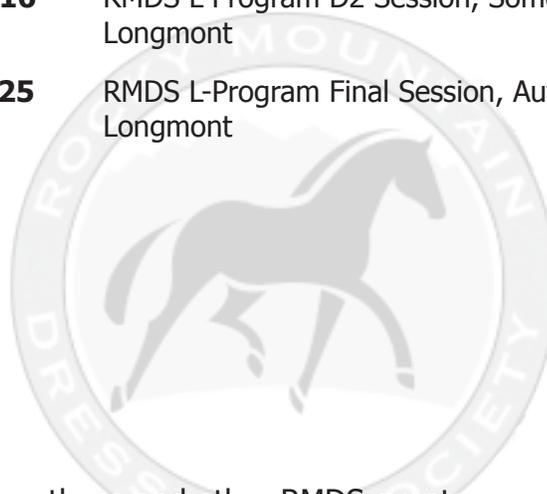
### 2010

**Jan 30** RMDS Judges' Continuing Education featuring Janet "Dolly" Hannon. Location TBA.

**Feb 13** TD & Show Managers' Continuing Education-Comfort Suites-Castle Rock

**May 15-16** RMDS L-Program D2 Session, Somerset Farms, Longmont

**July 24-25** RMDS L-Program Final Session, Autumn Hill IEC, Longmont



For details on these and other RMDS events:

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

## CONTACT INFORMATION

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

## ADVERTISING

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

## DISPLAY ADVERTISING

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

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

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

## CLASSIFIED ADS

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

## PAYMENT AND AD COPY DELIVERY

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

## AD RATES AND SIZE SPECIFICATIONS

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

Full Page.....	\$150	.....7.5" x 9.5"
Half Page.....	\$90	.....7.5" x 4.75"
Outside back half .....	\$105	.....7.5" x 4.75"
1/4 Page (Vertical Only) .....	\$55	.....3.75" x 4.25"
1/8 Page (Business Card) .....	\$30	.. 3.625" x 2.25" (horizontal only)

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

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

## EDITORIAL POLICY

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

# Utilize the RMDS Network:

## Trainers and Instructors - Get on the Web and Build New Business

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

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

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

## Advertise Events on the RMDS Website

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

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

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

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

## Important Info on RMDS membership

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

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

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

# About RMDS

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

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

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

\*may only judge at RMDS recognized shows.

### FEI 'I'

Janet Foy 719-260-1566

### USEF 'S'

Debbie Riehl-Rodriguez 303-642-7708  
Sandra Hotz 303-817-2030  
Anita Owen 303-953-9904  
Janet "Dolly" Hannon 303-919-4112

### USEF 'R'

Kristi Wysocki 303-648-9877

### USEF 'r'

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

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

Only recognized shows)

Simone Ahern-Harless\* 719-749-9274  
Barbara Bell (WY) 307-548-7079  
Gigi Brittain\* 303-646-1506  
Julie Burt 719-372-6270  
Alison Child\* (UT) 435-640-3287  
Rae Ann Cook\* 970-225-1408  
Marti Foster\* 303-277-1132  
Beth Geier 303-673-9840

Jan Goodrich-Spear 303-664-0152  
Gwen Ka'awaloa\* 303-646-4363  
Linda Coates-Markle 303-469-0279  
Sarah Martin\* 719-379-3716  
Kathleen Mayger\* 970-310-8729  
Linda Ohlson-Gross\* 303-840-9818  
KC Parkins-Kyle 303-841-9953  
Kathy Simard\* 720-981-4448  
Maria Wasson 303-682-9594  
Simone Windeler 719-540-2000

\*Denotes Graduation with Distinction

### Dressage Sport Horse Breeding Judges

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

### Technical Delegates USEF

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

### TD, RMDS sanctioned shows only

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

### USDF Certified Instructors

#### Training - Second

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

#### Training - Fourth

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

## Roster 2009 Corrections

### Address Change:

Sarah Haney  
Carolyn Mains  
Andrita Scofield

1662 Turner Road-Colorado Springs, CO 80920  
685 Portland Place - Monument, CO 80132  
7231 Eaton Circle-Arvada, CO 80003

303-429-7525



## RMDS AWARDS BANQUET 2009

**Hosted by the Colorado Springs Dressage Association**

Saturday, November 14, 2009

The Inn at Palmer Divide

443 Hwy 105

Palmer Lake, CO 80133

5:30 PM      Cocktails  
6:00 PM      Dinner & Awards Presentation  
5:30-8:30 PM Auction items available for bids

Please RSVP by November 3, 2009  Reservation and payment must be received by this day. A completed form with payment constitutes your reservation. No phone reservations (No exceptions!) Late reservations will be accepted until November 12 with an additional \$10 fee. Make check out to RMDS and mail to:

Heather Petersen, 12395 Gull Lane, Peyton, CO 80831

**Directions:**

From the North or South: Take I-25 to exit 116, CO Hwy 105. Head west on CO Hwy 105 to Monument/Palmer Lake. The Inn is 3 miles ahead on the right.

Reservations @ \$39 per person:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

I do NOT plan to attend the banquet but will be attending the awards presentation and am enclosing a \$15 fee per person to help cover the costs.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

**The Inn has lovely guest rooms available and we have reserved a block under the RMDS name. Rooms are \$122.20 inclusive of taxes and breakfast. The block will be held until November 7<sup>th</sup>. Call 877-684-3466 for reservations.**

## Call For Centaur Articles

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

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

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

**Photographs are always welcome!**

November Topics: **Horse Health**

December Topics: **Holidays with RMDS**

January Topics: **Planning the New Year**

RMDS High Plains Chapter Welcomes

# Hilda Gurney

Two Time Olympian · FEI "I" Judge · Trainer · Clinician

*"Move Up the Levels"*

**Saturday, November 7 · Sunday, November 8**

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\$100 Ride/2-day Commitment for Riders

Rider Selection Process will Apply  
Auditors Welcome to Clinic and Lecture

Clinic Location: Freedom Farms, Franktown  
More info: HighPlainsDressage.com  
Contact: Debbie Wilke-ddwilke@msn.com,  
Alex Curnutte-curnuttes@msn.com



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*"Where in this wide world can (a person) find nobility without pride, friendship without envy or beauty without vanity? Here, where grace is laced with muscle and strength by gentleness confined. He serves without servility, he has fought without enmity. There is nothing so powerful, nothing less violent; there is nothing so quick, nothing more patient."*

*-Ronald Duncan  
from "To the Horse"*

# 2009 Shows and Events

All shows are RMDS recognized except schooling shows.

## OCTOBER 2009

- 3-4 **Millbrook Farms Fall Show**  
Contact Jan Lawrence, 801-768-8739
- 5 **Sarah Martin Clinic, Triple Creek Farm, Longmont**  
Contact Beth Geier, 303-673-9840 bethgeier1@comcast.net
- 5-7 **Ralf Schmitzer Clinic, Whispering Winds, Monument**  
Contact Simone, 719-540-2000 simonedressage@gmail.com
- 6 **Janet Foy Clinic, Reiterhof Ranch, Franktown**  
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/
- 9-11 **Ralf Schmitzer Clinic, Whispering Winds, Monument**  
Contact Simone, 719-540-2000 simonedressage@gmail.com
- 10-11 **RMDS Continuing Education with Lendon Gray,**  
Instructors, riders, and auditors welcome. Somerset Farms, Longmont  
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 12 **Sarah Martin Clinic, Triple Creek Farm, Longmont**  
Contact Beth Geier, 303-673-9840 bethgeier1@comcast.net
- 13-15 **Ralf Schmitzer Clinic, Whispering Winds, Monument**  
Contact Simone, 719-540-2000 simonedressage@gmail.com
- 16-18 **Great American Insurance Group/USDF Regional Dressage Championship-Albuquerque, NM USEF**  
Contact Donald Simpson, flashmail@netzero.net
- 17-18 **Fall Harvest Schooling Show, Grand Junction**  
Contact Kathy Sassano, 970-245-0806

- 20 **Janet Foy Clinic, Reiterhof Ranch, Franktown**  
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/
- 26 **Sarah Martin Clinic, Triple Creek Farm, Longmont**  
Contact Beth Geier, 303-673-9840 bethgeier1@comcast.net

## NOVEMBER 2009

- 2 **Sarah Martin Clinic, Triple Creek Farm, Longmont**  
Contact Beth Geier, 303-673-9840 bethgeier1@comcast.net
- 3 **Janet Foy Clinic, Reiterhof Ranch, Franktown**  
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/
- 14 **RMDS Board of Governors' Meeting, Colorado Springs**
- 16 **Sarah Martin Clinic, Triple Creek Farm, Longmont**  
Contact Beth Geier, 303-673-9840 bethgeier1@comcast.net
- 17 **Janet Foy Clinic, Reiterhof Ranch, Franktown**  
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/

## DECEMBER 2009

- 7 **Sarah Martin Clinic, Triple Creek Farm, Longmont**  
Contact Beth Geier, 303-673-9840 bethgeier1@comcast.net
- 8 **Janet Foy Clinic, Reiterhof Ranch, Franktown**  
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/
- 14 **Sarah Martin Clinic, Triple Creek Farm, Longmont**  
Contact Beth Geier, 303-673-9840 bethgeier1@comcast.net
- 29 **Janet Foy Clinic, Reiterhof Ranch, Franktown**  
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/

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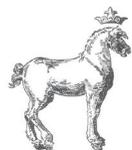
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Grant Schneidman  
USDF Silver & Gold Medals

Sharon Schneidman  
USDF Gold Medal & Asst.  
Coach Beijing 2008 USA  
Paralympic Dressage Team

Nicole Gluesenkamp  
German FN Bereiter  
USDF Silver Medal

**BARN LOCATION**

Cañon Ridge Farms  
2940 Cañon Ridge Road  
Castle Rock, Colorado  
80104 USA  
www.canonridgefarms.com

**MAILING ADDRESS**

Westmanton Stables LLC  
7493 Windlawn Way  
Parker CO 80134  
Tel #: 303.841.5280 Fax#: 303.993.5366  
E-mail: gsschneidman@comcast.net

# 2010 Shows and Events

## JANUARY 2010

- 30 **RMDS Judges' Continuing Education, Janet "Dolly" Hannon,**  
Location TBA.  
Contact Heather Petersen, 719-683-8435, slush@drwg.net

## FEBRUARY 2010

- 13 **TD/Show Manager Continuing Education, Comfort Suites, Castle Rock.** Laurie Mactavish, Camille Griffin, Heather Petersen  
Contact Heather Petersen, Education Chairman, 719-683-8435, slush@drwg.net

## MARCH 2010

- 12-14 **Rocky Mountain Horse Expo, Denver, CO**

## APRIL 2010

- 24-25 **Dressage for the Cure at the Peak, Mid-Spring, Colorado Springs, USEF-YR**  
Contact Heather Petersen, 719-683-8435, slush@drwg.net

## MAY 2010

- 8-9 **Grand Valley Dressage Spring Show II, Grand Junction, USEF-YR**  
Contact Lisa Binse
- 15-16 **Rocky Mountain Dressage Show 1 & 2, Longmont, USEF-YR**  
Contact Heather Petersen 719-683-8435, slush@drwg.net
- 15-16 **RMDS L-Program D2 Session, Somerset Farms, Longmont**  
Contact Heather Petersen, 719-683-8435, slush@drwg.net

## JUNE 2010

- 19-20 **Dressage Through the Levels-Steffan Peters & Janet Foy**  
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 26-27 **Autumn Hill Dressage Festivals I & II, Longmont, USEF-YR**  
Contact Julie Barringer-Richers

## JULY 2010

- 24-25 **RMDS L-Program Final Session, Autumn Hill IEC, Longmont**  
Contact Heather Petersen, 719-683-8435, slush@drwg.net

## AUGUST 2010

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

## SEPTEMBER 2010

- 1 **Rocky Mountain Sport Horse Breeding Championships & Qualifying Open Breed Show, Colorado Horse Park, Parker - USEF**  
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 2-5 **RMDS Championships and Open Show, Colorado Horse Park, Parker - USEF**  
Contact Heather Petersen, 719-683-8435, slush@drwg.net

For updates to the calendar, go to [www.rmids.org](http://www.rmids.org)

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



*It sure was  
a great summer...  
Thanks to you,  
my friend...*

## Save the Date! October 30-31 Our Annual Used Tack Swap

Bring CLEAN, serviceable English tack and riding apparel to the store between Monday, Oct. 19th and Saturday, Oct. 24th. Then come back and shop the swap from Oct. 30-31. Great for growing equestrians and bargain hunters! DURING THE SWAP, we are having a sale on selected items up to 75% off, including saddles!!

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# Wasatch Mountains JR/YR Clinic With Kristi Wysocki

By *Amanda Trickett*, Secretary, Wasatch Mountains Chapter  
All photos by *Linda Nickerson* of Snowy Peaks Ranch (and also our Vice-President !)

As a brand new Chapter of RMDS, we sat down at one of our first meetings to decide on an initial direction that our newly formed group should take. The outcome of our discussion was that we felt it would be extremely valuable to create opportunities for riders, whether juniors, Adult Amateurs or professionals, to ride with judges and clinicians from outside of our immediate area.

We all know that the expense of riding in a clinic can sometimes hinder us from trying a ride with someone new, and that in the current economic climate, a lot of our younger riders and their families are finding it ever harder to fund their riding and training activities. So we decided that if we were going to arrange a clinic, we should raise the funds to sponsor, either fully or partly, a group of juniors and young riders as part of our efforts.



With this in mind we set about arranging a clinic with Kristi Wysocki in July. Kristi, a Colorado native who owns and operates *Somewhere Farms* in Elbert, Colorado, is a USEF “R”



Margaret Keate and daughter Alex from The Equine Pavilion

Dressage Judge and a USEF “r” Dressage Sport Horse Judge and currently vice-chair of the Dressage Sport Horse Committee. As a rider, she has earned her Gold, Silver and Bronze medals from the USDF and is a USDF certified instructor. As well as her own riding accomplishments, she has students successfully competing in dressage through the Grand Prix level.

Then we set about raising the money...

We were very lucky to find some particularly generous sponsors, foremost amongst the group being the lovely *High Star Ranch*, base of operations for dressage trainer and rider Patti Thurman’s Gateway Dressage, where the clinic was held, using the beautifully renovated indoor arena and the brand new, full-sized dressage arena. With fabulous views of Mount Timpanagos as a back drop, *High Star* features both English and Western barns and sits on 1000 acres backing onto the Uinta National Forest. Located just outside Kamas, *High Star* is destined to become one of the finest residential, multidisciplinary equestrian properties in the area. They kindly sponsored us by providing both the venue and funds for the riders.

*“So we decided that if we were going to arrange a clinic, we should raise the funds to sponsor, either fully or partly, a group of juniors and young riders as part of our efforts.”*

Our other sponsors were also very kind with both time and money. *Snowy Peaks Ranch*, one of the pre-eminent breeders of PRE horses in the USA, based in Oakley, Utah, worked tirelessly to help get the facilities ready, hosted our clinician and put on a barbecue for attendees on the Friday evening.

Patti Thurman's *Gateway Dressage* and *The New West Country Store* from Kamas ([newwestcountrystore.com](http://newwestcountrystore.com)) who kindly provided goodie bags to all the Junior attendees, Margaret Keate from *The Equine Pavilion* in Heber City and an "anonymous" donor rounded out our roster of the generous.

These great sponsors made it possible for us to offer full schol-



All JR/YR participants received gift bags from New West Country Store

arships for two rides each to four young riders, all members of RMDS, who were asked to apply in writing giving their reasons for wanting to ride with Kristi. I have to say we were very impressed by how articulate this group proved in their applications! The four JR/Young Rider participants who were chosen were Evan Hill, Cassie Benson, Caleigh Hernandez and McKenzie Call. In addition, four adults, Amanda Trickett, Leanne Olsen, Stephanie Brown Beamer and Renee Spooner, and another young rider, Margaret Keate's daughter, Alex, paid their way to help out with defraying costs.

Kristi was her usual unflinchingly positive, forthright and helpful self, through two of the hottest days the summer offered us. Her great teaching visuals brought forth "light bulb moments" for several riders, both old and young. (I personally shall be forever pushing shopping carts as I ride...) Her emphasis on not blocking the horse and allowing it to move forward freely and happily into the movements, is always refreshing. Her insights into what the judges are looking for (correctness!) and how an individual movement might score in a dressage test and why, are very helpful for those participants who show.

All in all, a good time was had by all, and much was learned over the course of the two days.

As a new chapter of RMDS, this was a super experience for us, giving us an opportunity to involve a larger group of local trainers and their students in our new chapter activities—we even had one junior participant who is primarily a saddleseat and huntseat rider who wanted to get a greater understanding of dressage. She had a great time and we may yet win her over to the dark side...

To have received "thank you" letters from the participants after the event was very rewarding and made all the hard work we put into getting the whole thing together really worthwhile.

*"As a new chapter of RMDS, this was a super experience for us, giving us an opportunity to involve a larger group of local trainers and their students in our new chapter activities."*



Caleigh Hernandez, Mackenzie Call with Cassie Benson on Starlight owned and loaned for the clinic by Katheryn Henny of Oakley.



### RMDS Membership Form

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

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

Additional family members (same address) - \$40

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

All business memberships include one individual membership.

Please include all information for person designated as individual member. *If an adult amateur, include current copy of USEF card.*

All individual members will receive Centaur newsletter & the Omnibus.

Indicate Local Chapter (only one):

Arkansas Valley

Boulder Valley

Colorado Springs

Foothills (Golden, Evergreen)

Grand Valley (Grand Junction)

High Plains (Parker, Littleton, Aurora)

No. Colorado (Ft. Collins, Greeley)

Penrose (Canon City)

Tri State (Wyoming, Adjacent States)

Wasatch Mountains (Utah)

Western Colorado (Aspen, Vail etc.)

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_

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

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

USDF No. \_\_\_\_\_ Occupation \_\_\_\_\_

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

I pledge \$ \_\_\_\_\_ to go towards the RMDS pledge to the USDF Capital Campaign. (Include amount with your membership check)

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

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

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

### Horse Registration Form

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

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

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

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

Horse Name \_\_\_\_\_ Sex \_\_\_\_\_

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

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

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

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

Name of Representative (If owner is a business) \_\_\_\_\_

Membership & horse registration acknowledged via postcard. Mail completed form with check made payable to RMDS to: RMDS Central Office - 2942 Park Lake Dr. - Boulder, CO 80301 720-890-7825

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# Over at the Knee

## Part II: Myofascial Massage/Release Techniques

By Jim Pascucci, Advanced Rolfer

Part One introduced what I'm calling a functional over at the knee issue and presented some of its potential causes. In this part we'll look at some myofascial massage/release techniques to effectively work with this.

### Part One Synopsis

Over at the knee is described as a conformational fault involving a bone shape problem in the knee (carpus) that inhibits or prevents full extension of the foreleg. This bone shape change cannot be helped with myofascial techniques.

But the functional version of over at the knee (FOTK) occurs when the knee does not come back into full extension due to soft tissue difficulties, and this version *can* be helped with myofascial techniques. FOTK can occur when there is an imbalance, often caused by a hypertonic carpal retinaculum, between the flexor and extensor muscles of the lower foreleg.

### Steps to Effectively Help FOTK

- 1) Release the retinaculum to remove the stretch on the muscle spindle fibers (MSFs).
- 2) Release the hypertonic (too tight) flexor myofascia.
- 3) Release the extensor's shortened myofascia—this is keeping the extensor "stuck long."
- 4) Increase the tone in the hypo-tonic (too loose) extensor (the extensor motor units have been turned off and need to come back to their proper tonus).

1) Release the retinaculum to remove the stretch on the MSFs. We'll use a myofascial release type technique where we slowly engage the retinaculum in a cross fiber direction to release it. The retinacula's fibers are oriented parallel as well as at an angle to the ground wrapping the leg above and below the carpus. (If you've ever wrapped your horse's cannon bone you can visualize the retinacula as a wrap going around and above and below the knee.) Working across the fibers—in this

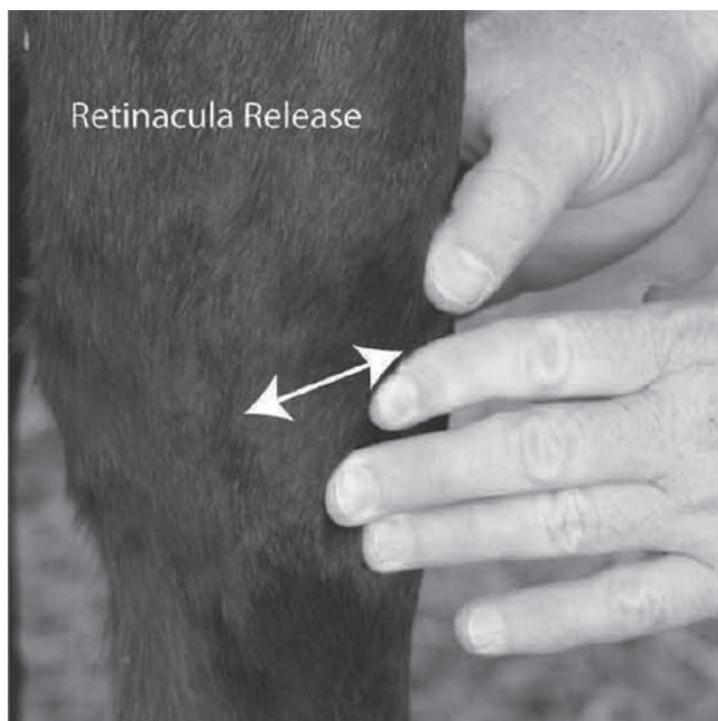


Photo IA -The first step to help FOTK is to release the retinaculum. This is done through the slow application of direct pressure on the retinaculum in an up, down, and oblique direction to the fiber arrangement. The retinaculum is just below the hair and hide and will feel like a piece of plastic wrap.

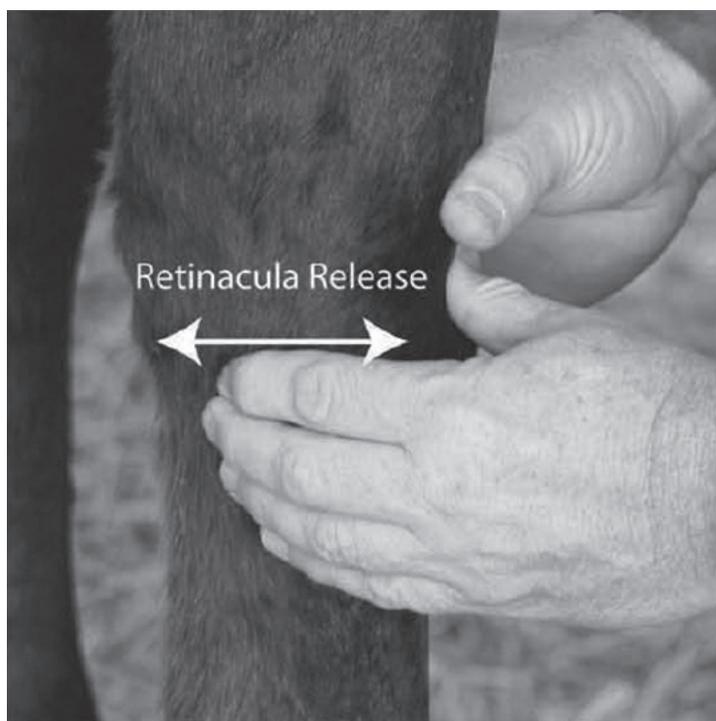


Photo IB - Release the retinaculum around the entire carpus, using the technique described in I. On this area, **where the retinaculum and the tendon meet, the motion of the fingers would be like scratching your dogs head, back and forth.**

case up and down and sideways—has the effect of lengthening them. I'm always asked about how much "pressure" should be used. Pressure is not important; what is important is time and engagement of the tissue. Take your time to sink down through the hair and hide to the retinacula, which is right above the bone. Then direct your hands/fingers up if you're below the knee, or down if you're above the knee and slowly rub, up and down and across the fibers (**Photos 1A and 1B**). This is really simple and effective. If you lose your position or depth, you'll need to start over, slowly sinking into the tissue.

2) Release the hypertonic (too tight) flexor myofascia. To turn off or relax the flexor, we'll use two steps:

A. A myofascial massage/release technique to open the fascia. I usually use a technique called a "stroke" to open the myofascia of the flexors. This is performed by slowly sinking through the hair and hide to the level of the fascia—here we can assume the myofascia is just below the hide. Once we feel we are at the fascial level we turn the direction of the hand either up or down and follow the fascia as it opens. This actually feels like a wave of "taffy" slowly elongating under our hands. By following the body, rather than forcing it, the body accepts the change and retains it. If you "slip" out of the fascia—slipping out is something that happens to all of us—start over by slowly sinking in at that spot (**Photo 2**).



Photo 2 - Once you feel you've released the retinacula the next step is to release the hypertonic flexor fascia. This can be done in many ways; here I'm using a "knuckle sweep" of the fascia along its border. The flexor is at the back of the foreleg between the elbow and carpus. Make sure you release the entire length of the muscle.

B. This step uses any technique we know of to relax the muscle. This can be either a myofascial release technique or a massage technique like effleurage.

3) Release the extensor's shortened myofascia—this is keeping the extensor "stuck long." Use the same strategy as above for the shortened/too tight extensor myofascia. Even though the extensor is inhibited, the fascia will be short or tight. (Since the retinaculum was opened in Step 1, it doesn't need to be repeated here.)

4) Increase the tone in the hypo-tonic (too loose) extensor. To do this, we have to activate the motor units again—having been inhibited by the flexor's reciprocal inhibition the extensor motor units need to be "woken up" — this is a crucial step that is often overlooked by being too focused on what is tight and forgetting what is loose. One way to do this is to trick the nervous system into recruiting more motor units by using the extensor's muscle spindle fibers to send an "I'm being stretched" signal to it. This will also have the effect of inhibiting the flexor, reversing the original problem.

To do this, we vigorously work the tissue in a cross fiber manner—the fiber direction in the extensor is up and down, so we'll be working in a horizontal plane (**Photo 3**). This will cause the spindle fibers to be put into a stretch and recruit more motor

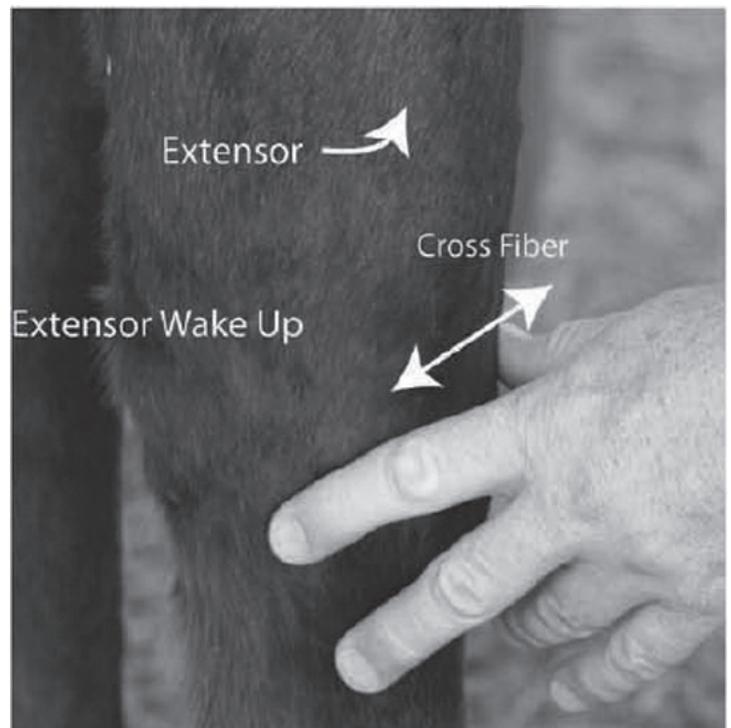


Photo 3 - The last step is to "wake up" the extensor which has been reciprocally inhibited by the flexor. To accomplish this you can use any technique that will activate the muscle spindle fiber. Here I use a quick cross fiber friction along the extensor's length using my thumb, a bad habit (try to avoid using your thumb if you can).

Cont'd on page 24

units. (You may have seen this effect when someone takes a hoof pick or some other tool and runs it down a horse's rear or back to get a reaction. They are turning on the spindle fibers in that muscle, inhibiting the antagonist and causing a reflex contraction. This is an interesting trick but not one that necessarily contributes to myofascial balance in the back!) The key to waking up these previously inhibited motor units is to move quickly to put the spindle fiber on stretch, and to assure that the inhibiting flexor motor unit is turned off.

#### *Beyond the Leg*

The leg is segmented with joints between bones to promote locomotion. When the leg is moving it is generally in an open kinetic chain with the joints being independent of each other. When the leg is weight bearing it is in a closed kinetic chain where the joints affect each other; an elbow or shoulder that is not able to move through its entire range can cause the FOTK.

If you perform the above and there is little to no improvement, the problem may be in a shoulder or elbow. Work the elbow region to assure that the pectorals and biceps are not hypertonic and holding the upper leg (humerus) in flexion, and that the shoulder is free. If not, either would prevent the closing of the joints below them. The website [animalsi.com](http://animalsi.com) has tutorials on how to work with these areas.

#### *Stretching*

Unfortunately, simply stretching the leg into extension is not enough to alleviate FOTK, for a number of reasons:

1. Most if not all stretching of animals is passive, in that the animal doesn't take an active role in it. Passive stretching does not affect the spindle fibers unless the client being stretched is able to resist as in a Muscle Energy Technique or PNF (Proprioceptive Neuro Facilitated) stretching.
2. Stretching has little or no influence on the retinaculum or the myofascia surrounding the hypertonic flexors. There is no stimulus or suggestion of a better organization to effectively cause them to adapt.

Stretching may be helpful if the problem is in the shoulder or elbow.

#### *A Simple Test*

Rather than waiting for your horse to stumble or tremble to determine if he is stuck in flexion, you can test for it by gently tapping the leg behind the knee while he is standing square and weight bearing and see if it buckles forward. If the knee does buckle, then work as described above to relieve it.

Note: The knowledgeable horse person is probably wondering why I didn't address the front leg stay system. While the stay system plays a huge role in the standing stabilization of the front limb—when the kinetic chain is closed—what we are working with is a kinetic chain that can't close and therefore cannot perform as a stay system.

#### About the author:

Jim Pascucci is an Advanced Rolfer and RMDS member. He is the author of *Equine Structural Integration: Myofascial Release Manual*. More information about his courses and animal structural integration is available at [www.equinesi.com](http://www.equinesi.com).

# A Simple Administrative Reform To Reduce Accidents in Equestrian Sports

-Natural Horse Magazine, [naturalhorse.com](http://naturalhorse.com), Volume 11 Issue 1

On 31 October 2008, during the annual conference of the Certified Horsemanship Association held at the Kentucky Horse Park, Dr. Robert Cook, a veterinary researcher, gave a demonstration of relevance to the improvement of welfare and safety for horses and humans.

The demonstration took the form of a scientific experiment in front of witnesses. Four volunteers, all of whom were CHA certified riding instructors, rode four horses that were offered by owners for the purpose. A four-minute exercise test was first completed using a bitted bridle (jointed snaffle). Immediately afterwards, the same rider/horse partnership repeated the test using the BitlessBridle. Prior to the demonstration, none of the horses had ever been ridden in a crossunder bitless bridle. The horses' behavior and performance was evaluated and a videotape recording supplemented the 'laboratory notebook.'

An independent judge scored the tests on a scale from one to ten, for each of the 27 phases of the test. The average score when bitted was 37% and, when bitless, 64%. It was a revelation for the horse's owners, riders and spectators that such a significant improvement in performance could be achieved in four minutes by removing the bit and replacing it with a painless method of communication. The experiment also demonstrated that the transition from bitted to bitless was instantaneous.

The results provide further evidence of the need for rule change proposals to be submitted in order that the crossunder bitless bridle, a safer and more humane method of communication than the bit, is made available as an option for competition. In the past ten years, the crossunder bitted bridle has been thoroughly tested on horses of all types, temperaments and stages of schooling; by riders of all ages and ability; in nearly every discipline; and under diverse conditions, worldwide. The scientific, humanitarian and practical equestrian reasons for providing such an option are compelling. The option should not

be denied on the grounds of tradition. The bit is a Bronze Age invention. Horsemen now have a better way to communicate with their horse's head. Use of the bit triggers over 100 negative behaviors and causes 40 different diseases.

Members of pony clubs, national equine federations, the international equine federation (FEI), and administrators of racing are urged to submit the necessary rule change proposals in order that the rules, for all disciplines, embrace this historic advance in welfare and safety for horse and rider. The Royal Dutch Equestrian Federation (KNHS) has led the way by approving the crossunder bitless bridle for dressage and for certain driving competitions.

The South African National Equine Federation (SANEF) launches a year's trial for separate bitless dressage competitions, starting in 2009. Much suffering, many accidents and a host of diseases could be avoided if other federations would follow their example and introduce this simple administrative reform.

Committee officials now have a chance;  
A stroke of the pen will make horses dance.

For additional evidence visit [bitlessbridle.com](http://bitlessbridle.com) or contact Robert Cook FRCVS, PhD, Professor of Surgery Emeritus, Cummings School of Veterinary Medicine, Tufts University, Massachusetts, USA; Chairman, BitlessBridle Inc.

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*Copies of the experimental protocol can be provided and discipline-oriented tests could be devised, e.g. for dressage, jumping etc. Such experiments are not difficult to organize and repetitions of the basic test and of discipline oriented tests are encouraged. Before long, a video of the experiment will be available and an article will be published that describes the experiment in full.*

**RMDS Lendon Gray Continuing Education Clinic  
October 10-11, 2009**

**WANT SOME NEW TRAINING IDEAS??  
WANT TO MEET NEW AND FELLOW RIDERS??  
WANT TO SEE OTHER TRAINING TECHNIQUES IN ACTION??  
WANT TO DO ALL THIS WITHOUT SPENDING A LOT OF MONEY???**

**THIS CLINIC IS OPEN TO ALL □ TRAINERS, ADULT AMATEURS, JUNIORS**

The plan to attend the RMDS Continuing Education Clinic led by Lendon Gray, Head of the USDF Instructors Council, two time Olympian and member of several US teams to various World Competitions.

To be held at Somerset Farms, 5555 Nelson Road, Longmont, Colorado.  
Indoor arena, sound system, 10x12 stabling available

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**INSTRUCTORS:** Receive the opportunity to market your skills to a broad audience. Receive input and exercises to add to your portfolio. Brainstorm with Lendon and other participating trainers.

**RIDERS:** Receive a lesson geared to your specific needs. Get input from Lendon as well as the trainer you ride for in your session. Watch a number of lessons to gain a variety of approaches, and learn about the many trainers in the Colorado area.

**AUDITORS:** Come observe the wealth of information provided as trainers hone their skills under the expert advice and guidance of Lendon Gray. Listen to the exchange of information, and submit your questions that will be discussed before lunch and at the end of each day.

This will be a two-day format with the opportunity to participate on one or both days. Lessons will be 50 minutes long and there will be 10 sessions per day. Riders will be matched with a trainer new to them or they may request to work with their current trainer. An evaluation will be held, whereupon the rider, trainer and Lendon will agree on the topic to be worked on. 30 minutes will be allowed for work, and 15 minutes left for Lendon to add her input to the rider. Lendon is an exceptionally talented and tactful instructor. She is positive and very effective, and her teaching workshops and camps receive rave reviews from all involved across the United States. This clinic is in answer to the request that we “DO THIS AGAIN” but this time make it accessible to all riders and trainers who care to participate- not just Certified Instructors. RMDS hopes that this format will provide an opportunity for Certified Instructors to receive continuing education, for those not Certified to get exposure to the caliber of training guiding the program, for general membership to get the opportunity for a huge educational experience, either riding or auditing, and for everyone to get an opportunity to meet and exchange ideas away from the hectic atmosphere of horseshows.

**Lendon Gray RMDS Educational Clinic October 10-11, 2009**

**RIDER APPLICATION**

(Closes October 1)

Name \_\_\_\_\_

Address \_\_\_\_\_

E Mail \_\_\_\_\_ phone \_\_\_\_\_

Please list one reference with phone or email contact:

\_\_\_\_\_

What level are you currently riding and what topic would you like help with?

\_\_\_\_\_

Would you like to ride Sat \_\_\_\_ Sun \_\_\_\_ or both \_\_\_\_\_.

\$60.00/day – includes lunch

Stalls available @ \$35/day/night – must sign up & pay through Central Office.

**INSTRUCTOR APPLICATION**

(Closes October 1)

Name \_\_\_\_\_

Address \_\_\_\_\_

E Mail \_\_\_\_\_ phone \_\_\_\_\_

What levels are you comfortable teaching \_\_\_\_\_

Are you USDF Certified OR have you participated in any workshops?

\_\_\_\_\_

Number of lessons you would like to teach Sat \_\_\_\_\_ Sun \_\_\_\_\_

Riding level you would like to teach [not guaranteed] \_\_\_\_\_

Please list one reference from a student or another trainer who knows your work: \_\_\_\_\_

Phone or email \_\_\_\_\_

\$90.00/day/ lesson – includes lunch

**AUDITOR APPLICATION**

(Auditor spots open up to October 5  After October 6 there is a \$10 late fee)

Name \_\_\_\_\_

Address \_\_\_\_\_ E Mail \_\_\_\_\_

Check enclosed for Sat \_\_\_\_\_ Sun \_\_\_\_\_ Both \_\_\_\_\_

\$40.00/day – includes lunch - non-RMDS members \$50/day

**MUST have prior reservation in order to receive lunch!**

**Riders & Instructors: CHECKS MADE OUT TO RMDS MUST BE ENCLOSED and received  
by October 1, 2009**

**MAIL TO: H Petersen  12395 Gull Lane, Peyton, CO 80831; 719.683.8435 or education@rmds.org**

# Para Dressage Dream Goes South

By Caryn Malone

First off, I want to thank everyone who has followed my story, I have really appreciated the well wishes.

Cecil is having a great recovery. I have been told that he is enjoying his leisure time and has kind of turned into a pasture potato. However, he is back to light work, and is liking the regular attention.

Onto the not-so-good news. The USEF has informed me that my Para Equestrian classification may not be valid. Even though I filled out every form they asked me to and did every test, and have received my Para Equestrian USEF issues card, they are now saying I may not be "disabled" enough. This has devastated me almost as much as when Cecil coliced. My dream all along has been to make it to the WEG. I know my only chance to do that is as a Para Equestrian. Now my dream is in limbo while I wait to see what the USEF and FEI decide. I have been told that I may be able to compete nationally, but not internationally. Knowing me, I can say at least that is something. The glass is 1/3 full.

The next big news is that I am moving South! Due to a vascular disease I have, my skin has become so sensitive to the cold, I won't be able to endure the winters here in Colorado. After much searching, I believe I have landed a job with Lyndon Rife and Julie Medrigeura in Pilot Point Texas. I am so excited at the prospect of riding exceptional horses and getting lessons from two excellent trainers on a daily basis! I know I have so much still to learn and I am eager to start my continuing ed. Now some of you might be wondering, "What about Cecil?" Well, not to put Joan on the spot because I will respect her decision either way, but she has said that she is not opposed to the idea of my taking Cecil with me. So, now maybe the glass is half full!

I will surely miss my home state of Colorado. I have lived here most of my life. I will miss the mountains and the beauty they possess the most. There are many other things I will miss, but I will have to find the beauty in the hotter and dryer parts of the country. Let the adventure begin!

Oh, I can't believe I forgot to mention this. Some of you who know me know that my vision has prevented me from obtaining a drivers license. Yes, I have driven my entire adult life, but very limitedly and illegally (shhh). (I have never gotten into an accident, so don't be too appalled). However, thanks to Dr. Meese, I have a new pair of special glasses that have made it possible, at age 33, for me to get my license! Woo Hoo, I am now legal! It is so liberating, you can't even imagine!

I will be sure to let you all know how the move goes, if Cecil comes, and what the USEF/FEI decides. Thank you all again for your support, it means so very much!

Keep the dream alive, life is an adventure!

*"I am your equal. I am a wild creature that can never be like you. I have heart, courage, and the game spirit that is my heritage, and I will be respected. I will be taught, and I will please, and maybe in time I will be your intimate. But I will never be your possession. Mine is a fierce love, which knows no mercy for failure. No sympathy for weakness. I have come from the desert with its closeness to the spirit of nature which you do not understand. I was born of the Wind, mine is a warrior spirit. I cannot be humiliated in punishment or defeated even in death. For my spirit lives on in my children's children."*

-Unknown



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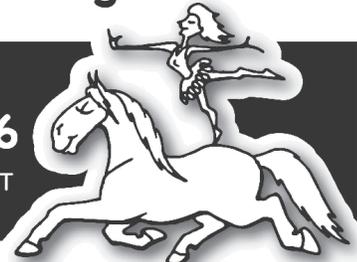
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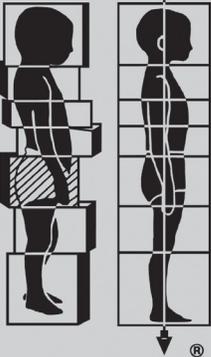


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