



# e-Centaur

A ROCKY MOUNTAIN DRESSAGE SOCIETY NEWSLETTER



## RMDS CHAMPIONSHIPS 2013

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 The RMDS e-Centaur offers color click-through ads for your company, product, service or item for sale. Rates are \$50 per issue and additional specifications can be found here.

### Members Can Aid Flood Recovery

The Board and membership of RMDS have been deeply concerned for the persons affected by the recent flooding. This has directly impacted some of our own Board and area members.

For our members who would like to help but are not sure how, we have listed a few suggestions:

- Colorado Horse Care Foodbank
- Colorado Farm Bureau
- Help Colorado Now

Donations also are being encouraged by the USEF nationwide and may be made online.

### Promote Your Stallion

The January 2014 Centaur will be spotlighting stallions with a 4-page color insert. Click here for ad form and pricing.

### 2014 Jr/YR Camp Director Position

This position is open for bids. Please go to [mids.org](http://mids.org) for guidelines.

### EHV-1 Tracker Map

This is a great resource for staying up to date on the EHV-1 outbreak. If it affects any RMDS events, we will keep you updated on [Facebook](https://www.facebook.com/ehv1).

[Click for Tracker Map](#)

### Members

View and print your membership card.

Not a member yet? Join now.

[Click for Membership](#)

### Calendar

See the upcoming USEF/RMDS Show Schedule, clinics, schooling shows and events.

[Click for Calendar](#)

### Chapters

Latest Chapter news coming in November. RMDS has 12 chapters in the Rocky Mountain Region. If you would like to change your chapter affiliation you must personally notify the central office in [writing](mailto:writing@rmids.org).

[Click for Chapters](#)

### Scholarships

RMDS awards scholarships annually in four categories. Applications are due Nov. 4, 2013.

[Click for Scholarships](#)

### USDF Region 5

For the latest updates and current Region 5 news.

[Click for Region 5](#)

### Marketplace

Our Marketplace advertisers support RMDS while promoting their businesses.

[Click for our advertisers](#)

### Classified Ads

Clearing out your tack room? List your items in our classifieds, or see what is for sale.

[Click for Classifieds](#)

### Advertise with us

RMDS has many print, show season, championship and online advertising opportunities to reach your targeted equine market.

[Click for Ad info](#)

### Facebook

RMDS and many of our chapters are on Facebook, like our page to keep up with us.

[Like us here](#)

### County Saddlery and The Dressage Foundation Partner in Drawing for Free Saddle

Thanks to County Saddlery, Inc., The Dressage Foundation announces that a County Perfection Saddle will be given away in a free drawing.



ENTER THE FREE DRAWING TODAY  
 Details at: [www.dressagefoundation.org](http://www.dressagefoundation.org)

To enter, visit [www.dressagefoundation.org](http://www.dressagefoundation.org). U.S. residents who are 19 years and older are eligible to enter. Full contest rules and additional information are also available on TDF's website. The contest will run now through Dec. 4. The drawing will be Dec. 5 at the United States Dressage Federation Convention in Lexington, Ky.

To learn more about County Saddlery, visit [www.countysaddlery.com](http://www.countysaddlery.com) or call 877-41-HORSE. For more information about The Dressage Foundation, visit [www.dressagefoundation.org](http://www.dressagefoundation.org) or contact Jenny Johnson at (402)434-8585 or [jenny@dressagefoundation.org](mailto:jenny@dressagefoundation.org).

The Dressage Foundation is a 501(c)(3) non-profit, tax-exempt, donor-driven organization that is dedicated to supporting and advancing the sport of dressage. The organization solicits contributions, appropriately allocates the donations, and awards grants and scholarships to dressage riders of all ages and levels.

### MESSAGE FROM THE PRESIDENT

The fall colors have arrived and the cooler air is here as well. The RMDS Championship Show is over and was a success. We had multiple entrants from several surrounding states. The Colorado weather greatly improved for our show.

Unfortunately, many members of RMDS were affected by the floods and we came together again to try to help by encouraging donations from our many members. This has been a tough year, with the Black Forest fires, then the flooding in Manitou Springs and then the 100-year flood affecting our members in Boulder, Longmont, Lyons, Estes Park and Larimer County. I am sure I forgot many towns that were affected as well by the disasters of 2013. RMDS members participated in raising funds, feed and by directly helping in the rescue of animals and people. We thank each and every one of you.

As October arrives, we are getting ready for the [USDF Instructor Program](#). Plans also are being made for the November Board of Governors meeting and [Awards Banquet](#). You will want to make your reservations now. We hope all of you will attend to help to plan for 2014, as well as to celebrate the accomplishments of our members at the banquet.

We pray that the fall and winter will allow for a renewal of goals and plans for 2014. Let's work together to help each other to achieve our goals with our equine partners, as friends, colleagues and horsemen and women.

Aloha, Gwen Ka'awaloa

### MESSAGE FROM THE VICE PRESIDENT

Fall is here! Time for thanksgiving, harvest and reflection.

First of all, I would like to thank all the amazing members of RMDS. We appreciate your support and enthusiasm for the sport of dressage. Without you, we would not have all the growth this organization is experiencing in education, participation and fun activities for our horses. Our hearts go out to all those who experienced the flooding and fires this year. We are greatly saddened by these tragedies. It has been a challenging year for Coloradans, and we hope to help build a stronger future in our community.

When I was growing up, Bonna McCuiston was my veterinarian and she volunteered relentlessly, organizing clinics with instructors, dressage masters and shuttling us to shows in her ancient trailer and truck. She took us up to Indianapolis, Ind., to attend the Indiana Dressage Society meetings and banquets. We were her posse, and we worshipped her. We had an innate understanding that we must support Bonna, to support dressage.

She volunteered and started becoming more and more involved in the USDF and the IADS, eventually getting her judging certification while competing at Grand Prix under Karl Mikolka. She did it for the art of dressage, but she also did it for us, her students. Her life was dedicated to building this sport into what it is in America today, and she is still "doing it." She was our coach, instructor, big sister, mom and inspiration in one tall, skinny package!

I hope that each of us can decide this season to volunteer this year and become part of the exciting movement in this country to bring our sport to the "next level." We value each hard-won story, because nothing is easy in dressage. It is the great equalizer, because it takes everything you have got: focus, money, time, but most of all, passion.

Please reflect on your dressage growth and become involved more closely in RMDS. We would love to include everyone who has a love for the sport. Each person has value and a new perspective to share. There are no winners in dressage, only heroes. This fall, consider your harvest and plan a more involved, fun harvest for next year. When we pass on the passion, we create an environment that supports our dreams.

Aline Brandau

### RMDS Nominations Open, Voting Scheduled

By Sarah Barnes  
 Nominating Committee Chair

No new nominations having been received to date, the slate of 2014 RMDS officers consists of our current President (Gwen Ka'awaloa), Vice President (Aline Brandau), Secretary (Heather Petersen) and Treasurer (Sharon Soos). All of these officers have graciously agreed to serve again. However, Secretary Heather Petersen said she would step aside if someone else wants to be secretary. Nominations are still being accepted and candidates can be nominated from the floor at the Board of Governors meeting.

Voting takes place at the BOG meeting on Nov. 9 in Denver. Delegates chosen by each RMDS chapter have a vote. The number of delegates accorded to each chapter reflects the size of each chapter's membership. Chapters should chose their delegates as soon as possible and notify RMDS of the names of the individuals who will be representing each chapter at the meeting. In the event that the number of delegates assigned to a particular chapter exceeds the number of individuals representing that chapter at the BOG, those individuals will carry proxies from their chapter so that each chapter is fully represented.

Descriptions of the jobs and their responsibilities can be found in the RMDS by-laws, available [online](#). Self-nominations are welcome. Contact Sarah at [sarahbarnes@yahoo.com](mailto:sarahbarnes@yahoo.com) to receive a nomination form.

Members with questions about serving in any of these leadership roles, or the nomination process itself, can contact me at 303-817-2783.

### RMDS Board Nominee Bios

#### Gwen Ka'awaloa - President

I am a 30-year member of RMDS. As with many riders, I began in the hunter and jumper world, then tried eventing where I took my first lessons in dressage. My instructors encouraged me to join Pony Club and then to spend more time confirming my dressage so I would score better in eventing. My horse was a very solid jumper so it was the dressage phase we needed.

When I started to jump at the Intermediate Level I found I did not have what it takes mentally and emotionally to tackle the cross country phase successfully. So I decided to see where I could go with dressage. Since I had moved to Colorado in 1981, I joined RMDS and started working towards moving to the levels and learning about the training scale.

I have attended numerous USDF instructor and trainer symposiums and clinics to further my knowledge and riding abilities. In 1991 I completed the "L" program and started judging dressage on small scale. Riding opportunities came my way with some good horses so I concentrated on my riding and did not pursue the judging. With encouragement from some great instructors and judges I began to work on my judging qualifications in 2007. I completed my "r" program and in 2010 became a USEF licensed dressage "r" judge. In 2012 I earned my USEF "r" Dressage Sport Horse Breeding license. With that completed I finished my riding goal and earned my USDF Gold Medal in 2012. I had completed my USDF Bronze and Silver medals in 1996 and 1997. It took four horses to achieve my USDF rider medals and all of them taught me something new as a rider and a trainer.

My goal for RMDS is to see the Board work to help out all our members and to work towards that goal as a team. Every Board member gives so much time to provide for our membership and each and every one of them has a unique background. I hope we can come together to better RMDS for all our members and work towards education and horsemanship.

#### Aline Brandau - Vice President

I am interested in continuing my position as Vice President of RMDS. I have studied dressage since 1976, and taught dressage for over 25 years. After receiving my law degree from Indiana University School of Law in 1996, I moved to Denver and worked in the financial services industry, specializing in estate planning. In the financial services world I worked as public relations director, vice president, and president of Colorado Women in Financial Services. I built a house in Centennial, Colorado in 1999 and have lived there ever since. My husband Bob and I own a fabulous Welsh Cob, my Trakehner stallion, a 22-year-old chestnut mare Thoroughbred, and three Hanoverian mares. I give lessons on my horses, and run a showing/leasing program with students whom I love!

I believe in volunteering and working for the greater good of the group. Dressage has always been my passion, and my goals included showing my Trakehner at Grand Prix and attaining my judging credentials. I would be honored to continue to work for this great organization.

#### Heather Petersen - Secretary

I have been an active member of RMDS as long as I've lived in Colorado and I've truly enjoyed being a member. I've played a lot of roles in the dressage community but what I love the most is being involved locally and helping to build and keep a strong dressage community in our local area. My children are growing older now, my oldest is starting to show in some dressage shows and I hope to work on my silver medal this next year as well as play with my younger horse in some clinics and schooling shows.

I love to volunteer and I love being a part of the good that RMDS can do in our community. I would like to continue to help grow dressage in our area and provide great educational opportunities to our members.

#### Sharon Soos - Treasurer

I first joined RMDS in 2005 and started attending Board meetings in 2006 as I wanted to learn more about the organization. In 2007, I accepted an appointment as Vice President when the position was vacated and in 2008 was appointed Treasurer again to fill a vacancy and have continued to serve in this capacity. I bring over 25 years of business experience to this position including having been a Vice President in the Trust Operations for 10+ years followed by 11+ years as Director with a management consulting firm working with CEOs of major medical centers throughout the United States.

My major focus has been on volunteering and my service has been recognized by being selected as USDF Region 5 GMO Volunteer of the Year, RMDS Volunteer of the Year and High Plains Chapter Volunteer of the Year.

My love of horses is shared by my husband Peter, for which I'm grateful, since we have six horses to which we give our attention.

Serving on the Board is an honor and I'd like to continue to serve in the capacity as Treasurer.

### SAVE THE DATES

#### RMDS Board of Governors Meeting

Saturday, Nov. 9, 2013, 8:30 a.m. - 4:30 p.m.  
**RMDS Awards Banquet 2013**  
 Saturday, Nov. 9th, 2013  
 At the Renaissance Denver Hotel  
 3801 Quebec Street, Denver, CO 80207  
 5:30 p.m. Cash Bar & Hors D'oeuvres  
 6:00 p.m. Dinner Service & Awards Presentation  
 Please RSVP by Nov. 1, 2013. [Reservations](#) and payment must be received by this date.

#### USDF Instructor Program - Oct. 12 - 15

Phantom Hill, Ft. Collins, CO  
[Application](#)

#### Show Management, TD, Instructor/Trainer Clinics Set

By Jon Haugen

RMDS Secretary Heather Petersen is the instructor for a clinic on the Fox Village show management software scheduled Saturday, Nov. 2, from 9 a.m. to noon.

The Judges' Continuing Education is on Feb. 1, 2014. Bill Solyntjes has agreed to come and instruct. This will be a video-only presentation, which should allow us to spend more time on freestyles and others.

Also in 2014, a Technical Delegate/Show Management Clinic is planned Feb. 15. Heather will conduct the show management portion, and the Technical Delegate portion speaker is yet to be determined.

Locations are TBD. For details, contact Education Chair Jon Haugen at [defiancesport@q.com](mailto:defiancesport@q.com) or (970) 217-7820.

### Letter to the Editor: Instructor's Clinic

With the upcoming [Instructors Clinic](#) being held at Phantom Hill Farm, I would like to bring to the membership's attention the importance of the success of events like this. Training opportunities for those aspiring to become educated instructors is costly and time consuming, but critical if we are to establish a solid base of qualified teachers of dressage. The commitment required to achieve certification is laudable, and the dressage community served, must provide the best learning experience possible: capable riders on appropriate horses.

Do you have a horse which is trained correctly and working at the level of the clinic? Are you a rider without a suitable horse, but capable of being a demo rider on a horse qualified at the required level? No longer able to compete as shows during warm weather, I now consider it an honor and great learning opportunity for myself and horse to be a demo rider, or provide my horse for another to ride.

This program is an incredible experience for all involved. Those who pull the clinics together are providing the very best insight and training possible for the future of dressage, not just in the Rocky Mountain Region, but across the country. Please recognize its value by supporting those who create the Clinics, those who are dedicated to the teaching of dressage correctly, and those who hope to give a 'leg up' to the future riders of the sport/art!

Thank you,  
 Taydie Drummond  
 Pikes Peak Chapter

### All Important Heel-First Landing Critical to Good Hoof Health

By Leslie Carrig  
 Leslie Carrig is a hoof care practitioner at High Desert Hoof Care in Longmont, CO.

This is the third in the series [Dressage and the Barefoot Horse](#).

In the September 2013 printed Centaur I talked about the various factors that affect hoof health. Movement and, more importantly, correct movement, is a must. The horse was designed to swing the limb forward, land on its heels, rock forward as the body moves over the limb, and break over at the toe before leaving the ground again. This heel-first landing is key to allowing the hoof to act as a shock absorption system which protects not only the hoof but the joints, tendons and ligaments of the leg above. When these mechanics change there are a multitude of negative effects on long-term soundness.

I want to focus on the rear portion of the hoof because of its important and often-overlooked affect on overall soundness. This area is referred to as the palmar hoof (in front feet), the planter hoof (in hind feet) or the caudal hoof. The caudal hoof includes the heels, bars and frog, as well as internal structures such as the lateral cartilage and digital cushion. A robust caudal hoof will have broad heels with thick lateral cartilage and a well-developed digital cushion. The frog will be large and well conditioned with no signs of thrush.



Illustration shows the digital cushion in a poorly developed horse versus a feral horse

#### Digital Cushion Development is Critical

When a horse is born, the digital cushion is a fatty pad of tissue between the lateral cartilage and above the frog. There are many nerves running through this area allowing the horse to feel the terrain it is moving on. If the young horse gets enough movement on varied and firm enough terrain, this fatty tissue becomes fibrous as he gains size and weight. The lateral cartilage along with other inner structures develop from this movement, too.

[Read more...](#)