

ROCKY
MOUNTAIN
DRESSAGE
SOCIETY

 **CENTAUR**
NEWSLETTER

September 2004

Nine Chapters in Colorado & Wyoming

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Sign up for the Marilyn
Heath Educational
Symposium!
Entry form on
page 4

Jan Ebeling Clinic Report

by Beverly Swanson

A first-class trainer at a first-class facility - it doesn't get much better than the clinic held August 14-15 at Middle Fork Ranch outside of Lyons, CO. Jan Ebeling returned to Colorado at the request of Colin Bate, manager and trainer at Middle Fork, to assist ten riders and their horses with their skill set from Training level through 3rd/4th level work.

Originally from Germany, Ebeling apprenticed under late German master Herbert Rehbein and earned his *bereiter* license. In 1984, he moved to the United States to work with U.S. Olympian Robert Dover. Most recently, Ebeling represented the United States at the 2003 Pan American games in Santo Domingo, Dominican Republic, bringing home a gold medal for the U.S. team, and a 5th overall individually with the stallion, Feleciano.

Ebeling provides a classical, German-based system of training for all his students, tailored to each rider's and horse's needs. His style at the clinic was very calm, informative and clear to the riders. Thanks to an excellent sound system setup, riders could hear at the far end of the arena, allowing work to cover the entire expanse.

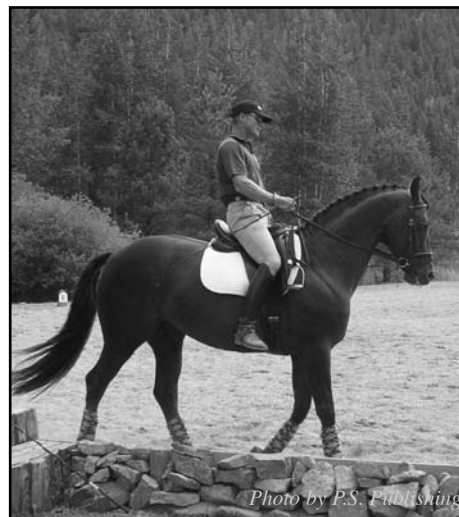


Photo by P.S. Publishing

Jan Ebeling riding Donnersmark

While keeping riders busy correcting their position and aids, Ebeling also kept a close eye on the horses, taking care to give them frequent breaks, especially when performing more advanced work such as canter *pirouettes* and *piaffe*. Emphasizing the maxim we all try to commit to heart, "inside leg to outside rein," Ebeling also encouraged riders to soften on the inside rein and not force too much bend -- "Curl the horse around your inside leg."

Other advice: "Keep hands close together." "Ride the diagonal half-pass as a 'haunches-in' that just happens to be in a different place in the arena." "Start exercises in a large circle, and go back to the large circle if you lose the 'forwardness'." "Fix the problem with different movements elsewhere in the arena, at a different size, etc., rather than continuing to work the same thing over and over at the same spot."

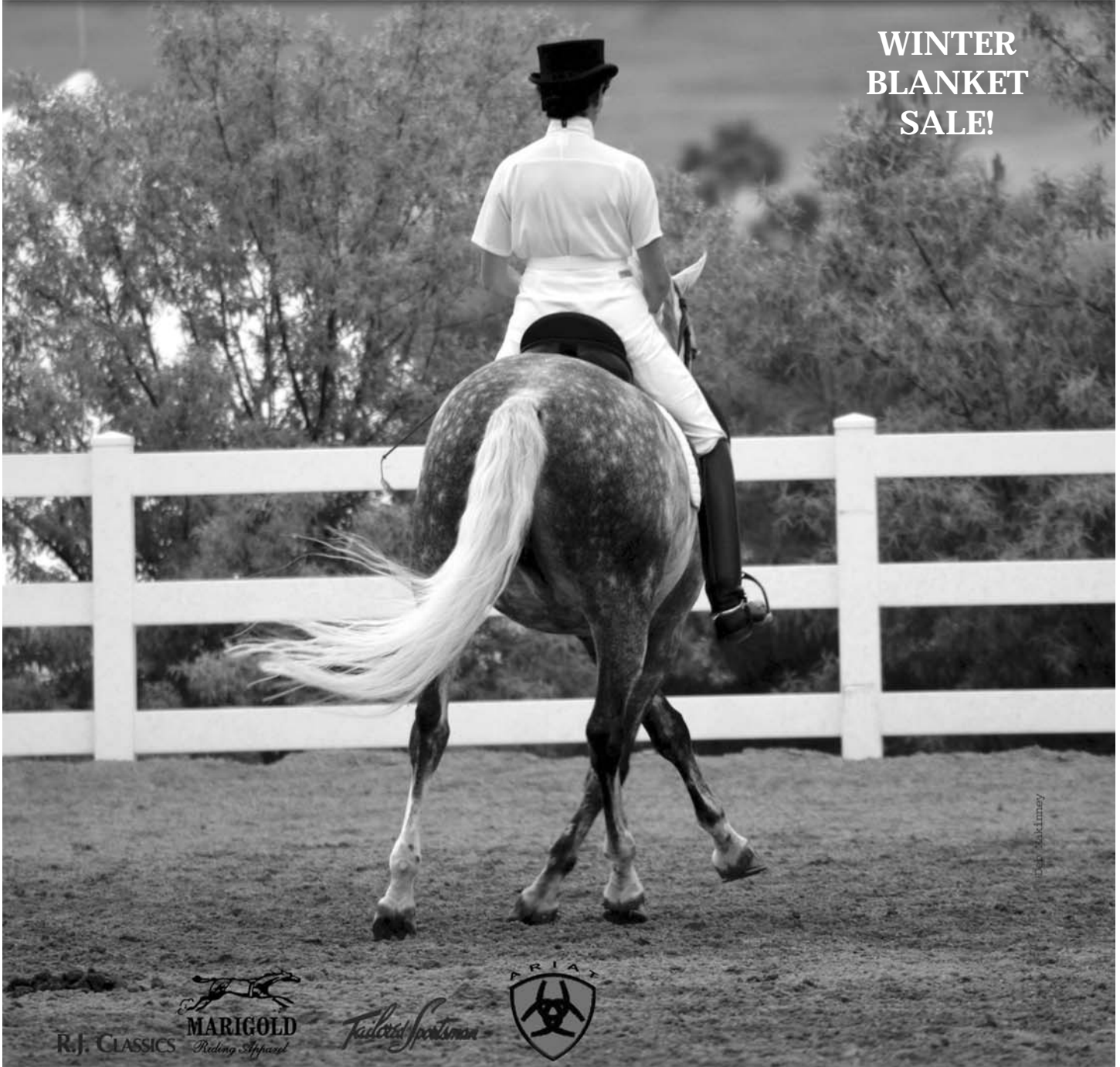
Jane Ann Lake, who rode her new horse "Picasso LHF" commented: "He really broke things down into manageable, understandable pieces for me."

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Centaur Newsletter

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

THOUGHTS

*from the President**by Heather Petersen*

RMDS Championships are upon us once again and it's time to get those last minute entries in! Make a secretary happy and don't wait until the last possible day (hint...)! Thank you to our many wonderful class sponsors - check out the list later in this newsletter - and make a point to thank them for their generosity. With the outbreak of vesicular stomatitis in Colorado, please allow extra time when entering the Championships show grounds. We will be checking every horse before you're allowed into the Colorado Horse Park. This is for the well being of all horses, so please be patient.

One 'L' program final has come and gone, and the second will be finished at Championships. We'll have a whole new crop of 'L' graduates, so if you're looking for people to judge schooling shows or RMDS only shows, check with the Central office to inquire about those who've passed their exams. The 'L' program was a wonderful education opportunity, helping many to better understand the use of the training scale (Training thru Second levels) and to give many a better understanding of how a judge arrives at a score. With the success of this year's program, we are investigating holding another L program sometime in the next few years. If you're interested in seeing another program held, please let the Central Office know so that we may gauge our members' needs.

Congratulations to the following RMDS members who will be Region V Participating Member Delegates to the USDF Board of Governors meeting in Lexington, Kentucky in December - Jean Patton, Sarah Martin, Beth Geier, Janet Alexander, and one of our New Mexico members, Jane Bagwell. Region V had one of its highest voter turnouts - GOOD JOB!!!

Start planning a weekend in Colorado Springs for the 2004 RMDS Board of Governors and 2004 RMDS Awards Banquet. Several suggestions have been made to change the RMDS Bylaws and Standing Rules, so if you have a vested interest, please consider representing your chapter at the BOG.

One last thing, and it's a reminder from my last column, RMDS is undergoing a revision. The website has been given a new look and is up and running, so if you have a moment, jump on the information super highway and check out the new digs (www.rmds.org). The Centaur's new look is fabulous and being well received. And finally, RMDS's new logo will be unveiled at Championships. Come compete with your fellow RMDS members and pickup some funky new logowear.

We'll see you all at Championships - come find me in the show office or hopefully I'll see you at the awards ceremonies!

RMDS Education Column

by Leslie Easter

By the time you ready this, summer and the show season will be almost past. Championships are coming up, Regionals are coming up, as is the USDF Trainers Conference. The summer has been interesting – wild weather, lots of bugs (are we suddenly back east?), and, amazingly, green grass! I hope these summer months and the show season have been a successful growing time for both you and your horses! Enjoy our Indian Summer while you can – predictions are for a colder and wetter than normal winter! Brrr...

But first.....

2004 Education Symposium with Marilyn Heath, at Championships, September 23 from 1-5 pm! Marilyn will present a wonderful educational program the Thursday before RMDS Championships in the Ballroom Classroom of the Colorado Horse Park. The program will cover moving a horse up through the levels with correct basics, as seen through the eyes of the Training

Scale. She will utilize the basics many of us have seen in the "L" program this year, and expand it in line with the training scale information presented in the RMDS Symposium in May, 2004. We will end the afternoon watching a horse move through the levels with the correct basics. See pre-registration form on this page.

2005 RMDS Education Symposium: May 7, 8, 2005 and Clinic May 9, 10, 2005: Betsy Steiner, based on her new book "A Gymnastic Riding System using Mind, Body and Spirit". Of course, details of where (in the works) and an actual outline of the symposium are still in the process, but IT'S OFFICIAL! This is going to be one super clinic! Betsy is a very dynamic lady, and if you haven't read the book yet, it's worth picking up and reviewing. The added dimensions of Mind/Body/Spirit for both rider and horse at each step of the training scale really rounds out and packages the whole methodology and philosophy. Plus the integration of Equilates for proper body control and fitness – a complete package for sure!

The Ground Manners Seminar/Clinic is looking like a late February/early March event – I'm investigating locations, looking for some place in the metro Denver area as a location. Several people have offered super suggestions for clinicians, and I'm thinking that we may use all of them, to see what they offer for specific areas /problems. So keep the suggestions for clinicians coming, I'd love to have five or six clinicians, and right now, I have four. More on this next month.

The Show Prep Seminar : OK, this one did not come together at all for this year, so I'm thinking of a late March / early April event next year – just before show season. We can see the latest fashions and grooming techniques, talk about getting our horses show ready, and keeping it all together during the show. Who do you know that is super at grooming and putting the spit and polish on a horse? Who is the best braider? The best tail trimmer? I'd like to use the best groom(ers) that we have here in the Denver area, so please send me her/his name.

Longeing, Long-Reining and In-Hand Work: Because the USDF Trainers Conference is going to be addressing these topics, the RMDS Executive Board has suggested that we table this idea for a year or so. However, I will be attending the USDF Trainers Conference, and will speak with Kathy regarding another clinic on these topics for October of 2005. It is important that everyone have the opportunity to learn about these valuable training tools – there's so much that can be taught, and so many problems that can be managed and solved from the ground – so stay tuned regarding this seminar!

RMDS EDUCATIONAL SYMPOSIUM WITH MARILYN HEATH

at
2004 RMDS Championships
September 23, 2004
1pm -5pm
Ballroom Classroom
Colorado Horse Park
Parker, Co.

Pre-Registration Form

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____

RMDS Member Number: _____

Attention: "L" Judge Graduates: This symposium counts for Continuing Education Credits!

Cost for the program: \$20 in Advance, \$25 at the door.
Add \$5 for non-members.

Refreshments and snacks will be provided.

Please US mail this form with check or money order payable to RMDS, postmarked before September 19th, 2004, to:

Leslie Easter
RMDS Education Chair
Cabin Gulch Farm
41115 Valley View Court
Elizabeth, Colorado 80107

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EBELING CLINIC

cont. from page 1

His instructions were clear, and he gave me several exercises to work on back home.”



P.S. Publishing

Jane Ann Lake and Picasso LHF

Debbie LaMee, who rode her Percheron/Thoroughbred cross gelding “Steely Dan,” stated that it was an “excellent clinic - fabulous setting” and Ebeling confirmed her current training plan, as well as giving her outlines for advancing Dan’s training. Working on the half-pass, Debbie says she “really felt a big improvement” and also was grateful for several hints on her own body position.

Ebeling currently lives and trains in California at his own facility, “The Acres,” along with his wife Amy. They sponsor several rated dressage shows and clinics with international instructors and

judges. To find out more, visit their website at www.theacres.com.

Special kudos go to Middle Fork Ranch, Colin Bate, and Mike Schikora for hosting the clinic in such a grand fashion. Not only was the mountain setting inspiring, so too was the food and drink provided for all attendees. The barn was dressed up with huge hanging baskets of flowers, parking was plentiful, and everything was neat and clean and well-organized.

Watch for this clinic to return on an annual basis!



P.S. Publishing

Jan Ebeling at the entrance fountain of Middle Fork Ranch



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KATHY CONNELLY

International rider, trainer, coach, and author Kathy Connelly has won and trained horses and riders to national titles at all FEI levels, including United States Grand Prix Champion and United States World Cup Champion. Connelly represented the United States Dressage Team at the World Cup in Gothenburg, Sweden, and was on the bronze medal North American Championships Grand Prix Team. Among those riders she trained and coached are the 1995 NAYR Champion, the individual silver medalist at the 1999 Pan American Games, the 2003 Canadian World Cup Champion, and the silver-medal team at the 2003 Young Rider team competition in Australia.

Connelly is a premier activist for excellence in the sport of dressage in the United States, contributing her time and knowledge as a member of the USEF Dressage Committee and as chair of the USEF subcommittee for test writing. Connelly also serves as a member of the USEF Licensed Officials Committee and USDF Planning Committee. She was co-chair of the USDF Evaluation of the Certified Instruction Program, is now a member of the USDF Certified Instruction Steering Committee, and is a Certification Examiner.



Participating members or intercollegiate/interscholastic members must meet one of the following criteria to attend.

- Professional trainer – who may invite up to 3 students
- Olympic rider or member of USET long list of past 3 years
- Top 6 placing at Great American Insurance Group/USDF Regional Championships at all levels of the current and previous competition year
- Current USDF Certified Instructor
- Current USDF Certification Examiner
- Current USDF "L" Education Program faculty member
- Current U.S. Equestrian "r" judge or higher
- USDF bronze, silver or gold medalist
- USDF Horse of the Year winner of past 3 years at any level
- Current advanced young rider
- Current intercollegiate/interscholastic member coach – nominated by their USDF IMO
- USPC National Examiner
- Current USDF council regional coordinator or committee member

Applications accepted on a first-come, first-served basis.

Registration forms can be found on the web at www.usdf.org or for more information contact Heather Henley at hhenley@usdf.org or (859) 271-7875.

Rocky Mountain Dressage Society Awards Banquet 2004

“An Olympic Celebration”

Saturday November 13, 2004
 Park Plaza Hotel, Colorado Springs, CO

You are cordially invited to an evening of fun and fellowship in celebration of the accomplishments of our RMDS members and their equine partners.

Please come join us!

Contact Simone Windeler (719) 540-200 or (719) 287-2040

8:30am – 4:00pm Board of Governors Meeting
 4:30pm – 5:30pm – “How to Win” – Discover the Power of Your Mind
 6:00pm – 11:00pm, Cash Bar, Buffet Celebration Banquet, Awards Presentation,
 Olympic Highlight Presentation

Please RSVP with check or money order by November 6th, 2004. A \$5.00 per plate late charge will be assessed for late reservation. SORRY, NO RESERVATIONS after November 9th!

Make checks payable to RMDS. Please fill out the form and send to:
 Judi Tobias, 13550 Lariat Pl., Elbert CO 80106

Directions: From I-25 North exit at Garden of the Gods Exit and west on Garden of the Gods Road to Popes Bluff Trail. Address is 505 Popes Bluff Trail

Accommodations: Park Plaza Hotel (719) 598-7656. Price is \$69/room single or double. Please mention RMDS when making reservations to receive your discount. Number of rooms are subject to availability, so make reservations as soon as possible.

Please take my dinner reservation for _____ number of people x \$35.00 = \$ _____
 And/or _____ number of children age 10 and under x \$15.00 = \$ _____

Total: \$ _____

Name: _____ adult/child Phone: _____
 Name: _____ adult/child Phone: _____
 Name: _____ adult/child Phone: _____
 Name: _____ adult/child Phone: _____

We DO NOT plan on attending the banquet but will be attending the awards presentation and are enclosing a \$5.00 fee per person to help cover the banquet costs.

Name: _____ Phone: _____
 Name: _____ Phone: _____

Only attending members will have their names announced at the awards presentation.

Halasz and Ahern Among the Winners at Dressage in the Rockies

Parker, CO—For the first time, Dressage in the Rockies offered three separate shows. The always-popular show drew riders from several states to the Colorado Horse Park. Amateurs, juniors and top professionals competed in the four-ring show that also featured top sport horses at the USDF Cosequin Sport Horse Breed Show.

Simone Ahern claimed the Overall High Point Championship at show three, as well as the Lower Level High Point Championship with a 74.231% aboard her own Ravenelli's Wizard, a six-year-old Dutch Warmblood gelding. Ahern, a professional trainer from Peyton, Colorado, explained that victories were especially rewarding because Ravenelli is the first horse she has purchased that she intends to keep. "He's a very special horse and always tries hard," she said. The pair won both the open training level test four and first level test two during show three.



Kelsey Propp and her horse Caboose claimed six blue ribbons as well as a High Point Championship and Reserve Championship.

Another multiple class winner was Kelsey Propp with her horse Caboose. The pair won all six classes they entered and were the Lower Level Junior High Point Champions for show one and Reserve Champions for show two. High score among their six blue ribbons occurred during show two when they finished with a 70.385%.

Caboose, by Columbus, was originally a hunter, but was transformed into a dressage horse with help from Maureen McGrady. Propp has been riding the horse for almost a year and is very pleased with the change in his temperament from rogue to winner. "He has transformed into a hard working, talented horse that will not settle for anything else but a first place," Propp said with a laugh.

Sue Halasz, of Parker, rode several horses to championship honors, including Julius, winner of two grand prix classes and a FEI High Point Championship. Dressage in the Rockies was Julius' first show back after a nearly life-ending injury. Halasz was also successful

with Crooked Willow Farm's Grannius II. The Hanoverian stallion by Graf Grannus earned two Upper Level High Point Championships and was also the Champion Stallion at the USDF Cosequin Sport Horse Breed Show. Additionally Halasz earned a High Point Reserve Championship with Inca.

Markel Insurance once again sponsored the high point awards. For complete show results visit www.coloradohorsepark.com. For all of your horse insurance needs log on to www.horseinsurance.com



Photo by P.S. Publishing

Our intrepid show secretary and author of the "Show Series" articles, Kate Engel and her mare Farnesa at the show.

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Overcoming Show Jitters - Part 3

By John R. Garrett, C.H.T.

If you've been following this series of articles, you know that the human brain has different functions in its different parts. Generally, the left hemisphere controls such things as logical and linear thinking, focuses on details, breaks things down into parts, and includes your primary speech center. The right hemisphere specializes in emotions and intuition and is the center for creativity and imagination. It also enables you to see how details relate to each other and how they fit into the "big picture." Physically, the left hemisphere of the brain controls the right side of the body and the right hemisphere controls the left side of the body.

Last month we discussed how to activate the two sides of the brain simultaneously through physical movements, causing the *corpus callosum* (the bundle of nerves connecting the two hemisphere's of the brain) to be a bridge instead of a barrier. Activating both hemispheres of the brain gives you "whole-brain potential," which reduces stress and increases performance.

This month we are going to look at how to improve performance by recognizing how your mind learns. To do this, we will examine some of the theories and techniques used in the psychological technology known as Neuro-Linguistic Programming, or NLP.

NLP has been around for over thirty years. It was developed by Richard Bandler and John Grinder as a means to create fast and painless change in a person's life. There are many books and videos on the subject. One could spend a lifetime learning the vast body of work created by these two pioneers in the study of the human mind. But we have better things to do...we have horses to ride! So here's the short version.

Generally, people take in information in one of three ways: Visually, Auditorily, or Kinesthetically. There are several methods you can use to determine which way you process information best.

The choice of language and words a person uses is one of the first clues. Visually oriented people (the most common type of learner in our western culture) will say things such as, "I see what you mean," or "Can you show me how to do that?" Auditory types will say things such as, "I hear you," or "Would you explain that to me?" Kinesthetic, or movement and feeling type learners, might say, "I feel the same way," or "I get what you mean."

Another method used to determine what kind a

learner a person is, is to ask the subject (or yourself) to remember something, such as a past event or experience. It does not matter what the memory is about. Then, watch (or have someone watch you) the subject's eye movements. People who access memory visually will look up as they are thinking. Their eyes will move upward as they access the visual part of the brain to capture the pictures they stored as information. Auditory people will look to the side, as though trying to see their ears, as they access the sounds they remember. They will hear in their mind what was said or hear the sounds that were present during the event. Kinesthetic people will almost always look down as they recall how they felt during the event they are pulling up from memory. They may even drop their heads as they access feelings they felt in the past.

Our western society's schools are generally very visually oriented. Students are expected to learn by reading and watching what is visually presented. There is also a great deal of auditory presentation in the form of lecture. The combination of lecture and visual aids covers the learning styles of both the visual and the auditory learners, and is fine for most of the population. But for those people who are kinesthetic learners, this can be very difficult. Kinesthetic people must DO things in order to learn. They must move with or feel the information for it to sink in.

Think back to the people you've known in your life whom you sensed were really smart, but who struggled with reading or had a hard time with school. These kinesthetic learners may have found school extremely difficult and frustrating, without ever knowing why.

People who ride horses tend to be more kinesthetic. A good rider is very aware of movement and feeling. This is why many (of course, not all) excellent trainers were not particularly good students in school. It had nothing to do with their intelligence level, but everything to do with the way they learn. The very way our schools are set up to teach tends to leave many very smart but kinesthetic learners behind.

Once you recognize your dominant style of learning, you can narrow your focus and seek training in the way your mind processes best. If you are a trainer, you can consciously change your language to meet the needs of your students. If you really pay attention and listen to your student (or anyone in your life) you can listen for their choice of words while watching their eye movements. You can quickly and easily determine if they are visual, auditory, or kinesthetic learners.

If you then speak back to them in those same kinds of



SHOW JITTERS *continued*

words, and model your training program around their type of learning, your communication level can dramatically increase. Give the visual learner books to read and diagrams to study. Make an audiotape for the auditory learner to take home and ride with. Ride alongside the kinesthetic learners and encourage them to feel what you are teaching. Once you know how you learn, ask your trainer to teach you in that way, and notice how much more effective your lessons become!

With regard to show jitters, NLP practitioners use a simple procedure to release stress in a very effective way. To do this quickly and powerfully, you can use the NLP technique called. "The Power Point."

Standing on the ground or sitting on your horse, simply close your eyes and think back to a time in your life when you were very successful. See yourself in your mind as you were then. Hear what people were saying and what sounds were present at the time. Feel what you were feeling during that successful time. Once you have the memory activated, imagine a circle on the ground underneath you. Give it a color. Then give it a sound. Then recall how you felt at that time when you were powerful, confident and successful. Let this circle of color, sound, and feeling, fill your being as intensely as you can.

After a few moments, physically step back one step outside the imaginary circle, leaving the color, the sound, and the feeling in the circle. As you step back, let the memory vanish. Notice what your mind does outside the memory. Allow your mind to become neutral. Once you've released the memory, physically step back into the circle, allowing the memory, the color, the sounds, and the feeling to become strong once again.

You can do this on your horse or on your own two feet. You can create the power point of success while mounted, right before you go into the show ring. Simply have your horse step forward and back as you make the imaginary circle large enough to encompass both of you.

This technique trains your brain to function in an energy state of success. To be successful, you must allow success to become an integral part of your very being. Make the energy of success a habit, and discover how much untapped potential you have!

In the next issue we will discuss the new, powerful modality called Emotional Freedom Technique, or EFT. This technique is especially effective for people who have a fear of riding because of having been injured, either physically or mentally. It has been used extensively with war Veterans with post-traumatic stress syndrome, and with abused children and other victims of traumatic crimes. If you've been hurt in a horse related accident, this one is for you!

*John R. Garrett, C.H.T., Performance Coaching, founder of
The Garrett Institute, www.GarrettInstitute.com*

THE THIRD ANNUAL RMDS MEMBER'S ART SHOW

A Juried Exhibit of artwork by RMDS members to be displayed at the 2004 RMDS Awards Banquet in Colorado Springs on November 13, 2004.

Eligibility: Open to all RMDS members and juried by Divisions* as defined in Show Rules.

- Adult Amateurs
- Juniors
- Professionals

**If less than six entries per category, divisions will be combined*

Categories of Exhibit:

- I. Fine Art: Any original artwork on paper or board. Oils, pastels, watercolors, charcoals or other original two-dimensional art work framed and ready for display.
- II. Photography: Color or Black and White photographs or other original prints framed and ready for display.
- III. Mixed Media/Sculpture: Three-dimensional original artworks limited to overall size of 36"x36"x36" display ready; sculptures please include pedestals. Sorry, no jewelry.

Jurors: TBA

Awards: Champion and Reserve Champion per Division

Entries: Submit Entry on attached form by November 9, 2004. All entries must be delivered to the Park Plaza in Colorado Springs on November 13 between 9am and 12pm. All entries must be display ready as noted above. All entries must be picked up on November 13 between 8 and 10pm. Entries limited to 3 entries per member. Any work for sale must be listed on entry form for display tags to include this information. No commission to RMDS. Sale to be handled exclusively by Artist. Must be an RMDS member.

Fees: \$10.00 per entry. Send entry form to: Janet Alexander, 7536 Liberty Bell Dr., Colorado Springs, CO 80920

Coordinator: Janet Alexander, (719) 531-5182 for more info.

RMDS THIRD ANNUAL MEMBERS' ART SHOW ENTRY FORM

Name: _____

RMDS # _____

Phone contact name and number: _____

Division	Category	
	Title/Description 1	Price
	Title/Description 2	Price
	Title/Description 3	Price

If your work is for sale, you (or a representative) must be in attendance at the Awards Ceremony to handle your business. RMDS accepts no liability for artwork.

TECHNICAL DELEGATES, JUDGES & CERTIFIED INSTRUCTORS

DRESSAGE JUDGES RATINGS & LEVELS QUALIFIED TO JUDGE

Status	Status	Levels	Status	Status	Levels
USDF "L"	Learner (not a judge)	Training-Second	USEF "S"	Senior	All Levels
USEF "r"	Recorded	Training-Second	FEI "I"	International	All Levels
USEF "R"	Registered	Training-Fourth	FEI "O"	Olympic	All Levels

JUDGES

FEI 'I'

Janet Brown (CO)
(719) 633-0231

Emmy Detlof
(719) 495-4188
Marti Foster
(303) 277-1132

USEF 'S'

Debbie Riehl-Rodriguez (CO)
(303) 642-7708
Sandra Hotz (CO)
(303) 817-2030

Joyce Hardesty (AZ)
(480) 513-6318
Gwen Kaawaloa
(303) 646-4363

USEF 'R'

Janet "Dolly" Hannon (CO)
(303) 467-3221

Sandra Keeley
(970) 468-5095
Ann MacGuire
(307) 237-9148

USEF 'r'

Amy Jablonovsky
(970) 493-2833
Kristi Wysocki
(303) 648-9877
Suzanne Zimmer
(303) 478-8325

Sarah Martin
(303) 652-1158
Bridget Milnes
(303) 660-4986
Jim Moore
(303) 805-0554

USDF 'L' Graduate

Francie Brashear
(303) 840-7626
RaeAnn Curtis
(970) 225-1408

KC Parkins-Kyle
(303) 841-9953
Kathy Simard
(720) 981-4448
Maria Wasson
(303) 682-9594

Dressage Sport Horse Breeding Judge

Janet Brown
(719) 633-0231
Debbie Riehl-Rodriguez
(303) 642-7708
Kristi Wysocki
(303) 648-9877

Technical Delegates USEF

Joyce Hardesty (AZ)
(480) 513-6318
Veronica Holt (CO)
(303) 646-3829
Laurie Mactavish (CO)
(970) 926-8666
Debbie Moloznik
(253) 630-3340
Deeda Randle (WY)
(307) 745-4336
Diane Stanley (MT)
(406) 652-4061
Libby Stokes (CO)
(303) 688-2795

Technical Delegates RMDS

Joan Clay
(970) 490-1927
Jeannette Hillery (CO)
(303) 494-7718
Jane McBride
(719) 598-4496
M. Elaine Thomas
(719) 495-1510

USDF Certified Instructors

Training - 2nd
Simone Ahern
(719) 749-9274
Jill Cantor Lee
(970) 686-9163
RaeAnn Curtis
(970) 225-1408
Janet "Dolly" Hannon
(303) 279-4546
Deb Hindi
(970) 641-6586
Sabine Kallas
(307) 733-9497

Ellene Kloepper
(303) 828-3879
Clayton Martin
(303) 652-1158
Sheri Mattei-Mead
(970) 669-3733
Kathryn Meistrell
(303) 646-9059
Bridget Milnes
(303) 660-4986
Kathy Simard
(720) 981-4448
Kristi Wysocki
(303) 648-9877

USDF Certified Instructors

Training - 4th
Nancy Chesney
(303) 681-2516
Loma Fowler
(303) 841-0417
Sarah Martin
(303) 652-1158
Melinda Weatherford
(970) 484-5218

CORRECTION TO FLYING CHANGE ARTICLE IN AUGUST

In the August 2004 issue of the Centaur, Christopher Bartle's article on training flying changes incorrectly describes a "simple change" as a change of lead through the trot.

Article 1905, # 7 in the 2004 USA Equestrian Federation Rule Book describes a simple change as " a change of lead

where the horse is brought back immediately into WALK (emphasis mine) and, after a few clearly defined steps, is restarted immediately into a canter on the opposite lead, with NO STEPS at the TROT." Please print this correction so riders training the simple change are not confused.

Amy Jablonovsky, USEF "r" Judge



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ALL RMDS CHAPTERS MAY USE UP TO 1/4 PAGE OF THE CENTAUR FOR THEIR NEWS AT NO CHARGE. SEND ITEMS IN WORD OR TEXT FORMAT TO THE CENTAUR AT BSWANSON2003@QWEST.NET

Chapter News

BOULDER VALLEY



DRESSAGE

Hello Boulder Valley Members,

The RMDS Championship show is almost here. I hope everyone has had an excellent show season. Best of luck to those of you competing at RMDS Championships. While attending shows please remember to thank the volunteers. We couldn't provide shows without them!

BVD has some very exciting plans for the future. Keep your eyes peeled for the Fall Dressage Scramble. This will be a nice way to welcome fall with a FUN horsey event and BBQ. We hope to see everyone, not just BVD or RMDS members! The scramble will consist of teams of 2-4 (depending on the number of entries). Scores will be calculated using the highest score from each movement. Of course we will have to tie in a few fun twists along the way. We hope to see everyone at the scramble for an afternoon of fun, food and laughs!

The club is currently planning on hosting two shows in 2005, the spring show and another in June or July. Our show numbers reflect that BVD members like to attend these shows. If you wish to see these shows continue we need some fresh faces who are willing to manage and secretary the shows. The current management crew would never dream of hogging the opportunity to experience show management plus we are in need of a break. In order for these shows to exist we need members (this means you) to step up and participate. The board will be there to help and coach you

along the way if needed. Hand holding services will also be provided free of charge. Included with the position of show manager and secretary we offer some fame and glory along with some financial compensation.

The volunteer clinic is also in the works for 2005. The 2004 clinic was a huge success so we have decided to do it again. This clinic gives members who volunteer the opportunity to clinic at a very discounted rate. Another great reason to volunteer!

For 2005 BVD is also considering a Boulder show series. This mini series will be open to all RMDS members. The details are still being worked out but here are the basics. The series will include all the RMDS recognized shows in Boulder County. To qualify you will need to attend at least 4 shows, 4 rides at the same level. Division awards will be given for each level, training thru second. The season will end with a fun fall event like the dressage scramble, BBQ and awards ceremony. The Boulder show series will be in addition to and will not take the place of the BVD year-end party and awards celebration.

Please call me if you are interested in helping organize any of the above events. I can be reached at 303-666-4528.

Pleasant Passages to all!

Barbara Goldman

Barn Profile - Middle Fork Ranch

Tucked into a slender canyon west of Lyons, Middle Fork Ranch is riding at its most glorious in the Colorado mountains. Home to *Donnersmark*, 1997 Imported Oldenburg stallion, the ranch is dedicated to bringing European horses and style to the west.

Eight years ago, owners Stephen and Vicki Cherner met manager/trainer Colin Bate (BHSI) in Ireland, who



New stalls along the indoor arena

had recently finished assisting Mel Gibson and the crew of "Braveheart" with their riding. The Cherner's asked Colin to come to Colorado to continue their jumping and fox hunting training, and the rest is history. Although this was Bate's first trip to the U.S., he fell in love with the Rockies and stayed on to revamp, remodel, and re-energize the

ranch by providing a breeding program and a top-notch training facility for both dressage and hunter/jumper horses. Bate installed new indoor and outdoor arenas, remodeled the old stable and built new stalls along the indoor arena. Combined with large turnout pastures of pine and aspen groves along a chirping creek, Middle Fork is about 1,000 acres of "horse heaven" in the Roosevelt National forest.

The ranch concentrates on the breeding, training and sale of primarily imported horses, with a special emphasis on their stallion *Donnersmark*, whom Colin is currently showing at 1st level in local and national events, along with the Cherner's 11 year-old Hanoverian gelding, *Dubois*, at 3rd/4th level. Colin also provides occasional private instruction for local riders, including some spectacular trail rides through the ranch.



Donnersmark foals at Middle Fork Ranch

2004-2005 SHOWS & EVENTS

SEPTEMBER 2004

- 4-5 **AUTUMN HILL HARVEST DRESSAGE FESTIVAL-LONGMONT, CO**
Barb Goldman 303-666-4528 boelandjarb@hotmail.com
- 4-5 **WESTERN SLOPE CHAMPIONSHIP & OPEN SHOW-
GRAND JUNCTION - USEF**
Candace Rickard 970-858-9535 ppencil@juno.net
- 6 **CONTINENTAL DIVIDE DRESSAGE SHOW-LOVELAND, CO-USEF**
Cathie Crosby 970-472-1748 ccrosby43@yahoo.com
- 9 **RMDS EXECUTIVE BOARD MEETING - OPEN TO ALL**
RMDS Central Office 720-890-7825
- 10-12 **CINDY SPALDING CLINIC-LOST LAKE EQUESTRIAN CTR
& URBAN FARM**
Cindy Spalding 417-491-3131 somerset@sofnet.com
- 11 **PENDRAGON STUD FALL SHOW -LARKSPUR, CO-RMDS**
Leslie Terry 303-688-4147 lesliet34@aol.com
- 17-20 **FRED KAPPLER CLINIC IN PINE, CO**
Contact Kris Cooper 303-838-5430
- 23 **RMDS BREED CHAMPIONSHIPS & OPEN BREED SHOW-USEF
PARKER, CO**
Pam Geier 303-673-9840 pamgeier1@comcast.net
- 24-26 **RMDS DRESSAGE CHAMPIONSHIPS & DRESSAGE OPEN SHOW
PARKER, CO -USEF**
Heather Petersen 719-573-0398, slush@drwgw.net
- 25-26 **USDF L PROGRAM FINAL SESSION**
Heather Petersen 719-573-0398, slush@drwgw.net

OCTOBER 2004

- 9-11 **BETH BAUMERT CLINIC IN PINE, CO**
Contact Kris Cooper 303-838-5430
- 10 **FOOTHILLS CHAPTER FALL SHOW-GOLDEN, CO-RMDS**
Marti Foster 303-277-1132 mlfoster@msn.com
- 22-25 **ALEX WORTMANN CLINIC IN PINE, CO**
Kris Cooper 303-838-5430
- 22-24 **CINDY SPALDING CLINIC-LOST LAKE EQUESTRIAN CTR
& URBAN FARM**
Cindy Spalding 417-491-3131 somerset@sofnet.com
- 23-24 **USDF TRAINERS CONFERENCE-
KATHY CONNELLY-COLORADO**
CONTACT USDF 859-971-2277

NOVEMBER 2004

- 5-7 **REGION V CHAMPIONSHIPS -ARIZONA-USEF**
Jay Chabucos 480-513-6377
- 12-14 **CINDY SPALDING CLINIC-LOST LAKE EQUESTRIAN CTR
& URBAN FARM**
Cindy Spalding 417-491-3131 somerset@sofnet.com
- 13 **RMDS BOARD OF GOVERNORS' MEETING/AWARDS BANQUET**
Heather Petersen 719-573-0398, slush@drwgw.net
Western Colorado, TBA; : Linda Waag - (970) 923-6388

DECEMBER 2004

- 10-12 **CINDY SPALDING CLINIC-LOST LAKE EQUESTRIAN CTR
& URBAN FARM**
Cindy Spalding 417-491-3131 somerset@sofnet.com

JANUARY 2005

- TBA **"L" GRADUATES CONTINUING ED**
Contact: RMDS Central Office 720-890-7825

FEBRUARY 2005

- 12 **TD WORKSHOP**
Contact RMDS Central Office 720-890-7825

MARCH 2005

- 19-20 **DRESSAGE SHOW USEF- YR QUALIFIER**
Contact Heather Petersen 719-573-0398 slush@drwgw.net

APRIL 2005

- 9-10 **USDF INSTRUCTOR LOUNGING WORKSHOP - LILO FORE**
Contact Pam Geier 720-890-7825

MAY 2005

- 7-8 **RMDS SYMPOSIUM - BETSY STEINER**
CONTACT LESLIE EASTER 303-646-5654
- 9-10 **BETSY STEINER CLINIC**
Contact Leslie Easter 303-646-5654
- 13-14 **GRAND VALLEY SPRING SHOW USEF--**
Contact Candace Elderkin 970-216-1963
- 14-15 **USEF "R" PROGRAM-REVIEW-JANET BROWN-
TABLE MTN. RANCH**
Heather Petersen 719-573-0398 and/or USEF 859-258-2472
- 21-22 **DRESSAGE AT THE PEAK-COLORADO SPRINGS-USEF-
YR QUALIFIER**
Heather Petersen 719-573-0398 slush@drwgw.net
- 28-29 **USDF INSTRUCTOR RIDING WORKSHOP - LILO FORE**
Contact Pam Geier 720-890-7825

JUNE 2005

- 6 **DRESSAGE AT HIGH PRAIRIE #1-PARKER, CO-
USEF YR QUALIFIER**
Contact Glenda McElroy 818-841-3554 glenda@glenroys.com
- 7 **DRESSAGE AT HIGH PRAIRIE #2-PARKER, CO-
USEF YR QUALIFIER**
Contact Glenda McElroy 818-841-3554 glenda@glenroys.com
- 8 **DRESSAGE AT HIGH PRAIRIE #3-PARKER, CO-
USEF YR QUALIFIER**
Contact Glenda McElroy 818-841-3554 glenda@glenroys.com

2004-2005 SHOWS & EVENTS

JUNE 2005 (CONT.)

24 HEBER VALLEY SUMMER DRESSAGE #1 -UTAH- USEF YR QUALIFIER

Wendy Gray Bizzaro 435-655-9992 wendygraybizzaro@aol.com

25 HEBER VALLEY SUMMER DRESSAGE #1 -UTAH- USEF YR QUALIFIER

Wendy Gray Bizzaro 435-655-9992 wendygraybizzaro@aol.com

AUGUST 2005

6-7 USEF "R" TESTING-JANET BROWN & LOIS YUKINS

Contact Pam Geier 720-890-7825

13-14 USDF INSTRUCTOR TEACHING WORKSHOP - DEBBIE McDONALD

Contact Pam Geier 720-890-7825

SEPTEMBER 2005

TBA USDF INSTRUCTOR WORKSHOP PRECERTIFICATION

Contact Pam Geier 720-890-7825



21 RMDS BREED CHAMPIONSHIPS & OPEN BREED SHOW- PARKER, CO-USEF

Contact Pam Geier 720-890-7825 pamgeier1@comcast.net

22-25 REGION V/RMDS DRESSAGE CHAMPIONSHIPS & DRESSAGE OPEN SHOW - PARKER, CO-USEF

Contact Heather Petersen 719-573-0398, slush@drwg.net

OCTOBER 2005

16-17 NANY SMITH CLINIC - HIDDEN RIDGE FARM, FRANKTOWN, CO

K.C. Parkins-Kyle 303-841-9953

TBA USDF INSTRUCTOR WORKSHOP FINAL TESTING

Contact Pam Geier 720-890-7825

SHOW INFORMATION

ALWAYS CALL THE CONTACT, UNLESS YOU HAVE BEEN NOTIFIED ALREADY, AS DATES, TIMES AND PLACES MAY VARY.

CALENDAR SUBMISSIONS

Submissions of events for inclusion in the Centaur calendar need to be received no later than the 5th of the month prior to the month that the item is to run. Please be sure to spell all names (clinicians/judge, location, contact) and include a phone number where you can be reached with any questions. Send all calendar items and/or requiring RMDS sanctions to: Beth Geier, RMDS Central Office, (720) 890-7825

RMDS CHAPTER MEETING SCHEDULE:

Boulder Valley, 1st Monday - even months

Contact: Barb Goldman - 303-666-4528

Colorado Springs, Date and location vary,

Contact Felicia Music - 719-598-4496 or check www.csdressage.org

Foothills, 1st Wednesday - every month;

Table Mtn Ranch;

Contact: Carol Milan - 303-279-1397

Grand Valley, 1st Thursday - every month;

Roaming around;

Contact: Kelly Schlagel - 970-242-5935

High Plains, TBA;

Contact: Terri Wallace - 303-695-8566

Northern Colorado, 1st Thursday - every month;

CSU Vet Teaching Hosp.;

Contact: Gail Burger - 970-226-6815

Penrose, 1st Wednesday - every month; Roaming around;

Contact: Sharon Ghilarducci - 719-462-5760

Tri State, TBA;

Contact: Darlene Vaughan - 307-332-726

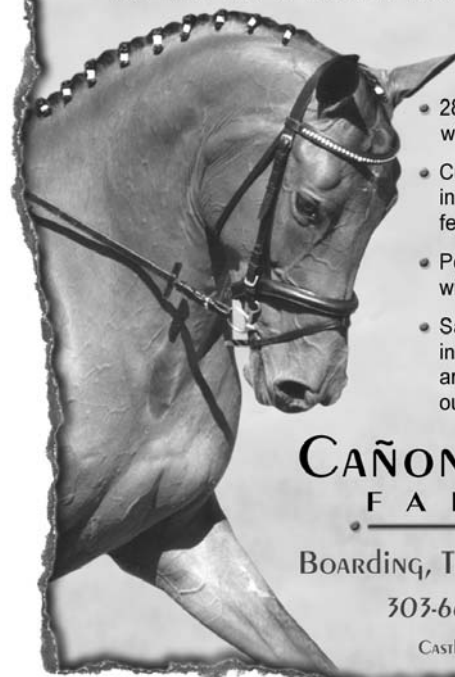
Western Colorado;

Contact: Barbara McElnea - 970-962-3234

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RMDS NOTES

DRESSAGE TRAINERS/INSTRUCTORS

GROW YOUR BUSINESS!

If you'd like your business posted on the new RMDS Webpage send information to Michael Petersen, 5575 Heatherbrook Ct, Colorado Springs, CO 80915, 719-573-0398 or email webmaster@rmds.org (make subject read "Trainer Info"). Include your: name, phone #, address, email address, barn location(s) where you train, if you travel/clinic, your experience/qualifications, what level you train through, what special awards earned (like USDF medals), if you have lesson horses available, and any other specialties.

Cost is only \$50 annually. The website currently averages 200 hits per month on the trainer page, and RMDS receives 25-30 emails a month requesting names of trainers/instructors in the RMDS region. Don't miss this opportunity to expand your client base and gain recognition.

Mail check to RMDS Central Office, 2942 Park Lake Drive, Boulder, CO 80301.

RMDS EXECUTIVE BOARD

All RMDS Executive Board meetings occur on the second Thursday of every odd numbered month. The steering committee meetings will be held on the second Monday of every even numbered month. The Board of Governors meeting is held on the second Saturday of November. Call the Central Office for exact dates.

ADULT AMATEUR

A copy of your USEF Adult Amateur Card must be filed with RMDS each year to update your record with RMDS and to qualify for RMDS A/A year end awards.

RMDS Central Office

Phone number: 720-890-7825
Address: RMDS Central Office
2942 Park Lake Drive, Boulder, CO 80301

Contact: Beth Geier, rmds@indra.com, www.rmds.org

Website Contact: Michael Peterson
5575 Heatherbrook Ct,
Colorado Springs, CO 80915
webmaster@rmds.org

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2942 Park Lake Drive Boulder, Colorado 80301**

USDF INSTRUCTOR WORKSHOP

I have sent out a great number of applications for the 2005 USDF Instructors Workshop but have only received back a small portion. If you would like to participate, Please fill out an application as soon as possible so we can determine which workshop we will hold!!! (Applications are split with half for Beginning to second level and half for the Advanced level.)

Jill Cantor-Lee has donated her facility for this program along with Sheri Mattei-Mead and Heaven's Bound, Simone Ahern and Sun Prairie Stable and Debbie Cranston and Canon Ridge Farms.

THANK YOU, THANK YOU, THANK YOU!!!!!!

Space is limited to eight Instructor Participants – if you are interested, please contact Pam Geier at 303-673-9840 as soon as possible for an application.



TRAINER/JUDGE TIP OF THE MONTH

Have a question or topic you'd like a trainer or judge to address? Mail your inquiry to:

The Centaur

5240 Highline Place, Denver, CO 80222, or
email to:

kevinhorst@yahoo.com or
bswanson2003@qwest.net

All queries will be kept confidential.

BARN PROFILE

and

RIDER PROFILE

Beginning in September, we will be profiling a barn and/or rider each month. Have a suggestion? Email to the above addresses!

NEWSLETTER NOTES

- The Centaur newsletter is published monthly .
- To guarantee that ads and articles will be run in any given month, they must be received with full payment by the 10th of the month prior to month of publication! i.e. January 10 for February issue.
- If not received by that date, they will be placed in the following edition if not time-sensitive

IMPORTANT ADDRESSES

Articles: Please send all articles for editorial review to:
Kevin Horst, kevinhorst@yahoo.com
P.O. Box 18857, Boulder CO 80308-1857, (303) 682-2817

The Centaur appreciates articles submitted by the membership for publication. Please remember – all articles submitted are subject to editorial changes and/or corrections at the discretion of the editorial staff.

Advertisement Production and Mailing Specifications:

- DUE DATE IS 10TH OF THE MONTH PRIOR TO MONTH OF PUBLICATION i.e. December 10 for January issue
- No Ads will be accepted without full payment.

DISPLAY ADVERTISING

For information about corporate advertising and/or sponsorships, please contact Stephanie Soule at (303) 621-2292 or email at briansoule@earthlink.net.

Artwork must be provided in electronic format only. The following are acceptable file formats:

- Collected Quark document (all fonts and images included)
- Press Ready PDF
- Adobe Illustrator with type converted to outlines
- Adobe Photoshop 300 dpi jpeg, eps or tiff file

No substitutes can be accepted. If your ad is submitted in a file format other than those listed above, you will be contacted regarding an additional separate charge for file conversion and/or redesign.

Please send a printed copy of your ad with your payment to represent your expectation of what the submitted electronic file should look like. These printed copies CANNOT be accepted as final art.

CLASSIFIED ADS

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Mail checks and hard copy to:

RMDS Central Office, attn: Beth Geier
2942 Park Lake Drive, Boulder, CO 80301

MEMBER AD RATES AND SIZE SPECIFICATIONS

Classifieds	\$12 per item for sale	
With picture (digital only)	\$22 per item for sale	
Full Page	\$125.00	7.5" x 9.5"
Inside Back Page	\$175.00	7.5" x 9.5"
Half Page	\$85.00	7.5" x 4.75"
Outside Back Page	\$100.00	7.5" x 4.75"
1/4 Page	\$50.00	3.625" x 4.625"
1/8 Page	\$25.00/issue	3.625" x 2.25"
	\$255.00/year	

ADVERTORIALS

Articles submitted that are considered "advertising" 1/4, 1/2, or full page formats are priced as above with photos included for an additional \$15/each. An editorial fee may be charged at a rate of \$25 per hour if required (by decision of editorial staff). 15% discount on all 1/4, 1/2 and full-page yearly advertising contracts.

Unsolicited manuscripts and photographs accompanied by return postage will be handled with care, but publisher, artist, and editor are not responsible for their safety or guaranteed return. Submitted articles herein are the opinion of the author and do not necessarily reflect the policies or position of the Rocky Mountain Dressage Society Executive Board or the Centaur Editor. RMDS defers copyright responsibility to submitting author.

RMDS 2004 MEMBERSHIP FORM

- Individual = \$50 Business = \$75 Lifetime = \$650
 Centaur newsletter only = \$35 (no other benefits)
 After one family member joins as an individual member, others in family may join at \$35 each.

Please include all information for person designated as representative.

All individual members receive the Centaur newsletter and the RMDS Omnibus.

RMDS is a group member organization of United States Dressage Federation and RMDS members are automatically USDF Group Members.

Indicate Local Chapter:

- Boulder Valley Northern Colorado (Fort Collins)
 High Plains (Parker, Littleton and Aurora) Colorado Springs
 Foothills (Golden, Evergreen) Western CO (Aspen, Carbondale)
 Penrose (Cañon City) Tri-State (Wyoming, adjacent states)
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Name _____

Address _____ City _____

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Phone (Home) () _____ (e-mail) _____

USDF No. _____ Occupation _____

Type of Membership

- (✓ one) Individual Business Family CENTAUR Only

Total Fees _____ Please remove my name from lists sold by RMDS

Date of Birth _____

Be sure to send a copy of your 2004 Adult Amateur Card from USEF along with this membership form!

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

2004 HORSE REGISTRATION FORM

- Horses must be registered with RMDS to be eligible for RMDS year-end awards and for horse-of-the year award.
- To be eligible for year end awards, both owner and rider must be members of RMDS and the horse must be registered with RMDS.
- The name on this horse registration must be the same used on horse show entry forms.
- \$35 for a lifetime registration of horse, \$10 change fee.

Horse Name _____ Sex _____

Breed (if known) _____

Breed No. (include copy of papers) _____

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

Address of Owner _____

Owners Phone (Home) _____ (e-mail) _____

Name of Representative (if owner is a business)

Mail form and check payable to RMDS to:

RMDS Central Office,
2942 Park Lake Dr., Boulder, CO 80301 • 720-890-7825

Membership renewal is January 1 annually.

Any memberships received after Oct. will be issued for the following year.

RMDS 2004 Championships Column

From Pam Geier, Heather Petersen, and Linda Bena

By the time you read this Championships will only be a few weeks away! Between a wonderful Breed show, spectacular rides, and the BBQ at the Barns get ready to have FUN! Heather, Linda and I can't wait to see you there.

Our Championship Show sponsors list is long and distinguished with everyone deserving a huge THANK YOU for your support!

Current Sponsors:

Sport Horse Breeding - Grand Champion Horse	Taka Chi Dressage Stables / Sarah and Clayton Martin	Third Level - AA	Lost Lake Equestrian Center / Debbie Owens
Sport Horse Breeding - Young Horse Champion	Kathy Simard	Third Level - Junior	Sue Halasz
Champion Under Saddle	Freedom Farms / Maureen McGrady	Fourth Level - Open	Canon Ridge Farm / Debbie Cranston
Training Level - Open	Sheri Mattei-Mead	Fourth Level - AA	Marti Foster
Training Level - AA	Hidden Ridge Farm / KC Parkins-Kyle	Fourth Level - Junior	Crooked Willow Farm
Training Level - Junior	Wild Rose Farm / Barringer-Richers Family	Intermediare I - Open	
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First Level - Junior	Anchorage Farm / Jim and Kris Cooper	Prix St. George - AA	Cabin Gulch Farm / Leslie Easter
Second Level - Open	Creekside Ranch / Barbara Ramlow	Prix St. George - Junior	Canon Ridge Farm / Debbie Cranston
Second Level - AA	Sun Prairie Stable / Simone Ahern	Grand Prix - Open	The Pyrok Memorial Perpetual Trophy Westmanton Stables / Grant & Sharon Schneidman
Second Level - Junior	Gemini Dressage / Glenda Needles	First Level Freestyle	Foxmeadow Farm / Judi Tobias
Third Level - Open	Spirit Horse Saddlery / Michelle Albertus	Grand Prix Freestyle	Dolly Hannon

PRIZE LIST CORRECTION FOR CHAMPIONSHIPS!

You only need ONE (1) first or second place score to enter the Championship Breed Show.

If you don't have your scores in time, bring your horse anyway - the Open Show at Championships will also count as a qualifying score.

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Rocky Mountain Series
Open Show and Finals & RMDS Sport Horse Breeding Championship

Thursday September 23, 2004
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**Interested in advertising in the Championships' Program?
Call Pam Geier at (303) 673-9840 for info**

Turnout Time

ASK THE BARN PRINCESS

Dear Barn Princess,

I assume all boarders are aware of the Colo. Statute sign stating "barn owner is not responsible for injuries associated with equine activities." What I would like to know is what is the barn owner's responsibility for injury to horses left in his/her professional care if in fact he/she has exhibited negligence/poor judgment or (gasp) malice resulting in injury or trauma to horse?

Anonymous

Dear Anon,

The Colorado Statute refers specifically to 'Participants'; it is designed to protect the professional from injuries related to riding or other equine activities. If neglect or intent can be proved, this may not protect the professional horseperson. Some examples are faulty equipment provided for the activity, prior knowledge of unsuitability of the animal for riding, etc...

As far as horses go, most professionals carry a Professional Liability Insurance policy. This generally

includes a "care, custody, and control" clause to assist them. In case of injury, liability must be proved before the horse owner would be entitled to any compensation for injury. It can be quite difficult to prove 'intent' of an injury, and neglect (based on Humane Society standards) has to be pretty darned awful. If you are concerned, talk to a lawyer to discuss what the exact laws are.

Remember, our horses *must* depend on us to care for them properly. If you have any doubts or concerns about the care your horse receives, you must act! Your horse is unable to speak up for his own needs, and it is your moral and ethical responsibility to provide the best care possible.

Yours in the Deep Seat,

Barn Princess

Have a question about etiquette or how to handle a sticky situation? Send your anonymous question to: The Barn Princess, 5240 Highline Place, Denver, CO 80222, or email bswanson2003@qwest.net
All queries will be forwarded to the Barn Princess and will be kept strictly confidential.

MORE NEW FEATURES - GET INVOLVED WITH YOUR NEWSLETTER!

ASK THE TRAINER

This month's guest trainer is Cindy LeFevre

Dear Trainer:

I am confused about the use (or not) of spurs. I know what is allowed in competitions, but am not sure about when and with what kind of horse and for what purpose I should use them. Could you please elaborate on this subject? And also whether spurs are considered a tool for a less-than-elegant rider, e.g. do Olympic and Grand Prix riders use spurs?

Dear Spurred,

There are several uses for spurs. Many of them are misunderstood. Unfortunately it is quite common to see large spurs used to increase the strength of the leg aid. This is **not** the classical use. In a classical context, spurs should be used to REFINE the aid of the leg. Think of your thigh as the horse's side. Take your palm and "kick" yourself in the thigh...this is an example of the leg aid. Now (be careful please)...take a spur or the end of a pen and poke your leg. This is the action of the spur. The spur has an action that is only about the diameter of the spur itself, the leg is much wider. The other aspect of the spur is that it helps to cause a contraction in the muscle (like the exercise on yourself). When used appropriately, this contraction in the abdominal muscles can help assist with the lifting of the

back and the correct development of the horse's top line. All horses, even very sensitive ones, can benefit from the classical application of the spur.

Traditionally, we try to use the spurs at second level and above. At the FEI levels, spurs are required in the show ring. My feeling is that spurs can be used at any level if they are used by a thinking, feeling rider with the appropriate skills. Before you try to use the spur (and start out with a short one, please!) you must have a steady leg position that does not let the spur just go off and on without intent. Your leg position should be good enough to keep your toes straight forward. Toes pointed out is a sure way to use the spur when you do not want to. In fact, when I am first teaching someone to use the spurs, we do it on an experienced horse with relatively short spurs, and the rider practices by turning her toes in and out to deactivate (toes in) and activate (toes out) the spur appropriately.

The use of spurs should not be taken lightly. My best advice is to get some help, and try the spur out on a horse that is used to the aid so you can learn on one that will (hopefully) not buck you off when you try it for the first time. When the light touch of the spur causes a reaction in the horse, allowing him to perform his movement with grace and ease, the benefits of refinement of the aids becomes apparent.

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Saddle Fitting with Infrared, Thermographic Imaging

By Kris Garrett

It was one of those, "what will they think of next?" moments. We took off the saddle and pointed the camera at my horse's back. The pictures displayed a lovely rainbow of colors, each with its own tell-tale, signature. To the untrained eye, it looked like blobs of finger-paints smeared on black construction paper. But to a person trained in infrared or thermographic imaging, the pictures spoke of injury, heat, and pain. It also told me I needed a new saddle.



Infrared imaging has been around since World War II, but it has only been in the past few years that it has found its way into barns and vet clinics. For the horse, real-time, live-feed heat sensing cameras point

out areas on the horse's body where there are changes in temperature. Too much heat means the body is trying to heal something or is reacting to pain. Too cool and it may mean poor circulation or scar tissue from old injuries. The infrared image can be used by a Veterinarian to pinpoint an active injury faster and often more precisely than chemical nerve blocks, without ever touching the horse. This is simply because the body creates the most heat in the spot where the most healing is in progress.

One of the most profound equestrian related uses of the thermographic camera is for fitting saddles. A simple ten-minute test ride will create significant infrared heat anywhere the saddle rubs. The heat can be seen for up to fifteen minutes, on both the horse, and on the saddle itself. It is shocking to see how quickly the horse's body will react to the pinching of a too-small tree, or the rubbing of a too-wide or misshapen saddle. No longer must horses learn to tolerate the pain, or be punished as misbehaving, when the message they are trying to express is, "my back hurts!"

When looking for a new saddle, equestrians can now try several models and brands in one session, simply by riding in each one (with a cool down period between) and comparing the thermographic images. The saddle that causes no rubbing or pinching, which shows up as colorful heat signatures in the image, is the best choice for that horse.

Dr. Tyteeka Reye, ND, has been collecting data on many different types of saddles and types of horses, for nearly two years. So far, the treeless saddles seem to be the least rubbing and heat producing. She is doing long-term testing on a group of hard-to-fit Andalusians,


Friesians, and Warmbloods, to be sure the treeless saddles are not, over time, going to cause heat (indicating possible injury) in the area around the spine. She is also testing many brands of treeless saddles to see which are best for what body-type of horse. She has discovered unequivocally that real wool pads are significantly less rubbing and better heat dispersing than any other kind of pad tested, even the most expensive and high-tech synthetic.



The equestrian use of thermographic imaging is still in its infancy. The cost of the camera (approximately \$20,000) makes it a very expensive tool. For those lucky enough to have a thermographic camera and

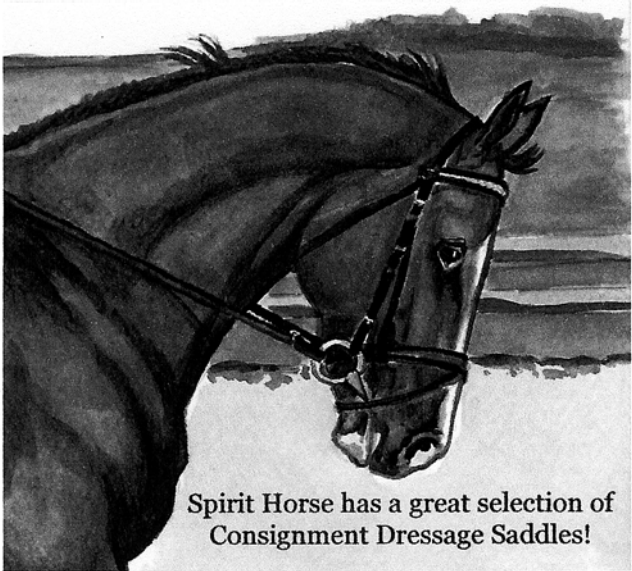
Certified Thermographer available to help them with their saddle fittings, the benefits far exceed the cost.

You can learn more about equine thermographic imaging at www.Equinese.com



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Book Review -

Riding Between the Worlds: *Expanding Our Potential through the Way of the Horse*



“Riding Between the Worlds” is Linda Kohanov’s second book, a follow-up to her first book “The Tao of Equus.” The concepts presented in that book intrigued me, so I attended the August 10th booksigning with author Linda Kohanov at Boulder Books, Boulder, CO, to hear her speak about this latest book.

I have felt a spiritual connection with horses since I was a little girl, an experience many of us in the horse world share. More than just a desire to ride, horses embodied magic for me. Unable to realize this dream until I was in my forties, I was completely overwhelmed with the force of the healing connection that horses provide.

This healing is the basis for Kohanov’s book and philosophy: the ability of horses to bring out qualities and emotions in humans that are hidden or repressed, keeping us from living our full potential. She explores these themes with several vignettes of actual breakthroughs she and her clients have experienced through working with her herd of horses outside of Tucson, AZ.

Although many people still view horses as “dumb animals,” Kohanov debunks this theory through the demonstrable emotional and spiritual connections her horses have made with people. By “mirroring” human emotions and feelings, the ones that hide beneath the surface of our public face, horses force us to confront ourselves and break through to new potentials.

Some of the concepts in Kohanov’s books may be a little farfetched, but on the whole, her insights - and that of the “dark horse” - are well-researched and explained in detail. If you have experienced the healing powers of your horse, you’ll want to read this book.

Reviewer’s note: If you have an interest in Equine Experiential Learning (EEL), I’d like to hear from you. Call Beverly Swanson at 303-584-9904 or email bswanson2003@qwest.net.

From the website www.thetaoofequus.com:

Many people who love horses describe them as having a subtle, intuitive knowing — what writer and equine pioneer Linda Kohanov calls black horse wisdom, “wisdom shrouded in mystery, wisdom that’s felt more deeply than it can ever be explained.”

In this powerful follow-up to her groundbreaking work *The Tao of Equus*, Kohanov introduces new, provocative theories about the human-horse connection, theories supported by in-depth evidence from the round pen. “Horses,” she maintains, “model an embodied spirituality, one that is both fully present in this world and deeply connected to the soul’s divine origins.” Kohanov explores how these animals support us on both levels, leading us to unexpected realizations about fear, intuition, awareness, empowerment, and above all, authenticity.

Riding between the Worlds not only continues Kohanov’s amazing personal journey of transformation with her herd, it also relates numerous anecdotes of equine-facilitated healing, coupled with lucid explanations of the processes behind them. These stories demonstrate the undeniable connections that people and horses around the world are increasingly recognizing. They document the profound changes that emerge as taboos against treating animals as equals break down.

From intimate stories of cathartic breakthroughs in the saddle, to the moving tale of the birth of the newest member of Kohanov’s herd, *Riding between the Worlds* presents a daring multidisciplinary exploration of the powerful spiritual, emotional, and psychological lessons horses embody. It delivers another tour de force from one of the equine world’s most insightful writers, teachers, and trainers.

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USDF Region Five Report

by Theresa Hunt, Region 5 Director

Watching the Olympics was inspiring! To participate at that level of competition requires a great amount of energy and effort. This year's Olympic Individual Three Day Event Bronze Medal winner, Kim Severson, started her riding career in Arizona. As a child she rode at Central Arizona Riding Academy in summer camp. Dorie Vlaten-Schmitz remembers Kim asking her if "she had time to ride yet another horse before dinner." Kim enjoyed the challenge of riding different horses and loved learning from each horse. All great athletes start at the bottom and persevere. We all have our challenges---from riding the first dressage test, dealing with "horse-eating monsters" surrounding the dressage arena, proceeding and aspiring to higher levels. I think the following (edited) quote by Theodore Roosevelt epitomizes each individual's effort in the dressage arena:

"It is not the critic who counts: The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat, who strives valiantly, who errs...but who knows the great enthusiasms, the great devotions, who knows, in the end, the triumph of high achievement, and who, if he fails, at least fails while daring greatly, and never be with those cold and timid souls who knew neither victory nor defeat."

Congratulations to Megan Gregg who competed in the North American Young Riders Championships this year! Her experience will be an asset for the team next year. We have many additional riders planning to try out for the team next year: Linsley Grindle and

Amanda Sletta from Utah; Leigh Romano, Tyler Haney, Christine Rudman, Vanessa Simon from Colorado; and Marissa Demers and Alli Stephens. Potential FEI Juniors and Young Riders should contact one of our FEI JR/YR Coordinators. In the north we have Debbi Cranston, Canon Ridge Farms, Castle Rock, CO, dbergtti@aol.com and in the south Tracy Roenick, Dynamite Dressage, Scottsdale, AZ, tracyroenick@cox.net. Tracy Roenick has volunteered to be our *Chef d'Equipe* next year. We need to start fundraising as soon as possible. The Conrad Schumacher clinic for FEI Juniors and Young Riders will be held at Dynamite Dressage Oct 1-3. This will be the first time Conrad has been in Arizona, a wonderful opportunity to audit for everyone in the area. Our region also is hosting the National Level Trainers Conference with Kathy Connelly at Canon Ridge Farms in Castle Rock, CO October 23-24.

Show managers, remember to offer FEI Test of Choice at your shows. This gives shows a greater opportunity for FEI riders to ride I the show.

Deadlines: Applications for Region 5 Adult Education Grants are due November 15 for the USDF fiscal year starting April 1, 2005 to March 31, 2006. The purpose of the grants is to make dressage education more affordable for our members. Grants will be awarded based upon the greatest educational value---they need to be more than a riding clinic.

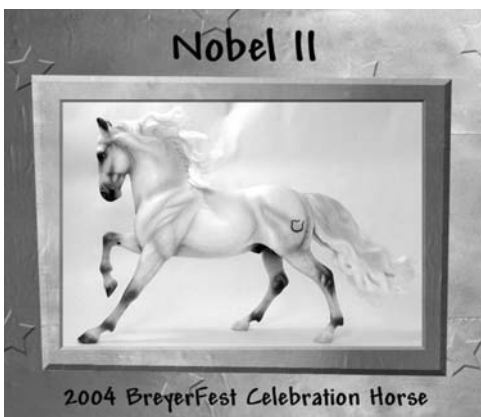
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Theresa Hunt

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from Roni Vale

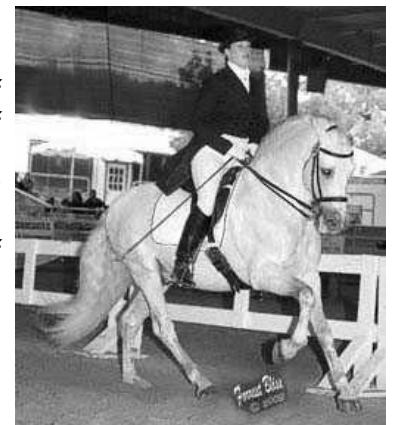
Huge crowds of families & individuals visited the BreyerFest XV event and swarmed over every inch of the Kentucky Horse Park, the last weekend of July, 2004. These very passionate collectors received the 2004 BreyerFest Model Horse, Nobel II, and entry into the World's Largest Annual Model Horse Collector's Festival &



Nobel II Breyer sculpture

Horse Show. This year's Celebration model, sculpted by Kathleen Moody, is a Special Run using the new Andalusian mold which now joins the esteemed Legionario model of the late 1980'. Aficionados del Caballos of every age and from every state, came to celebrate this newest edition to the Breyer Horse Collection and congratulate horse owners, Roni, Jim, Kelly & Tracy Vale of Cortijo ValMoor, Colorado Springs, CO. Although Nobel holds more than 30 Championship Performance titles, this model is truly the Nobel Prize, an award for outstanding achievement in the Horse World!

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Nobel II - the live version

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9 yo Brood Mare (has stifle injury) **Selle Francais cross** (First Class is grand sire), Cali is 15.1, but looks bigger, Belgian Warmblood alternate mare book. Drk. Brn., white sock and stripe. Produced premium Belgian Warmblood colt by Cimarron in '99. Very sweet disposition, Video and pictures available. Price negotiable to right home. Anne (307)-742-5735) or abowen@uwoyo.edu

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Donnerhall Grandson. "Dr. G" was born 5.15.04 by the Elite Hanoverian stallion Domiro (Donnerhall/Pic Bube I). Domiro is a 16.1H dark chestnut with a 100 day test score of 119.54, dressage index of 122.93. For pictures, pedigree, and offspring go to www.lucchettiranch.com/Domiro.htm. Dam is a 15.2H TB by Seine's Minstrel. Pictures available. Call Anne Bowen at 307-766-4327 (day) 307-742-5737 (eve) or e-mail abowen@uwoyo.edu.

Classy versatile Appendix Qtr mare. 13 yo 15.3H. Earned a Register of Merit with AQHA. Schooling First level, cute jumper, trail rides, proven broodmare. Goes Western. Used as school horse for intermediate riders. Delightful horse for Jr. or adult. Go to dreamhorse.com Horse ID# 475796. Asking \$6,500. 303-665-6764.

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For Lease: 1994 Oldenburg Gelding 16H Fandango is talented, sweet and beautiful. He is currently schooling third level and is very quiet and willing to work. Lease terms are negotiable to allow the best situation for both you and Fandango. For more information please contact Kelli Metcalf at 970-988-1654

'MoneyPenny' 15.3H 7 yo registered and branded Holsteiner mare. Sound, sane. Jumps 2.6 and shown at 1st level. By Columbus. No vices, great for beginners, excellent on trails. Pictures/video available. \$15,000. Lauren Hall 970-240-9784.

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8 yo Gorgeous Chestnut gelding- great dressage and eventing prospect. Has been shown in APHA shows, points in over 7 events. Has lead changes, easy to handle, very athletic. Kind, sweet disposition, no vices. \$9500-serious offers considered. Julie 303-922-3935 dbmhvac@aol.com

13 yo Selle Francais mare 16H, bay, '99 1st Level Jr USDF & RMDS Champion. Currently schooling 4th level. Owner has moved, must sell. Great personality, trail rides and jumps. Would make exc horse for a JR or amateur wanting to excel in dressage. \$20K OBO. Lindsay 914-572-6402 or lrouse_zta@yahoo.com or Cathy 303-791-7615.

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Spanish Barb Mare, 10 yo, gray, 14.1 hands, looks Andalusian, trail rides, English or Western, wonderful temperament. Used as a school horse in dressage, will make a great horse for an adult or child. \$3500 to the right home, 970-532-0638

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6-yr old Trakehner mare, 15H, bay, by Martini, Grand Prix dressage Trakehner stallion listed 1st on USDF Leading Sire list every year/out of Anglo Trak mare by Mozart, "Ocarina" has exquisite conformation, impressive gaits, is affectionate, unflappable, completely sound and undamaged for any discipline or Pony Club. \$11K OBO to good home only. Pictures/video avail. Judy Moore 719-395-8543 dialogue@amigo.net.

Beautiful quiet TB mare. 12 yo 16.3H, Training Level dressage, jumps. Proven broodmare with Nasrullah, Spy Song, Count Fleet and Bold Ruler bloodlines. Used as school horse for intermediate riders. Generous temperament, completely sound. To see picture, go to dreamhorse.com Horse ID#475808. Asking \$8000. 303-665-6764

ADDITIONAL ADS ON PAGE 29



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