

CENTAUR

educating horse and rider as partners

SEPTEMBER 2014

A Peek Inside

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Here Come Championships!

Dear RMDS Members,

This is an open invitation to please come join your RMDS Board and competitors for this annual extravaganza of dressage at its best. We not only get to cheer on our friends and favorites, we get to mingle with old friends, and meet new ones in our dressage community, shop for STUFF (!) and enjoy a sandwich with the crowd.

And if those aren't good enough reasons to come, just read the next article on this page. The Colorado Horse Park is home to a host of equine disciplines, and it's the reason RMDS can host the USDF Region 5 Championships, Dressage in the Rockies, High Prairie Dressage, and other



cont. on pg 3

Group Seeks Help to Save Colorado Horse Park from Sale

By Kris Garrett

Kris Garrett, of Parker, CO., is a member of Save Our Horse Park, www.SaveOurHorsePark.com, a group of concerned Colorado equestrians whose goal is to save the Colorado Horse Park from development. Helen Kriebel, 71, CHP founder and president, is retiring Jan. 1 and hopes to sell the world-class equestrian venue to a buyer who will keep the 150-acre park open. It was for sale in 2009 for \$11.5 million. The current sales price is not known.



The berm at Colorado Horse Park.

Do you remember where you were the first time you ran your fingers down a horse's soft face? Or the first time you rode a rented pony all by yourself? The barn where you did that is probably an apartment building or a dense subdivision by now. The fields where you kept your own horse are probably shopping centers or a busy highway.

Will you be one of those people who will drive by Parker Road and Bijou Gulch Road and sigh as you stare at the sea of matching rooftops, reminiscing about that weekend when you won your USDF Bronze Medal at the old Colorado Horse Park? Will a tear escape your eye *cont. on pg 8*

**Awards
Banquet Form**

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**Get your
reservations in
early!**

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

President's Message

Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared.--Buddha

Thought is the wind, knowledge the sail and mankind the vessel.--Augustus Hare

September is a time of change as Fall arrives and the colors start changing. The show season is almost over and we begin preparations for our Region 5 Championship Show. I have mentioned many times that we need volunteers and sponsors, so please consider helping out in some way so we can all have fun.

The Chinese Year of the Horse has given us a special theme and we are using it to our advantage. The shirt sales have been successful and a suggestion to sell the few we have left and have a decorate-your-shirt contest is moving forward. Look for details at the show, as the top prize will be a piece of art from the artist

who designed the T-shirt logos.

Not to be outdone, another team of Board members will host a Bow Wow Bedazzled Bandana Bonanza contest. This is a contest to decorate a bandana and show it off on your dog to win a special prize for the canine.



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

As you can see, our goal is to have fun after a long day of showing, with after-show gatherings scheduled every night. A DJ will attend the Saturday night festivities to

add even more excitement. As you make plans for Sept. 17 to 21, keep in mind the extra time after each day to join your fellow members and out-of-state friends for some playtime.

Most of the Board members will be at the show and available to meet you. I, personally, want to meet you and get to know you. We share a common interest, our love of horses. Let's chat about our horses and our interest in dressage.

We all enjoy the beauty in horses and the individuality of each one. Let's plan on enjoying the show as we watch the competition unfold and see the smiles of the winners. Then we can enjoy the parties after each day and share in our friends' accomplishments.

Looking forward to seeing all of you in a few short weeks.

Gwen Ka'awaloa, President, RMDS

Vice President's Message

Setting achievable, reasonable goals is one of the true joys in life. Dressage training has helped me define my goals in every area of my life and learn to be satisfied with my best efforts. I look around at my fellow dressage riders and I am touched by the struggle we share to balance our lives and our wonderful goals for our riding. It makes us better people. We almost have an insurmountable amount of work to do for each of our horses. While we are working to achieve these goals, we refine our skills in patience, endurance and clarity. Each decision brings about a direct response. We either become more focused or more scattered. It's as simple as a dressage test!

The Summer show season is coming to a close. RMDS is getting ready to host the Region 5 Championships, Sept. 17 to 21 at Colorado Horse Park in Parker, CO. We have planned many fun events, and hope you attend and spend some time with



Aline Brandau with her 8-year-old black Hanoverian "Aline's Sara" out of Simply Spruce Meadows bloodline.

us. There will be parties, barbeques and cookouts. These events are held so that the competitors can have some fun after their long and arduous journey to Championships. Instructors and trainers can visit at these events without competing for anything.

RMDS wants to support our community of dressage riders and encourage more dialogue. Please stay for the after-show parties. We would love to get to know you and include you in our activities.

We will be at the show and in attendance at the fun events. We are hosting a T-shirt decorating event (the judges will decide the winner) and a bandana-decorating event for the leashed dogs in attendance. The best-decorated bandana dog will walk or run away with a great prize!

There is plenty of time to sign up and volunteer. We are giving volunteers some nice gifts and it would be great to get to know you. Our organization is only as great as our volunteers. Please be part of our exciting Championships and let's make this the best one yet!

*Warmest Regards,
Aline Brandau, JD, VP, RMDS*

Boulder Valley

As the season wound down, Boulder Valley Dressage made the decision to cancel our "So Long to Summer" show. With the vesicular stomatitis outbreak affecting many facilities in Boulder and surrounding counties, we could not find a venue willing to risk the traffic in and out. Luckily, the bigger shows are continuing, with appropriate biosecurity protocols in place. For those who have been directly affected by VS, we hope that your horses are recovering quickly. For those indirectly affected, through voluntary quarantines or the cancellation of off-site plans, we hope that you are finding ways to continue to amuse yourselves and your horses at home.

Boulder Valley members are encouraged to step forward to volunteer for several opportunities to serve on both the Boulder Valley and the RMDS boards. Leadership positions are open in several areas (see elsewhere in the Centaur for more details on the RMDS positions). The work of both BVD and RMDS cannot be accomplished without the participation of the members, so please consider getting involved. One perk is that RMDS Board members receive a 50% rebate on auditing fees for RMDS-sponsored educational events. The same is true for all BVD members who audit RMDS events. BVD will be hosting a community social event for

our meeting on Oct. 13 as a chance to get acquainted with other members, connect with your horsey friends away from the barn and learn about ways to become more involved in BVD. We'll be electing officers for 2015 and brainstorming ideas for future activities. Look for an email with details. Plan to come and bring a friend!

We are beginning to make plans for our year-end celebration/awards banquet, which is scheduled for Jan. 25, 2015 at the Boulder Country Club. This is our big social event of the year, a chance to connect with friends, meet other members and celebrate our passion. This year we will feature an expanded silent auction. If you, a friend or someone who works with your horses has a service to offer, a vacation home to donate, or other fun items to contribute, please contact Stephanie Boyles at Stephanie@embrazio.com.

Please consider getting more involved in Boulder Valley Dressage – we all have more fun when everyone participates.

--Sarah Barnes, President, Boulder Valley

Pikes Peak Chapter

Our next regular club meeting will be on Tuesday, Sept. 2 at 6:30 pm at The Elephant Bar, 7585 N. Academy Blvd., Colorado Springs, CO 80920, (719) 532-0032

PPDS is providing a sponsorship to the RMDS Championships show with \$100 to be used for either one championship class or 2 open classes. We are also offering a \$50 cash prize to the PPDS member with the highest score at Championships (excluding DSHB).

Future plans include our long postponed Lungeing and Long Lining Clinic, hopefully in conjunction with an October meeting. We are also looking at a yoga session to aid riders with out-of-the-saddle exercises and an evening of baking horse cookies in conjunction with our holiday party and gift exchange.

Officer positions will be coming up for election soon and we also need to designate our BOG delegates, so please consider what you might do to become more involved in OUR chapter! I have proposed a bylaw change to be voted on at the Sept. meeting that would allow us to have elections in October, rather than November.

As always, the most current information for our chapter is available at our website at <http://pikespeakdressage.org/Main/Home>.

– Michelle Anderson, President, PPDA

Championship Invite

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USEF qualifying competitions.

Even if you don't show, remember that it is important to have these top competitions to support the entire dressage community. It builds the reputation of our trainers, gives our judges a chance to advance, our breeders to continue providing top-quality horses, and showcases

everything we strive for as equestrians in Colorado and the West.

So please come join everyone Sept. 17 to 21 at the Colorado Horse Park and show that horses and competitions are important to our state.

Thank you,

*Beverly Swanson, Championships Show Liaison,
and Your RMDS Board Members*

RMDS AWARDS BANQUET 2014

Hosted by the Rocky Mountain Dressage Society

Saturday, November 15th, 2014

At the Renaissance Denver Hotel

3801 Quebec Street, Denver, CO 80207

5:30 p.m. Cash Bar

6:00 p.m. Dinner Service & Awards Presentation

Please RSVP by November 5th, 2014. Reservations and payment must be received by this date. A completed form with payment constitutes your reservation. Sorry, NO phone reservations accepted! Late reservations will be accepted until November 8th for an additional \$10 fee.

Make checks payable to RMDS and mail to:

RMDS c/o Laura Speer, 4020 Empire Street, Evans, CO 80620

Directions to hotel: From east or west take I-70 to Quebec Street and turn south. Go south ¼ of a mile. Take the Smith Road exit. The hotel will be on the right. Free covered parking in the parking garage! (Tickets validated at the front desk.)

RESERVATIONS at \$40 per person:

Fill in the name of the reservation, phone number and circle one dinner choice per person.

Name: _____ phone: _____ dinner choice: A B C

Name: _____ phone: _____ dinner choice: A B C

Name: _____ phone: _____ dinner choice: A B C

Name: _____ phone: _____ dinner choice: A B C

A- Sirloin Steak

B- Stuffed Chicken Breast

C- Butternut Squash Ravioli

(All dinners served with Chef's choice of vegetables, salad, and dessert.)

The Renaissance has a block of discounted rooms under the RMDS name which will be held until November 5, 2014. Call the hotel at 303-399-7500 to make a reservation.

Call Laura Speer, Banquet Chair, at 970-371-2934 **for RMDS banquet questions.**

Call Shannon Lemons, Awards Chair, at 719-686-0064 **for Awards questions.**

Vesicular Stomatitis Virus (VSV)

Vesicular Stomatitis (VSV) is a viral disease that primarily affects cattle, horses, and swine and occasionally sheep, goats, llamas, and alpacas. Humans can also become infected with the disease when handling affected animals, but this is a rare event.

Current VSV Statistics as of: 08/14/2014

VSV Positive Premises Quarantined: 149

Counties Affected: 8

- Adams County
- Boulder County
- Broomfield County
- Douglas County
- El Paso County
- Jefferson County
- Larimer County
- Weld County

USDF 'L' Program Offered in Colorado

The Part 1 schedule is:

A session - Nov. 1-2, 2014, Lois Yukins – Loveland

B session - Jan. 10-11, 2015, Bill Solyntjes – Greeley

C session - Mar. 14-15, 2015, Debbie Riehl-Rodriguez – Elizabeth

Participants and auditors need to sign up ahead of time. The only criteria to be a participant for Part 1: A-C is to be a member of USDF; group, participating or youth etc.

Contact education@rmds.org or the Central Office rmds@rmds.org for more information.

Score Check!

Now that Championships is nearly here, check your scores, both with RMDS and USDF, if applicable.

ALL CORRECTIONS to scores must be made by Sept. 30, 2014.

New In-Person Policy for RMDS Trophy Presentation and Return

All who received a trophy at the 2013 RMDS Awards Banquet, please be advised that these awards must be returned to RMDS office or the Championship Show Office:

- Sept. 17 to 21, RMDS Breed Championships, Region 5 Championships & Open Show, Colorado Horse Park, Parker, CO.

Because of damage to trophies occurring to those that have been mailed, the RMDS Board has directed Awards Chair Shannon Lemons to require that all trophies must be awarded and returned in person; no longer will RMDS mail them to winners or accept trophy returns by mail, effective immediately.

Contact Shannon at 719-661-3189 or lemons_shannon@yahoo.com with questions.

Call for Committee Chairs

The seats coming up for election in November are: Adult Amateur, Awards, Communications, Education, Junior/Young Riders, Marketing, RMDS Show Liaison, & Scholarship.

A little-known benefit of being a member of the RMDS Executive Committee (officers, chairs and chapter presidents) is that your cost for RMDS-sponsored educational events is discounted by 50%.

Contact Michelle Anderson, 2014 Nominating Committee Chair, for more information.

Call for 2014 Championships Sponsors

RMDS Championships depends on sponsors and advertisers to assist in defraying the cost of mounting our annual celebration.

Do you know someone who would be interested? Your barn, your local tack shop, a favorite vendor?

RMDS offers many levels of sponsorship participation.

Contact Beverly Swanson, RMDS Championship Show Liaison, at ShowLiaisonRMDS@gmail.com for a complete information packet, or check the website for info at: [Championships Page](#).

Know Your RMDS Board Members

At several Board meetings this year, President Gwen Ka'awaloa discussed the value of every member who volunteers to serve in a Board, Committee or Chapter executive role. With elections at the Nov. 15 Board of Governors' meeting, and Chapter elections for officers, information about current Board members can be useful as members consider adding their voices to RMDS.

Here is how some of your Board members describe their skills and services to RMDS in 2014. They welcome your participation on the 2015 Board.

Gwen Ka'awaloa, RMDS President

- Critical Care Tech, EMT-Intermediate, full-time employment with Parker Adventist Hospital, Emergency Department, 36+ hours per week
- USEF licensed 'r' dressage and dressage sport horse breeding judge, 8 to 12 days a year and up to 24 days traveling to venues
- Kaimana Equestrian, LLC, and Kaimana Farms, owner/operator, 20 to 60 hours per week as barn caretaker, trainer and instructor
- Elizabeth Fire Protection District, volunteer firefighter, retired. Now instructor for Basic Life Support and Community Heartsaver classes, 2 to 10 hours per month
- Elbert County Volunteer Safety Corp., liaison for fire departments and during disaster management situations. Monthly meetings and participation, as needed. (2013 Black Forest Fire, 20 hours)
- Caretaker for my 85-year-old father who lives with me, which includes health management

Aline Brandau, JD, RMDS Vice President

- Full-time riding instructor, horse trainer, caretaker of Silver Spur Ranch and Riding Logic, LLC.
- Achieved double major bachelor's degree at Indiana University in English and Criminal Justice. Completed my doctor of jurisprudence degree at Indiana University School of Law. Worked for many years in financial services in the State of Colorado. Certified Hatha Yoga Instructor.
- Full-time mother to three boys, two of which live with me and one who is going to college and is special

needs. I own an organic food ranch and we are raising pigs, goats, sheep, chickens, ducks and geese, in addition to garden vegetables and fruit trees.

- I am active in local dressage clinics, and I enjoy volunteering for RMDS. Last year I volunteered approximately 150 hours.

As with everything in life, a balance must be found, and I am so fortunate to have such a great community of dressage enthusiasts to serve as vice president of RMDS.

Frances Carbonnel, Western Dressage Liaison

- I serve as a liaison between RMDS and Western Dressage Association of Colorado to facilitate good relations and cooperation between the two organizations, since we have similar educational goals and missions to serve the equestrian community. Since I have just started this, I figure the quarterly time commitment to be about 5 to 6 hours per quarter or 20 to 30 hours per annum, unless I take on a special project. I volunteer at shows when I can (approximately 10 to 15 hours per year) and always support the Young Riders when I can through fund-raising efforts, by exhibitions and other activities (approximately 10 to 15 hours per year).
- I own my own dressage training and instruction business, Classical Legacy, LLC, which I have done for 25+ years. I work an average of 60 hours weekly, or 240 hours monthly. I also stand two PRE stallions at stud and do some very limited breeding and raising of young horses.
- I am on the advisory board for the Western Dressage Association of America, and have been very involved in developing their tests, teaching and judging curriculum, which has taken countless unpaid hours over the past three years. I teach clinics monthly nationally and internationally, training equine professionals, as well as giving monthly clinics for the Colorado chapter of WDAA. On average, the clinics total at least 30 hours monthly, plus two days of travel time.

Sally Shaffer, Wasatch Mountains Chapter, Utah, President

- I have bred KWPN Dutch Warmbloods since 1982 when Liz Searle and Jeff Moore bought me my first Dutch mare, Titta, imported from Holland. Titta became one of the first Ster Preferant mares in the US with her son, Brooklyn Dodger, a jumper who went on to become an equitation horse

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KnowYour Board

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qualifying for the Medal McClay at Madison Square Garden.

- I was honored to have been chosen by the Salt Lake Organizing Committee to be chief of Timing and Calculations for Park City Mountain Resort events for the 2002 Olympics, both Technical (Giant Slalom) Alpine events and Snowboard events.
- For the KWPN-NA I was appointed to the Organizing Committee for the annual meeting in March this year in Wellington, Fla. I was fortunate to have attended the KWPN Stallion Show in Den Bosch in 2010 where there was an excellent demonstration by Edward Gal on Totalis.
- My life is changing yet again as both my children are expecting their own babies this coming winter. I will be a grandma times two. I still dream of doing a Century ride somewhere down the road, even though I am in my 70th decade.

Sharon Soos, RMDS Treasurer

- My professional time is spent as a full-time IT analyst/programmer with Centura Health, 40+ hours per week, and with after-hours rotation for on-call nights and weekends.
- My passion is horses and volunteer activities. As a RMDS volunteer position, the role of treasurer requires 12 to 25 hours per month, depending on RMDS events, along with the normal functions of the position. These include Rocky Mountain Horse Expo, Board meetings, Board of Governor's meeting, banquet, clinics and Championships.
- My "spare time" is filled with the needs of six horses, of which two are ridden, two are retired and two youngsters are in training. Fortunately, my husband and partner, Pete, has the same passion for the horses. And, of course, the rest of the family, grandsons, dogs and cat, cannot be ignored. Needless to say, the days fly by and are never boring.

Michelle Anderson, Pikes Peak Dressage Chapter President

- As an IBM Security Delivery Specialist, I work full-time from my home office 40 to 50 hours/week.
- My horse activity includes being a working student at Kaimana Farms feeding, and stall- and run-cleaning

for 5 to 10 hours/week.

- I am the Pikes Peak Chapter President, giving 1 to 2 hours per month May to August, and 2 to 4 hours per month September to April. I volunteer 30 to 36 hours per year at RMDS shows, clinics and events.

Linda Gaber, Communications Chair, E-Centaur and Centaur Editor

- Retired from full-time Rocky Mountain News and Denver Post editorial posts, now a professional communications/marketing consultant up to 20 hours monthly. Legal decision-maker for my 92-year-old mother in Denver assisted living residence, and share activities with two daughters in Denver and NYC.
- Volunteer hours as RMDS Communications Chair total 20 to 25 hours monthly (about 120 to 150 hours annually) for published Centaur plus 10 to 15 monthly (60 to 90 hours annually) for smaller E-Centaur. Editing and writing articles, working with authors, the RMDS Board and our paid production contractor, proposing articles, adding headlines and photo captions, and then proof-reading the completed issues are among my activities. Board meetings require another 24 hours, plus the all-day Board of Governors' meeting each November. I was one of several RMDS members to win a first-place article award in US Dressage Federation competition. Our web site and member authors also have been awarded honorable mentions. Among several members to update RMDS online and printed advertising materials, as well as to create E-Centaur in 2013, reducing Communications budget about \$9,000 annually.
- For my Foothills Chapter, I have been on the two-person Scholarship Committee and am the current Chapter Secretary, contributing about 5 hours monthly to prepare and e-mail meeting agendas and minutes. Also wrote a brochure to market our chapter. I volunteer for the day at our Last Chance Show in September and initiated our show's Foothills Flea tack sale.

Beverly Swanson, RMDS Championships Show Liaison and Centaur Publisher

- I've run my own business, Piaffe Design & Marketing, for 24 years as a marketing consultant, graphic designer, web developer, and computer jack-of-all-trades. My work is usually deadline-driven, requiring a lot of hours squished into a few days. The good part is I can work any time of day or night, which gives me the freedom to ride when I want – usually!

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Know Your Board

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- In 2012, I started The Horse reSource Book, a compendium of "All Things Horse" for the Rocky Mountain region. Now coming into its fourth edition, I do the design, publishing, advertising sales, and research for the book, which keeps me busy through the Fall and Winter months.
- Webmaster for Rocky Mountain Iberian Horse Club
- As Championships Show Liaison and publisher of the Centaur, I spend a lot of hours contacting RMDS members and other dressage enthusiasts. I draw on my computer and design knowledge to assist in marketing dressage and RMDS. I volunteer at shows on a regular basis, both recognized and schooling, and often drag my sister and brother along to help!

Nina Felsenthal, RMDS Secretary

- I am the western regional manager for Green Beans Coffee, a company that is dedicated to serving our military; overseeing US Café Operations for the western half of the United States, my job includes traveling outside of Colorado an average of 10 days a month. 60+ hours a week
- As the trainer and instructor for On-Tempo Dressage, I have a focused children's riding program. 20 hours a week. Additionally, I am a full-time caretaker for my own personal 3 horses, 4 additional horses, 2 miniature donkeys, 4 dogs and a cat.
- Aside from training my Friesian Sporthorse, I am an avid runner, hiker, mountain biker, backpacker and I love to cook!

In this last year, this is the approximate amount of time I have dedicated to date:

- Pikes Peak Dressage: In addition to volunteering and participating in PPDS-sponsored events and meetings, I have served as the PPDS Secretary for the last 2 years: 40 hours
- RMDS Secretary: Gathering, organizing and sending out chapter and permanent committee documents, agendas and minutes to the RMDS Board, attending meetings and coordinating information with the Executive Board and Central Office: 40 hours
- RMDS volunteer: Scribing for these RMDS-recognized shows: Fountain Valley Dressage, Dressage in the Rockies and Estes Park: 20 hours

Save the Horse Park

cont. from pg 1

as you mourn the loss of the incredible eventing cross country course, the last of its kind in Colorado? Will you sigh over memories of sipping mimosas on the berm as you watched your favorite trainer perform one-tempis down the center line?

The Colorado Horse Park is for sale. Yes, it's primo real estate. I get that. Developers are drooling. Bulldozers are itching to get to work. But, at what cost to the horse community? Is there enough interest in showing horses to maintain the Colorado Horse Park as the prime, popular, first-class show venue it has grown to be? Or are we just going to let it get plowed under?

Realtor Sees More Houses

I called the real estate broker who is handling the listing to find out who was spearheading the effort to save the park from the developers. She said, simply, "No one." She only had heard from those want to fill the place with more houses. I gasped. Surely I'm not the only person who thinks we could save this incredible place. I took a deep breath and said in a shaky voice, "I guess it's going to have to be me, then."

The gauntlet has been thrown. We're not going down without a fight. My first idea is to approach the State of Colorado and ask if the state would use lottery funds to buy the Colorado Horse Park property and designate it a state park. Then, let the existing nonprofit organization run it for the benefit of the people of Colorado. I have no idea how to do this, so I'm asking for your help.

Does this issue matter to you? Will you join me in doing our best to save the Colorado Horse Park? Do you have ideas, connections or a bit of energy you could share with this cause? If so, please join our Facebook Page, "Save Our Horse Park" and/ or email me directly at KriswithaKamera@gmail.com. Let's create an equestrian legacy for our children. If we don't do it, who will? Will you help?

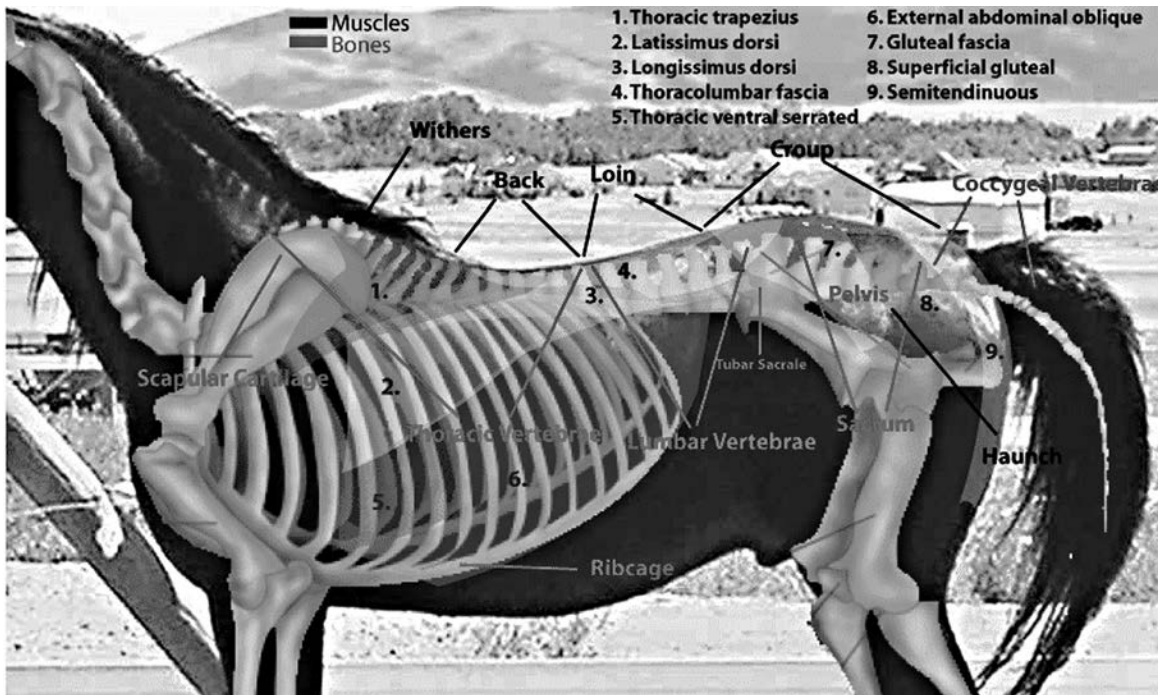
Clinic with Jean Luc Cornille

The Biomechanics of the Horse and His Movement

By Beverly Swanson

Disclaimer: This was my first real introduction to the subject of biomechanics of the horse. I received an enormous amount of information at this clinic, and walked away knowing that there was even more enormous knowledge that was still to be learned and absorbed. So I will do my best to give a taste of what biomechanics truly means to the horse and his rider.

By definition, much of biomechanics requires understanding of the horse's skeletal-muscular anatomy.



tion and inserts at the front of the spinal column, at the 4th cervical vertebra. When this muscle contracts first, it causes the croup to flatten and the hind legs to extend behind the horse. These two muscles are the longest and strongest muscles in the body, and are the muscles the rider sits on. When functioning properly by contracting together, they translate the upward force of the horse's limbs into rounding of the back. They also function to bend the spine, and that bend is accompanied by a transverse rotation of the vertebrae to the right or left. There

From *Wikipedia*, which explains better than I can:

The horse has no collarbone. Hence the entire torso is attached to the shoulders by powerful muscles, tendons and ligaments. The spine of a horse's back is supported by muscles, three ligaments, and abdominal muscles. The Spinalis Dorsi originates on the fourth cervical vertebra and inserts beneath the thoracic section of the Trapezius. The Longissimus dorsi originates from the fourth cervical vertebra, and courses along the spine, with individual muscle bundles connecting every third to fifth vertebra on the spinous processes, and inserting eventually into the ilium and sacrum. This muscle, which is in fact a large grouping of smaller muscles, contracts the spine from front to rear and also raises and supports the head and neck, and is the main muscle used for rearing, jumping and turning. When it contracts first, the horse elevates the front and hollows the back. Its sister muscle, the Spinalis dorsi, goes in the opposite direction, connecting the vertebrae similarly, but from back to front. It originates at the Sacroiliac junc-

is no bend of the horse's spine without an accompanying transverse rotation. The Intercostal muscles begin at the spaces between the ribs and aid in breathing. The external and internal abdominal obliques are attached to the ribs and pelvic bones, and support the internal organs. The Supraspinous ligament begins at the poll and ends at the croup (sacral vertebrae). It supports the head and neck, and its traction force aids in supporting the weaker thoracic and lumbar areas. It spreads out and attaches to the spines of the cervical vertebrae in much the same way as the Longissimus and Spinlaeus dorsi muscles do. In the wither and neck area, it is called the nuchal ligament.

The muscles along the back (spine) are much larger, wider and longer than the muscles in the abdomen. Thus, according to Jean Luc, "The horse's biological mechanism is about external and internal forces acting on the vertebral column, and the muscular system of the vertebral column managing these forces within the limits of the thoracolumbar column's possible range

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Biomechanics

cont. from pg. 9

of motion. *“The total range of movement in the dorso-ventral directions of the equine back was only 53.1 mm, (2 1/4 inches), under these experimental conditions.”* (Leo B. Jeffcott, 1980)

So it is not the abdominal muscles that cause the back to round, but instead, it is the vertical force from the legs that causes the spine to resist by lifting.

To understand the force from the legs, the hind leg first decelerates, comes to vertical, then pushes forward. This push loads the foreleg, and the foreleg pushes uphill. The hind legs actually have a 43% vertical force, where the forelegs have a 57% vertical force.

Using this understanding of the forces and resistance to those forces, we can diagnose and assist our horse in correcting his movement to become more comfortable and eliminate stress. The horse will always start by “protecting” his problem, just as we compensate for our own physical shortcomings. When correcting a problem, you are dealing with the horse’s brain, which is controlled by his central nervous system (CNS). This means that he has learned an incorrect way of moving, and his brain (CNS) has solidified this into a neural pathway. To correct the problem, you must develop a new reflex and reaction for him, where his brain will connect a new neural pathway. *“Sometimes, animals try out a novel combination of search image and movement during play and find a use for it later.”* (William Calvin, 1996).

To be continued in October Centaur.

Jean Luc's competitive career is as distinguished as it is diversified. Competing at national and international levels in dressage, steeplechase, stadium jumping and three-day events, he has won extensively in all specialties collecting several gold, silver and bronze medals. Notably, Jean Luc won the individual and team gold medal at the military world championship of Fontainebleau in 1975. However, Jean Luc feels that his greatest success lies in his ability to intuit the physical and mental condition of each horse the day after their victories.

A 1968 graduate of the Equestrian Military School, Le Cadre Noir de Saumur, Jean Luc received intensive training from Joseph Neckerman, Willy Schulteis and Hans Gunter Winkler. In 1972 and 1976, respectively, he worked closely with Michel Cochenet to prepare two Olympic teams for the national three-day event. Margit Otto Crepin, the French and Olympic champion, is one of Jean Luc's most prominent dressage students.

Jean Luc subsequently founded E. A. 21 in Orange, Va., from which he began an extensive program of clinics and seminars throughout the U.S. and Canada. His work has concentrated on applying the latest biomechanical research to redefine traditional approaches to equine training. It was here that Jean Luc also discovered a strong connection to the rehabilitation of lame horses. He has successfully rehabilitated such severe disabilities as navicular syndrome, contracted tendons, degenerative joint disease, and upward fixation of the patella, as well as cases of obscure and idiopathic lameness.



Jean Luc with Lori Torrini riding Brody, a rescue horse from Ruby Ranch.



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MLS #733759 PRICE \$1,525,000. Build your dream home on 39 acres with beautiful meadow land, irrigation water, stream, and trees. Agricultural zoned for possible equestrian center.



NEW LISTING!



5001 W. COUNTY ROAD 4, BERTHOUD
PRICE \$535,000. Fantastic, remodeled ranch style home on 5 acres. 3 bedrooms, 3 bathrooms on the main level. Basement is finished with 2 additional bedrooms, recreation room/office and rough-in bath. Four stall barn with lush, cross fenced pastures.



NEW LISTING!

9079 VERMILLION ROAD, LONGMONT
MLS #726863. PRICE \$673,925. 10 acres, water rights, arena, 6 stall barn. Bi-level home features 3 bed/2 baths, great room, recreation room, large trex deck for great mountain views. Fenced pasture with pond.

To see photos and more information about any of these properties, please visit my website at

www.AndriaAllen.com

303-810-8375



RMDS Championships

Get Your Sponsorships Now

Championships are only a few weeks away. We are all preparing to ride our best in the upcoming shows, hoping to qualify in our chosen class.

RMDS also needs you to think about procuring sponsorships and program advertisers. This is a great opportunity for local and national businesses to showcase their products, services or just say "thank you" to a trainer or owner.

There are many levels of sponsorship, with great branding opportunities:

- Program advertising
- Signage/banners on arenas
- PA announcements
- Inclusion in all PR events
- Presence on RMDS website

We have a **great new opportunity for local sponsors** in the Parker/Franktown/Elizabeth/Castle Rock areas. Sponsor a class or place an ad, and RMDS will pinpoint the location on a

map handed out to all. This is a great way for local retail and restaurants to capture some extra business during the show.

Expenses for the Championship Show have increased significantly, due to the Colorado Horse Park arena fees. It takes a great deal of work and scores of people to produce this 5-day show, particularly when we also host the USDF Region 5 Championships.

Please think about your contacts and others who might be interested in being an integral part of keeping the art of dressage alive and vibrant in the Rocky Mountain west.

Check the Championships page on the website, rmds.org, for the complete Sponsor package that you may download and print.

If you would like the Show Liaison to contact someone about sponsorship, email Beverly Swanson at: [ShowLiaisonRMDS@gmail.com](mailto>ShowLiaisonRMDS@gmail.com) or phone 720.401.0357.

Thank you!



"The Year of the Horse"

Artwork by Stephanie Gallegos

Order Your *Year of the Horse* T-Shirt!



BACK



FRONT LEFT

Get your "Year of the Horse" T-Shirt imprinted with our Championships logo (art by Stephanie Gallegos). Shown here in black, they are also available in white with black print.

Just \$15 if you purchase at a show, or you can order one online for \$15 + \$5 for shipping. www.rmds.org

All proceeds go to RMDS Championships 2014 funding

Appaloosa Advances to Championships

After Success at Dressage in the Rockies

A horse of a different color has been attracting notice at Dressage in the Rockies for more than just his spots. Lakota Lace, an 11-year-old Appaloosa/Percheron/Quarter Horse gelding, picked up back-to-back wins in the Intermediaire I at the Colorado Horse Park.

In his first time out at that level, Lakota Lace scored 68.816 percent on Aug. 1, winning the FEI High Percentage Championship, and 67.895 percent on Aug. 2. Trainer Shannon Dahmer competed him for his owner, Janet Wingate of Denver, CO.

Everything about Lakota Lace is improbable: his breeding is unusual for a standout FEI level competitor, he has rocketed up the ranks at a surprisingly rapid pace, and his birth wasn't even intentional. His sire got loose and impregnated his dam, who then was sold to a new owner who didn't know the mare was carrying a foal. But the result of that mishap was better than anything that could have been planned by his connections, who are grateful to have stumbled upon this one-of-a-kind dressage horse.



Shannon Dahmer and Lakota Lace. (Phelps Media Group)

Lakota Lace came along at the right time for Wingate, who saw an ad for him while searching for an Appaloosa to follow in the footsteps of one she'd owned and loved. He was 3 years old at the time.

"I am partial to Appaloosas because I had a really nice one," Wingate explained. "So I was trying to replace him, and I never thought I could, because he was really special. But I did! He was an accident, and look what happened."

Just under two years ago, Wingate put Lakota Lace in training with Dahmer, who is based out of Stellar Stables in Parker. Since then, he has blossomed into a strong competitor at the small tour level, and Dahmer has her eyes on an eventual move up to Grand Prix.

A Good Student of Dressage

Lakota Lace has proven to be a quick study. Only a year ago, he was competing at First Level with Wingate and hadn't started flying changes yet. Last September, while Wingate

was out of town, Dahmer decided to play around with introducing changes.

"I went on vacation, and Shannon called me and said, 'We're doing four-tempis!'" Wingate recalled. "I said, 'I don't believe it!'"

Wingate returned to see that Lakota Lace had mastered his four-tempis, and now he has added the rest of the small tour movements to his rapidly expanding repertoire.

"He's a really quick learner - and he thinks very highly of himself," Dahmer laughed. "He is really good at collection, which comes easily for him. He loves to work and always comes out ready to go. And he's super comfortable and easy to ride."

Lakota Lace's intelligence and level-headedness have helped him excel in the dressage arena, and they have also made him a suitable mount for his owner, who appreciates his great temperament.

"He has a good mind," Wingate said. "You can go a long way with a good mind. I'm really lucky to have found him, and Shannon has done a spectacular job with him."

After successful outings at Prix St. Georges earlier this year in California and at the Colorado Horse Park's High Prairie Dressage I and II, Dahmer chose to give Intermediaire I a try at Dressage in the Rockies. The decision paid off, as the pair earned qualifying scores at that level for the Great American/USDF Region 5 Dressage Championships in September.

They will return to the Colorado Horse Park for the championships, having qualified for both Prix St. Georges and Intermediaire I. Dahmer said she always enjoys showing at the Horse Park.

If their results at Dressage in the Rockies are any indication, Dahmer and her unconventional partner will be ready to contend for a regional title.

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Shows and Events

All shows are RMDS recognized except schooling shows.

SEPTEMBER 2014

- 3** **ISR/Oldenburg Mare & Foal Inspection-Millbrook Farm, UT**
Contact Jan Lawrence 801-631-2516 millbrk@xmission.com
- 5** **RMIHC Dressage/Western Dressage Schooling Show-Douglas County Fairgrounds-Castle Rock, CO**
Contact Simone Windeler 719-287-2040 simonedressage@gmail.com
- 6** **RMIHC Working Equitation and Fun Show-Douglas County Fairgrounds-Castle Rock, CO**
Contact Simone Windeler 719-287-2040 simonedressage@gmail.com
- 6** **Pendragon Stud Equestrian Dressage Show-Castle Rock, CO**
Contact Leslie Terry (303) 688-4147 lt2@kellin.net
- 6** **Cottonwood Riding Club Dressage Schooling Series-Littleton, CO**
Contact Tara Hieb 303-791-7656 comments@cottonwoodridingclub.com
- 6** **Triple Creek Dressage Schooling Show-Triple Creek Ranch-Longmont, CO**
Contact Lynn McChesney lynntriplecreek@gmail.com
- 6-7** **James Shaw-"Ride from Within"-Windy Creek Ranch-Longmont, CO** Contact Sarah Barnes 303-817-2783 sarahvbarnes@yahoo.com
- 7** **CANCELLED! Last Chance Show-Foothills Chapter-Rising Star Equestrian, Center-Arveda, CO**
Contact Jan Danis 505-490-2805 jandalusian@gmail.com
- 11** **RMDS Executive Board Meeting-Darcy's Bistro & Irish Pub, Denver, CO**
Contact RMDS Central Office 720-890-7825 rmds@rmds.org
- 12-13** **Kristi Wysocki Clinic-Paladin Stables-Laramie, WY**
Contact Tammy Au-France 307-745-3037 wyoquilter@aol.com
- 14-15** **Brian Hafner Clinic-Colorado & Wyoming**
Contact Caryn Malone-Bostron 720-975-7271
- 17** **RMDS Breed Championships & Open Show/ USDF/Great American Breed Championships-Colorado Horse Park-Parker, CO USEF**
Contact Heather Petersen 719-683-8435 slush@drgw.net
- 18-21** **RMDS Championships & Open Show/ USDF/ Great American Region 5 Championships-Colorado Horse Park-Parker, CO USEF**
Contact Heather Petersen 719-683-8435 slush@drgw.net
- 20** **Rancho del Soule Schooling Show-Grand Junction, CO**
Contact Stephanie Soule 970-201-0747 stephanie.soule@msn.com
- 20-21** **USEF Judges Continuing Education - Colorado Horse Park -**
Contact Chuck Walker at USEF for more information
- 20-21** **Jean Luc Cornille Clinic-Carpe Diem Ranch-Black Forest, CO**
Contact Lori Torrini 303-921-0785 / 719-339-0312
- 27** **CDEC 2-Phase Schooling Show-Cheyenne, WY**
Contact Jane Swanhorst-Ringolsby 307-634-2870 www.cheydressageandeventing.com
- 27-28** **Dressage and Western Dressage Schooling Show-Douglas County Fairgrounds-Castle Rock, CO**
Contact Simone Windeler 719-287-2040 simonedressage@gmail.com
- 27-28** **The Masterson Method-Windy Creek Ranch-Longmont, CO**
Contact seminars@MastersonMethod.com
www.mastersonmethod.com/wk-longmont

OCTOBER 2014

- 4** **River Walk Schooling Show-Pathfinder Park-Florence, CO**
Contact Marcy Wadlington avda@earthlink.net
- 4-7** **Philippe Karl Clinic-Trinity Ranch-Santa Fe, NM**
Contact Terry Flanagan 505-231-5180 www.santafepk.com
- 5** **NCD A Schooling Show-Tomora Training Center-Greeley, CO**
Contact Didi DeKrey 970-568-3916 www.windyridge@frii.com
- 9** **RMDS Executive Board Meeting-Darcy's Bistro & Irish Pub-Denver, CO**
Contact RMDS Central Office 720-890-7825 rmds@rmds.org
- 11-12** **GVDS Schooling Show III-Mesa County Fairgrounds-Grand Jctn, CO**
Contact Tammy Fagan 970-858-1604 tfagadressage@wyoming.com
- 18** **Triple Creek Dressage Schooling Show-Triple Creek Ranch-Longmont, CO**
Contact Lynn McChesney lynntriplecreek@gmail.com
- 24-26** **USDF Instructor/Trainer Workshop-Final Testing-Training-4th Level-TBA**
Contact RMDS Central Office-720-890-7825 rmds@rmds.org or Jon Haugen 970-217-7820 defiancesport@q.com

NOVEMBER 2014

- 1** **Triple Creek Dressage Schooling Show-Triple Creek Ranch-Longmont, CO**
Contact Lynn McChesney lynntriplecreek@gmail.com
- 1-2** **USDF "L" Education Program Session A-Lois Yukins-Larimer County Fairgrounds-Berthoud, CO**
Contact Jon Haugen 970-217-7820 defiancesport@q.com or RMDS Central Office-720-890-7825 rmds@rmds.org
- 6-9** **National Championships, Lexington, KY**
- 15** **RMDS Board of Governors Meeting-Renaissance Hotel-Denver, CO**
Contact RMDS Central Office
- 15** **RMDS Awards Banquet**
- 16** **Rancho del Soule Schooling Show-Grand Junction, CO**
Contact Stephanie Soule 970-201-0747 stephanie.soule@msn.com

JANUARY 2015

- 10-11 **USDF "L" Education Program Session B-Bill Solyntjes-Tomora Training Center-Greeley, CO**
Contact Jon Haugen 970-217-7820 defiancesport@q.com or RMDS Central Office-720-890-7825 rmds@rmds.org
- 31 **Judges' Continuing Education-Freestyle Clinic-Debbie Riehl-Rodriguez-Larimer County Fairgrounds-Berthoud, CO**
Contact Jon Haugen 970-217-7820 defiancesport@q.com or RMDS Central Office-720-890-7825

FEBRUARY 2015

- 21 **RMDS TD/Show Management Workshop**
- 28 **Intro to New Tests with Kristi Wysocki-Petra Warlimont Dressage- Longmont, CO**
Contact Jon Haugen defiancesport@q.com or RMDS Central Office-720-890-7825 rmds@rmds.org

MARCH 2015

- 14-15 **USDF "L" Education Program Session C-Debbie Riehl-Rodriguez-Iron Horse Farm-Elizabeth, CO**
Contact Jon Haugen 970-217-7820 defiancesport@q.com or RMDS Central Office-720-890-7825 rmds@rmds.org

APRIL 2015

- 15-19 **Reem Acra FEI World Cup-Las Vegas, NV**

AUGUST 2015

- 14-16 **USEF r Judges Program - Estes Park –**
Contact Heather Petersen 719-683-8435 slush@drgw.net

SEPTEMBER 2015

- 17-20 **RMDS Championships-Colorado Horse Park-Parker, CO**
Contact Heather Petersen 719-683-8435 slush@drgw.net

OCTOBER 2015

- 9-11 **USDF/Great American Region 5 Championships-Scottsdale, AZ**

For updates to the calendar, check the website at www.rmds.org

IF YOU CAN VOLUNTEER, PLEASE CONTACT THE EVENT ORGANIZER!

**RMDS BRIDLE TAGS
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Heaven is high and earth wide. If you ride three feet higher above the ground than other men, you will know what that means.

~Rudolf C. Binding

2014 RMDS EXECUTIVE BOARD

President	Gwen Ka'awalo	303-917-3679	Kaimana_co@hotmail.com
Past President.....	Simone Windeler.....	719-287-2040	simonedressage@gmail.com
Vice President.....	Aline Brandau.....	720-323-0578	alinebrandau@gmail.com
Secretary	Nina Felsenthal	530-515-8986	ninafelsenthal@gmail.com
Treasurer	Sharon Soos.....	303-904-7534	sksoos@mesanetworks.net

PERMANENT COMMITTEES

Adult Amateur	Heather Petersen	719-683-8435	slush@drwg.net
Awards.....	Shannon Lemons.....	719-686-0064	lemons_shannon@yahoo.com
Results.....	Central Office.....	720-890-7825	rmds@rmds.org
Communications.....	Linda Gaber	785-470-7569	writers@evcohs.com
Centaur Editor.....	Linda Gaber	785-470-7569	writers@evcohs.com
Centaur Production.....	Beverly Swanson	720-401-0357	bj@piaffedesign.com
Omnibus Advertising.....	Central Office.....	720-890-7825	rmds@rmds.org
Omnibus Production	Nicole Bizarro.....	303-939-0110	nicbiz@indra.com
Webmaster	Michael Petersen.....	719-683-8435	webmaster@rmds.org
Constitution, By-laws.....	Central Office.....	720-890-7825	rmds@rmds.org
Education.....	Jon Haugen	970-217-7820	defiancesport@q.com
Insurance, Show Standards	Central Office.....	720-890-7825	rmds@rmds.org
Junior/Young Riders.....	Julie Haugen	970-290-8360	defiancesport@q.com
Junior Camp 2013	TBA		
Marketing	Sharon Soos.....	303-904-7534	sksoos@mesanetworks.net
Membership and			
Horse Registration.....	Central Office.....	720-890-7825	rmds@rmds.org
Professional Trainers/Riders	Simone Windeler.....	719-287-2040	simonedressage@gmail.com
Registration Officials and			
Show Standards	Central Office.....	720-890-7825	rmds@rmds.org
RMDS Show Liaison	Beverly Swanson	720-401-0357	ShowLiasionRMDS@gmail.com
Scheduling	Central Office	720-890-7825	rmds@rmds.org
Scholarship	MaryJo Hoepner	719-495-3648	scholarship@rmds.org
Western Dressage Liaison.....	Frances Carbonnel.....	720-979-3120	classicallegacy@aol.com

Chapter Presidents

Arkansas Valley.....	Brenda Haley	719-275-0118	brendahaley@q.com
Boulder Valley	Sarah Barnes.....	303-817-2783	sarahvbarnes@yahoo.com
Colorado Springs	Pat Leech	719-749-2860	pat.leech@skybeam.com
Foothills.....	Lori Mitchell	303-816-2375	klassicalride@aol.com
Grand Valley	Tammy Fagan.....	970-858-1604	tfagandressage@wyoming.com
High Plains.....	Jacquelin McIntyre	303-789-1263	jacquehm4@comcast.net
Northern Colorado	Renee Martig.....	970-278-0500	silverpony@frie.com
On the Bit Dressage.....	Jessica Ford.....	307-797-2478	aprilscomet97@yahoo.com
Pikes Peak.....	Michelle Anderson	303-646-1375	michand@hotmail.com
Platte River Dressage.....	Laura Speer	970-371-2934	riversidestables_evans@yahoo.com
Wasatch Mountains.....	Sally Shaffer	435-655-3323	sshaffer4@yahoo.com
Western Colorado.....	Barbara Graham Terry	970-963-4649	bgterry1@comcast.net

GOVERNING BODIES

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

USDF REGION 5

Director	Heather Petersen	719-683-8435	slush@drwg.net
FEI JRYR Coordinator	Joan Clay.....	970-420-0887	jnclay@comcast.net
Website			www.usdfregion5.org

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

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

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RMDS CHAPTER MEETING SCHEDULE

Arkansas Valley: 2nd Thurs.-monthly, location TBD, Brenda Haley 719-369-2421 check www.arkansasvalleydressage.org for times and locations

Boulder Valley: 2nd Mon., even months, location TBD, Sarah Barnes 303-817-2783 sarahvbarnes@yahoo.com

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

Foothills: quarterly meetings, location TBD, Lori Mitchell 303-816-2375 klassicalride@aol.com

Grand Valley: 3rd Tues. of the month, location: Mesa Mall Community Meeting Room 6:30pm Tammy Fagan 970-858-1604 tfagandressage@wyoming.com

High Plains: Bimonthly- location-TBD, Jacquelin McIntyre 303-910-3672 jacquehm4@comcast.net

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

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

Pikes Peak: 2nd Tuesday of the month - check www.pikespeakdressage.org for dates & location, Michelle Anderson 303-646-1375 michand@hotmail.com

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

Wasatch Mountain: location TBD, Sally Shaffer 435-640-8797

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

RMDS EXECUTIVE BOARD MEETING SCHEDULE

All RMDS Executive Board meetings are open to all and occur on the second Thursday of every odd-numbered month. Meeting time is 6:30 p.m. Meeting dates in 2014 may be variable, please check the calendar or the website. Contact the RMDS Central Office for location.

2014 OMNIBUS CORRECTIONS

Added Information:

Name of horse on Coggins test MUST be the same as the name on all horse membership cards

The following classes will not be recognized by RMDS for qualifying for RMDS Championships or for RMDS Year-end Awards:
Green Horse/ Green Rider

Page A-11 add to FEI Level 1 Dressage Steward: Debbie Moloznik 818-515-0377

2014 RMDS-SPONSORED EDUCATIONAL EVENTS

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

Sep 17-21	RMDS Championships & Region 5 Championships-Parker, CO
Oct 24-26	USDF Instructor/Trainer Workshop-Final Testing-Phantom Hill Farm - Closed to auditors – Need demo horses & riders
Nov 1-2	USDF "L" Education Program Session A-Lois Yukins-Larimer County Fairgrounds
Nov 15	RMDS Board of Governors' and Awards Banquet- Renaissance Hotel-3801 Quebec Street-Denver, CO

2015

Jan 10-11	USDF "L" Education Program Session B-Bill Solyntjes-Tomora Equestrian
Jan 29	Freestyle Clinic with Debbie Riehl-Rodriguez-Judges Continuing Education- Larimer County Fairgrounds
Feb 28	Intro to New Tests with Kristi Wysocki-Petra Warlimont Dressage-Longmont, CO
Mar 14-15	USDF "L" Education Program Session C-Debbie Riehl-Rodriguez-Iron Horse Farm-Elizabeth, CO

For details on these and other RMDS events:

- Contact the Education Chairman: education@rmds.org
- Read the Centaur
- Go on the website - www.rmds.org
- Contact the RMDS Central Office 720-890-7825 rmds@rmds.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 7th of the month prior to the month of publication, i.e. January 7th for the February edition. If not received by the deadline, articles and ads may be placed in the following issue, if not time sensitive.

CONTACT INFORMATION

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

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 \$50, in minimal units of one hour.

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

CLASSIFIED ADS

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

PAYMENT AND AD COPY DELIVERY

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

AD RATES AND SIZE SPECIFICATIONS

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

Full Page	\$150	7" x 9.5"
Half Page	\$90	7" x 4.5"
Outside back half	\$105	7" x 4.5"
1/4 Page (Vertical Only)	\$.55	3.25" x 4.5"
1/8 Page (Business Card) \$30	3.5" x 2"

(Horizontal only)

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

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

EDITORIAL POLICY

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

Utilize the RMDS Network

Trainers and Instructors

Use the RMDS Website to Build New Business

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

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

Technical Delegates, Judges, and Certified Instructors

Dressage Judge Ratings and Levels Qualified to Judge

All Current RMDS Members

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

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

FEI 4*

Janet Foy^ 719-260-1566

FEI PARA Dressage 4*

Kristi Wysocki 303-648-9877

FEI 3*

Sandra Hotz ^ 303-817-2030

USEF 'S'

Janet Foy ^ 719-260-1566

Janet "Dolly" Hannon ^* 303-919-4112

Sandra Hotz ^ 303-817-2030

Anita Owen 303-953-9904

Debbie Riehl-Rodriguez ^* 303-263-0768

Sue Curry Shaffer 707-483-0860

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Secrets From the Trainers' Vault

Lets YOU Ask the Question



Simone Windeler, Professionals & Trainers Liaison for RMDS, edits this feature column, "Secrets from the Trainers' Vault." RMDS members are encouraged to send questions to Simone (simonedressage@gmail.com) and she will publish a select query with answers from member professionals. If you are a professional and would like to take part as a guest responder, contact Simone with your info and area of expertise.

What's Your Question?

Q. What training methods can I use to build the strength and uphill balance needed to progress from First Level to Second Level?

Interview with Elaine Marion. Elaine lives and trains from her home in Franktown, which she shares with her husband Dr. John Marion, DVM, and her two horse-riding kidlets, Mac and Ella. Elaine is a USDF Silver Medalist and a PATH International certified therapeutic riding instructor. She currently shows her mare Calliope at Prix St. Georges. You may reach Elaine at 720-217-9632.



Elaine Marion on Calliope (before the helmet rule!). Photo by Tiffany Busch.

Moving from First Level to Second Level is where real dressage begins. You are asking for more musculature, more uphill balance and more self-carriage. My approach is to always keep it fun for the horse and interesting so that the horse doesn't learn to dread the work while building her strength. Drilling exercises into the ground is not fun or productive for either horse or rider!

Here are a few exercises that I like to keep the horse and rider's interest, and where they can both keep the champagne "bubbling" in the movements. I like to use a lot of props, like poles, cavalettis, cones – anything that helps to keep the movement accurate but also gives the horse visual cues to accomplish the task. Include cavalettis in your work, set up a low jump somewhere, be creative in your routine.

These exercises may be performed at all three gaits.

#1. Half pass to leg yield (or leg yield to leg yield). Place three poles on the ground down the long side on the quarter line, between H and S, across E, then between V and K. Your goal is to come around the corner, half-pass (or leg yield) between the first opening to the center line, then leg yield back between the poles. Focus on the straightness and not letting shoulder or haunches lead (that's one reminder of the poles). It improves the quality of your aids and reaction of your aids as well as the adjustability and gymnastic ability of your horse.

#2. Shoulder-in (or shoulder-fore) or haunches-in on the circle. The trick to this exercise is to make sure you keep your horse's haunches (in the shoulder-fore) on the line of the circle, or in the case of haunches-in, the shoulders straight and on the line of the circle. I think of the rider as the "hitch" of a trailer – your job is to control the truck (shoulders and neck) while steering the trailer (the haunches) in the correct line. Steer too sharply, and your "trailer" comes off the line: the haunches fall in, and the shoulder falls out. Be sure to keep your inside leg at the girth in the direction you want the horse to bend! For example if you're tracking left and you ride a haunches in your left leg has to be at the girth or the horse's haunches cannot come to the inside when you use your outside leg back. If your leg comes too far back, you will "over-steer" your trailer.

Trainers' Vault

cont. from page 22


#3. The Square 20-Meter Circle. Set your cones up off the wall at the quarter line. This exercise comes with a twist: instead of making your turn inside the cones, you will make your square turns on the outside of the cones. When making the square corner, you want to concentrate on keeping the bend, not just controlling the outside. You want to come out of the corner with your horse coming underneath you in the back. Again: keep your leg at the girth to control the bend, **not** back pushing the haunches. Remember to keep your trailer from getting jack-knifed!

Once you have worked through the exercise at the walk and trot, step up the difficulty by trotting each side of the square, then asking for a down transition to the walk about four strides before your cone. Proceed in a forward walk around the cone, counting your strides and keeping a good march and balance. Ask for a prompt transition to the trot, and check for that champagne bubbling underneath you! This exercise teaches your horse to be prepared for the change in gaits, and to stay in a ready balance and carriage for the next transition.

Test your training by picking up the canter midway on one of your sides. You should feel a prompt response, along with a balanced, bubbling canter!

In any exercise you do, allow your horse to make mistakes. Don't over-correct or over-help with any of your aids, or try to hold her together with the reins. Just allow the horse to work it out with you. Always give a break, such as going down the long side after the 20-meter square, to change up the pattern. This doesn't mean letting everything go "splat" —keep the energy and the carriage going while you come back to the exercise, perhaps changing direction in the process. And although it is gratifying when your horse learns the exercise, remember that then she will begin to anticipate and try to take over. That's when you want to switch it up!

Hill work is also a good exercise. Mix it up, transitions on hills, trot up walk down or my favorite....trot down on a loose rein and not let horse lose balance and go on to forehand! Half halt everyone!!

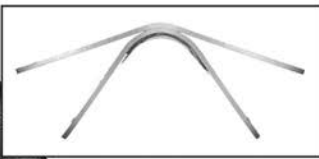


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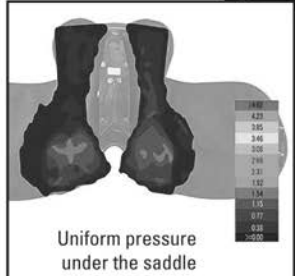
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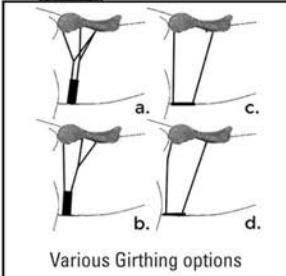
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Congratulations to our 2014 NAJYRC teams! These girls worked very hard to qualify for the teams this year and we are very proud of them. Good luck in Kentucky!! Many thanks to those coming along to help and all the families and coaches of each of the riders. We couldn't do it without you.

Region 5 Young Riders – Chef d' Equipe, Heather Petersen

- Devon Wycoff / Power Play
- Erin McHenry / Bailando

Region 5 Junior – Chef d'Equipe, Joan Clay

- Inga Fuengerlings / Milo
- Lauren Asher / Lysias

Congratulations to members of our region who may also qualify for the USEF Young Horse and Developing Horse Championships. Unfortunately, we don't know those finalists yet. And one more. Way to go Devon Wycoff and Power Play on your third place finish at the Gladstone Festival of Champions in the Young Rider Division!

Another deadline reminder:

- GMOs must return their GMO Delegate/Proxy Authorization form to the USDF office to appoint representation to the Board of Governors meeting at the USDF Annual Convention Dec. 3 - 6 in Cambridge.

Please mark your calendars for our Region 5-sponsored events and plan to join us:

- USDF/Great American Region 5 Championships – Sept. 18 - 21, 2014, Parker, CO.
- USDF/Great American Region 5 Championships – Oct. 9 - 11, 2015. Scottsdale, AZ.

Till next month!

Heather Petersen,
Region 5 Director

RMDS Online - www.rmds.org

Forms Online:

- 2014 Championships Sponsor and Program Advertising now online
- USDF Instructor/Trainer Workshop Application
- RMDS 2014 Membership Forms
- Judges Continuing Education-Bill Solyntjes-Laramie County Fairgrounds-Loveland, CO
- TD/Show Management Workshop-CSU Extension Building at the Douglas County Fairgrounds in Castle Rock.

Find Complete Awards list from The Dressage Foundation: www.dressagefoundation.org

2014 USEF Dressage Developing Program:

www.usef.org/documents/highPerformance/dressage//2014/2014DevelopingDressageProgram.pdf.



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TBD, 2014	Jessica Jo Tate Dressage Clinic

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