



# CENTAUR

*educating horse and rider as partners*

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SEPTEMBER 2016

## Behind the Scenes at NAJRYR Championships

# Region 5 Team Uses Smiles, Support To Overcome Adversity and Tears

By Paige Smith



Paige Smith and Welkin

The NAJYRC was an event that was an incredible experience filled with both the highest of highs and the lowest of lows.

The thing I am overall most grateful for during the week at the Colorado Horse Park was my Region 5 teammates that stood there beside me every step of the way on this unfamiliar adventure. While I had prepared for months with my horse, Welkin, this was the first time I had been part of a team while competing in dressage. They were such an incredible support system and everyone participated in lifting someone's spirits when the time came.

When my horse choked the day before the jog, I sprinted to the opening ceremonies to find my team waiting for me with open arms expressing their relief that Welkin would be just fine. Instead of dwelling on the situation that had just occurred, they made me laugh until my tears were tears of joy instead of tears of worry. The team atmosphere that never went away the entire week was something I will never forget.

## Choosing to Make Lemonade

Despite the challenges that every single rider on our team faced, we maintained our positive outlook by simply turning lemons into lemonade. While the events that had taken place were mostly out of our control, it didn't ruin the days we had. For the golf cart parade, Region 5 voted to dress up as vets and the vet truck, with riders wearing their horse's bio that stated what hardships they had endured. We all recognized that bad things had happened, but it didn't keep us from laughing as we raced up and down the black top at CHP.



Lexy Donaldson and Power Play

OMNIBUS!

# 22

Ad Reservations  
Open Sept. 15

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

cont. on pg. 6

Summer is ending and fall is in the air. The RMDS and Region 5 Championships are about to start. So now we focus on the Championships as owners, competitors and spectators alike. RMDS executive board members are hoping to pull off a fun and spectacular event. New sponsors and a special night sponsored by our local professionals will give us all time to catch up on the year and plan for the next season as we look forward to the fall clinics. Wow, we have had quite the summer with shows including the opportunity to watch the North American Junior Young Rider Championship Competition in Parker, CO. I participated in the NAJYRC by scribing and then cheering for our Region 5 team. What an awesome group of young people and riders.



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

Read on and find out more about their adventures at the competition.

I hope to see and speak with you at the RMDS Championship Show in Estes Park, CO., Sept. 14-18. We are still in need of volunteers and we can use your skills and time. RMDS is made up of competitors who need your support to have a successful show.

For the members who do not show but use the dressage training scale as a guide to helping their horses, I sincerely hope you had a fun and satisfying summer riding.

Adult riders should be planning to attend the USDF Adult Clinic on Oct. 8 and 9. Details and a guide to discounts are in the Centaur and online at the USDF site. This will be the last clinic of this type for now as we plan the next strategy for education in 2017. Don't miss out on this special event.

*Aloha, Gwen Ka'awaloa*



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## High Plains Chapter

July 10-12 High Plains hosted another successful clinic with Andreas Hausberger the Chief Rider of the Spanish Riding School. We are always so impressed by the knowledge he imparts with a positive attitude to both the horse and rider. He insists that the positive energy continues in the training of the horses. Riders were encouraged to praise, pet and reward their horses often. Once again we had riders and horses of all abilities attending. We also had a large group of auditors from various backgrounds. The arena at Stellar Stables will full of good horse Juju as even the most tense of horses and riders were able to settle in and get the most of their time with Andreas! HPD continues to thank Suzie Halle for being the coordinator and hostess for this event!

We are looking for ideas from the membership as to anything they would like to see added to our chapter schedule for the fall. Let us know!

*Kathy Simard, HP President*

## Foothills Chapter

Congratulations to Education Chair Cassandra DiPentino who was voted to the RMDS Board as Junior/Young Rider Chair through November.

The chapter again is supporting the annual championships at Estes Park, CO., by purchasing an ad. We are sponsoring the Adult Amateur Training Level class and purchased a half-page ad in the program.

Cassandra is contacting Frances Carbonnel about presenting another Western dressage clinic Oct. 23 at Table Mountain Ranch in Golden. Long-lining instruction also is being considered.

The chapter is excited to be planning an end-of-the-year awards banquet, holiday party and white elephant gift exchange. The date is Saturday, Dec. 3, with details to come. High point awards are being investigated.

At this writing, Show Co-Chair and Last Chance Show Manager Jan Danis is getting ready for the chapter's final show this year Aug. 27 at Table Mountain Ranch. New is a food vendor, a high school volleyball team selling food as a team fund-raiser. A photographer also was scheduled to offer her services for competitors. The addition of high point awards was planned.

Also new is the posting of contact information for our

[rmds.org](http://rmds.org) | [facebook.com/rockymountaindressage](https://facebook.com/rockymountaindressage)

Foothills trainers added to the chapter's redesigned website at [www.cofoothillsdressage.org](http://www.cofoothillsdressage.org). The site had 55 unique visitors in a recent week.

All are welcome at the next Foothills Chapter meeting Monday, Oct. 17, at 6:30 p.m. at Mimi's Café in Lakewood, CO.

*Kris Cooper, Foothills President*

## Grand Valley Chapter

Not much summer activity for our club. We are very grateful that our membership numbers were at 90 at the beginning of July - they are the highest they have been for several years. This is a good sign for dressage growth in the Grand Valley.

Club activities during the summer heat have been limited. We are having a few "free" rides in the Mesa County covered arena for club members as a way for members to practice for the upcoming shows or just ride for fun under the shade.

Our recognized RMDS/USEF/USDF show with Janet Foy opens soon. We are trying a new format, two days of recognized shows - Friday and Saturday, Sept. 2-3, then a regular schooling show on Sunday Sept. 4. We wanted to allow all our members to have a chance to show that weekend under Janet Foy. We are sending our members an email to remind them about the advantages of Opportunity classes in the recognized show. We are hoping many members will take advantage of that opportunity! Prizelists are available at our website: [www.GVDS.org](http://www.GVDS.org)

We should have a full report on the outcome of the September show in the next chapter report.

*Arlene Rhodes, GVDS President*

## On The Bit Chapter

2016 has been busy with On The Bit activities. We've hosted two clinics and our second schooling show.

We had to reschedule the Kristi Wysocki Clinic from April 30-May 1 to May 17-18 because of weather challenges. We had 19 rides over the two days and all participants were very excited about their rides. The majority of the participants asked that we try to bring Kristi back on a semi-regular basis, as her schedule allows.

*cont. on pg. 4*

Stephanie Soule judged our schooling show again this year and offered clinic rides Monday after the show. We only had four rides, but those who rode were very pleased and want to have Stephanie back in the fall for a two-day clinic.

We moved our schooling show to June 26 to hopefully have better weather, which worked out for us - it was hot by Laramie standards! We also hosted the show at a new facility, Spur Ridge Equestrian Center. We had the show ring in the indoor arena and by this fall they will have an outdoor arena for warm up. This venue has the potential for a recognized show down the road. We had 26 rides, from Introductory through Fourth Level. We, once again, had wonderful community support and had \$625 in cash donations and the facility was donated for the day. The show made \$800, which moves us closer to our goal of being able to buy our own dressage ring.

We continue to have interest in clinics and hope to host at least one two-day clinic this fall, before the weather turns

bad. After the snow starts to fly, we will continue our education opportunities, like the Banned Substances clinic we did last winter with Heather Petersen. We are also working on a fundraiser in the spring - more on that to come!

*Jessica Ford, On The Bit President*

### **WRITE WHAT YOU LEARN, EARN VOLUNTEER HOURS**

Attend an event, write an article and share the knowledge.

Members who write an article for Centaur earn credit for two volunteer hours. A photo is great, also. Deadlines are the 5th of every month. For details, contact [writers@icloud.com](mailto:writers@icloud.com).

## **CHAMPIONSHIPS SHOW LIAISON CHAIR BEVERLY SWANSON**



*Beverly Swanson and her "life is good" mare, Elysee*

### **1. Committee Chair, please introduce yourself and explain why you volunteered for this post.**

Hello to all! I'm Beverly Swanson, and I've been a member of RMDS since 2001. I started riding when I turned 45 - better late than never - and

always knew I wanted to learn dressage. I fell in love with the sport and the people who are part of all of it. I volunteer as much as I can, and I do my best to contribute to the growth and health of our passion. I also publish the Centaur, and am the Communications Chair for Pikes Peak Chapter.

### **2. What does your committee do for members?**

The Show Liaison is a bit of a catch-all, jack-of-all-trades position. Producing the end of year show requires a lot of preparation and detail work, including hospitality, getting volunteer and commemorative apparel, finding sponsors, soliciting ads for the program, rounding up volunteers and filling in where needed.

### **3. How can members support and be involved in RMDS?**

At this past year's awards dinner, I was honored to share the *Volunteer of the Year* award with Sharon Soos. This came as a complete surprise to me, because I have volunteered for RMDS since I joined just because it was so much fun. There are so many ways to support our organization, small and large, that increase your dressage education and knowledge, can help you widen your circle of contacts and friends, and are just plain fun.

I will never ride a Grand Prix test, but after scribing for years, I sure know what I'm looking at when I watch the Olympics. I'm not a "rules" kind of gal, but I learned from Heather Petersen and Jon Haugen about why the rules are important to keep competitions fair. I'm not an accountant, but I learned how to have a show budget and mind the details. I'm not a trainer, but I found out what USDF instructors must learn to receive their certification. *All because I volunteered!*

So get out to your local chapter meeting. The Chapters are the grass roots of RMDS, where you can find out what opportunities are available, pitch in at a schooling show or help out with an educational event. You may be surprised at the rewards!

## Equine Disease Communication Center Launches Outbreak Alert E-mail Service

Owners, trainers, veterinarians and other equine-industry participants can be alerted to infectious disease outbreaks and updates through an e-mail notification system recently implemented by the Equine Disease Communication Center (EDCC). This is an industry-funded hub for efficient communication of information about equine infectious diseases and disease outbreaks.

The EDCC's Outbreak Alert e-mail service advises subscribers when an infectious disease outbreak is confirmed or when an update to a previously reported outbreak is available, such as when a quarantine has been lifted. Each e-mail includes a link to the Disease Outbreak Alerts page of the EDCC website for detailed information about the alert.

The e-mail alerts are available at no charge; subscribe through the EDCC Mailing List link at [www.equinediseasecc.org](http://www.equinediseasecc.org). Alerts and other information are also posted on the EDCC's social media platforms. "Like" the EDCC on Facebook at [www.facebook.com/EquineDiseaseCC](http://www.facebook.com/EquineDiseaseCC) and follow @EquineDiseaseCC on Twitter.



## Concussion Safety Poster from the USEF

The United States Equestrian Federation (USEF) has a new resource to help riders and trainers recognize, respond to and minimize the risk of serious injury.

This new poster offers information on concussion symptoms and action. It can be found on [usef.org](http://usef.org). It can be posted in a show office and barns to educate athletes, trainers and parents on how to spot signs of a concussion and the plan of action to take if suspected.

Athletes competing in USEF competitions should refer to General Rule 1316 for the USEF rules on returning to competition.

For more information on preventing concussions and links to more preventative articles, visit [https://www.usef.org/\\_IFrames/competitions/safety/Concussion-Links.aspx](https://www.usef.org/_IFrames/competitions/safety/Concussion-Links.aspx).

## VOLUNTEERS NEEDED FOR CHAMPIONSHIPS!

**September 14-18**

**Stanley Park Fairgrounds,  
Estes Park, CO**

**Sign up at: <http://signup.com/go/gbtaTu>**

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The challenges that our riders faced were not easy to overcome, however it didn't keep any of us from celebrating the positive things that occurred throughout the week. The competition kept us focused and driven throughout the week. Being able to support our Young Tider, Lexy Donaldson, gave us the encouragement for our tests the following days, and watching every rider of our team perform was well worth it. There's nothing quite like entering the arena, and seeing a sea of royal blue along the rail, knowing that they're there in that moment to support you no matter the outcome.

*Editor's Note:*

Among the high spots were two bronze medals for Young Rider Lexy Donaldson of Littleton, CO., in Individual and Team dressage, and a bronze medal for Junior Jackson Gillespie of Denver, CO., in Freestyle.

Gaylen Davis was awarded the Dressage Style Award which recognized her "style" while mounted, her positive behavior and demeanor at the competition and at organized functions. She was selected by show officials, including the judges, FEI stewards and FEI veterinarians.

Region 5's Chef d'Equipe Joan Clay of Fort Collins, CO., was honored with the Albers Award, which recognizes the team chef d'equipe who best demonstrates the level of dedication, enthusiasm and team spirit of Patsy Albers. Albers was the long-time Region 1 Chef d'Equipe, as well as an ardent supporter and friend.



*Region 5 Juniors during arena familiarization are, from left, Jackson Gillespie on Westpoint, Gaylen Davis on Mojito RH, Paige Davis on Welkin and Katie Scotford on Dean Martin. Photo by Amy Smith*



*Jackson Gillespie and teammates!*

## **VOLUNTEER AT CHAMPIONSHIPS!**

**Come enjoy our beautiful horses in the majestic setting of Estes Park!**

**Contact Jon Haugen at**

**Sign up at: <http://signup.com/go/gbtaTu>**

# JESSICA GREER

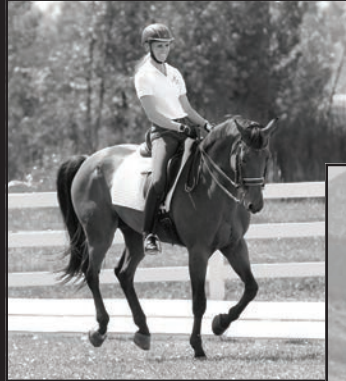


Above: Jessica aboard Diamore this past February in Wellington, FL. Diamore is owned by Nancy Brenkman. She is showing at Grand Prix, and has placed 2nd with a score of 65 and First with a score of 66.

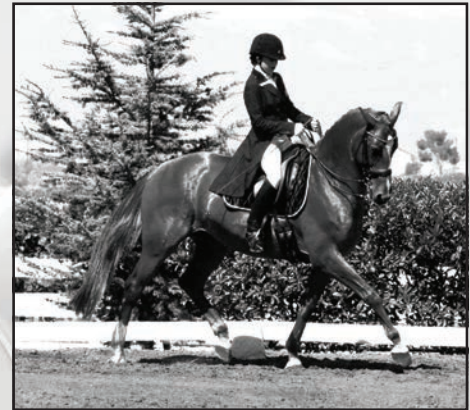
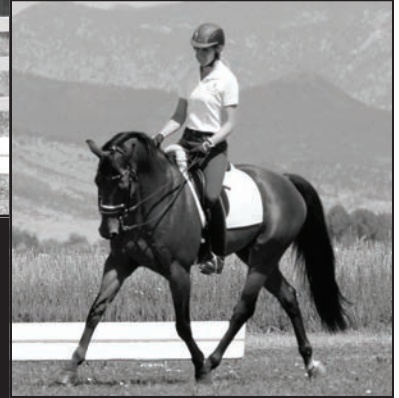
Jessica has also shown Grand Prix in Colorado with Matinee SF Owned by Kim Lampert, and Ravenelli's Wizard owned by Jana Ward. She has coached several students to their bronze medals.

Jessica will be in the Bavarian region of Germany for two months-September and October. She will be available to assist with a horse purchase while she is in Germany.

Jess will be bringing her new knowledge and training back to Colorado where she will be accepting horses in training after October of this year.



Jessica aboard Athelte Z. She is taking him to Germany to train with Hella Kuntz.



Gabriella Glumac on Zodessa, coached by Jessica. They are currently 4th in the national young rider Prix St Georges standings.



Jessica coached Andria Allen to:  
 3rd at AA 3rd level, 2014 US Dressage Finals.  
 7th at AA 4th level 2015 US Dressage Finals.  
 3rd in the USDF AA Fourth Level Year end Leader Board Standings  
 18th Open Fourth Level Year End Leader Board Standings



**970.581.5613**  
[jessicagreerdressage@hotmail.com](mailto:jessicagreerdressage@hotmail.com)

# Do I Feel Dumb?

## ACTUALLY, I'M LUCKY: I SAVED \$3,500 DODGING ONLINE TRAILER SCAM

From Linda Gaber, RMDS Communications Chair

I am looking online for a horse trailer with a ramp. What I am finding is Internet scams. My local banker saved me from sending money to a seller whose trailer deal was yes, too good to be true.



I am grateful that Evergreen National Bank's Vice President of Operations Beth Adams saw several warning flags in the wire transfer instructions I gave the bank in August to buy a 2005 Sundowner BP 2-horse ramp load trailer posted on HorseTrailerWorld.com. Beth called me the next day with this warning: "I do not want to wire your \$3,500 to a bank in Spain to buy a trailer you haven't seen (it is in storage in a warehouse in Lincoln, NE.), from a seller who says she is getting divorced, needs the money now and has moved to London to stay with her parents."

I took her advice. Others have not and have been sorry. I was the fifth customer that week who requested their money be transferred to what Beth called suspicious Internet schemes. One customer ignored the warning, had the bank complete her wire transaction and lost \$5,000, she said. She was the victim of one of increasingly numerous Internet crime plots and escrow service frauds preying on shoppers today.

"They (scammers) wouldn't do it if it didn't work," she explained. "The truth of it is scams work because good people can't imagine that these people aren't as good as they are. Unfortunately, they get a lot of normal, intelligent people to believe them."

And shoppers aren't aware that these days sometimes an online buyer has to "dig deep" to be aware of unscrupulous sellers' tactics. Craigslist is home to many fraudulent transactions, Beth said, as are other marketplaces. As their scammed customers report problems, many online stores have compiled information to help shoppers and sellers avoid scams.

## Be Alert During Horse Trailer Search

From HorseTrailerWorld.com

Two or more of these should be a warning - and should apply to many online transactions:

- Seller is currently out of the country or on vacation
- Buyer protection program suggested like eBay.com
- Google checkout
- Phone number not working
- Will pay you extra so you can pay shipper
- Can't inspect the trailer
- Involvement of cruise ship and/or shipping company
- Trailer is in storage
- Trailer is in different location than seller
- Escrow service
- Email address from free service like Hotmail, Gmail or Yahoo
- Won't supply VIN number
- Need deposit before visit
- Wiring money
- You are given a link to see a receipt

## Phones, Email Can Steal, Too

The telephone is a tool for stealing money in some crimes. Callers are told they have an IRS tax or other kind of debt to pay and can resolve it by sending a prepaid money card or check to the swindler, which many do sadly, for bills they do not owe.

"It's unfortunate there are all kinds of scams," Beth said. She doesn't want to discourage shoppers from buying, but she urges them to be alert and cautious.

Here are some common schemes Beth said are active that routinely steal money from "good people":

- Boyfriends "are a big problem." Usually men ask for money from long-distance girlfriends to solve an issue. Often, once the money is sent and received, the relationship and cash disappear.
- Grandparents and other family members receive phone calls requesting that money be wired or a prepaid credit card be sent to a scammer who pretends he is a grandson, for example. ("Is this Andy?" "Oh, that's right, this is Andy calling you, Gramps. I need help.") The telephone thief playing "Andy" says he has been in a car accident or has been arrested and needs Gramps to send emergency money. The surprised and

## Sellers Get Scammed Too

From Beverly Swanson

When Linda told me her story, I related to her the scams I had come across selling equine items. You wouldn't think that scammers would infiltrate our horse world, but indeed they do.

I placed an ad for an expensive saddle on a popular tack sales website. I received a call from a man in Washington who "wanted to buy it for his dad." He was not interested in the size, the width, or any other details about the saddle, but boy he was ready to set up a deal to buy it. I knew right away this was a scam: Who would buy a \$3500 saddle without even asking about the size?

Even though this was what I perceived as a "trusted" equine-related sales website, there is no guarantee. Deal locally, and never let anything out of your sight without actual cash in your hand.

- Be aware of demands for quick payment or purchase, often to solve a scammer's "problem," such as a divorce or a family member's death. These can evoke a shopper's sympathy and increase a desire to help the dishonest seller.

## From Craigslist.org

Craigslist.org warns its users on its site that one or more of these characteristics are present in most scam attempts: Email or text is from someone that is not local to your area, the initial inquiry is vague, such as asking about "the item," the grammar/spelling is poor, the transaction requires Western Union, Money Gram,

worried relative sends the requested cash to the scammer during this stressful situation. Meanwhile, the grandson is fine.

- Beware requests from anyone who wants to be overpaid for anything. For example, a vendor arranging your vacation rental requests that you send an overpayment, which will be returned. The scammer then repays the overage with a worthless check.

cashier check, money order, PayPal, shipping, an escrow service or a "guarantee," and the inability or refusal to meet face-to-face to complete the transaction.

To report fraud or scam attempts, contact the online site you are using. If you are defrauded by someone you met in person, contact your local police department, United States Internet Fraud Complaint Center or Federal Trade Commission, 877-FTC-HELP, [www.ftccomplaintassistant.gov](http://www.ftccomplaintassistant.gov).



Olympic Rider Christilot Boylen with Rockylane

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# Creating A Winning Partnership With Your Horse

**Kathy Connelly and Betsy Steiner**

**October 8-9, 2016**

**Reverie Farms**

**10975 Lookout Rd.**

**Longmont, Colorado**

The USDF Adult Clinics are intended to provide USDF members affordable access to renowned clinicians in a symposium-style format for maximum auditor benefit. Eight adult riders and horses, working in private sessions each day, are selected to demonstrate a variety of levels, breeds, types and training issues to maximize the learning experiences for auditors of all ages. Each series is a little different with the clinician offering their expertise.

Kathy Connelly is a highly respected international dressage rider, trainer, coach, 'S' judge, and USDF Honorary Instructor. She represented the United States at the World Cup in Sweden, and was the highest placed Grand Prix rider on the U.S. Bronze Medal Team at the North American Championships. She is known for her amicable personality and non-intimidating training style. Kathy's success is evident through her work with both U. S. Team riders and amateurs, who have won many titles. She trains amateurs at every level. In addition, she has served as coach at both the World Equestrian Games and the World Cup, and as coach of the Individual Silver Medalist at the Pan American Games, a U.S. Champion at the North American Young Rider Championships, and the United States Silver Medal Young Rider Team in Australia. She is the Vice Chair of the USET High Performance Dressage Committee and has served as a USET Olympic and World Games Selector. She has provided live commentary internationally and nationally, for events such as the 2010 World Equestrian Games and the 2013 and 2014 US Dressage Finals.

Betsy Steiner is also a USDF Honorary Instructor, as well as an international dressage rider, trainer, and coach. Betsy has represented the United States at the World Equestrian Games in Stockholm, Sweden in 1990, as well as providing commentary for videos of the 1995 World Cup, the 1996

Olympic Games, and most recently the 2014 World Equestrian Games Trials at Gladstone. Her book A Gymnastic Training System Using the Mind, Body, Spirit Approach has sold over 16,000 copies in the U.S. and U.K., and has been translated into German. She holds the prestigious honor of being the only U.S. author to have her book approved by the German FN. She is also the creator of EQUILATES™ — a sport-specific Pilates-based exercise and body awareness program for the equestrian. Betsy currently trains her own horses and students in Frenchtown, NJ, and Wellington, Fla.

The Seminar will run approximately 8:30-5 each day with registration beginning at 8. Box lunches will be provided for all pre-registrants and demonstration riders.

For participants and rider applications, go to: [www.usdf.org](http://www.usdf.org) to download the forms and get the rest of the information.

Auditor Registration Forms also available at [www.usdf.org](http://www.usdf.org) but prices are below.

Type of Registration	Fees One-Day/ Two-Day
Pre-Registered Auditor Fee (non-member)	\$65.00/\$115.00
Pre-Registered Auditor Fee (USDF member)	\$45.00/\$80.00
Pre-Registered Group Fee (groups of 6 or more) Per Person	----- /\$70.00
Walk In Fee (non-member)	\$70.00/\$125.00
Walk In Fee (USDF member)	\$50.00/\$90.00



# KL Realty

Boulder's  
Independent  
Real Estate Broker



8187 Ouray Drive \$2,500,000

Rich in history, this property is one of the last Boulder County homestead farms. Sunrise views of Flatirons are stunning and wildlife is abundant. Fix-up existing home or rebuild up to 4,300 sq.ft. Irrigated farm land produces superb hay crop and acres for grazing livestock. Build barn on the west parcel and have horses. The possibilities abound. Location is private and rural yet close to everything. Minutes from Boulder.



10810 N. 49th Street \$1,625,000

Serene oasis on 10 private acres in premiere Boulder County location. Setting is unmatched with canopy of trees, ponds, mature landscaping and abundant wildlife. Home is elegantly designed with high-end finishes, gourmet kitchen, luxurious master bath and new geothermal heating/cooling system. Perfect setting for the backyard horse enthusiast: Open Space trails and back country roads nearby.



*Karen and Fritzer*



7171 Pike Road \$5,500,000

Stunning 70-acre professional horse facility centered around fabulous 36,000-square foot indoor arena and stable complex. Located in heart of Boulder County with amazing mountain views. Beautifully renovated farmhouse and additional caretakers/guest residence. Property features ponds, pastures and hay fields with water rights, and multiple outbuildings including a large workshop. Only minutes from Boulder.



10500 Foothills Highway \$2,700,000

This vintage ranch is comprised of a 47-acre parcel with historic buildings, manager's house and stock handling facilities on the east side of the highway. On the west side are 724 acres of foothills undeveloped land. Buyer can build a new residence up to 3,730 sq ft on the eastern parcel; west is limited by Conservation Easement to riding, hiking, hunting and livestock operations.

[www.klrealty.net](http://www.klrealty.net)

303.444.3177

[team@klrealty.net](mailto:team@klrealty.net)

# RMDS CHAMPIONSHIPS NEEDS YOUR SUPPORT!

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**Volunteer**

**Sponsor a Class**

**Host a Dinner/Event**

**Design a Golf Cart**

**Place a Program Ad**

**Competitor Packet Inserts**

**Hang a Banner**

Contact Beverly Swanson at 720.401.0357, [showliaisonRMDS@gmail.com](mailto:showliaisonRMDS@gmail.com)

September 14-18

Estes Park, Colorado

## RMDS Apparel for Sale!

Show your pride with the new updated RMDS branded clothing choices. If you would like to order, please contact the Central Office at 720-890-7825, email: [rmds@indra.com](mailto:rmds@indra.com)



*Sport Jacket in Red - \$40*  
*White RMDS Logo*



*Sport Tek Shirt in White - \$35*  
*Blue RMDS Logo*



front



back



*Sleeveless Polo in Navy - \$25*  
*White RMDS Logo*

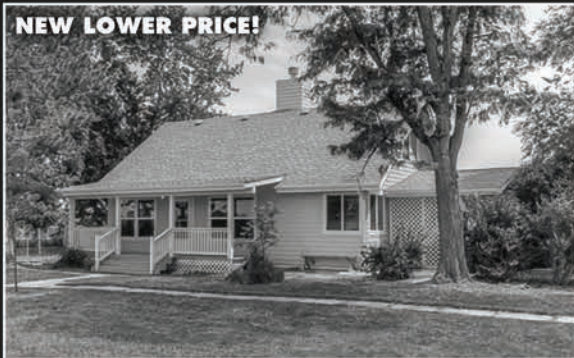


## Aim Higher and Achieve More with ANDRIA ALLEN

*It's an excellent time to sell property in the Boulder, Larimer and Weld County areas. I'd be happy to provide a market analysis for you, free of charge. Call me at 303-810-8375.*



### NEW LOWER PRICE!



### 11692 KENOSHA ROAD, LONGMONT

PRICE: \$763,000 9 acres with adorable, remodeled farm house. 3 beds, 1 bath, office. New roof, water heater, furnace, appliances, wood flooring etc. Ag zoned with ag well, irrigation water, open space on 2 sides, fantastic mountain views. Organically maintained.



## ANDRIA ALLEN

*Aim Higher and Achieve More*

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



### NEW LISTING!



### 11436 FLATIRON DRIVE, LAFAYETTE

MLS: #797040 PRICE: \$525,000 Completely remodeled home on 1 acre! 3 bedrooms, 2 baths, family room, living and dining rooms. New everything from windows, roof, water heater, AC, appliances, carpet, tile etc. Barn for animals or toys. Fantastic mtn views. Quiet neighborhood.



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

**[www.AndriaAllen.com](http://www.AndriaAllen.com) • 303-810-8375**



## Shows and Events

All shows are RMDS recognized except schooling shows.

### RMDS CALENDAR

#### SEPTEMBER 2016

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- 2-3 Grand Valley Fall Show-Mesa County Fairgrounds-Grand Junction, CO-Janet Foy-USEF**  
Contact Arlene Rhodes 970-201-1779 arlene@skypony.org
- 4 GVDS Schooling Show-Grand Junction, CO**  
Contact Arlene Rhodes Arlene@skypony.org
- 8 RMDS Executive Board Meeting-Darcy's Pub-Denver-6:30 p.m.**  
Contact RMDS Central Office-720-890-7825 rmds@rmds.org
- 10 Triple Creek Schooling Show-Triple Creek Ranch-Longmont, CO**  
Contact Lynn McChesney 303-444-4291 www.triplecreek-ranch.com
- 10 Schooling Show-Shiloh Ranch-Black Forest, CO**  
Contact Simone Windeler 719-287-2040 simonedressage@gmail.com
- 14 X Halt Salute RMDS Show-Estes Park, CO**  
Contact Heather Petersen 303-648-3164 slush@drwg.net
- 14 RMDS Sport Horse Championships-Estes Park, CO USEF**  
Contact Heather Petersen 303-648-3164 slush@drwg.net
- 15-18 RMDS & Reg 5 Championships-Estes Park, CO USEF**  
Contact Heather Petersen 303-648-3164 slush@drwg.net
- 24 Summer Clinic with Simone Windeler-Collection-Black Forest, CO.** Contact Simone Windeler 719-287-2040 www.theeleganttrider.com

#### OCTOBER 2016

---

- 1-2 USDF 'L' Program Final-Burbank, CA**  
Contact Dorie Vlatten Schmitz, 480-580-0645, dvschmitz@msn.com
- 8-9 USDF Reg. 5 Adult Clinic: Kathy Connelly & Betsy Steiner Reverie Farms, Longmont CO**  
Contact Victoria Trout at USDF 859-271-7882 vtrout@usdf.org
- 8-9 GVDS Schooling Show with Jessica Greer-Grand Junction, CO**  
Contact Arlene Rhodes Arlene@skypony.org
- 13 RMDS Executive Board Meeting-Darcy's Pub-Denver-6:30 p.m.**  
Contact RMDS Central Office-720-890-7825 rmds@rmds.org
- 21-23 Michelle Gibson Clinic-Denver Equestrian Riding School Denver, CO.** Corinne Lettau 612-964-6467 clettau@msn.com
- 15 Pikes Peak RMDS Show-Shiloh Ranch-Black Forest, CO**  
Contact Heather Petersen 303-648-3164 slush@drwg.net
- 16 NCDA Schooling Show-Tomora Traing Center-Greeley, CO**  
Contact Didi DeKrey denisedekrey@gmail.com
- 22 Triple Creek Schooling Show-Triple Creek Ranch-Longmont, CO**  
Contact Lynn McChesney 303-444-4291 www.triplecreek-ranch.com

#### NOVEMBER 2016

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- 5 RMDS Board of Governors-**  
Contact RMDS Central Office-720-890-7825 rmds@rmds.org
- 10-13 Natl Championships-Kentucky Horse Park-Lexington, KY USEF**
- 12 Triple Creek Schooling Show-Triple Creek Ranch-Longmont, CO**  
Contact Lynn McChesney 303-444-4291 www.triplecreek-ranch.com

#### 2017

#### JANUARY 2017

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- 14 RMDS Awards Banquet-Renaissance Hotel-3801 Quebec Street-Denver**  
Contact RMDS Central Office 720-890-7825 rmds@rmds.org
- 28 "L" Continuing Education – Musical Freestyles-TBA**  
Contact Michelle Anderson 303-646-1375 michand@hotmail.com

#### FEBRUARY 2017

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- 4 TD/Show Management Continuing Education-Douglas County Fairgrounds.** Contact Michelle Anderson 303-646-1375 michand@hotmail.com

#### SEPTEMBER 2017

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- 13 Great American Insurance Group/USDF Breeders' Championships & RMDS Sport Horse Championships-**  
Contact Heather Petersen 303-648-3164 slush@drwg.net
- 14-17 RMDS Championships**  
Contact Heather Petersen 303-648-3164 slush@drwg.net

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

## OMNIBUS AD DEADLINE

SEPT. 15 OPENING

NOV. 20 CLOSING

**First ordered gets first choice of placement**

*See ad contract on page 22 or  
contact the Central Office at [rmds@indra.com](mailto:rmds@indra.com)*

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

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

**EXECUTIVE BOARD MEETINGS – open to all-  
2nd Thursday of the odd months-6:30 p.m.**

Contact RMDS Central Office for location

## SAVE THE DATES!

**RMDS AWARDS  
BANQUET  
Jan. 16, 2017**

**STEINER/CONNELLY  
CLINIC  
Oct. 8-9, 2016**

**RMDS CHAMPIONSHIPS  
Sept. 15-18, 2016**

### **A REMINDER TO ALL WHO ARE SHOWING:**

If you are using the Online Registration for your entries, there is not a place provided for your RMDS numbers. (So I have been told) Please be sure you email your membership card to the show secretary so they can include your identification number for RMDS into their database.

This year there are several people with the same name or very similar names and there is confusion. Several horses have the same name as well.

Score checks through the RMDS website is more important than ever!

### **2016 OMNIBUS CORRECTIONS**

Page A-11 Julie Haugen is now a USEF 'r' judge

## 2016 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.....	Joan Clay .....	970-420-0887 .....	jncly@comcast.net
Secretary .....	Heather Petersen .....	303-648-3164 .....	slush@drwg.net
Treasurer .....	Sharon Soos.....	303-904-7534 .....	sksoos@mesanetworks.net

## PERMANENT COMMITTEES

Adult Amateur .....	Didi DeKrey.....	970-222-3104 .....	denisedekrey@gmail.com
Awards.....	Shannon Lemons.....	719-686-0064 .....	lemons_shannon@yahoo.com
Results.....	Central Office.....	720-890-7825 .....	rmlds@indra.com
Communications.....	Linda Gaber .....	785-470-7569 .....	writers@icloud.com
Centaur Editor.....	Linda Gaber .....	785-470-7569 .....	writers@icloud.com
Centaur Production.....	Beverly Swanson .....	720-401-0357 .....	bj@piaffedesign.com
Advertising.....	Central Office.....	720-890-7825 .....	rmlds@rmlds.org
Omnibus Production .....	Nicole Bizarro.....	303-939-0110 .....	nicbiz@indra.com
Webmaster .....	Michael Petersen.....	719-683-8435 .....	webmaster@rmlds.org
Education.....	Carie Sciss .....	719-264-9742 .....	carie.sciss@q.com
Junior/Young Riders.....	Cassandra DiPentino.....	303-641-9162 .....	dipentinodressage@gmail.com
Marketing .....	Una Schade .....	720-862-4444 .....	unaschade@gmail.com
Professional Trainers/Riders .....	Sarah Dodge .....	303-726-2127 .....	sarahdodge3@gmail.com
RMDS Show Liaison .....	Beverly Swanson .....	720-401-0357 .....	ShowLiasionRMDS@gmail.com
Scholarship .....	MaryJo Hoepner .....	719-495-3648 .....	scholarship@rmlds.org

## APPOINTED COMMITTEES

Banquet.....	TBA		
Western Dressage Liaison.....	Frances Carbonnel.....	720-979-3120 .....	classicallegacy@aol.com

## RMDS CENTRAL OFFICE

Constitution, By-laws.....	Central Office.....	720-890-7825 .....	rmlds@indra.com
Insurance, Show Standards .....	Central Office.....	720-890-7825 .....	rmlds@indra.com
Registration Officials and Show Standards .....	Central Office.....	720-890-7825 .....	rmlds@indra.com
Scheduling.....	Central Office .....	720-890-7825 .....	rmlds@indra.com

## CHAPTER PRESIDENTS

Arkansas Valley.....	Beth Hart .....	719-821-9354 .....	bethhart7@gmail.com
Boulder Valley .....	Sandra Rosewell .....	303-638-2525 .....	sandra.rosewell@colorado.edu
Colorado Springs .....	Pat Leech .....	719-749-2860 .....	pat.leech@skybeam.com
Foothills.....	Kris Cooper .....	303-838-5086 .....	kris@anchoragefarm.com
Grand Valley .....	Arlene Rhodes.....	970-201-1779 .....	arlene@skypony.org
High Plains.....	Kathy Simard .....	303-525-8284 .....	katsimard@msn.com
Northern Colorado .....	Didi DeKrey.....	970-222-1304 .....	denisedekrey@gmail.com
On the Bit Dressage.....	Jessica Ford.....	307-460-1738 .....	info@onthebitdressage.com
Pikes Peak.....	Michelle Anderson .....	303-646-1375 .....	michand@hotmail.com
Platte River Dressage.....	Laura Speer .....	970-371-2934 .....	riversidestables_evans@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 .....	303-648-3164 .....	slush@drwg.net
FEI Jr/YR Coordinator .....	Joan Clay.....	970-420-0887 .....	jncly@comcast.net
Website .....			www.usdfregion5.org
<b>US Equestrian Federation, Inc (USEF)</b> .....		859-258-2472	www.usef.org
4047 Iron Works Parkway, Lexington, KY 40511			

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

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## RMDS CHAPTER MEETING SCHEDULE

**Arkansas Valley:** 2nd Thurs.-monthly, location TBD, Beth Hart, 719-821-9354, bethhart7@gmail.com1 check [www.arkansasvalleydressage.org](http://www.arkansasvalleydressage.org) for times and locations

**Boulder Valley:** 2nd Mon., even months, location TBD, Robin Gay 303-516-1917 [blondie17536@yahoo.com](mailto:blondie17536@yahoo.com)

**Colorado Springs:** 3rd Tues.-even months, location TBD, Pat Leech 719-749-2860 [pat.leech@skybeam.com](mailto:pat.leech@skybeam.com)

**Foothills:** quarterly meetings, location TBD, Kris Cooper 303-838-5086 [kris@anchoragefarm.com](mailto:kris@anchoragefarm.com)

**Grand Valley:** third Monday of the month, February through November at Canyon View Vineyard Church, Classroom T106, at 736 25 1/2 Rd, Grand Junction, Arlene Rhodes 970-201-1779, [arlene@skypony.org](mailto:arlene@skypony.org)

**High Plains:** Bimonthly- location-TBD, Olga Hendrickson 720-556-4852 [olgahendrickson@gmail.com](mailto:olgahendrickson@gmail.com)

**Northern Colo.:** 2nd Tues., each month, location TBD Renee Martig 970-278-0500 [silverpony@frii.com](mailto:silverpony@frii.com)

**On the Bit:** location TBD, Jessica Ford 307-797-2478 [aprilscomet97@yahoo.com](mailto:aprilscomet97@yahoo.com)

**Pikes Peak:** 2nd Tuesday of the month - check [www.pikespeakdressage.org](http://www.pikespeakdressage.org) for dates & location, Susan Borders [susan.e.borders@gmail.com](mailto:susan.e.borders@gmail.com) 719-740-1099

**Platte River:** location TBD, Laura Speer 970-371-2934 [riversidestables\\_evans@yahoo.com](mailto:riversidestables_evans@yahoo.com)

**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 2016 may be variable, please check the calendar or the website. Contact the RMDS Central Office for location.

# 2016 RMDS-SPONSORED EDUCATIONAL EVENTS

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

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

Register for these events at [www.rmids.org](http://www.rmids.org)

Sept. 14-18 RMDS Championships & Region 5 Championships – Stanley Park Fairgrounds – Estes Park, CO

### **2017:**

January 14 2016 Awards Banquet Renaissance Denver Hotel-3801 Quebec Street-Denver, CO

January 28 Judges Continuing Education - Freestyles TBA

February 4 TD/Show Management Clinic with Laurie Mactavish & Heather Petersen  
Douglas County Fairgrounds – Castle Rock, CO

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

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

## The Centaur Newsletter

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

### CONTACT INFORMATION

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

### ADVERTISING

RMDS Office, Beth Geier, 2942 Park Lake Dr., Boulder, CO 80301, Phone: 720.890.7825, email: [rmds@indra.com](mailto:rmds@indra.com)

### 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@indra.com](mailto:rmds@indra.com), and cc the electronic copy to [nicbiz@indra.com](mailto:nicbiz@indra.com). Send payment and hard-copy to the RMDS office, Beth Geier, 2942 Park Lake Dr., Boulder, CO 80301.

### AD RATES AND SIZE SPECIFICATIONS

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

Full Page ..... \$150 ..... 7" x 9.5"

Half Page ..... \$90 ..... 7" x 4.5"

Outside back half ..... \$105 ..... 7" x 4.5"

1/4 Page (Vertical Only) . \$55 ..... 3.25" x 4.5"

1/8 Page (Business Card) \$30 ..... 3.5" x 2"

(Horizontal only)

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

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

### EDITORIAL POLICY

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

## Utilize the RMDS Network

### Trainers and Instructors

#### Use the RMDS Website to Build New Business

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

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

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

### Advertise Events on the RMDS Website

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

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

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

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

### Important Info on RMDS membership

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

Duplicate cards are available for \$2. If emailed to you, they are free. Request a new one by mailing the Central Office at [rmds@indra.com](mailto:rmds@indra.com).

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<sup>^\*</sup> .....719-260-1566  
Sandra Hotz <sup>^</sup>.....303-817-2030

#### FEI PARA Dressage 4\*

Kristi Wysocki .....303-648-9877

#### FEI PARA Dressage 3\*

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

#### FEI 3\*

Kristi Wysocki .....303-648-9877

#### USEF 'S'

Janet Foy <sup>^\*</sup>.....719-260-1566  
Janet "Dolly" Hannon <sup>^\*</sup>.....303-919-4112  
Sandra Hotz <sup>^</sup>.....303-817-2030  
Anita Owen.....303-953-9904  
Debbie Riehl-Rodriguez <sup>^\*</sup> ..303-263-0768  
Sue Curry Shaffer <sup>^</sup> .....707-483-0860  
Kristi Wysocki <sup>^\*</sup> .....303-648-9877

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

\* = Dressage Seat Equitation Certified

#### USEF 'r'

Julie Haugen.....970-290-8360  
Amy Jablonovsky .....970-493-2833  
Gwen Ka'awaloa .....303-917-3679

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

Only recognized shows)

\*Denotes Graduation with Distinction

Simone Ahern \* .....719-749-9274  
Michelle Anderson .....303-646-1375  
Megan Bretey .....970-250-5812  
Julie Burt .....720-347-8084  
Kathleen Donnelly\* .....970-310-8729  
Wendy Fryke .....720-314-0974  
Beth Geier .....303-673-9840  
Jessica Greer .....970-581-5613  
Sarah Martin \* .....720-891-1369

Julie McDermott\* .....720-206-8351  
Linda Ohlson-Gross \* .....303-840-9818  
KC Parkins-Kyle .....303-841-9953  
Sharron Sarchet\* .....720-320-4461  
Kathy Simard\*.....720-981-4448  
Stephanie Soule\* .....970-201-0747  
Simone Windeler .....719-287-2040

#### L FACULTY

Janet Foy .....719-260-1566  
Debbie Riehl-Rodriguez ....303-263-0768

#### Dressage Sport Horse Breeding Judge

Janet Foy 'R' .....719-260-1566  
Gwen Ka'awaloa 'r'.....303-917-3679  
Debbie Riehl-Rodriguez 'R' 303-263-0768  
Kristi Wysocki 'R' .....303-648-9877

#### USDF Sport Horse Seminar Faculty

Janet Foy .....719-260-1566  
Debbie Riehl-Rodriguez 'R'303-263-0768  
Kristi Wysocki 'R' .....303-648-9877

#### FEI Level 1 Dressage Steward

Rusty Cook .....505-249-7586  
Debbie Moloznik .....818-515-0377  
Heather Petersen .....303-648-3164  
Dianne Stanley .....406-690-9450

#### Technical Delegates USEF

Eva-Maria Adolphi (UT), r..801-913-6054  
Rusty Cook (NM), r .....505-249-7586  
Laurie Mactavish (CO), R .970-390-5160  
Debbie Moloznik (CO), r ...818-515-0377  
Heather Petersen (CO), r .303-648-3164  
Dianne Stanley (FL), R .....406-690-9450

#### Technical Delegates, RMDS recognized shows only

Joan Clay .....970-420-0887  
Didi DeKrey .....970-568-3916  
Mary Jo Hoepner .....719-495-3648

#### USDF Certified Instructors

##### Training - First

Sheila Buschette.....406-672-9378  
Joan Clay .....970-420-0887

##### Training - Second

Julie Burt .....720-347-8084  
RaeAnn Cook .....970-225-1408  
Bridget Milnes .....303-660-4986  
Kristi Wysocki .....303-648-9877

##### Training - Fourth

Simone Ahern .....719-749-9274  
Loma Fowler .....303-229-5108  
Janet "Dolly" Hannon .....303-919-4112  
Gwen Ka'awaloa .....303-917-3679  
Clayton Martin .....719-379-3716  
Sarah Martin .....720-891-1369  
Kathy Simard .....720-981-4448

#### USDF Instructor/Trainer Junior Faculty

##### Training - 1st Level

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

#### USDF Instructor/Trainer Faculty

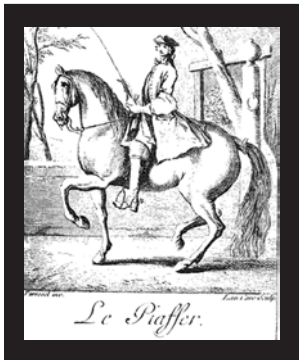
##### Training - 4th Level

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

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

# Ask the Pros

## Lets YOU Ask the Question



*Sarah Dodge, 2016 Professional Liaison for RMDS, edits this feature column. RMDS members are encouraged to send questions to Sarah for area trainers to answer in the Ask The Pros column. RMDS professionals who are interested in contributing as a guest responder also are asked to contact her at sarahdodge3@gmail.com.*

# What's Your Question?

## Q and A with Laura Graves, Olympian

From Carrie Waltemeyer



*Laura Graves, 29, born July 27, 1987, began riding as a child after her parents traded a washer and dryer for two ponies. Later she rode in programs with Lendon Gray. A native of Vermont, she is a graduate of Harwood Union High School in Duxbury. From there she attended cosmetology school and planned to become a hairdresser. But that changed after her international dressage debut in 2014. She competes with Verdades, a Dutch Warmblood whose nickname is Diddy. In 2015, they won team gold and individual silver at 2015 Pan American Games and she was named The Dutta Corp./USEF Grand Prix Dressage National Champion. She won a bronze medal this summer as a member of U.S. Team Dressage at the 2016 Olympics in Brazil with Allison Brock, Kasey Perry-Glass and Steffen Peters. Germany won first, Great Britain was second.*

*U.S. dressage equestrian Laura Graves talks Olympic memories, obstacles, and her ideal day off.*

**Q** *What is your earliest memory of playing or seeing your sport and what was it about your sport that propelled you to dedicate your life to it?*

**A** I grew up with horses - as pets and hobbies. It was this horse [Verdades] who really drew my entire life into the sport.

**Q** *How influential were your parents in your athletic career?*

**A** I would not be where I am without the help of my parents. My mom and I share our love of horses, though the focus was never on high-level competition.

**Q** *What is your earliest or favorite memory of watching the Olympics/Paralympics? Did you imagine yourself being in that position someday?*

**A** I remember watching the 1996 Atlanta Games with my two sisters. For us, the gymnastics were huge. Watching Kerri Strug injure herself and then find the strength to push through was inspiring.

**Q** *What would people be surprised to learn about training for the Olympics?*

**A** It is all I think about! I don't think about anything social or for pleasure. I am

completely focused on what I can do every day to be better for Rio.

**Q** *Please describe a typical training day.*

**A** I wake up about 7 a.m. (I am not a morning person). I try to be on my first horse by 8 a.m. We ride and train until about 3 p.m. when we begin washing the horses and putting them up for the day. My top horse always goes first so that my mind is clear. We take a lot of videos so I can review my training. In the evenings, I spend a little time working on my core stability and strength with resistance bands.

**Q** *What's a big obstacle that you've overcome in your life?*

**A** The biggest obstacle that I have overcome has been financial. In pursuit of this dream, I have gone completely broke, more than once (okay, more times than I can count). The small amount of success that I have had has allowed me to continue on this path.

**Q** *When you have time off, what would constitute a perfect day for you?*

**A** I love to sit and have coffee while I watch my dogs play in the yard. Then I go see my horses in their pastures. I would have time to grocery shop and prepare a great meal for dinner.

From [nbcolympics.com](http://nbcolympics.com)

cont. on pg 21

## Positive Progress is Laura Grave's Focus with JR/YRs

Anna Hepner and Illana Cramer reported on Laura's participation as a clinician with Robert Dover and George Williams at Robert Dover's Horsemastership Clinic for top junior and young riders in Wellington, Fla., in *PSDressage.Com*, a division of Philips Media Group, on Jan. 5, 2016. Photos by Annan Hepner/PSDressage.com

### Julia Barton

- "I really liked Laura's positive encouragement. She is all about if the horse gives any kind of effort you pet it and make sure they know that they are trying to do the right thing," rider Julia Barton said.
- We don't want to think about bending until you stabilize the hind end. When you use your legs, think about what you want and where you want to go. When he is honestly over the middle then we can play with bend. You want to stabilize the bit and not pull by encouraging them to come up through the withers.
- If you squeeze with your calves and the gas doesn't work, something needs to change. When you whisper, you want it to mean something because having the ability to use different parts of your leg will help with different corrections.
- To improve the horse's reaction to the rider's general leg aid, Graves had the riders ask for a trot out of a walk with a gentle squeeze of their calves. If the horse did not give a proper response, she had the rider give them a firm boot. She emphasized that when the horse reacts and goes forward, the rider needs to pet and praise the horse to solidify the horse's understanding. Graves had the riders repeat this basic exercise until the horse honestly moved forward with a quiet aid.
- Spurs are not a general aid to use if the horse is dull to your leg. We want to make our horses sensitive to our calves. Anytime you want to dig with your spur, first test with your calf.
- Graves brought up the importance of maintaining proper suppleness and stretch, especially in the



warm-up of a stiffer horse. One exercise she taught was to pick up a canter and leg yield from one corner of the arena to the centerline. At the end of the ring, continue through the corner in counter canter, cross the diagonal to go back to the correct canter lead, and then repeat.

### Laura Graves with Asia Rupert

- She also explained how softness comes from the rider's elbow, not an open fist, and while shoulder-in is a power building exercise, haunches-in is a suppling exercise she uses often.
- When you give after a half halt, think about pushing that energy up to his ears, and the horse should stay soft.
- Graves encouraged each rider to make mistakes saying, "We don't cover up the mistakes, we train through them."
- With a spooky, forward horse Graves talked about widening the riders' hands as a tool to stabilize the bit and funnel the energy from their hind legs to the bit because it gives the horse a bigger opportunity to succeed with a bigger target. When you are on an uptight, spooky horse, using hands are counterproductive in relaxation. The last thing we want to do is tell a horse he can't move forward.
- A common theme of the day was relaxation in order to build confidence and for riders to work through mistakes.



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Congratulations to all of our Young Riders and Juniors who competed at NAJYRC in Colorado this year! Everyone did very well and we are so proud of you.

Young Rider: Lexy Donaldson & Power Play

Juniors: Jackson Gillespie & Westpoint

Gaylen Davis & Mojito RH

Katherine Scotford & Dean Martin

Paige Smith & Welkin

GOOD JOB EVERYONE! Many thanks to our Region 5 FEI Junior/Young Rider coordinator, Joan Clay, who also was Chef d'Equipe for our teams. We could not have done it without you. Joan also received the Patsy Albers Award – awarded to the dressage chef d'equipe who best demonstrates the same level of dedication, enthusiasm, and team spirit shown by Patsy throughout the years. The award is open to all of the dressage chefs d'equipe, and any competitor or chef d'equipe can nominate a candidate by submitting a written explanation as to why that chef deserves to win the Albers Award.

The kids faced a lot of adversity this year and were amazing! Many thanks to the team members, their parents, trainers and grooms for all their hard work and wonderful attitudes the entire week. The 2nd annual miniature golf team dinner with the USEF Youth Coaches was a great highlight again this year and helped with team bonding and making our Region as a whole feel a little closer to each other.

The USDF convention is coming up quickly and it's time to book your hotel rooms, airfare and register for the convention and symposium. We are in St. Louis this year Nov.

30 - Dec. 3. Information and registration forms for the Convention and Symposium are available at [www.usdf.org/Convention/](http://www.usdf.org/Convention/). All Group Member Organization's (GMO) were asked to designate their delegates for the USDF convention Board of Governors meeting by Aug. 31 and if not determined by that date, the GMO president would become the delegate. If the GMO delegate/president is not able to attend the convention, a proxy for that delegate can be submitted at any time up until the night before the BOG meeting at the convention. The advantage for the GMO is that the delegate will be known and can receive communication from the USDF office earlier. GMO Delegates are included on a list of USDF delegates to receive e-mail communications containing pertinent information on issues that will come before the 2016 BOG meeting at convention. If GMO's have not yet sent in their delegate information, please do so as soon as possible.

Don't forget, the Great American/USDF Region 5 Championships is coming up Sept. 14-18 in Estes Park, Colorado. Entries have already closed, but we hope to see everyone there to cheer each other on! We will be having a brief Regional meeting on Saturday, Sept. 17th.

Till next month!

*Heather Petersen*  
Region 5 Director

#### **RMDS SCHOLARSHIP FUND**

Your contributions to the RMDS Scholarship Funds assist Adult Amateurs, Professionals, and Jr/YRs with achieving their goals.

Scholarships are awarded on several factors, including volunteer hours. For more information, go to: [rmds.org/Organization/Scholarship](http://rmds.org/Organization/Scholarship)

# Albers Award Presented to Region 5 Chef d'Equipe Joan Clay

Lexington, KY (August 4, 2016) - The United States Dressage Federation (USDF) is pleased to announce that the Albers Award perpetual trophy was awarded to Region 5 Chef d'Equipe Joan Clay, at this year's USDF North American Junior & Young Rider Dressage Championships at the Adequan®/FEI North American Junior & Young Rider Championships presented by Gotham North (NAJYRC).

“Not only did Joan Clay work tirelessly before the NAJYRC even took place, but more impressive was how she was always going the extra mile, no matter what it took, for her Region 5 competitors during the entire week of the competition. She is the Energizer Bunny of chef d'equipes, who despite the ups and downs of the event, enables her competitors, coaches and parents to keep their focus on competition and good sportsmanship,” stated Roberta Williams, USDF FEI Jr/YR Committee Chair.

The Albers Award is named in honor of long time USDF Region 1 Chef d'Equipe, supporter, and good friend, Patsy Albers. The award is presented annually at the USDF North American Junior & Young Rider Dressage Championships, to the dressage chef d'equipe who best demonstrates the same level of dedication, enthusiasm, and team spirit shown by Patsy throughout the years. The award is open to all of the dressage chefs d'equipe, and any competitor or chef d'equipe can nominate a candidate by submitting a written explanation as to why that chef deserves to win the Albers Award.

***Great job - Congratulations from RMDS!***



*Stephan Hienzsch, USDF Executive Director; Roberta Williams, USDF FEI Jr/YR Committee Chair; Joan Clay, USDF Region 5 Chef d'Equipe, recipient of the Patsy Albers Award; and William Moroney, USEF CEO. Photo by Susan J. Stickle*

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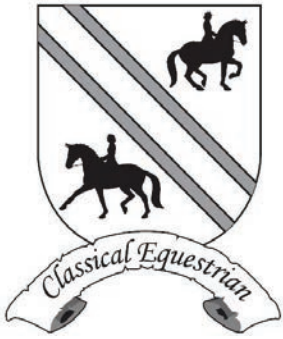
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