

THE CENTAUR

**“And what is so rare as a day
in June? Then, if ever come
perfect days.” -Lowell, James Russell**

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

Equine Rabies: Should You Be Concerned?

By Dr. Barbara Page, DVM

Rabies, an uncommon disease in Colorado, began a steep rise starting in 2008. The first case in a horse was confirmed in Douglas County in 2009 and a sharp increase in the number of cases in skunks has been noted in 2010. Just this month, there were reported cases in skunks in Adams, Arapahoe, Douglas and Elbert counties. It is this sudden increase in the disease that is causing health officials and veterinarians to recommend vaccination of horses.

If you look at a U.S. map of the distribution of skunk rabies, it seems to stop right at the eastern Colorado state border. That is not the case anymore. Positive skunk rabies cases have been documented in several eastern Colorado counties. The concern is that the virus is moving westward towards the Front Range of Colorado. Counties along the Front Range are more populous in people and horses and so there is a potential risk to humans, dogs, cats, livestock, and horses.



Skunks are the most common species involved in the transmission of rabies virus to horses.

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Special Business

Contracts to be awarded in July: Website Maintenance and Hosting, Central Office Manager, and Junior Camp. Bids are due by June 15. More on pg. 2.

New Member Referral Program: See pg. 18.

RMDS Business

RMDS Paid Position Contracts Are Up For Renewal

RMDS is now accepting bids for two year paid positions from January 2011 - December 2012 for the following listed contracts. Job descriptions may be found on the RMDS website, rmds.org.

Contracts to be Awarded in **July 2010** to qualified bidders. Bids must be received by June 15.

- Website Maintenance and Hosting
- Central Office Manager
- Junior Camp

Bids may be sent via electronic or conventional mail to:

rmds@rmds.org

OR

RMDS Contract Bid
19525 Twisted Pine Drive
Colorado Springs, CO 80908

For more information, contact the Central Office at 720-890-7825, or e-mail rmds@rmds.org.

Region 5 Report

Kentucky was beautiful. I just wish I had more time to watch the frolicking Thoroughbred foals in green pastures; instead I was in two days of intense USDF Spring Executive Board meetings. Here are a few of my unofficial notes from the meeting: A life-sized horse statue will be in place in front of the USDF building in time for the World Equestrian Games. The USDF effort for WEG will be mostly membership hospitality, and for those of you lucky to attend, I would encourage you to visit our building and Hall of Fame. I think you will be pleased. We have had no USDF staff (33, versus 45 in the past) turnover in last 12 months. We will have a trained and seasoned staff. The New Educational Membership: e-TRAK, \$35 annual dues, non-competing with the goal of education, mostly online, has a target to start at WEG 2010.

New Dressage Tests should be ready for approval by the Dressage Committee June 1st at the USEF meeting. At this time the rule change proposal for use of protective headgear will be discussed. At the USDF Convention in Jacksonville, FL, the Symposium format will be "On the Levels" featuring the new dressage tests. Tentative education sessions will include Dr Hillary Clayton: core training in horses, rein tension, reinback biomechanics, and how rider balance affects the horse.

Happy Riding!
-Theresa Hunt, Region 5 Director

Chapter News

Arkansas Valley Dressage Association

The major news of the month for the Arkansas Valley Dressage Association was our first schooling show held May 1. The highlight of the event was the Centurion ride by our own member, Ginny Wegener. Not only did Ginny, who was 86, ride First Level Test One on her Norwegian Fiord, RT Loki, she scored a well-deserved 66%! A large crowd of her supporters enjoyed a potluck lunch complete with birthday cake in the show parking lot celebrating the fact that Ginny would be turning 87 the following day, May 2. Even after this large celebration Ginny was able to put together a great ride as she started off the afternoon's rides. Ginny is an incredible inspiration as she is able to ride and actively care for horse. After her ride, she removed leg wraps, unsaddled, and brushed her mount. How many 86 year olds can do that!

Another one of our inspirations, Sis Harman, scored the highest number of points with a score of 63% in First Level Test Four. Sis just turned seventy, and is another member who

rides every day and does all the work with her horse Bright Eyes, including getting him to the show herself and tacking up. She is planning on moving on to Second Level later this show season.

Juan Gonzalez scored the highest percentage (69%) in Cowboy Dressage Training Level Test One on the Appaloosa horse Sophie, owned by Lana Niehans.

The show had a great turn out of young and old, traditional and cowboy dressage riders. The show was judged by Julie Burt, licensed 'L' judge from Penrose, Colorado. Our next schooling show will be held July 17th in the same location: Pathfinder Park, Florence, Colorado. Summer meetings will be held on the weekends in conjunction with clinics. Members will be contacted by e-mail as the meetings will not follow a routine schedule.

-Mary Rae, Vice President, AVDA
marraelams@hotmail.com

Chapter News

Boulder Valley Dressage

Springtime in the Rockies proved to be less than ideal weather conditions for Boulder Valley's Spring Fling & Ride-A-Test in April. The Ride-A-Test was cancelled due to snow, but mother nature cooperated for the Spring Fling show the next day and we had a great turnout!

If you are planning on attending (and I hope you are, this is a fabulous opportunity to observe and learn from 2 of the leading dressage minds in the country) the Dressage Through The Levels clinic with Steffen Peters and judge Janet Foy at Somerset Farms on June 19th & 20th, don't forget that BVD will reimburse its members \$45 of the auditor's fee. All Boulder Valley members who have either volunteered 4 hours at a Boulder Valley show (including the Autumn Hill Sunday Series) or attended 2 meetings are eligible.

Opening date for the USDF Region 5 Youth & Adult Team Competition is just over a month away; please consider participating in this event even if you and your horse aren't "show-ready." It really is a fun event, and a great chance to get yourself and your horse off-property, as well as meet some new people and horses!

Our next meeting will be Monday, June 14th. I would love to see you there!

"Stable thinking is the ability to say 'neigh'." -Source unknown

-Nicole Donohue, Boulder Valley President

Northern Colorado Dressage Association

The Northern chapter is busy with the preparation for our June 12 & 13 USDF/USEF show. This year it will be held at the Ft. Collin's Equestrian Center. This is our annual big Susan G. Komen fund-raiser. We are excited to be "trying out" one of the new "S" judges, Sue Kolstad. If you, your clients, and your friends are looking for a fun, relaxed show, this one is the one to plan on attending! Wear pink!

NCDA is also planning on hosting a clinic with Leslie O'Neal Olsen. This is another great chance to clinic with her! Rides are reasonable: \$95 non-NCDA members and \$75 NCDA members. Once again, NCDA members audit for free and non-NCDA members pay \$40 for the entire weekend (\$30 at the door). Contact the NCDA President Laura Speer at 970-371-2934 if you are interested in riding or auditing.

On a more solemn note, NCDA lost one of its valuable members and her husband on May 2. Liz Schump, owner of Chatellen Farm in Windsor, died tragically in a plane crash in Indiana with her husband, David. The news devastated our Northern Colorado dressage community and all of us who were friends of Liz express our deepest sympathy to her family and the boarders at Chatellen.

-Laura Speer, NCDA President

Colorado Springs Chapter

Colorado Springs Chapter's April was filled with preparations for the Arabians for the Cure, and Dressage for the Cure shows at Norris Penrose in Colorado Springs. The show was much smaller than last year and after talking with a few previous year riders I found a overall theme of not wanting to show until May because of weather. And as we experienced everything from snow, rain and a warm sunny day, I had to laugh. It is Colorado after all and why not snow in July?

The chapter's May meeting featured Janet Foy and a lecture on the training pyramid and why we have it and how we use it. June will feature a speaker on equine therapies and how they benefit the dressage horse in all levels of competition. We are excited about the upcoming June show, Dressage at the Peak II, and look forward to meeting and welcoming everyone.

Colorado Springs meetings are held the 3rd Wednesday of the month. Please check our website for details on the meetings and educational events at www.csdressage.org

-Elaine Haberman, President, Colorado Springs Chapter

Wasatch Mountains Chapter

Wasatch Mountain Dressage had a clinic in March with Heather Petersen and Eva Adolphi on 2010 Updates for Show Management and Technical Delegates.

On May 22 we will have a Sport Horse Selection and Breeding Seminar with Faith Fessenden. Faith will present a seminar on Sport Horse History and Influences, Importance of Pedigrees, Specialization, Evaluation of Conformation and Movement, and will include videos of the February KWPN Stallion Show top 6 (out of approximately 200+ 3 yr old presented stallions), 3rd ring Dressage and Jumping stallions with discussion on why the placements were in the order placed. She will also discuss European conformation Scoring/Judging Methods - and - present a KWPN Linear Scoring Workshop.

Faith has a 'Certificate of Completion with Commendation' from a week-long judging program in Holland in the 80's and is a KWPN/NA Kuering judge. She has received 'Certificates of Completion' with credit for comprehensive courses on 'Anatomy, Biomechanics and Gait Abnormalities' as well as an 'attendance credit' at full-day veterinary seminars on orthopedic soundness. Faith regularly audits the USDF Learner Judges program, and is currently in the USDF Dressage Sport Horse Breeding judge's program. She has participated and learner-judged in the USEF Hunter Breeding judging program and the USEA Young Event Horse judging program.

We are next working on an Adult Amateur Clinic in the Fall following WEG - hopefully with someone who does not normally clinic in the US.

-Sally Shaffer, President, Wasatch Mountains Chapter

In Memory of

Elizabeth and David Schump

Owners of Chatellen Farm in Windsor, Colorado

Elizabeth and David Schump, the owners of the premier northern Colorado dressage training facility, Chatellen Farm, were tragically killed in a private plane crash on Sunday, May 2, 2010, on their way to Kentucky. It seems the plane suffered a mechanical failure.

David Schump loved to fly, and the couple often flew for business and pleasure. David was a retired businessman and Liz was passionate about the sport of dressage. She was preparing to host a Lilo Fore clinic at Chatellen Farm in Windsor. Liz enjoyed hosting various clinics, showing her horse Saffa, and training in Germany.

The Schumps were married for 31 years and had 3 sons.

The Dressage community wishes to extend their condolences to the family and to the extended family at Chatellen Farm. Our thoughts and prayers are with you during this difficult time.

Contributions may be made to the David and Elizabeth Schump Scholarship, CSUF, in care of Allnutt Funeral Service, 650 West Drake Road, Fort Collins, CO 80526.

New Member Referral Program

RMDS is starting a new program on January 1, 2010 to help increase membership. It is called the Member Referral Program. Everyone who refers a new member to RMDS will be entered into a drawing for a prize. If someone has been a previous member but not for the past 5 years, they are also considered a new member for this program. When you refer someone and they join RMDS, please instruct them to put your name down on the new line on the membership form. Once we receive their membership, we will put your name on a list. At the end of the year at the BOG, all the names will be put into a hat and a name will be drawn to receive a prize.

Three individual memberships for 2011 have been donated as the prizes: one by Heather Petersen and two by Elaine Haberman of Stabile Di Cavallo! We offer a big Thank You

to these ladies for their generous donations! We will also be presenting an additional prize to the person who has referred the most new members!

Please pass the word on to everyone you know in RMDS that we are starting this program! If you know someone who has joined and they haven't put your name on the membership form, please have that person call Beth in the Central Office at 720-890-7825, so she can include you on the list. We will send the list of names out at the end of the year so everyone can make sure their name is on it. If not, please have the member you referred call Beth so you can be added to the list.

Thank you for all of your help!!

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Through the Grapevine

What's happened lately in your life or with the friends you hold dear? Let us know "Through the Grapevine" at vanbergc@yahoo.com.

RMDS member **Cynthia Dunoyer** is going to ride to become a member of The Dressage Foundation's Century Club! Her ride will take place on June 5th at Dressage at High Plains II. In order to become a member of the "Club," the ages of the rider and horse must combine to be 100 or more years! Additionally, the team must ride any level test at a dressage show. Cynthia is riding a 4th Level test. Her ride time will be posted on the RMDS website as soon as it is known. Let's support Cynthia!

-The Dressage Foundation

Many thanks to BizTek International, our Presenting Sponsor for the RMDS Winter Wake Up (in the Summer) 2010! This show was able to remain a NAJYRC and Young Horse Qualifier thanks to their wonderful support.

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Rabies, Cont'd from page 1

- In 2005, there were 44 positive cases of rabies; all of these positives were bats.
- In 2006, there were 70 cases of rabies in Colorado - all bats, no skunk cases.
- From January 2007 through August 2008, there have been 18 positive cases of skunk rabies.
- Skunks are the most common species involved in the transmission of rabies virus to horses.

So what's the deal with rabies? Is there a need for concern?

Maybe not concern as much as proactive prevention.

1. The disease is fatal to mammals. In people, the disease is fatal unless treated.
2. If your horse gets rabies, and has NOT been vaccinated, it is fatal.
3. **You** must be treated if your horse gets rabies.
4. If a horse gets the disease from a skunk or bat, the horse can contaminate you while the horse is acting normal, before showing signs of the disease.
5. The incidence of rabies has increased considerably in Colorado over the past two years.
6. Two cases were confirmed in horses in 2009, 2010, none for 30 years prior.
7. This disease is moving into the West.
8. Although previously it was the bat most likely positive for rabies, in 2009 and 2010, it is the skunk, meaning it is much more likely the horse can get the disease.

Symptoms and Transmission

If an animal becomes infected with the virus, they may show no disease symptoms for several days, but during that time they can transmit the disease through saliva to other mammals. Although rare, a horse could be infected and yet be free of clinical signs, but still be able to transmit the virus through his saliva into a cut on your hand. This disease is fatal in all

animals unless treated. There is no treatment for horses, but there is for humans. If horses are vaccinated, the chance of them getting the disease is very rare.

A horse with rabies will die. The virus infects the central nervous system, causing brain disease and ultimately death. Clinical signs are extremely varied from colic to difficulty swallowing, depression with loss of appetite, a low-grade fever, lameness and/or incoordination, other neurological symptoms including convulsions, increased sensitivity to being touched, abdominal pain (straining to urinate or defecate), odd behavioral changes, nervousness, irritability, muscle contractions and finally death.

Prevention and Control of Possible Infected Animals

Controlling and preventing skunks from coming into contact with your horses is one of the best ways to avoid contamination (see link below on skunk protocol). Beware of unusual behavior including: wild mammals that show no fear of people and pets; nocturnal animals that are active in daylight; and bats found on the ground, in swimming pools or that have been caught by a pet. Rabid carnivores, such as skunks, foxes, bobcats, coyotes, dogs and cats, may become aggressive and may attempt to bite people, pets and livestock.

If you observe a wild mammal acting strangely, especially a skunk, or if you find a dead skunk that isn't on your property, stay away from it. Strange behavior for a skunk would include being out and about during daytime hours, and possibly looking unkempt and uncoordinated. If you must remove a dead skunk on your property, wear rubber gloves or lift the carcass with a shovel or other tool, and double-bag it for the trash.

Don't feed wild animals or allow your pets around them. Be sure to teach children to stay away from wild mammals. Contact your veterinarian if your dog or cat is bitten or scratched by a wild animal such as a skunk, bat, fox or raccoon. If you suspect you've been exposed to rabies, contact your physician without delay.

Cont'd on page 7



Dr. Barbara Page and friends

You are welcome to contact CEC staff for answers to any questions you may have about rabies and vaccination. (303)791-4747.

Dr. Barbara Page is the lead veterinarian and owner of Colorado Equine Clinic in Littleton, CO (www.coequine.com). In addition to 24-hour full service general equine care, CEC's nationally recognized Lameness Center has over 32 years of experience in the successful diagnostics and treatments of lamenesses in all types of athletic and companion horses. The CEC team includes Dr. Scott Marx, DVM; Dr. Dale Rice, DVM; Meg Schenk, Certified Veterinary Technician; Rachael Roberts, Certified Veterinary Technician; Mireille Harr, office manager; and Suzanne Peterson, Saturday receptionist.

Rabies, Cont'd from page 6

One of a veterinarian's primary responsibilities is the protection of human health in relation to animals. Discuss rabies vaccination of your livestock with your veterinarian. Vaccination should be considered for horses and other equines, breeding livestock, dairy cattle or other high-value livestock, especially in areas of the state where skunks have been diagnosed with rabies.

Diagnosis and Vaccination

Diagnosis is difficult in the course of the infection because the symptoms can mimic many other diseases. Even if you suspect a skunk bite, examining your horse can be very difficult – the bite is extremely small and easily hidden by hair. Rabies in horses is fairly rare but it would seem after considering the recommendations of veterinarians, the incidence of wildlife rabies, and the course of the disease, the benefits of vaccinating horses for rabies may outweigh other potential reasons for not vaccinating horses in Colorado.

So should you vaccinate? YES! Because the disease is fatal, because you can get the disease from a horse who appears completely normal, and because rabies is preventable.

The vaccination is an intramuscular injection, and no stall rest or special care is required after receiving it. The vaccination for a horse is a one dose shot, once a year. The cost of vaccination from Colorado Equine Clinic is \$20.

The following web links have additional information:
www.cdph.state.co.us/dc/zoonosis/rabies/rabiesstatute.PDF
www.avma.org/animal_health/brochures/rabies/rabies_brochure.pdf
www.cdph.state.co.us/dc/zoonosis/rabies/skunk_surv_protocol_09.pdf
www.aaep.org, new recommendations for rabies vaccination

Sources for this article include: CSU Extension website

Steffen Peters Kathleen Raine David Wightman Kristina Harrison Sue Blinks Jo Moran Willy Arts Gina Miles

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FUN AND FRIENDLY EVENT

USDF Region 5 Youth and Adult Team Competitions

Saturday, August 14, 2010
Autumn Hill IEC, Longmont, CO

This program provides an opportunity for youth and adults to compete in a team-like atmosphere, and encourages camaraderie and support for youth and adults competing at any level.

FUN for ALL! No Pressures! Easy on your wallet! Informal dress! and Meet New Friends!

ALL RIDERS will be put on a scramble team of riders, youth with youth and adults with adults.
Meet your Team on Friday night at the Wonderful, Fabulous, And HIGHLY Educational Event!

THEN...

Name your Team (something cute, funny, or utterly ridiculous), Grab an innocent bystander or two to help the team, call them a "Team Manager". This person will feel important and your team can use them to assist with horses, get to the ring on time, get water, etc. (moms, dads, trainers work well in this role.)

THEN....

1. Each team member will ride their test of choice.
2. Each team member will participate in an equitation class (Youth) second test (adults).
3. Each team member will complete a written test (study guides provided and pencil provided).

SERIOUS STUFF - Ribbons will be given through sixth place, USDF/USEF Rules apply, Only friendly riders allowed to participate.

Have a fun time with some new friends and make sure to get your 2010 RMDS Entry Form in by the close date of July 30th, 2010.

DON'T YOU WANT TO SIGN UP? Check Prizelist for more information.

The Merits of Showing (or Not)

-Alison Child

I was either blessed or cursed with the competition gene, I'm not sure which. It's been in my blood my whole life, and at 52, I'm pretty sure it's not going to magically disappear. Frankly, this character flaw, or whatever you want to call it, has not served me well in the show ring. I've had to learn to manipulate it and use it to my advantage in order to reach my goals, which are simply to move up the levels, become a better rider, enjoy the journey and the people and horses in it.

Now I understand that showing is not for everyone. Many people simply want to spend time with their horse and learn to ride without being judged by someone. Believe me, I totally get that and on several occasions I've even threatened to turn in the white gloves. The first time was after not scoring above a 48% for an entire weekend. I cried for a week. Then of course there were the two or three years that I couldn't get out of second level. That's what my husband called the "beers and tears" era.

Making the decision not to show takes off a lot of pressure, in fact, probably all of it. The flip-side is, if you don't enter the show ring you miss out on an extremely valuable learning tool. Showing helps develop your riding skills and evaluate those



Alison Child and her horse Shaka Zulu.

skills against an established standard. It tells you if you're improving or just going around in the same circle year after year. It forces you to clarify your aids, practice mental and physical discipline while receiving information about the quality of your training. There's no hiding from yourself or anyone else in the show ring.

If you're an amateur like me, the trick is to develop the mindset that the only people that are invested in what you do in the ring is you, your coach (if you have one) and the judge. It's only between the three of you, and you should remember you are paying the other two for their services. They are there to support you and to help you and your horse get better. That's it. I know it's hard, but you can't care about anyone else.

Also, you have to remember that even though you are in the same class with other riders and somebody will be pinned first and somebody will be last, it really isn't a level playing field. We're all dealt such a different set of cards that it's not fair to compare yourself with other people. Some people have been riding and showing longer, some have horses that are more talented, some can't afford a coach, some have physical limitations and some are just trying to control the personal demons that have kept them out of the ring in the past. Your only concern should be whether or not things are getting better for you and your horse.

This was a tough lesson for me. Tired of watching me fight my competitive nature, my husband gave me the gift of working with Melissa Creswick for a month in California. A long time friend, "S" judge and clinician, Melissa went to work on my brain. She helped erase my fear and focus on being judged and in getting a good score. Instead, she helped me create the mental mantra that "I'm just in here schooling my horse...I'm just schooling my horse."

Between Melissa's mental and physical handiwork, and my coach Margo Gogan's training and support, I've managed to earn my bronze and silver medals and am two scores away from my gold. It's been a painful journey at times, trying to wrestle my competitive instincts to the ground. But I've loved the personal challenges, my wonderful horse Shaka Zulu and the camaraderie of our barn community.

So if you can learn to develop a mindset that works for you, you might just learn to love the smell of competition in the morning as much as I do.

Alison Child lives in Park City, Utah and trains with Margo Gogan of Hilltop Dressage. She graduated from the USDF "L" program with distinction, and is a saddle fitting consultant for Trilogy saddles. Her blog can be found at www.alisonchild.wordpress.com.

About RMDS

2010 RMDS Executive Board

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Governing Bodies

UNITED STATES DRESSAGE FEDERATION

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 Lexington, KY 40511

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 Website www.usdfregion5.org

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

USEF

4047 Iron Works Parkway
 Lexington, KY 40511

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

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About RMDS

RMDS CHAPTER MEETING SCHEDULE

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

Boulder Valley: 2nd Mon., even months,
location TBD,
Nicole Donohue, 303-827-6150,
hobbyhorse6789@yahoo.com

Colorado Springs: 3rd Tues., Colorado
Springs City Hall,
Elaine Haberman, 719-358-1577,
stabiledicavallo@gmail.com
www.CSDressage.org

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

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

High Plains: 3rd Tues. each month,
6:30pm, Village Inn in Parker, at Parker &
Hilltop Roads,
Mary Buckley, 303-627-4413,
topbuckley@comcast.net
www.highplainsdressage.com

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

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

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

RMDS SPONSORED EDUCATIONAL EVENTS

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

2010

June 7-8 RMDS Winter Wake-Up, Autumn Hill IEC, Longmont

June 13-16 Junior Camp-8th Heaven Farms, Castle Rock

July 24-25 RMDS L-Program Final Session, Autumn Hill IEC,
Longmont. **CLOSED. Scribes Needed.**

August 14 USDF Region V Adult & Youth Team Competition-
Autumn Hill IEC, Longmont

September 1 Rocky Mountain Series-Sport Horse Breeding Finals &
USDFBC Finals, Colorado Horse Park

September 2-5 RMDS Open & Championship Show, and Region V
Championships, Colorado Horse Park

For details on these and other RMDS events:

- Contact Heather Petersen, 719-683-8435, slush@drwgw.net - Education Chairman
- Read the Centaur, or go to the website at www.rmids.org
- Contact the RMDS Central Office 720-890-7825, or email rmids@rmids.org

Meeting Schedule of the RMDS Executive Board

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

The Centaur Newsletter

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

CONTACT INFORMATION

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

ADVERTISING

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

DISPLAY ADVERTISING

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

Artwork (ads) must be provided in electronic format. Acceptable forms include: jpeg, pdf, tiff, eps, and doc. IF UNSURE ABOUT AD FORMATTING, please contact the editor (contact info above) for consultation. No substitutions may be accepted. If your ad is submitted in a file format other than those listed above, you will be contacted regarding an additional charge for reformatting or redesign. Hourly charge for redesign/reformat is \$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 vanbergc@yahoo.com. Send payment and hard-copy to the RMDS office, Beth Geier, 2942 Park Lake Dr., Boulder, CO 80301.

AD RATES AND SIZE SPECIFICATIONS

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

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

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

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

EDITORIAL POLICY

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

Utilize the RMDS Network:

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

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

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

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

Advertise Events on the RMDS Website

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

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

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

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

Important Info on RMDS membership

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

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

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

About RMDS

Technical Delegates, Judges, and Certified Instructors

Dressage Judge Ratings and Levels Qualified to Judge

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

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

*may only judge at RMDS recognized shows.

FEI 4*
Janet Foy 719-260-1566

FEI ParaEquestrian Dressage 'O'
Anita Owen 303-953-9904

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

USEF 'R'
Kristi Wysocki 303-648-9877

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

USDF 'L' Graduates (Schooling and RMDS
Only recognized shows)
Simone Ahern* 719-749-9274
Barbara Bell (WY) 307-548-7079
Gigi Brittain* 303-646-1506
Julie Burt 719-372-6270
Alison Child* (UT) 435-640-3287
Linda Coates-Markle 303-469-0279

Kathleen Donnelly* 970-310-8729
Beth Geier 303-673-9840
Jan Goodrich-Spear 303-664-0152
Jessica Greer 970-581-5613
Gwen Ka'awaloa* 303-646-4363
Sarah Martin* 719-379-3716
Linda Ohlson-Gross* 303-840-9818
KC Parkins-Kyle 303-841-9953
Kathy Simard* 720-981-4448
Patti Thurman* (UT) 435-640-1362
Maria Wasson 303-682-9594
Simone Windeler 719-540-2000
*Denotes Graduation with Distinction

Dressage Sport Horse Breeding Judge
Janet Foy 'R' 719-260-1566
Debbie Riehl-Rodriguez "R" 303-642-7708
Kristi Wysocki 'r' 303-648-9877

FEI Chief Steward
Veronica Holt 303-646-3829

Technical Delegates USEF
Eva-Maria Adolphi (UT), r 801-254-3247
Rusty Cook (NM), r 505-877-1456
Veronica Holt, R 303-646-3829
Laurie Mactavish, R 970-390-5160
Heather Petersen, r 719-683-8435

Deeda Randle (WY), R 307-638-6737
Catherine Siemiet, r 719-942-5311
Dianne Stanley (MT), r 406-652-4061
Libby Stokes, r 303-688-2795

Technical Delegates, RMDS sanctioned shows only
Joan Clay 970-420-0887
Jeannette Hillery 303-494-7718
Susan Selby 970-227-9530
M. Elaine Thomas 719-495-1510

USDF Certified Instructors
Training - Second
Julie Burt 719-372-6270
Jill Cantor Lee 970-209-8491
RaeAnn Cook 970-225-1408
Janet "Dolly" Hannon 303-279-4546
Ellene Klopfer 303-828-3879
Clayton Martin 719-379-3716
Kathryn Meistrell 303-550-5130
Bridget Milnes 303-660-4986
Kristi Wysocki 303-648-9877
Training - Fourth
Simone Ahern 719-749-9274
Nancy DeVaney 303-681-2516
Loma Fowler 303-841-0417
Sarah Martin 719-379-3716
Kathy Simard 720-981-4448
Melinda Weatherford 970-484-5218

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AQHA Blue Roan
Sport Horse Sire

offspring for sale

Diamonddoubletranch.com 303-915-6444

There is no secret so close as that between a rider and his horse.

~ Robert Smith Surtees

2010 Shows and Events

All shows are RMDS recognized except schooling shows.

JUNE 2010

- 1 **Janet Foy Clinic, Reitehof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrsj@hotmail.com
- 4 **Dressage at High Prairie I, Colorado Horse Park, Parker-USEF**
Contact Glenda McElroy, 818-841-3554, glenda@glenroys.com
- 5 **Dressage at High Prairie II, Colorado Horse Park, Parker-USEF**
Contact Glenda McElroy 818-841-3554, glenda@glenroys.com
- 4-5 **Jos Sevriens Clinic, Indian Hills Equestrian Center, Indian Hills, CO**
Contact Alison Dechant, 303-204-9782, alliedechant@msn.com
- 6 **Dressage at High Prairie III, Colorado Horse Park, Parker-USEF**
Contact Glenda McElroy, 818-841-3554, glenda@glenroys.com
- 7-8 **RMDS Winter Wake-Up (In the Summer), Autumn Hill, Longmont-USEF-YR**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 12 **American Trakehner Association Mare Inspection, Sun Prairie Stables, Peyton**
Contact Pat Leech 719-749-2860 pat.leech@falconbroadband.net
- 12-13 **NCDAR Rocky Mountain Dressage Classic, Ft Collins Equestrian Center-USEF**
Contact Laura Speer, 970-371-2934, riversidestables_evans@yahoo.com
- 13-16 **Junior Camp, 8th Heaven Farms, Castle Rock**
Contact KC Parkins-Kyle, 303-841-9953, murphyhors@aol.com
- 17-18 **Stephan Kieseewetter Clinic, Chatellen Farm, Windsor, CO**
Contact Britt Mactavish, 970-231-2251
britt@chatellen.com, www.chatellen.com
- 18 **Sage Creek I, Sage Creek Equestrian, Heber City, UT-USEF-YR**
Contact Jennifer Layman, 435-901-3480, jenn_layman@yahoo.com
- 19 **Sage Creek II, Sage Creek Equestrian, Heber City, UT-USEF-YR**
Contact Jennifer Layman, 435-901-3480, jenn_layman@yahoo.com
- 19 **Pendragon Stud RMDS Dressage Show, Pendragon Farms, Larkspur**
Contact Leslie Terry, 303-688-4147
- 19-20 **Dressage Through the Levels, Steffen Peters & Janet Foy, Somerset Farms, Longmont**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 20 **Centaur Rising Dressage Show I, Anchorage Farm, Pine**
Contact Kris Cooper, 303-838-5086
- 21 **Sarah Martin Clinic, Boulder, CO**
Contact Beth Geier, 303-673-9840
- 22 **Janet Foy Clinic, Reitehof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrsj@hotmail.com
- 26 **Whispering Winds Schooling Show 3, Whispering Winds, Monument**
Contact Simone Windeler, 719-540-2000, simonedressage@gmail.com, windelerdressage.com
- 26 **Autumn Hill Dressage Festivals I, Longmont, USEF-YR**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 26-27 **Leslie O'Neal Olsen Clinic, Bridlewood Stables, Evergreen**
Contact Lori Mitchell, 303-816-2375, baffledressage@aol.com
- 27 **Autumn Hill Dressage Festivals II, Longmont, USEF-YR**
Contact Heather Petersen, 719-683-8435, slush@drwg.net

JULY 2010

- 8 **RMDS Executive Board Meeting, Perkins Restaurant, I-25 & Colorado Blvd**
Contact RMDS Central Office, 720-890-7825, rmds@rmds.org
- 10 **Rocky Mountain Dressage Show III, Longmont, USEF**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 11 **Rocky Mountain Dressage Show IV, Longmont, USEF-BREED**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 16 **Dressage at the Peak Summer Warm-up, Norris Penrose Stadium, Colorado Springs, USEF**
Contact Heather Petersen, 719-683-8435, slush@drwg.net

- 16 **Wasatch Back Dressage Festival I, Salt Lake Equestrian Center, UT-USEF**
Contact Alison Child, 435-640-3287, achild@kirwin.com
- 17 **Wasatch Back Dressage Festival II, Salt Lake Equestrian Center, UT-USEF**
Contact Alison Child, 435-640-3287, achild@kirwin.com
- 17-18 **Dressage at the Peak II Summer, Norris Penrose Stadium, Colorado Springs, USEF**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 17-18 **Bent Jensen Clinic, Indian Hills Equestrian Center, Indian Hills, CO**
Contact Alison Dechant, 303-204-9782, alliedechant@msn.com
- 18 **Centaur Rising Dressage Show II, Anchorage Farm, Pine**
Contact Kris Cooper, 303-838-5086
- 18 **Autumn Hill Sunday Series II, Autumn Hill IEC, Longmont**
Contact Julie Barringer-Richers, 720-341-5033, jbarringerrichers@comcast.net
- 24 **Whispering Winds Schooling Show 4, Whispering Winds, Monument**
Contact Simone Windeler, 719-540-2000, simonedressage@gmail.com, windelerdressage.com
- 24 **Autumn Hill Dressage III, AHIEC, Longmont-USEF**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 24-25 **USDF L-Program Final Session, Autumn Hill IEC, Longmont -CLOSED-**
Contact Heather Petersen, Education Chairman, 719-683-8435, slush@drwg.net
- 25 **Autumn Hill Dressage IV, AHIEC, Longmont-USEF**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 28-Aug 1 **NAJYRC, Lexington, KY**
Contact Susan Rudman, 303-525-8305, sewrunned@msn.com
- 31 **Sage Creek III, Sage Creek Equestrian, Heber City, UT-USEF-YR**
Contact Jennifer Layman, 435-901-3480, jenn_layman@yahoo.com
- 31-Aug 1 **Leslie O'Neal Clinic, Ft Collins Equestrian Center, Ft Collins, CO**
Contact Laura Speer, 970-330-7233, riversidestables_evans@yahoo.com

AUGUST 2010

- 1 **Sage Creek IV, Sage Creek Equestrian, Heber City, UT-USEF-YR**
Contact Jennifer Layman, 435-901-3480, jenn_layman@yahoo.com
- 1 **Foothills Last Chance, Table Mountain Ranch, Golden**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 6 **Dressage in the Rockies I, Colorado Horse Park, Parker-USEF 2010 Region 5 Championship Qualifier**
Contact Glenda McElroy, 818-841-3554, glenda@glenroys.com
- 7 **Dressage in the Rockies II, Colorado Horse Park, Parker-USEF-BREED, 2010 Region 5 Championship Qualifier**
Contact Glenda McElroy, 818-841-3554, glenda@glenroys.com
- 7-8 **Cheyenne Dressage & Eventing Dressage Show, 2010 Regional Championship Qualifier, Cheyenne, WY, USEF**
Contact Rowena Heckert, 307-632-4151, rheckert@msn.com
- 8 **Dressage in the Rockies III, Colorado Horse Park, Parker-USEF 2010 Region 5 Championship Qualifier**
Contact Glenda McElroy, 818-841-3554, glenda@glenroys.com
- 10 **Janet Foy Clinic, Reitehof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrsj@hotmail.com
- 12 **RMDS Executive Board Meeting, Perkins Restaurant, I-25 & Colorado Blvd**
Contact RMDS Central Office, 720-890-7825, rmds@rmds.org
- 13 **Utah Dressage Society Show I, Heber, Utah-USEF**
Contact Susan Jero, 801-330-5763
- 13-15 **Dr. Gerd Heuschmann meets Susan Harris Clinic, Colorado Springs**
Contact Alex Robinson, 719-351-9721, therobinsons4@msn.com
- 14 **Utah Dressage Society Show II, Heber, Utah-USEF**
Contact Susan Jero, 801-330-5763

2010 Shows and Events

- 14 **USDF Region V Youth & Adult Team Competition, Autumn Hill IEC, Longmont**
Contact Lori Mitchell, 303 816-2375, Colleen McFadden, 303-618-8198
- 14-15 **Dressage at Sun Prairie, Sun Prairie Stables, Peyton-USEF**
Contact Simone Ahern, 719-339-2286, simone@sunprairiestables.com
- 15 **Centaur Rising Dressage Show III, Anchorage Farm, Pine**
Contact Kris Cooper, 303-838-5086
- 15 **Autumn Hill Sunday Series III, Autumn Hill IEC, Longmont**
Contact Julie Barringer-Richers, 720-341-5033, jbarringerrichers@comcast
- 20 **Paragon Dressage Shows I, Estes Park, CDI*-BREED**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 21 **Paragon Dressage Shows II, Estes Park, CDI*-2011 YR**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 21-22 **Grand Valley Dressage Fall Show & Western Slope Championships, Grand Junction-USEF**
Contact Lisa Binse, 970-243-8543, lbpawprints@yahoo.com
- 22 **Paragon Dressage Shows III, Estes Park, CDI*-2011 YR**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 24 **Janet Foy Clinic, Reitehof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrsj@hotmail.com
- 28 **Whispering Winds Schooling Show 5, Whispering Winds, Monument**
Contact Simone Windeler, 719-540-2000, simonedressage@gmail.com windelerdressage.com
- 29 **Boulder Valley So Long to Summer, Somerset Farm, Longmont**
Contact Jeannette Hillery, 303-494-7718, jmhillery915@comcast.net

SEPTEMBER 2010

- 1 **Rocky Mountain Sport Horse Breeding Championships & Qualifying Open Breed Show, Colorado Horse Park, Parker, USEF**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 2-5 **RMDS Championships and Open Show, Colorado Horse Park, Parker-USEF**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 7 **Janet Foy Clinic, Reitehof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrsj@hotmail.com
- 9 **RMDS Executive Board Meeting, Perkins Restaurant, I-25 & Colorado Blvd**
Contact RMDS Central Office, 720-890-7825, rmids@rmids.org
- 21 **Janet Foy Clinic, Reitehof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrsj@hotmail.com

OCTOBER 2010

- 5 **Janet Foy Clinic, Reitehof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrsj@hotmail.com
- 16-17 **Debbie McDonald Clinic, Plum Creek Hollow Farm, Larkspur**
Contact Debbie Landy, 303-435-2000, deblandy@mac.com
- 19 **Janet Foy Clinic, Reitehof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrsj@hotmail.com
- 23-24 **USDF L Program, Session A, Central Arizona Riding Academy, Arizona**
Contact Dorie Vlaten Schmitz, dvschmitz@msn.com

NOVEMBER 2010

- 2 **Janet Foy Clinic, Reitehof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrsj@hotmail.com
- 13 **RMDS Board of Governors Meeting, High Plains Chapter Hosting**
- 16 **Janet Foy Clinic, Reitehof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrsj@hotmail.com

DECEMBER 2010

- 7 **Janet Foy Clinic, Reitehof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrsj@hotmail.com

- 11-12 **USDF L Program, Session B, Central Arizona Riding Academy, Arizona**
Contact Dorie Vlaten Schmitz, dvschmitz@msn.com

JANUARY 2011

- 29 **Judges Continuing Education**
Contact Heather Petersen, 719-683-8435, slush@drwg.net

- 29-30 **USDF L Program, Session C, Central Arizona Riding Academy, Arizona**
Contact Dorie Vlaten Schmitz, dvschmitz@msn.com

APRIL 2011

- 2-3 **USDF L Program, Session D1, Central Arizona Riding Academy, Arizona**
Contact Dorie Vlaten Schmitz, dvschmitz@msn.com


JUNE 2011

- 18-19 **USDF L Program, Session D2, Central Arizona Riding Academy, Arizona**
Contact Dorie Vlaten Schmitz, dvschmitz@msn.com

NOVEMBER 2011

- 4-6 **USDF L Program, Final Exam, Central Arizona Riding Academy, Arizona**
Contact Dorie Vlaten Schmitz, dvschmitz@msn.com

For updates to the calendar, go to www.rmids.org
THESE EVENTS ARE DEPENDENT UPON VOLUNTEERS. IF YOU CAN
HELP, PLEASE CONTACT THE EVENT ORGANIZER!



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Graphic Design Beth Beymer

Pilates for Dressage Clinic: *The Gift To My Horse and Me That Keeps on Giving!*

-Susan DeSylvia, M.A.

What a unique and fabulous clinic to focus on correcting my position! With most clinics I attend I am balancing my brain between videotaping riders, and trying to be a sponge and soak up new information. After understanding the format of this clinic through Adult Amateur Chair extraordinaire Lori Mitchell's fabulous organization and communication talents for these 2 ½ days, I made the difficult decision to call a few clients to say I was sorry but I would not be offering Pro Horse Production video services. What a treat to take this weekend to be an adult amateur totally focused on taking in this great information!

It takes so much time to put on these clinics! I was so grateful for what A/A Chair Lori had invested in setting up last year's body position clinic with Leslie O'Neal Olsen. This year she did just as fabulous a job communicating expectations, preparing us for what to bring and wear, sending a map of Cappaleigh Farm, and requesting a bio of ourselves and our horses to be shared with the auditors. Once I arrived at Cappaleigh Farm, I was greeted with a big smile from the farm owner who showed me where to park and my horse's stall, as head trainer Patty LeBlanc and her mom were busy with final barn preparations. If you've not been to Cappaleigh, it is an ideal place to host a clinic: SUPER friendly trainer and owners, fabulous sound system, beautiful tack room, and a special room with plenty of seating for a lecture. I even noticed a reformer where they host regular pilates classes!

Author and instructor Janice Dulak kicked off the clinic with an hour-and-a-half lecture on her background in Pilates complete with an overview of the muscle groups involved. She challenged us that as riders we have a responsibility to be fit so we can articulate our body to communicate with our horses. The lecture seemed well received by a cozy room full of amateurs and professionals, many of us with previous pilates experience. I just loved how she said she calls herself a tour guide to your body! I've been on my own field trip with dressage rider Georgia Burleson at Nizoni Center for Pilates and Health in Elizabeth for 3 years now. A car accident and inability to jump due to a back injury brought me to her studio, but what I was learning about how to use my body, and the improvements in my riding kept me coming back for more! I can truly say that after 30 years of riding, it's been the pilates work on the reformers that has finally taught me how to use my leg aids independently as I feel my "core" muscles stabilize my body. I've experienced in just weeks of this work improved balance, symmetry, and as Georgia has said through the years, "power through softness" as I ride. With all I've learned in my 1 hour a week with Georgia, I was eager to spend an entire weekend submersed in this topic and learn even more about this discipline that has done so much for my riding!

This clinic incorporated 2 hours of "mat work" on Saturday and Sunday mornings under the watchful eye of Sarah Martin, Janice, and one of Janice's friends – a former dance teacher of hers. Janice and Sarah deepened my understanding of pilates related to riding as they described the muscles we were feeling during the mat exercises to what we should feel in the saddle!



What your horse is trying to do in a leg-yield.

One of the favorite nuggets I came away with was why we need to use our core muscles when we ride. Having a strong core that supports the movement of the horse's body is aligned with the main goal of giving our horses "one thing to carry on their backs." If we are not strong in our core, with all the movement our horses provide in their gaits, our horses are going to feel riders trying to find balance through their hands, shoulders, elbows, and possibly off-balance seat bones. Too much movement in our body will muddle up the non-verbal communication we have with our horse. Using our core to stabilize our bodies makes communication exponentially easier for our horses to clearly feel when we change our weight in a seat bone to communicate a leg-yield, shoulder-in, or half-pass.

As I was struggling to do some of the mat exercises, it was very powerful to imagine for a moment how our horses work so hard to understand what we are asking them to do! My horse is trying to lift his core – AND ME – on his back! And how much more complicated I make his carrying and movement if my body is shifting out of balance in my seat, my arms, my knees, my legs, and my head! I'm telling you – my Irish TB event horse I rode for the 8 years before pilates is an absolute saint for putting up with me!

I loved how Janice gave me a visual comparison between the beauty of a talented dance couple – we love to watch the grace of the woman dancing around the floor – and it's her strong partner that allows her to be so elegant. She said that that's what we want to be as riders – so people enjoy watching the

beauty of our horse move. But unlike a solid dance floor our floor (our horse) is always moving! The discipline of pilates gives the “how” to promote good posture. Better Seat equals Better Posture, and Better Posture equals a Better Seat. Most exercise programs don’t offer anything for posture. Through pilates and our strong core and trunk muscles, we can enjoy better balance in our musculature and around joints, which allows us to fine tune our aids to our horse. During my private session with Sarah Martin, she helped me take another step forward in correcting my years of crookedness when riding to the right by telling me to think of my spine as a barber shop pole and my shoulders just turned to the inside around it as I made my circles to the right. The icing on the cake happened less than a week later when my trainer Gwen Ka’awaloa came to my place to give me a lesson and she said several times how she could not believe the improvement in my seat. She said she wished all of her students could invest in this clinic!

If you missed this opportunity Janice is coming back to Colorado later this summer for a few weeks, including a full three day clinic at Sarah’s farm in Blanca, Colorado. If you ever wanted to give yourself and your horse a gift to improve your riding, this team offers a fabulous combination of kind, constructive instruction through their wealth of knowledge!

You can contact Sarah through SarahMartinDressage.com or Janice Dulak at PilatesforDressage.com.

Janice showing me where I needed to stabilize my body.



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Trainer Spotlight: Kelly (O'Leary) Boyd

-Heather Fitzgerald

We've all heard it. There are no shortcuts in dressage, but one of the most certain routes to deepening your skills, to becoming a more effective rider, is to spend time on the lunge line. This idea had filtered through my mind on occasion as I began a midlife transition to dressage, but it was Janet Foy's comments during the 2009 Judges' Continuing Education session that shoved me off my stoop of ambivalence to stride purposefully toward regular lunge lessons. Janet shared much wisdom that day and several times spoke about the critical importance of developing an influential seat, about what is evident in the horse's movement when that is present and when it is not. I went headlong in search of a lunge teacher. The only person I found who is both deeply experienced teaching lunge lessons and truly enjoys it, was Kelly.

Kelly has an impressive US- and German-based training, clinic, and show resume. She has trained with Jan Ebeling, Sue Halasz and Scott Hassler. She has cliniced with Steffen Peters, Susan Jacoma, Leslie Webb, Michael Klimke, Axel Steiner, Janet Foy, Hilda Gurney, Christine Traurig, Stephan Kieswetter, Andras Szieberth, Siegfried Winkler, Randall Moore and Larry Fleming. She is two scores away from her USDF Gold Medal. Kelly studies dressage actively. She reads, researches, and listens to books-on-tape as she drives to lessons and clinics. Kelly has a steel-trap mind that retains masters' teachings, which she incorporates to support the needs of her students and their horses.

Kelly is perhaps best known for her partnership with JB Andrew, "Andy," who she rode from Training Level to Grand Prix, placed nationally at all levels shown, and who was the first Mustang to reach the FEI levels. Andy is not only the first horse to be inducted into the Wild Horse and Burro Foundation's Hall of Fame, he has his very own Breyer model!

All this, and she is authentically enthusiastic about taking me (no pedigree whatsoever!) back to the core principles of effective riding.

Our year-and-a-half, to date, on the lunge line, which I've done predominantly on her horse Opus, has expanded and accelerated my understanding of this magnificent endeavor called dressage. Kelly started by assessing where my weaknesses were, using very effective exercises to isolate my upper body from my lower body, disassembling my seat, from my legs, from my hands. She instantly evaluated that my legs were a block which didn't allow my seat to act independently.



We worked on lunge exercises like knee lifts, scissors, frog (you can just imagine!), adding punching, juggling, rope climbing, windmills, backstroke and many other forms of giggle-inducing torture (for me) and entertainment (for her), all at the walk, trot and canter. Never did I feel silly or stupid. Kelly is a natural cheerleader who encourages you to correctly execute the exercise and voilà, like a key in a lock, she is able to isolate and dismantle blocked parts and reassemble them into a better coordinated and more effective whole.

I've actually become much better at these exercises over time, an indication of developing the right muscle groups in balance, but the real magic is what it has done to my partnership with my horse. Because my lessons have not just been about working on the lunge line – Kelly is always talking about the training pyramid, about the goal of harmony between horse and rider, about illuminating the balance between being as subtle and gentle as possible but knowing when to be quietly firm – she has created easy pathways to reveal what sometimes feels mystical about dressage. While I do the equivalent of patting my head and rubbing my stomach through various exercises, Kelly is surreptitiously teaching me about timing. She has an uncanny ability to create fun and distraction from the sometimes body- and mind-gripping, self-imposed pressure of seeking dressage prowess, to help break through to the joys of improvement. Kelly can accurately read if something is not making sense, and come at it as many different ways as necessary to keep you relaxed and waiting for it not only

to connect in your mind, but in your body. The number of “ah-ha” moments she has illuminated for me are innumerable. I have fun, I learn, my confidence has deepened, I take new understanding home to my mare, and she is happy.

Kelly keeps notes following every lesson, systematically planning for our next one. Just when I think I have something down, she’ll challenge me and the horse by doing the exercise over cavalletti or low jumps. I have seen her work with mares and sensitive, complex horses in training with her, and these

fairly talented horses grow mentally and physically, transforming into willing, huge-hearted, happy partners.

My initial plan was to do lunge lessons for a year. I know now that there is a lifetime of key-in-a-lock discoveries lunge lessons can deliver. With Kelly, that path will include plenty of warm encouragement and good-natured insistence on adherence to the classical principles.

For more information about Kelly, please visit www.classicalequestrian.com.

Omnibus Corrections 2010

- C-31 Boulder Valley Dressage So Long to Summer, August 29th. Anyone under 18 must wear an ASTM approved helmet at all times when mounted.
- C-33 Dressage in the Rockies: August 6-8. A 2010 Regional Championship Qualifier
- C-35 Grand Valley. NOT A NAJYRC QUALIFIER.
- C-51 NCDJ, Judges: Sue Kolstad -S, Florence, KY
Add classes:
124 Opportunity Training level 1 (Saturday)
125 Opportunity Training level 2 (Saturday)
224 Opportunity Training level 1 (Sunday)
225 Opportunity Training level 2 (Sunday)
- C-71 Dressage at the Peak II- NEW Location
Fountain Valley School - Colorado Springs, 80911
Directions from I-25 North or South: Take Exit 135; turn east onto Academy Blvd.; travel east-northeast (road curves) on Academy Blvd. to Bradley Road (1.3 miles); exit to your right, then turn left (using the roundabout) from the exit onto Bradley Road; go east on Bradley Road, and turn right onto Grinnell Blvd. at the four-way stop sign. Go south on Grinnell. The School entrance is on your left about 3/4 mile down Grinnell Blvd., and after the light for Crawford Ave.
- C-76 Cheyenne Dressage & Eventing Dressage Show- a 2010 Regional Championship Qualifier
- C-79 USDF Region 5 Youth & Adult Team Competition. Judges: Linda Coates-Markle "L" & Simone Windeler "L"
TD: Jeannette Hillery

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Additional family members (same address) - \$40
Business Memberships- \$75.00 Centaur newsletter only - \$35.00 Life Membership - \$650.00

All business memberships include one individual membership.

Please include all information for person designated as individual member. If an adult amateur, include current copy of USEF card. All individual members will receive Centaur newsletter & the Omnibus.

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