



ODS NEWSLETTER SEPTEMBER 2015

Editor: Lee Ann Alf

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Active ODS Members!

Recently ODS held its summer meeting at Oklahoma State's Veterinary Hospital in Stillwater, OK. It was well attended and thoroughly educational. The veterinarians, who were riders themselves as well as some wives and daughters, were well prepared with information slanted towards dressage. (See Fran's summary) There was plenty of time to get individual questions answered and experience the capabilities of the facility and faculty to treat our horses. Remember: heat + humidity = 150/Do not ride. It is important to add electrolytes in Oklahoma, which means beer for some (LOL), to a horse's summer program basically on a daily basis if they are in work.

Those in attendance at the meeting gave their input for future educational programs. If you were unable to attend, please share your thoughts with a board member or with me (roberta.clark@sbcglobal.net) so that we may add your ideas to our discussion.

Two years ago, I was the lone ODS representative at Region 9 Championships with two fun traveling companions, Dede Wasemiller and Linda Powell. This year there is a minimum of 14 horses attending. Thank you, Tamera, for organizing the group and arranging for hospitality again which shares publicity about ODS with other GMOs. Plus, we always have great snacks! We would hope that some of you would attend as spectators, but more importantly volunteers. Robin Grain has been an awesome volunteer for the host GMO, Houston Dressage Society. The championships will be held in Katy, TX Oct. 8-11th. Contact Tracy Zaidenweber at tzai@att.net if you are able to volunteer. If

several ODS members are going, carpooling would be a great option.

I would like to also mention that Shelly Williams will be attending the Quarter Horse Congress and Marta Koenig the Pony Cup with Basil. Good Luck to both of you.

Let us know if you are attending a special event and enjoy these few cooler days.

Roberta Clark

President of ODS

Attention OKC Area Dressage Enthusiasts

Members in the OKC area are organizing monthly meetings/gatherings. They will be informal social and educational non-structured get-togethers and held on the second Tuesday of each month. The first one will be September 8 from 6:00pm-8:00pm at Lee Ann Alf's home at 8310 NE 122nd. That is about 2.5 miles east of I-35 on NE 122nd. It is the second house after Midwest Blvd. on the south side. It has green gates with dressage horses on them. Wine and snacks will be served so don't worry about dinner. Bring snacks or appetizers if you'd like but not necessary. We will talk about future get-togethers—programs, places, etc. and get commitments for the next few months. All dressage enthusiasts are welcome and encouraged to bring a friend (ODS membership not required). RSVP not required but it would be helpful to give Lee Ann a call (771-5571) or email (leeannalf@gmail.com) to let her know how many are coming. DOORPRIZES for attendees.



2015 ODS AGM & Awards Banquet

January 16, 2016
Tulsa Summit Club
15 W. 6th St., Tulsa OK

Join us for an evening of fun! Our annual meeting at 3:30 pm will be followed by a cocktails, dinner, awards presentation and silent auction. Spouses, friends and significant others are welcome and encouraged to attend!

We are pleased to announce that Equiventure Tack and Apparel will not only be sponsoring our HOY award but they will also have a booth available for shopping!

Finally, our host hotel is Aloft Tulsa Downtown at 200 Civic Center, (918) 947-8200. They are offering two queen beds or a single King bed for \$89/night. Please reference the Oklahoma Dressage Society AGM when you make your reservations.

Questions? Contact Amanda Edwards at rideforward@cox.net



**Great Plains Chapter
of ODS “Upgrade your
Judging Eye II” “Focus
on the Collective
Marks” featuring
Debbie Riehl Rodriguez “S”**

Date: Saturday, October 31, 2015

Cost: \$60

Location: Valley View Equestrian Center

Featuring: maximum of 2 CE credits

GPS Address: 5417 York Road, Stillwater, OK 74074

Continuing Education: #102565

Program Description: L judges and L candidates will sit in the gallery and judge tests associated with the GPC October Open and Schooling Show Championships. Scribes are optional as seating space is limited. Priority to “L” judges and “L” judge candidates. GPC will provide score sheets. Bring your own clip board and judging supplies. During breaks and after the schooling show, Ms. Riehl Rodriguez will review the tests and discuss her scores and comments for selected rides. At the end of the rides, she will summarize the experience.

About our Presenter Debbie Riehl Rodriguez Bio – Debbie Riehl Rodriguez has worked in the horse industry since 1974. She earned USDF Bronze, Silver, and Gold medals on horses she trained herself. She has won numerous ‘Horse of the Year’ awards, both locally and nationally, at all levels. She is a licensed USEF “S” Dressage judge and “R” Sporthorse Judge, she travels extensively around the country judging and giving clinics. Debbie is also a Faculty Member of the USDF “L” Education Program. Some western dressage tests will be judged as well.



Accommodations: RVs are OK but no hookups. Must be self contained. Microtel 405-372-7100, Hampton 405- 743-1306, Fairfield Inn 405-372-6300, Best Western 405-372-2878 are fairly close.

Clinic Information: A mounted clinic with Debbie Riehl Rodriguez is scheduled for Nov 1-2. A few rides may be available at \$145. Please see www.greatplainsdressage.com for a clinic application form.



Great Plains Chapter News

The Labor Day schooling and recognized shows hosted by Great Plains chapter are jammed full and both have waiting lists. The schooling show has 69 rides and the recognized

show has 77 rides with 10 horses on the waitlist. Even with the short arena for introductory and training 1 and 2, the shows are over 8 hours long. The clinic with Tom Poulin following the show is jammed full as well. If you are planning to ride in the Sept 26 GPC recognized open and championship show with judge Dolly Hannon, please get your entry in early to avoid the waitlist.



Green Country Chapter News

Hello Everyone!

Summer is winding down and the 2nd half of our show season is about to begin! Please make note of the following shows and events. We look forward to

seeing everyone and what you and your partner have been working towards over the summer!

- **SEPTEMBER 19TH – SCHOOLING SHOW: BRIDLE CREEK ARENA, JUDGE: CLAUDIA MISNER**
 - **OCTOBER 3RD – TEAM COMPETITION: BRIDLE CREEK ARENA, JUDGE: ROBERTA CLARK**
 - Up to 8 teams of 4 will compete for cash prizes. 1st – 3rd will be awarded.
 - Each team will comprise of all ages and categories of riders. Teams will be drawn randomly.
 - Riders may choose to enter any 2 tests. Horse must be entered at current competitive level or above.
 - Each team will ride twice. The rider's lowest score will be dropped.
 - The winning teams will be selected by their combined scores. Highest scores win the cash prize!
 - Cost: \$60 Entry (\$65 Non-GCC members)
 - Scores WILL qualify for year-end awards.
 - **OCTOBER 3RD – WEST EQUESTRIAN SCHOOLING SHOW: WEST EQUESTRIAN RANCH, JUDGE: TBD**
 - **OCTOBER 16TH – 18TH – JUNIOR DRESSAGE CAMP - PRAIRIE LANE FARM, CLINICIANS: CLAUDIA MISNER & AARON WILSON**
 - Semi-private lessons with the instructors
 - Fellowship with other young riders
 - Educational lectures pertaining to horse care, health and the sport of dressage.
 - Arts, crafts and games
 - Breakfast, lunch and dinner
 - **NOVEMBER 7TH – OPEN SHOW & SCHOOLING SHOW CHAMPIONSHIP: CLAREMORE EXPO, JUDGE: TBD**
- Show your Green Country Dressage pride with a t-shirt! The design shown is on the back- "GCD" is on

the front in small letters on the left chest. Shirts are \$15 if shipping isn't required; if you'd like one shipped, please add \$5 for shipping. The shirts are available in a regular, unisex shirt as well as a slightly more fitted ladies' cut. Both styles are available in sizes small through extra-large. Both shirts are available in heather gray; the ladies' cut is also available in hot pink, and the unisex style is also available in purple. To order, simply reply to this email with your desired shirt and size. If you need it shipped, please mail a check for \$20 made out to "GCC" to Annie Houchin – 1336 E 48th St., Tulsa, OK 74105



As always, please let us know if you have any questions!

Thank you,
GCC Board



North Central Chapter News

Several schooling shows are being organized for the fall. The dates are September 12, October 17, and November 14. Judges TBA. Location:

Little Bit of Heaven, Newark, OK

Contact: Rainee Boyd: raineeboyd@gmail.com

More information when available.

2ND LEVEL DRESSAGE HORSE FOR SALE –



Handsome bay, Danish WB, 16.2 hands, well trained, non-spooky, good at shows and at home, 15 yrs old. Good first dressage horse for confident rider.

Reliable, good boy. Fun with freestyles. Good on hacks. Shown with solid scores up to 2nd level. Needs some maintenance. Has flying change. Well priced to long term home. \$15,000. Send serious inquiries to Txsoose@yahoo.com.

ODS SUMMER MEETING REPORT

On Saturday, August 8, 2015, the Oklahoma Dressage Society (ODS) met at the Gaylord Center for Excellence in Equine Health, Center for Veterinary Health Sciences, Oklahoma State University. Specifically, the Gaylord Equine Performance Suite has the latest technology to treat and study equine sports medicine and has a veterinarian staff with extensive training. Their commitment is to provide diagnostic and treatment services of special interest to those with sport horses.

We started with an informative welcome from the Equine Section Chief, Todd Holbrook, DVM, DACVIM, DACVSMIR. The staff are not only professionally interested in horse, they are also involved with horses in various disciplines and levels of participation.

Dr. Holbrook reviewed muscle conditions affecting performance horses and provided a nice outline of the major concerns.

- I. **Muscle strain and soreness.**
 - A. Contributing factors – inadequate warmup.
 1. Clinical signs - look for focal muscle soreness and subtle lameness.
 2. Suggested to run hands over back after working a horse.
- II. **Muscle Injury**, for example tying up after exercise.
 - A. Treatment will depend on whether the tying up is chronic or episodic.
- III. **Muscle Cell Damage**
 - A. PSSM Polysaccharide Storage Myopathy
 1. Affects the hind limbs and lower back and prevalence varies 0-62% with Percheron horses at 62.4%.
 2. Signs - lameness, firm swollen muscles in hips, lumbar, and dark urine.
 3. Help - Maximum turnout, low calorie and low carb feed, access to salt block, increase fat.
 4. Over exertion exacerbates it.

Our next presentation was from Daniel Burba, DVM, DACVS and he discussed diagnosing and treating lameness.

- I. **Causes for lameness** - Causes of lameness range from rider/handler error to conformation problems.
 - A. Foot-conformation, hoof wall, and pastern angle.
 - B. Osteoarthritis - is the most debilitating disease and the number one cause of lameness.
 1. Can be treated yet there is not a cure yet.
 2. Ankle, hock and neck are the joints most affected by osteoarthritis. They are seeing more osteoarthritis in the necks of sport horses.
 3. Distinction made between osteoarthritis and arthritis. The latter refers to inflammation. In osteoarthritis, the cartilage is loose.
 - C. Tendonitis that impacts the flexor tendons and suspensory ligament.
 - D. Stifle and meniscal injuries.
 - E. Back – muscle strains and “kissing spine”.
- II. **Diagnosis** - Trying to find the causes of the lameness includes a variety of diagnostic tools
 - A. Lameness evaluation – sit deep and flat in the saddle so the person on the ground can get a better view of horse’s movement.
 - B. Radiography – radiographs (AKA X-rays) of the body area under question.
 - C. Bone Scan – of soft tissue and skeletal; isotope injected. These are good for picking up neck osteoarthritis.
 - D. Ultrasonography – picks up injuries in soft tissue, especially suspensory injuries. MRI.
- III. **Treating Lameness** - Once we have an idea of the cause through diagnosis, then they approach treatment from another list of options.
 - A. The foot - for example, corrective shoeing.
 - B. NSAID (Nonsteroidal anti-inflammatory drug) - can be oral, injected, or topical
 - C. Corticosteroids - may take a few days to take effect. A newer approach uses the ultrasound to guide the exact location for the injection.
 - D. Hyaluronic Acid – a lubricant for joints and often used in combination with corticosteroids.
 - E. Nutraceuticals - such as glucosamine, chondroitin, etc.
 - F. IRAP Interleukin-1 Receptor Antagonist Protein where the horse’s own blood is used.
 - G. Stem cell therapy - was mentioned as another newer approach to treating lameness.
 - H. PRP (Platelet-rich plasma) is another new technology that takes blood from the horse is processed for developing the healing platelets.

Overall, there were a lot of questions from our audience to clarify the information from these great presentations. We were very fortunate to have this opportunity and especially fortunate to have the Gaylord Equine Performance Suite right here in Oklahoma.

(Thanks to Fran Ferrari for submitting this report)

Clinics, Clinics, Clinics

There are several clinicians that are coming to Oklahoma on a regular basis. Some clinics are closed and some are open. If you are organizing clinics, please contact the newsletter editor (leeannalf@gmail.com) to list the information.

GPC SUMMER CAMP

(Tamera Mayo)

The Great Plains Dressage Chapter held a summer camp with Melissa Creswick USEF 'S' Judge, August 16- 19, 2015 at Valley View Equestrian Center in Stillwater. We were so fortunate to have some of the coolest weather ever in August. We actually had to wear jackets as can be seen in the photo! There were 10 riders and several more participants. The theme of this camp was sport psychology including methods to enhance performance, goal setting, positive imaging and information about reading a horse!

Beginning the first night, two Master's students and a Professor in Counseling Psychology set the tone with information about sport psychology and the range of methods to enhance athletic performance. Since there is little current research about dressage riders, the session moved into a dynamic discussion about how athletes in individual sports are the same or different than dressage riders. The Dressage Clinician, Melissa Creswick from Clovis, California added quite a bit of information pertaining to dressage.

The next morning started with individual lessons with Ms. Creswick that went all day. Over a long lunch break, our counseling psychologists continued their teaching with a session about goal setting: short, medium and long term; and conducted our first guided imagery experience. There were optional activities such as lunging lessons that were helpful to riders in development of their seat, feel and aids. The evening activities began with dinner and more discussion about breathing techniques and horse behavior.

Day three mirrored the first day with another two hour lunch set aside to refine personal techniques of breathing, relaxation and imagery. During all rides "campers" took turns supporting each other by taking notes about each lesson and/or filming the lesson. Both provide continuing feedback even after the camp.

The fourth day started very early and finished a bit earlier so everyone could get home. The everyone was delighted with their improvement through the clinic.

Upcoming GPC Activities

The next camp will be in the spring with Paula Lacy also a master teacher and USEF 'S' Judge. In the meantime we have several more clinic opportunities through the fall.

Over Labor day weekend, Tom Poulin will be judging a Schooling Show on Saturday September 5 and a recognized show on Sunday September 6. The shows are

followed by two days of super good clinic rides. It will be thrilling!

Lurena Bell, USDF Gold Medalist, will be teaching a two day clinic Sept 18/19 at Valley View Equestrian Center. Ride spots are still available. Contact Lee Ann about chances to ride.

The next week, September 22, a Fun Schooling show will be held at the the State Fairgrounds in conjunction with the State Fair. This provides a good schooling opportunities.

Dolly Hannon will be judging our Second Annual Recognized Dressage Championships on Saturday, September 26. Afterwards, she will teach clinic rides September 27 and 28 including Ride-a-Test opportunities. Dolly has been said by Debbie Riehl-Rodriguez to be one of the most sought after instructors in the USA. We are thrilled to have her join us. See the website for information. Be sure to enter early!

Debbie Riehl-Rodriguez will be judging the Schooling Show Championship on October 31 and will teach a clinic for two days following that show. She is also teaching the Judge with the Judge 'L' program. Which was a super hit last year. It provides CE credits for L judges and excellent education for everyone. This program will fill quickly with 'L's first then it will be open to others as space allows. The program information can be found at www.greatplainsdressage.com.

All of the shows and clinics fill rapidly so pay attention to closing dates. Right now there are plenty hotel rooms available in Stillwater on all show weekends. But book early anyway. While you are at it book for next year too! The entire calendar for 2016 is available on the website. Make your plans now to join us at Great Plains Dressage.



REGIONALS BOUND!!

Congratulations to the following ODS members who are planning to compete in the USDF Region 9 Championships in Houston:

Anthea Kin
Erin Boone
Marty Hunt
Traci Jackson
Roberta Clark
Kristin Knutson
Amanda Edwards
Kailey Devore
Patty Couch
Tamera Mayo
Marie Maloney

and a total of 14 horses.

There are also a couple of other members that qualified but will be going to other championships: Marty Koenig will be going to the Pony Cup Shelly Williams will be going to the QH Congress

BEST OF LUCK TO EVERYONE!!

If you've said to yourself, "Someday I'll go to Regionals!" there are a couple of ways you could go this year.

1: Enter the HDS Autumn Classic...an open show that runs concurrent with Regionals and is a great opportunity to learn how the Regional Championships run. The experience will put you ahead of the game when you do qualify. Your scores in the open show will be eligible to qualify for next year.

On your entry, for Stable Group, put ODS and Contact: Tamera Mayo 405-334-8843 and let her know by email that you will be joining the group: tamera.mayo@gmail.com

2: Volunteer...either to help your fellow ODS members by going as a groom, or to help the show. This is a fantastic, low pressure, low cost way to see if this is something you really want to do.

To go as a groom contact any of the riders listed above. To volunteer at the show, contact Tracy Zaidenweber at tzai@att.net

Congratulations to Kailey DeVore, ODS/GPC member. She won the two Dressage classes offered, Training Level Test 3 and First Level Test 2, at the Southern Regional 4-H Horse Championships held in Perry, Georgia July 29-August 2 at the Georgia National Fair Grounds. The University of Florida and the Florida 4-H Horse Program have hosted this one of a kind show for 44 years. No other 4-H region hosts such a show.

Thirteen states make up the Southern Region. Each State is allowed to send 60 horses. For some States, this show is a long tradition, and sends 60 horses. For Oklahoma very few attend. There were 5 riders and 7 horses from Oklahoma. Kailey not only took her dressage horse Fauston NAF, but also her Quarter Horse Star Time Investment.

In most 4-H horse shows, classes are separated into 3 age groups. Not at this show. All ages competed together. Some classes had as many as 150 entries. So just to make the Finals, let alone win a class was a big deal. For Kailey the show started on Thursday with Western Trail, then on Friday Western Showmanship, Stock Type Halter Mares, Western Pleasure and Western Horsemanship (equitation). Saturday was Hunter Under Saddle and Hunt Seat Equitation (English). Sunday was dressage day.

The riders from Oklahoma represented our state well. An Oklahoma rider won Ranch Roping, was second in Breakaway Roping and won the high point award for Ranch Horse work. Another rider ended

up 5th in Pole Bending. She won the preliminary rounds easily but knocked over the next to last pole in the finals. Kailey won both Dressage classes and made the finals in Western Pleasure. Western Pleasure had 91 entries. Training Level Dressage had 52 entries. First Level had 30 entries. It was great to see that many 4-H members interested in Dressage.

Fauston was a huge hit at the show. Everyone was coming by his stall to see and pet "the Friesian everyone's talking about". Adults would stop us in the isle with star struck wonder in their eyes and ask permission to pet him. I couldn't believe how many told us Friesians were their dream horse. I guess I never realized how magical Friesians are to so many people.

For Kailey's two class wins, she received two large blue ribbons, two gold medals, two saddle pads, with the Southern Regional logo, sponsored by the NE Florida Dressage Association and two beaded brow bands donated by Sandy Gillespie of Its All About the Horses. Thanks to all the sponsors of the entire show.

It was a great show even though it was a long drive and very hot and humid. The show grounds were wonderful; with lots of big ceiling fans in the covered arenas and stall barns, and 2 air-conditioned indoor arenas that kept all cool and comfortable. They now have a contract to host this show for the foreseeable future. University of Florida has done a wonderful job with this show.

