



Centerline

A monthly publication dedicated to communicating the latest local & regional dressage news & information to enrich Oklahoma dressage riders' equestrian experience.

JUNE

2022

Exciting Show News!

GCC & ODS have some exciting news for upcoming show opportunities! Find out inside! Pg 2

USDF "L" Program Highlights & Info

A unique educational opportunity brought many together for the future of judging. Pg 3, 4, 5

Fun Horsin' Around Ideas For Hot Summer Days

When temps soar, try these ideas for a different kind of fun with your horse. Pg 6,7

ODS Summer Mtg

Educational program with business updates In OKC with pending virtual option. Pg 2, 10-11

JULY 16 SUMMER MEETING!



Letter From The President

Hello Friends,

I think it is safe to say that summer is here! 98 degrees and 110 heat index as I write this. That first blast is always something of a shock, at least to me. I know I always say, "I'd rather sweat than shiver," but it would be nice to have a little adjustment time! That being said, I need to keep in mind the demands of taking care of both self and horses as the heat comes on. You all know the drill ~~ water, water, water! My herd also has made the seasonal transition to being out at night and inside under fans during the day. And still they sweat.

We had another super successful event in May, **Session A of the L Program** was wonderfully attended, the classroom at RSU was perfect, and everyone there seemed happy and excited about getting rolling on the program. It was so fun to see so many familiar faces, and to greet the new faces from people coming in from out of the area. **Sherry Guess** did a great job organizing things, and offers a report with pictures in this newsletter. Now we have a short break before Session B in Stillwater **July 30-31**. If you haven't signed up, look for the application either here, or on the webpage.

Look for information about the upcoming **Summer Meeting on July 16!** It is Oklahoma City's turn to be the location. Remember, this is an educational opportunity, as well as a

"give back to members" free lunch — a delicious Mexican buffet. Education will be from **Dr. Kim Rassmussen**, a well known Veterinarian who specializes in Osteopathic adjustments. She will talk about how she assesses horses and the rationale behind her treatments. Please sign up in advance so we can plan on numbers to pass on to the meal caterers!

For the Summer Meeting, the ODS web & tech guru, **Lindsey Greco**, is checking into the possibility of doing a hybrid meeting with Zoom capabilities. This would make the meeting more available with less travel, being very conscious about gas prices now. We will keep you posted on developments.

Meanwhile, be careful of the heat, and take time for a great ride!

~ Kay



Danny & Kay

Save The Date! ODS Summer Meeting

July 16, 2022 @ Oklahoma County Extension Center

11:00am to 3:00pm

2500 NE. 63rd Street

Oklahoma City, OK 73111



See info inside this issue for more details.

USDF Region 9 Omnibus Advertising

It's never too early to start thinking about advertising in the Region 9 Omnibus! Deadline is August 25, but you can reserve your space early! Ads start as low as \$30! See inside for the advertising form and send it in early to avoid a \$35 late fee. Hard copies of the Region 9 Omnibus will be distributed at the Regional Championships.

GCC Shows

GCC held its first schooling show at Riverbend on June 4, and will have the next there also on **June 25**. Hopefully many can join in the competition fun at a great facility and lots of fellowship! ODS is looking for volunteers to help with set up and take down of the arena. Laurie Hedlund was to be our judge but may have another commitment. She is looking for a substitute judge if possible. If an alternative judge can't be found, this will become a hybrid show with videography — actual ride times and show experience but video from C to be judged and scored on line with scores ribbons and prizes sent to participants following completed review by Laurie.

The next shows in July and August will be evening shows at beautiful YOLy in south Tulsa.

Additional Recognized ODS Show Coming Soon!

ODS is making plans for a third recognized show in 2023! Thanks to the willingness of the ODS Show Committee (Roberta Clark, Sherry Guess, Kay Kamish) ODS is looking to the Fall of 2023 for dates to add a Level 1 show. An additional recognized show was considered in 2022 due to the cancellation of GCDC, but with so many weekends already tied up and Sherry being heavily involved with the remaining two sessions of the USDF "L" Program, it was determined wiser to take a year to make a better plan. Finding a free weekend is the challenge, attempting to have it early enough to be able for riders to have one more chance to earn scores to qualify for Regional Championships, and also not conflict with any CPDS shows. Remember, those scores must be earned 30 days prior to the Championships. Dates early enough to qualify for Region 4 and Region 9 are being considered. However, with Region 4 happening so early in the year, the 30 day requirement pushes the plan into mid-August.

For riders who might be trying to qualify, *please give some feedback* to any of the committee members about what you would like to have happen!





Events

A Successful USDF “L” Program — Highlights & Reflections

The USDF L Program A Session provided May 21-22, 2022 marked a new approach to presenting this highly educational program. Three GMOs (Central Plains Dressage Society, Kansas Dressage and Eventing Association, and Oklahoma Dressage Society) banded together to form a group to provide a program for all their members that would have been difficult to produce on their own.



The result was an A Session that was the largest USDF has experienced. There were 21 Participants, from across the nation, hoping to complete the program which is the first step on their way to the examination that would mark them as “L Program Graduates.” If they wish to become USDF/USEF recognized judges, this is the beginning of that journey.

There were also 39 auditors at this gathering (a nearly at-capacity classroom!) who simply came to gain knowledge and insight into the remarks and observations of dressage judges.

In addition, eight riders graciously participated to demonstrate movements at the various levels.

Many thanks to Training Level demonstrators **Alaina Butler** (Grunt Growl N Go), **Anna Droemueller** (Pendragon), and **Christina Harmon** (Rose Marie). First Level **Patty Couch** (Brienne of Tarth), **Nicole Riffe** (Sun Dreamer), **Laura Taylor** (Lionheart). Second Level **Roberta Clark** (Indygo), **Patty Couch** (Gallant Prince von G), **Pamela Rhodes** (Details At Last).

The classroom portion was held at Rogers State University in Claremore and the mounted portion at Patty and Larry Couch's Rocking C Ranch in Inola.

The program will next be hosted by CPDS in Stillwater, OK on **July 30-31, 2022** for the B Session and by KDEA on **October 15-16** in Wichita, KS for the C Session.

Organizers from each GMO included **Robin Hessel** and **Kathy Maxwell** (CPDS), **Susan Lang** and **Marie Maloney** (KDEA) and **Sherry Guess** and **Kay Kamish** (ODS).

Here is a list of the brave souls going through the program with the final goal of becoming the newest “L” Program Graduates:



Mimi Benton AR, Cassandra Black KS, Emily Breslin WI, Nancy Burba OK, Gabrielle Diakon TX, Alexandra Evans TX, Richal Flannery OK, Jane Fucinaro NE, Bay Greenhill AR, Donna Hammond IA, Sacha Hoffman OK, PJ Koehler IA, Holly Luke OK, Pataricia Lynch KS, Christi Pope MO, Molly Ralstin OK, Erin Nelson OK, Elizabeth Robison TX, Susan Savoie TX, Anne Stephens KS, Dallas Sweat AR

Events

USDF "L" Program In Pictures



The classroom at Rogers state university

Joan Darnell was the presenter of the A Session of the "L" program



Organizers with Joan Darnell: (back row) Susan Lang KDEA, Joan Darnell, Kathy Maxwell CPDS, Robin Hessel CPDS, Kay Kamish ODS; (seated) Marie Maloney KDEA, Sherry Guess ODS



Attendees were all given a gift bag, compliments of ODS



Participants in the USDF L program



Joan Darnell with participants in Patty Couch's Rocking C Arena

Announcements

EDUCATION PROGRAM

USDF "L" PROGRAM 2022

Through the groundbreaking combined efforts of three area GMOs, this highly valued and educational program will be presented in 2022!

The program is open for those interested in participating as "L" Candidates seeking to test for their designation as "L" Graduates and available for judging Schooling Shows.

Those not wishing to test are welcome and encouraged to attend as Auditors.

SAVE THESE DATES

Session A May 21 - 22
COMPLETE

Rocking C Ranch/Mounted, Inola, Oklahoma
RSU Claremore/Classroom sessions

Hosted by Oklahoma Dressage Society

Introduction to judging and biomechanics

Joan Darnell

Session B July 30 - 31

Valley View Equestrian Center, Stillwater, Oklahoma

Hosted by Central Plains Dressage Society

Judging Criteria for gaits, paces, movements, and figures

Debbie Riehl-Rodriguez

Session C October 15 - 16

Capall Stables, Wichita, Kansas

Hosted by Kansas Dressage and Eventing Association

Collective Marks, equitation, rider biomechanics and basics

Kathy Rowse

For further information or applications please contact the Program Coordinator:

Sherry Guess

guessdrsg@aol.com

918.640.1204



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10 Things To Do With Your Horse Other Than Riding (Ideas For Hot Summer Days!)

Inspired by: www.equinehelper.com

The hot summer days will soon be upon us and getting in a good training ride might not be in the cards when the heat index soars. Here are some ideas to consider to shake things up when spending time spent with your horse, especially on long, hot summer days.



1. Do Ground Work: Consider these ideas for ground work: train your horse to stand still, lead properly, to flex and soften to pressure, to go on a circle, to move the front-end and hind-end, to back up without resistance.

2. Give Your Horse a Makeover: Giving your horse a makeover can be tons of fun, especially if it has been a while since you've done a full detail. You can give your horse a makeover by currying and brushing their coat, clipping and trimming whiskers, coronet band, ears and other areas that may be shaggy for a clean, finished look. A rich bubble bath from ears to tail would feel so good on a hot summer day!

3. Give Your Horse New Treats: Something fun that both you and your horse can enjoy is having new treats! If you usually feed your horse the same treats, why not experiment and try feeding them something new? You might even consider sharing an apple and some carrots, or even watermelon, bananas or pumpkin.

4. Take Your Horse for a Walk: When you've been riding a lot, sometimes it's nice to slow things down and just take your horse on a relaxing walk. Having this special time without the demands of a schooling ride is great for bonding on the ground, building trust and just enjoying each other without many expectations.

5. Play With New Toys: Introducing your horse to new toys on a regular basis is a great way to keep things interesting for them. A scented jolly ball, play feeder, apple lick or sturdy rubber ball suitable for livestock are some ideas to consider.

6. Do Desensitization Training With Your Horse: Desensitization training involves gradually introducing your horse to things that they might find frightening and slowly teaching them that there's nothing to be afraid of. If your horse spooks easily, then desensitization training is a great thing to work on together. When introducing unusual objects, go slowly and with caution to avoid an accident.

7. Make An Obstacle Course for Your Horse: Obstacle courses are a great way to challenge a horse's mind, giving them something new and different to think about. Bridges made of sturdy 2x4s, orange cone mazes, ground pole patterns and gates to open and close are great options for obstacle courses.

8. Correct Your Horse's Behavioral Issues: Taking the time to work on bad habits is worth the investment of time and patience. Nipping, pawing, crowding, walking away at the mounting block, trailer loading...these are great things to work on now and will pay off later.

Continued on the next page.

If Temp °F + % Relative Humidity =

120 or less	Your horse's cooling system is functioning very effectively. You are safe to do all the riding and training you like with no real worries.
120-150	Cooling efficiency is decreasing through this range. Horses will sweat up with work, so make sure they have a chance to rest and cool off over the course of a long ride or heavy work.
150-180	A horse's ability to regulate its temperature is greatly reduced and heat stress is more likely, so be careful. Stick with light work and keep watch for signs of overheating. Make sure to cool your horse down properly afterwards.
180 or more	Your horse has lost the ability to regulate its temperature. Overworking a horse in these conditions can be dangerous, even fatal. Do your horse (and yourself) a favor and take the day off!


Hot Summer Fun Ideas

Continued from previous page.

9. Stretch Your Horse's Muscles: Teaching your horse to stretch by using a treat is always a lot of fun, and can also be entertaining for people to watch. Consider practicing backing up while on the ground as a great way to stretch the back and croup. Stretching helps your horse warm-up for a workout, cool down after a ride, improves their overall flexibility, and can also help your horse avoid injuries in the future.



10. Have a Photoshoot With Your Horse: When is the last time you had some high-quality photos taken with your horse? If the answer is never, why not get a friend with a nice camera or a local photographer to come out and snap a few photos? Years from now you'll be thankful that you did!



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Dr. Charlotte Kin, D.V.M.
Dr. Amanda Wilson, D.V.M.
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Dr. Kin's outstanding credentials:

- Completed American Board of Veterinarian Practitioners Residency in Equine Practice.
- Completed surgical and medical internship at the prestigious Rood and Riddle Equine Hospital.
- USDF Bronze and Silver Medalist.
- Graduated with distinction USDF "L" judges program.
- "HA" Graduate from the USPC.

Dr. Wilson's outstanding credentials:

- KHSRA Top Ten Breakaway Roper
- Two-Time OJRA Champion Team Roper
- Winner of ACVS Student Surgery Award.
- Recipient of Jimmie U. Baldwin Horsemanship Award

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ODS's Green Country Chapter 2022 Schooling Shows Series

June 25th - Riverbend Arena
 July 6th - Yoly (Evening Show)
 Aug 6th - Yoly (Evening Show)
 Sept 11th - Riverbend
 October 15th - Yoly
 Championships November 5th - Riverbend





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Announcements

APRIL 29, 2022

TDF Awards 2022 Evie Tumlin Memorial Fund Grant To Adult Amateur from Region 9



The Dressage Foundation is pleased to announce the recipient of the \$795 Evie Tumlin Memorial Fund Grant for Region 9 Adult Amateurs, Molly Ralstin (OK). The purpose of the Evie Tumlin Memorial Fund is to provide grants to Adult Amateur riders who currently reside in USDF Region 9, to aid in their development in

dressage and/or eventing.

Molly, a member of Oklahoma Dressage Society and Central Plains Dressage Society, will use the funding to participate in the USDF "L" Education Program, Part 1. Molly also hopes to qualify for Regionals this year in Third and Fourth Level.

Molly said, "Receiving this grant means I have more opportunities to gain education and apply this new knowledge to my training as I represent Region 9 as a competitor. I'm so grateful for this opportunity! I look forward to sharing my experience and insight through The Dressage Foundation!"

Evie Tumlin was an integral part of her Region 9 dressage and eventing community. Throughout her years of serving and helping others, she touched many lives and helped to raise several generations of young men and women who loved horses. This Fund was established in memory of Evie by her friends and colleagues in Region 9. Grants are for educational experiences that will further the applicant's knowledge of dressage and are in addition to the applicant's typical training plan. The grant application deadline is March 1st of each year.

Donations to support Region 9 Adult Amateurs through the Evie Tumlin Memorial Fund are welcome. Information and online giving are available at www.dressagefoundation.org.

For more information about the Evie Tumlin Fund for Region 9 Adult Amateurs or The Dressage Foundation, please contact Sara Weiss, TDF's Director of Grants and Programs, at (402) 434-8585 or visit www.dressagefoundation.org.

The Dressage Foundation

The Dressage Foundation is a 501(c)(3), non-profit, tax-exempt, donor-driven organization that is dedicated to educating, supporting, and advancing the sport of dressage. The organization solicits contributions, appropriately allocates the donations, and awards grants to dressage riders, judges, instructors, breeders, high performance teams, nonprofit equestrian organizations, and more. For more information, please visit www.dressagefoundation.org.

Photo provided by Captivation Photography

ODS Scholarship Recipients

CONGRATULATIONS are in order for the second set of 2022 Oklahoma Dressage Society Scholarship recipients: **Bay GreenHill** and **Dallas Sweat**. These two ODS members received scholarships to help with their fees as participants in the 2022 USDF "L" Program. Bay and Dallas both went through their first round of education over the May 21-22 weekend in Claremore, OK.

Upon successfully completing the USDF "L" Program, participants may be called "L" Graduates and are then qualified to judge at local schooling shows. Achieving this designation is required to the pursue the USEF judging training to ultimately qualify to judge at recognized shows as an "r" judge.

The judging training is also extremely valuable for competitors, trainers or enjoyment riders. Lots of biomechanics of the horse with video and live examples are discussed. Bay and Dallas will have two more intensive study weekends in this first series. Then, it's testing time to make sure they are ready to move on in the education.

Good luck to both of them! If we're all lucky, we may be riding in front of them in the judges' stand at competitions soon.

Are you interested in receiving scholarship funds for your next educational experience? See inside this newsletter issue for details on applying for a scholarship.



WALK-INS
TO THE
PROGRAM & MTG
WELCOME!



PRESENTS THE

VIRTUAL
ZOOM
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OPTION
PENDING

SUMMER MEETING

JULY
16

11:00AM-3:00PM

CHECK-IN OPENS
@ 10:30AM

EDUCATIONAL PROGRAM: BY DR. KIM RASMUSSEN,
"EQUINE OSTEOPATHIC ASSESSMENT & TREATMENT"

@ THE OKC EXTENSION CENTER 2500 NE 63RD ST IN OKC

LUNCH WILL BE PROVIDED AS A COURTESY TO ODS MEMBERS WHO RSVP BY JULY 8 TO:
PAMELA BUYERS PAMELA@GALLERYFARM.US

ODS 2022 SUMMER MEETING AGENDA - July 16, 2022

Oklahoma County Extension Center

2500 NE 63rd St, OKC, OK 73111

We are looking into presenting the meeting as a hybrid Live and Zoom

10:30 Building Open/ Registration

11:00 Business Meeting

*Presentation of Board

*Secretary Report

*Financial Report

*Recap of 2022 Events to date

~ Lilo Fore Symposium

~ May Recognized Show

~ GCC Schooling Shows

~ Session A USDF "L" Program

*Upcoming Events ~ GCC Schooling Shows

~ "L" Program Sessions B and C

~ Volunteer Appreciation Free Clinic

~ Spring 2023 Symposium with Janet Foy/ New Tests

~ Planning underway for Level 1 Show late Summer/Fall

* Scholarships in 2022

~ Presentation by Pamela Rhodes/ scholarship winner

*Vision Committee

*New merchandise and swag

*AGM ~ In OKC January 2023

> New Board positions available!

*Members Forum ~ let us hear from YOU!

What would YOU like to see in the future?

1:00 LUNCH ~ complimentary for our valued members!

1:30 Educational Presentation ~ Dr. Kim Rassmussen

Osteopathic Evaluation and Treatment of Sport Horses



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- Surgeries
 - Elective & Emergency
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Oklahoma Dressage Society Education Scholarship Information & Application

The ODS Education Scholarship provides financial assistance to Oklahoma Dressage Society members to further their dressage education.

Criteria for Eligibility:

1. This ODS Education Scholarship is open to all Oklahoma Dressage Society Members: juniors, adults, or vintage riders, amateurs or professionals, including ODS member volunteers and committee members.
2. The candidate must be a current member in good standing of Oklahoma Dressage Society (ODS). In addition, the applicant must have been an ODS member for at least the 2 previous years.
3. The candidate must have a background of attending previous ODS dressage educational events. The more ODS event attendance, the stronger the candidate for the ODS scholarship. Attendance at non-ODS dressage educational events will be considered as additional input.
4. The candidate must have a background of volunteerism for ODS. This includes volunteering on at least one (1) ODS committee or have accumulated five (5) hours of volunteering at ODS events. The more ODS volunteerism, the stronger the candidate for the ODS scholarship. Volunteerism for non-ODS dressage related events will be considered as additional input.

Criteria for Use:

Scholarships may be used toward the registration/entry fees for the following types of dressage educational events:

1. Acceptable activities will include ODS and its affiliated chapters educational events, USDF Region 9 and USDF educational events. Additionally, any educational event or clinic given by a USDF/USEF judge, USDF/USEF technical delegate, USDF Certified Instructor, USDF "L" Program graduate, or USDF Medalist.
2. Scholarship candidates must receive ODS Scholarship Committee approval for the use of this scholarship at a specific dressage educational event prior to the event occurring.

The ODS Scholarship Committee will review applications for funds and make recommendations to the Board for their vote. The Governing Board will select members to sit on this committee for a period of one year.

Application Deadline:

The ODS Education Scholarship committee will meet a minimum of two times per year. Each scholarship application must be received by the following schedule:

January 1 – May 15 Scholarship(s) to be awarded by June 15.

Presented at the ODS Summer Meeting.

May 16 - November 15 Scholarship(s) to be awarded by Dec. 15.

Presented at the ODS Annual General Meeting.

Please note: Your application must indicate an educational event that is after the award date.

Volunteer Hours: Volunteer hours counting towards ODS Education Scholarships include:

1. Volunteering at ODS, its affiliated chapters and Region 9 sponsored shows, clinics, educational events, fundraisers, etc. Volunteer hours must be recorded and itemized on the ODS Education Scholarship Application Form. Validation of hours will be confirmed by the ODS Volunteer Coordinator from each event.
2. Write an article in the ODS newsletter.
3. Consideration will also be given for attendance at ODS, its affiliated chapters and Region 9 sponsored activities or functions. (ex: Summer Meeting, AGM or auditing the ODS Educational events).

Scholarship monies will not be awarded until after successful completion of attendance at the

(Continued next page)

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Oklahoma Dressage Society Education Scholarship Information & Application

approved dressage educational event with validation of the attendance; and, the submission to ODS of the required post report. An amount of \$200 will be awarded. Scholarship winners must write a post report article about their educational experience for which the scholarship was used and submit it to the ODS Scholarship Committee within 30 days of the event. This report / article will then be published in the newsletter.

The ODS Educational Scholarship is non-transferable and may only be used for the candidate's education. (ex. It may not be used for someone else riding your horse in a clinic.) Scholarships must be used within 1 year of the time it is awarded. No extensions will be granted.

The ODS Educational Scholarship Funds to administer the program should be held in a separate, interest-bearing account or with its own sub-account in ODS general funds. The ODS Educational Scholarship Fund must maintain a balance to fund this venture and a minimum of \$200 must remain in this account at all times. The funds generated by the silent auction at any AGM will be placed in the ODS Education Scholarship fund. Any sponsorship donations to this account will also be welcome.

Additional Information:

Scholarships may be applied for at any time of year by the corresponding deadline.

The ODS Educational Scholarship Committee will meet a minimum of two (2) times per year (June & December) to review all applications received up to that point and make the decisions about its awards. The ODS Educational Scholarship Committee may award zero (0) scholarships, or may award more than two (2) scholarships at each of these meetings as they deem fit. A maximum of four (4) Scholarships may be awarded each year. Not all allotted scholarships must be awarded in a single year. Determination of eligibility is at the sole discretion of the ODS Education Scholarship Committee.

An ODS member may only be awarded a scholarship once per twelve (12) months period. Once awarded a scholarship in a given twelve (12) months, a candidate may not apply again within that same twelve (12) months period. However, priority for subsequent years will be given to eligible candidates who have not received an education scholarship previously.

The ODS Education Scholarship Committee will include at least one (1) current ODS Board Member. The committee must consist of a total of three (3) to five (5) ODS members in good standing. The committee shall not exceed five (5) members.


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Oklahoma Dressage Society Education Scholarship Fund Application Form

Please review the ODS Education Scholarship information before filling out this application form.

Be as specific as you can.

Date of Application: _____

Name of Applicant: _____

Address: _____

Telephone (Cell): _____

Email: _____

Are you an ODS Member in good standing? ☐ Yes ☐ No Status: ☐ Junior ☐ Amateur ☐ Open

Do you compete in dressage? ☐ No ☐ Yes If Yes, Please check all applicable below.

☐ Schooling Shows ☐ Recognized Shows ☐ Locally ☐ Regionally ☐ Nationally

Who is your current riding instructor? _____

Name and date of anticipated educational event or training you would like to attend:

Tell us about the instructor and / or educational event you would like to attend.

(Please attach any printed material / flyer and a copy of your completed application to event).

How do you intend to benefit from attending this educational event? What are your goals for attending this event?

Please welcome Ms. Rocket, the new ODS Newsletter columnist who is ready to answer any of your burning questions (horse and farm -or mouse- related of course!). Ms. Rocket will answer your questions here in the ODS newsletters, so be on the lookout for them! If she doesn't know the answer, she will creatively make one up. This might be "interesting!" Send her your comments or questions you'd like her to answer...who knows...you could end up hearing more of her cat "paw-losophies!" 🐾



Mooorrrrrrwwwww.....my apologies for my absence from last month's newsletter. My human slave was not being helpful in getting my dictation down on paper. It's very difficult to get good help nowadays. She thought she deserved a va-CAT-tion. We had quite a discussion about that. What a snarl she got.....

Here's what those horsey experts say: Scientific evidence has shown that after only 8 weeks of riding sessions, women gained considerable dynamic muscle tone in their thighs, hips, and torsos. (Makes you want to throw those old thigh-master gadgets in the recycle bin.) Being an equestrian activates the muscles around the thighs and hips and, at the same time, it can be said that the trunk extensor muscles are significantly improved due to the posture that requires straightening and due to the activated muscles around the thighs and hips. ["Effects of equine riding on static and dynamic mechanical contraction of the thighs and trunk muscles in inactive women," The Journal of Back Musculoskeletal Rehabilitation, July 13, 2021.]

My horse buddies tell me they know this is true because they hear their riders complain about their hips and thighs hurting soooo much. I didn't say much because my first thought was "Yah, sure, they hurt because your horsey bodies are too big around!" LOL They also said it was because lots of times their riders are hugging the horse's ribs and bellies really tightly with those thighs, hips and torsos, especially when the horses take the opportunity to run off across the sand. They had a really big neigh-ngh-ngh over that one. Makes me wonder about horsey humor..... could it be like when we kitties grab at our human slave's wiggling toes? Now, that's fun and muscle toning!

I think I understand about the strengthening of the rider's thighs, hips and torso because I experience a lot of that myself when my horsey buddy, whose back I'm sunbathing on, decides to move over to another spot. I have to work my thighs, hips and torso to keep me in place. It really tones me up, especially if I make the mistake of digging my claws in to hold on instead. That usually gives me some nice practice in the toning of my flight muscles.....

♥,
Ms Rocket

Region 9 Omnibus Advertising Form

In response to requests from our advertisers, our Omnibus will be posted on the USDF Region 9 website for free access. Deadline for advertising will be **August 25, 2022** so hard copies will be available at the Regional Championships. A \$35 late charge will be assessed for all late ads.

Put the name to be listed in the Omnibus under Business/Competition name. If no name is listed, the Contact name will be used. All USEF Judge, TD, USDF "L" Graduates, and USDF Certified Instructor listings are free and no form is needed. We reserve the right to change the size of the ad without notification to fit the space paid for. At our discretion, ads may either (1) be separated into two categories or (2) placed randomly throughout the book. *One complimentary hard copy Omnibus is offered to each full-page advertiser, regardless of number of ads purchased.*

CONTACT NAME _____

STREET ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE 1 _____ PHONE 2 _____

FAX _____ EMAIL _____

WEBSITE (ONE ONLY) _____

BUSINESS/COMPETITION NAME _____

All Omnibus advertising (including business cards) must be **Camera Ready (a minimum of 300dpi – website graphics and Word documents are not suitable)**, the correct size, and in one of the following formats: EPS; TIF; high-resolution PDF or JPG; PSD or AI with fonts and graphics embedded. If any work is done, including size adjustment, to make your ad camera ready, there will be a \$35 charge.

Description/Size <i>All ads are sold on a first-come, first-served basis</i>	Cost		Paid
	Color	B&W	
Outside Back Cover: 7½" tall x 4½" wide* (includes 1 listing)	\$600	\$525	
Inside Front or Back Cover: 7½" tall x 4½" wide* (includes 1 listing)	\$485	\$400	
<i>Note: if covers are not available, payment will be adjusted accordingly.</i>			
Full Page: 7½" tall x 4½" wide*	\$350	\$255	
Competition Full Page: 7½" tall x 4½" wide*	\$200	\$130	
Half Page: 3¾" tall x 4½" wide	\$250	\$155	
Quarter Page: 2¼" tall x 3¾" wide	\$150	\$95	
Business Card: 2" tall x 4½" wide	\$130	\$80	
GMO Membership Ads: Full Page 7½" tall x 4½" wide*	\$180	\$100	
Half Page 3¾" tall x 4½" wide	\$120	\$75	
Service Listings – may be shortened for compatibility <input type="checkbox"/> Breeder <input type="checkbox"/> Competition <input type="checkbox"/> Instructor <input type="checkbox"/> Services	\$30 per category		
Late fee - After August 15	\$35		
Edit or adjust ad	\$35		
GRAND TOTAL			

***Note: full page ads which bleed should be created at 8¾" tall x 5¾" wide.**

Send checks (payable to USDF Region 9 Omnibus) to: **Arlene Gaitan**, 8417 FM 1283, Lakehills, TX 78063.
Or contact Arlene (210.386.9576 or arlenegaitan@att.net) for a link to the online payment option.

High Hill Farm
ODS Gold Sponsor



Wishing
all the
Competitor's
Good
Luck

High Hill is located on 80 acres
with a 100x200 covered area,
state of the art sound system and lighting,
outdoor warm-up arena, and Introductory
Level Cross County fences.

Available for: Day Rides • Clinics • Overnight • Shows



High Hill Farm, 13800 East Sorghum Mill Rd. Luther Oklahoma, 73054
Call or text: Kathi Porter (405) 850-5862



JAGUAR LAND ROVER TULSA



(918) 665-4294 • tulsalandroveronline.com • 3905 S Memorial Dr, Tulsa, OK 74145



*Warburton Capital can help you
make work optional and maintain that status.*

OUR SERVICES

- RELATIONSHIP MANAGEMENT
- ADVANCED PLANNING
- INVESTMENT CONSULTING

*We are independent, fee-only, fiduciary advisors
who bring years of experience to bear on
every aspect of your financial life.*

WHO WE SERVE

We have developed a Consultative Wealth Management process to help our clients clarify their goals and make work optional in pursuit of financial peace of mind. We are independent, fee-only, fiduciary advisors who bring years of experience to bear on our clients' financial lives.

(918) 794-3000 • 15 East Fifth Street • Suite 3675 • Tulsa, Oklahoma, 74103
wcm@warburtoncapital.com • warburtoncapital.com

MAINER FORD

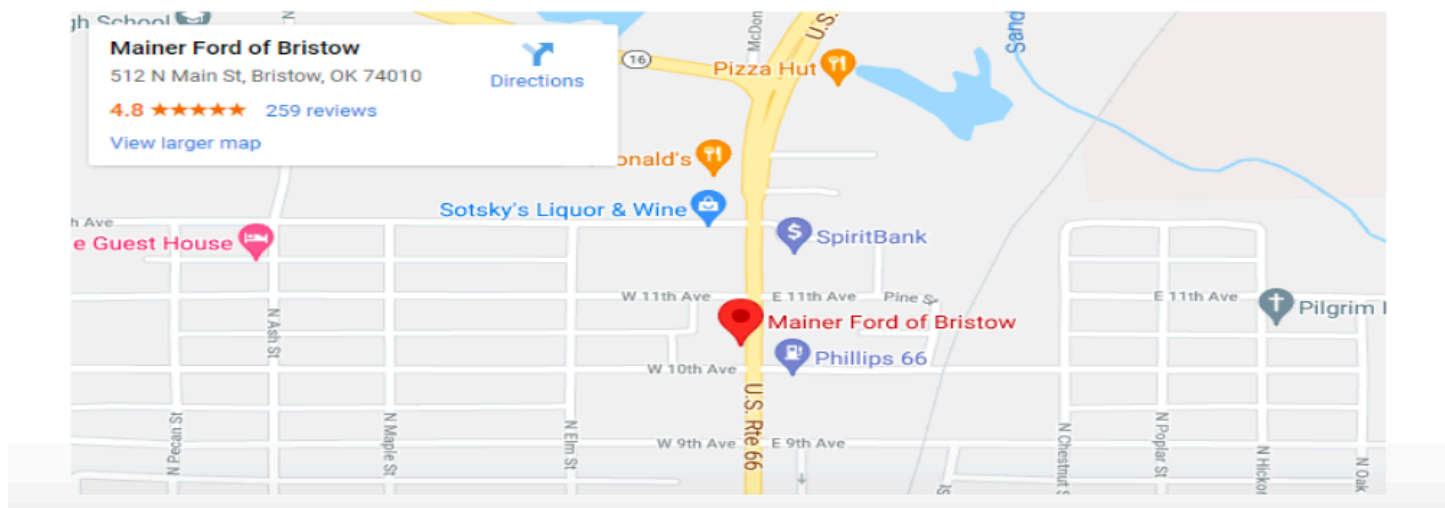
BRISTOW OKLAHOMA



Mainer Ford of Bristow | 512 N. Main, Bristow, OK

918-367-3373 | www.mainerfordofbristow.com

Whether you're looking for a new or used vehicle, Mainer Ford of Bristow has got you covered. We are happy to be the premier dealership for all your automotive needs in the Bristow, Tulsa, Sapulpa, Broken Arrow, and Chandler areas. We go above and beyond the standard car-buying experience to offer you expert financing options and maintenance service as well. Look no further than our facility for a top-of-the-line dealership experience you can't find anywhere else.



HORSES COULD FACE AN
EVEN GREATER DANGER

Core EQ
Innovator

THE FIRST AND ONLY VACCINE TO HELP PREVENT ALL CORE EQUINE DISEASES IN ONE INJECTION.



Helps protect horses against rabies, tetanus, West Nile, and Eastern and Western equine encephalomyelitis

99.7%
REACTION
FREE

99.7% reaction-free in multiple field safety studies^{1,2}



Convenient 1 mL dose – only available from a veterinarian in 10 mL vials to ensure horses receive wellness care from an equine health professional



Allows more flexibility in vaccination protocols with the ability to vaccinate against all core diseases in a single injection and tailor risk-based vaccines based on each horse's unique needs, one or more times per year



Designed to meet the needs of every horse, for use every spring



Backed by the Zoetis Equine Immunization Support Guarantee to provide veterinarians and horse owners peace of mind through unparalleled vaccination support

Questions: Contact your veterinarian or

Brett Burk, (405) 570-0570, brett.burk@zoetis.com

zoetis

OKLAHOMA DRESSAGE SOCIETY MEMBERSHIP

ODS is a Group member organization (GMO) of Region 9 of the United States Dressage Federation (USDF).

New Membership _____ Renewing Membership _____ Information Change only _____

Last Name _____ First Name _____ USDF ID# _____

Address _____ City/State Zip _____

Daytime Phone _____ Evening Phone _____ Cell _____

Email _____ Birth date: Mth ____ / Yr ____

USDF membership year is Dec 1st - Nov 30th . Membership dues are late after November 30th .

ODS Membership – Select One Category. For family memberships consisting of more than two family members, please check both boxes for that section (Family and Add third family member).

\$54 Adult: Please check which applies: Open ☐ Amateur ☐ Vintage (50+) ☐ \$ _____

\$20 Charter / Life (for ODS founding members and those members who have lifetime memberships) \$ _____

\$44 Junior, under 18 as of Dec 1 of the current membership year \$ _____
(For example, must be under 18 Dec. 1 of 2015 for 2015 membership)

\$64 Family (for two family members)

Name of second family member _____ Birth Day Mth ____ / Yr ____ \$ _____

\$10 Add third family member

Name of third family member _____ Birth Day Mth ____ / Yr ____ \$ _____

Chapter Membership – Check which chapter you would like to join. Chapter membership is not required, but is required to participate in the Chapter awards programs. Chapter membership cost is the same for an individual or a family.

\$10 Green Country Chapter (GCC) \$ _____

DONATION to ODS. (ODS is a tax exempt 501.c. organization) OPTIONAL \$ _____

\$5 DISCOUNT for memberships received before November 30th . - (\$ _____)

TOTAL AMOUNT ENCLOSED \$ _____

Please tell us about your USDF/USEF accomplishments by checking any of the following boxes that apply. We plan to publish a list of member accomplishments on the website and in the directory.

☐ Gold Medal ☐ Silver Medal ☐ Bronze Medal ☐ USDF Rider Performance (Training, 1st, 2nd) ☐ "L" Judge

☐ USDF Instructor Certification - Level _____

ODS membership is an opportunity to promote Dressage in your community. The club is ONLY as good as it's most ACTIVE members. We need your help! What are your skill sets? Please circle all that apply.

Scribing ☐ Scoring ☐ Organization/Management ☐ Accounting ☐ Spreadsheets ☐ Arena Set-Up/Tear-D own ☐

Photography ☐ Fund Raising ☐ Other _____

I hereby release the Oklahoma Dressage Society, it's officers, members, employees and agents from any liability and all claims of every kind, including costs, expenses, or attorney fees that might result from damages, injuries, or losses resulting directly or indirectly from the negligent act or omissions of the officers, members, employees or agents of the Oklahoma Dressage Society Club. I agree and sign below:

Signature: _____ Dated _____ (Parent or Guardian Signs for Jr. Rider)

Mail this form, with check payable to "Oklahoma Dressage Society – Membership" to: Marta Koenig, PO Box 1101, Kellyville, OK 74039.

Email Marta Koenig at martakoe@yahoo.com Phone: 918-232-0675

Please allow 4 to 6 weeks for processing by USDF.

CLASSIFIED ADS

Sell your horse, trailer, tack, property or other equine related items here in the ODS newsletter classified ads.

Non-commercial ads are FREE for ODS members and only \$5 for non-members.

Ads will run one month unless owner re-submits.

To advertise, email the editor: newsletter@dressageoklahoma.org.



Oklahoma Dressage Society

Ladies Polo's & Hat Order Form



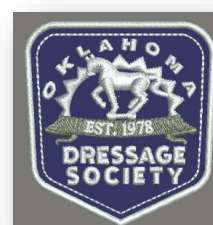
\$35.00



Sun Hat w/ Concealable Sun Flap
UPF30+ Navy

\$35.00

\$25.00



Ladies & Men's Contrast Stitch Micropique Sport-Wick Polo \$35.00

Royal	Ladies / Men's	XS	S	M	L	XL	2XL	3XL
Navy	Ladies / Men's	XS	S	M	L	XL	2XL	3XL
Pink Raspberry	Ladies / Men's	XS	S	M	L	XL	2XL	3XL

Sun Hat w/ Concealable Sun Flap – Navy \$35.00

Adjustable Ripped and Distressed Cap -Navy \$25.00

Please contact Pamela DeVore with any questions (303) 902-6181
or email pamelad68@aol.com



Events Calendar

Go to the Events Calendar tab on dressageoklahoma.org for more details about the events listed below. Registration information and forms are available through the Event Calendar tab. To get your event listed on the website, contact the ODS webmaster Lindsey Greco at webmaster@dressageoklahoma.org. To get your event listed in the Centerline newsletter, contact the newsletter editor Melissa Furman at newsletter@dressageoklahoma.org.

The most current, up-to-date event listings and information are posted online.

- July 2-11** Beat The Heat Virtual Show (Judging)
- July 16** ODS Summer Meeting (OKC Extension Center)
- July 30-31** USDF "L" Program, Session B (Stillwater)
- Sept 8-11** Region 4 Championships (St. Louis, MO)
- Oct 6-9** Region 9 Championships (Katy, TX)
- Oct 15-16** USDF "L" Program, Session C (Wichita, KS)
- Nov 10-13** National Finals (Kentucky Horse Park)
- Nov 30-Dec 3** USDF Annual Convention (Lexington, KY)



Monthly ODS Meetings Open To All Members

Every Oklahoma Dressage Society member is welcome to attend via phone the monthly Board of Directors meeting, usually held on the second Wednesday of each month starting at 7:00pm.

You may call in to attend virtually by dialing 712-432-3900 (conference code #535614).

**Next ODS Board
Meeting:**

July 13

@ 7:00 pm.



ODS Board Members

President - **Kay Kamish** president@dressageoklahoma.org
 Vice President - **Lindsey Greco** lindseymgreco@gmail.com
 Secretary - **Erin Boone** erin.boone11@gmail.com
 Treasurer - **Lyn Francik** treasurer@dressageoklahoma.org
 Education - **Pamela Byers** pamela@galleryfarm.us
 Membership - **Marta Koenig** martakoe@yahoo.com
 Vision - **Nancy Trait-Lira** ntraitlira19@gmail.com
 At Large - **Nancy Trait-Lira** ntraitlira19@gmail.com
 At Large - **Nancy Burba** nobleroadeq@gmail.com
 At Large - **Pamela Byers** pamela@galleryfarm.us
 At Large - **Sherri Pittman** sherriwads@aol.com

ODS Leadership

Newsletter - **Melissa Furman** newsletter@dressageoklahoma.org
 Scholarships - **Nancy Trait-Lira** ntraitlira19@gmail.com
 Web Master - **Lindsey Greco** webmaster@dressageoklahoma.org

Mailing Addresses

Please indicate on mailing envelopes to whose attention (person or office) you need to direct your correspondence. For example, "ATTN: Treasurer"

ODS Mailing Address
 12317 SE 89th St
 Oklahoma City, OK 73150

ODS Street Address
 29395 South 4130 Road #B
 Claremore, OK 74019