



Centerline

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

JULY

2022

Region 9 Omnibus Ads Due Soon

If you want to advertise your business in the 2023 USDF Region 9 Omnibus, deadline is around the corner! Pg 2-3

Region 9 Horse Person of the Year Nominations

Nominate an ODS outstanding member of service - hurry! Aug 15th deadline! Pg 2

"L" Program Reflections

Learn from ODS participants as they reflect on this unique opportunity on their road to becoming a judge. Pg 4, 5

Show News

Find out about several live & virtual opportunities for horse showing - dates & details inside! Pg 6

ODS Summer Mtg Report

Great discussion & information at the '22 Summer Meeting—here's what was discussed Pg 6, 7

Seeking Input for Future of ODS

The Vision Committee values member input. Let your thoughts and ideas be known! Pg 8

HORSE COOLING



TIPS INSIDE



Letter From The President

Hello Friends,

There is just no use in even commenting about the heat so far this summer! I hope you are all being safe and finding ways to get some time in with your horses. That is much harder for those who work "regular hours" for sure, because it is just a fantasy to 'wait until it cools off' later in the afternoon or evening. I know I have modified what I do during a ride, and also the length of time I'm in the saddle on the horses. This is certainly the time for being efficient in the work, getting a task done and not belaboring a training point. Finesse over conditioning, for sure. And maybe, if you are lucky, you can take training time off and go for a stroll on a trail, a much appreciated mental and physical break for you both.

ODS is still up to doing things, and just this past weekend we had two events. One was the **Summer Meeting**, which consisted of a business meeting, great fajitas buffet lunch, and a fascinating educational presentation by a gem that Oklahoma is lucky to have in our midst, **Dr. Kim Rassmussen**. Look for a report on the meeting and a synopsis of Dr. Kim's presentation on the importance of the Hyoid apparatus in the horse. Check out the pictures ~ if you are like me you have NO idea what the hyoid actually looks like and what it influences!

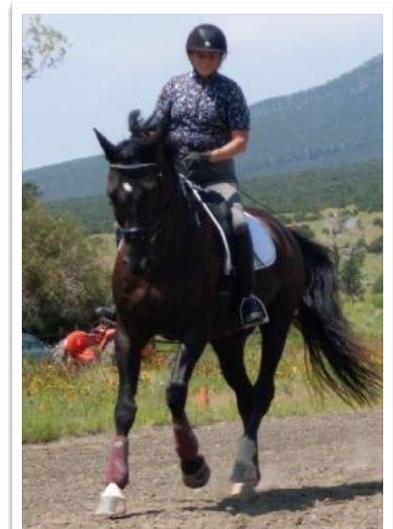
The second weekend event was an evening **GCC Schooling Show** at **YOLy**. Several riders came out to play and trotted down centerline! **August 6** will be their next show, also at YOLy and also in the evening ~ come on out for a bit of casual fun and friendship!

No time for **Sherry Guess** to rest as the second **Session B of the L Program** is coming up fast! This will be hosted by our sister GMO, CPDS, and held in Stillwater on **July 30-31**. Look for information in the newsletter as well as on our webpage. Participant ("L" Candidates) have already signed up, but there is still time for more Auditors! Get in touch with **Sherry** sooner than later so she can stay ahead of the organizational curve!

Be careful out there my friends ~ looks like we are in for several weeks of pretty significant heat. Keep yourselves and your horses safe. Check out the information inside this issue on the horses' heat index, along with reminders about just how significantly the heat can affect our beloved equine friends. They heat much faster than we do (having significantly greater muscle mass!) and they can't vocalize to us when they feel bad. "Less is more" is the phrase for this summer, for sure!

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

~ Kay



Danny & Kay

ODS Newly Registered Horses

2544 - CrogaFox Irish Whiskey Ginger - Laura/Sallie Ruskoski

2545 - Manu Forti's Croga King - Laura/Sallie Ruskoski

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.

Who should advertise? Instructors, Breeders, Boarding Facilities, Retail Shops, Professional Services, Medical Care Professionals & Clinics, or anyone with a business!

See next page for details.



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!

Region 9 Horse Person of the Year Nominations

Nominations for the Region 9 Horse Person of the Year are due August 15. Criteria are available on the Region 9 website (www.usdfregion9.com). If you know a deserving person in ODS who you would like to nomination, contact Carolyn VandenBerg with questions or to make a nomination before the August 15th deadline (vandenbergv@vtc.com).



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.



A Successful USDF Session A of the “L” Program Highlights & Reflections

Written by Dallas Sweat



What an exceptional weekend so many of us were able to experience. Sherry Guess and her team did an outstanding job putting on the first of 3 “L” program sessions.

Saturday morning and through the afternoon we went through enormous amounts of information. Joan Darnell did such a wonderful job explaining what we are to be looking for as a judge. She asked many questions. What are we looking at? Do we

understand the basics? Do we understand the criteria of the exercise (was the movement performed as explained in the USEF rule book).

Then she went on to talk about how we need to have a formula when we judge. Certain words we use in our comments should match up with the score we give for a movement. For instance on the 20 meter circle at the trot if we say "needs more" that coincides with a score of a 6, then state what they need more of, like bend or throughness.

She talked about non brilliance factor movements. These are movements that any horse can do. For example turn on the haunches and rein back. The horse does not need to be a talented mover to obtain a high score. These movements are treated differently than other movements.

She touched on modifiers. What are they? They are things to take into consideration such as corners, shying, stumbling and inattention. She spoke of the horse's confirmation, the biomechanics of the horse and the gaits. She touched on the new dress code rules for horse and rider. Big changes there. So much information!!!

Sunday afternoon after our morning session in the classroom we had the opportunity to head over to Inola to Rocking C Ranch, where we were able to watch some great demo riders go through the tests. She explained her scoring method and why she gave the score she did.

Overall it was such a great weekend. I'm so excited for session B. I love to learn and am soaking up this knowledge like a sponge. If any of you have the opportunity to come audit the next session at Valley View you absolutely should. Such vast amounts of information that every competitor should know.

Thank you Oklahoma Dressage Society for this wonderful session!



Joan Darnell (3rd from left, back row with participating 'L' candidates.



Events

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



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

ODS Scholarship Recipient's Learning Reflection From The Lilo Fore Clinic

By Pamela Rhodes

I had the pleasure of attending the Lilo Fore Symposium hosted by the Oklahoma Dressage Society in early April.

The event was well attended and the demo riders were amazing to watch. Not only did they allow us to watch their process, we could see progress with each exercise. I was pleased to see such a wonderful variety of horses and riders and the whole training spectrum. Seeing Lilo's thoughtful approach to each horse and rider team was inspiring.

I was especially interested in the third and fourth level exercises as that is where I am currently training. A bonus for me was watching my trainer, Roberta Clark, and her horse, Indygo, receive instruction. Also helpful is that as I got to observe her rides and she could bring what she learned back to the barn and apply these skills to my lessons.

As I ride on my own, it is helpful to think of the metronome Lilo spoke of. The tips for the half pass have aided in our improvement in that movement, riding into the shortening of the strides and not sacrificing the quality of the gaits were very helpful reminders to me. Since Charlie and I are learning together as we move up the levels, the most important and valuable takeaway was to be positive and generous with our horses, ourselves and other riders putting themselves out there.

I am grateful to ODS for putting on such a quality program and for the riders that allowed themselves to be critiqued. I hope I have that opportunity some day.



Events

GCC Summer Evening Schooling Shows

GCC has moved their schooling shows to evenings for the summer, and held their first late show on Saturday June 16 at YOLy. This is one way to beat the worst of the intensity of the sun, and several riders turned out to play! They will be gathering again on August 6 for another evening of fun and camaraderie!

Virtual Show News

Gail Matheus, who runs Spotlight Horse Shows, a virtual show series, approached ODS last year with the offer that if we put our name on one of her shows, she would organize the entire virtual competition experience, complete with "S" level judges, we would garner \$10 for every ride. It was a success last year, and we offered to 'sponsor' two shows this year. The second show is now complete, and thanks to Gail's offer and hard work, ODS received \$250 for the 25 rides in the latest show. Thanks to **Laura Taylor** and **Lionheart** who joined in the virtual fun! See you next year, Gail!!

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



ODS Summer Meeting Report

There was a small but enthusiastic group that gathered on July 16 for the ODS Summer Meeting. The Oklahoma County Extension Center proved to be a comfortable and easily accessible location with plenty of room and tech availability for providing a Zoom format as well as the educational PowerPoint presentation. It was nice to see the OKC area contingent well represented and fun to gather with so many of the ODS 'originals!' Also, it was very good to get the input from folks from the OKC area.

The business meeting ran about an hour and a half with most discussion centering around the financial report and lots of enthusiasm about plans for upcoming events. ODS Treasurer Lyn Francik was unable to attend, but had submitted a draft of a Profit and Loss statement for the first 6 months of the year. With three major events having taken place (the Lilo Fore symposium, the Spring Recognized Show, and the A Session of the USDF 'L' Program) it was exciting to see that there was an overall increase in funds. Keep in mind that some portion of that profit is dedicated to the 'L' Program, and that funding is being monitored separately within the financial package of ODS. The bottom line is that ODS continues to be very secure financially.

The other area of enthusiastic discussion had to do with upcoming events, both those already planned (Janet Foy and three recognized shows already scheduled for 2023) and some exciting ideas for future events. There was talk of possible top-tier presenters for a Symposium in 2024 (Lee Tubman? Jeff Moore?) as well as possible other clinicians (Lydia Taylor, others?) and perhaps a specialty clinic on long-lining or in-hand work (Joseph Newcomb, Joern Sievers, Clayton Martin?). It was fun to see ideas springing up and the excitement generated by this brainstorming.

For those who were unable to attend the Summer Meeting ~ do YOU have any ideas of who you would like to see come in? Who is your favorite? Who would be your dream-clinician? Let the ODS Board know (contacts listed on the last page of this newsletter)!

We finished up the business part by talking about the January AGM and Awards Banquet. The consensus of those present was that the Oklahoma County Extension Center in OKC would also be totally acceptable for that meeting. The price is certainly reasonable, and there was discussion about how banquet supplies can easily be rented to turn the classroom into an attractive banquet facility. The ODS Board will check on availability of dates in mid-January 2023 and announce plans as soon as they're determined.

After the business part of the Summer Meeting, everyone enjoyed the tasty Fajita buffet provided by Azteca Mexican Restaurant. Many thanks goes to **Nancy Trait-Lira** for procuring such great food!

After lunch, honored guest Dr. Kim Rassmussen gave a most compelling talk about that mysterious 'little' bone called the hyoid. Little? Think again! Check out the report on her talk in this newsletter issue!



ODS Summer Meeting's Keynote Speaker Dr. Kim Rassmussen: The Hyoid Bone

By Kay Kamish

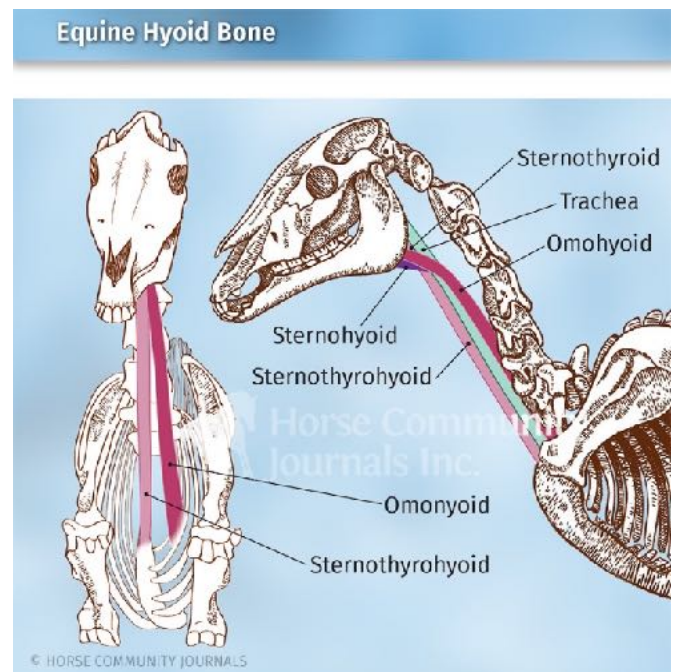
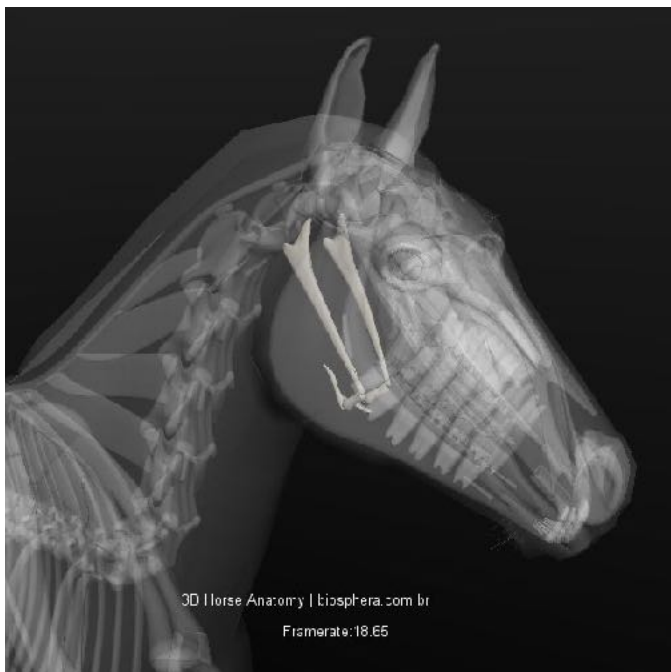
Dr. Kim Rassmussen is a name well known by many involved with horses in Oklahoma. She graduated from College of Veterinary Medicine at Iowa State University in 2004, initially practicing the way she had been taught. She had a TB gelding with a persistently sore back that no conventional treatments were fixing (sound familiar?).

She had the good fortune to meet up with the man who brought the concept of Osteopathic work on horses, Janek Vluggen, and the rest, as they say, is history. She attended the Vluggen Institute for Equine Osteopathy and received her Diploma of Equine Osteopathy in 2009. She practiced this work for a decade, and then in 2020 was invited to meet with Dr. Stiles, a human DO who was very interested to learn about her Osteopathic work with horses and became interested enough to come to her clinic to watch her work, offering observations and suggestions to refine her techniques. They have remained in touch with each other ever since, continuing to learn from each other.

With Janek's help and guidance her TB was returned to soundness, and Dr. Kim was on her way on the path to a different kind of intervention and care. She began her presentation with a brief history of Osteopathic medicine, how it is similar to, and different from the conventional medicine practiced by an MD. Then she zeroed in on the focus of her talk, the hyoid bone, or more correctly, the hyoid apparatus. I don't know about anyone else, but I always thought the hyoid bone was that spur-shaped little bone in the throat of the horse at the base of the tongue. Much to our amazement, it is a complex system of 5 bones, with two very long extensions that run up the inside of the jaw to the temporal area (TMJ) just below the ear.

To amplify the point, Dr. Kim had a sample of an actual hyoid apparatus that was passed around so we could see and move the bones to really comprehend what this system is like. She said the saying is that the horse actually has 6 legs, with the two long extensions being the extra two 'legs'. She went on to describe the critical nature of the hyoid (swallowing, balance, muscle attachments) and how very easily this delicate set of bones can be damaged or disrupted and cause all manner of pain and imbalance for the horses. It is at the crossroads of the airway and the esophagus (therefore critical for swallowing), the origin of the tongue muscles, and has muscular attachments for the muscles of the larynx and occiput (poll) and long muscular attachments reaching to even the sternum and the shoulder! She described how she makes her assessment of the hyoid when she is treating horses, delicately feeling for it at the base of the tongue, between the mandibles. This sensitive awareness then leads her to feeling along the other related structures, the poll, the sternum, the muscles attached, and allows her to make adjustments or releases as needed.

This talk was amazing, and I know we are all very lucky to have this caring person available to care for our equine buddies ~ thanks, Dr. Kim!!!



Announcements

ODS Vision Committee Summer Survey - Your Input Is Valuable

1. What do you see ODS doing in 2023?

In two years? (2024)

In five years? (2027)

In ten years? (2032)

2. What would you like ODS to focus on in the next 5 years?

3. What would you like ODS to do for you?

4. How can ODS increase its membership numbers?

5. How can ODS increase its participation and assistance basis for all its shows and planned activities?

Every member's suggestions & answers are important to the ODS Vision Committee. Your answers will help to guide the future plans for ODS.

Please send your answers to Nancy Trait-Lira at ntraitlira19@gmail.com or 18601 Hickory Hollow Drive, Harrah, OK 73045



USDF Adult Amateur Equitation Program



The USDF Regional Adult Amateur Equitation Program recognizes adult amateurs competing in equitation and promotes correct seat, position, and use of the aids in dressage. Adult Amateurs wishing to qualify to compete in an Adult Amateur Equitation Regional Final class presented by Big Dee's Tack and Vet Supply may qualify to do so by earning a 70%, or higher in

any Dressage Seat Equitation class (except walk-trot) or by qualifying for the Great American Insurance Group/USDF Regional Championships (freestyles exempt).

Dressage Seat Equitation Rider Awards recognize the achievements of all riders, including adult amateurs, in Dressage Seat Equitation.

- Visit the Rider Awards section of the [USDF Member Guide](#) for complete requirements.
- Track your progress on your Rider Award Eligibility page of [USDFScores.com](#).
- Apply for the award [here](#) on the USDF website.

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Dr. Charlotte Kin, D.V.M.
Dr. Amanda Wilson, D.V.M.
Stephanie Bingham, RVT, ESMT

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- Preventative medicine

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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DIY Horse Grooming Wipes

Materials

3/4 cup Distilled water
1/4 cup Witch Hazel
1 tsp. Fractionated Coconut Oil
Essential Oils (optional)

Instructions

Combine ingredients and mix.

Fill a separate small container or ziplock bag with several cloths, rags or extra-strong paper towels and pour in liquid. You want to add enough that the cloths are moist, but not dripping wet.

Mix well and keep them stored in the bag/container.

Use to remove dirt, dust, mud, sweat.

Essential Oils are optional, but a nice touch. Lavender and Peppermint are two nice options.

Source: www.savvyhorsetwoman.com



Horse Cooling Hacks

Excerpt from: www.gohorshow.com

The internet is full of hacks for many life situations, and cooling off your horse is no exception. Here are some hacks we found interesting:

Equine Cooling Wraps. There are various cooling wraps on the market that you can wet with cold water and wrap or drape on your horse's body to cool down a targeted area quickly.

Otter Pops. If you want to save on cooling wraps, wrap your horse's legs with an otter pop pack and then perform a regular polo or vet wrap on top of the popsicles. The natural separation of the popsicles allows for them to wrap nicely around the leg, so long as the exterior wrap is not too tight. The pops will melt, but they will cool down legs quickly and work better for a horse that refuses to stand in an ice bucket.

Cooling Sprays. There are various gel sprays on the market that are recommended for cooling a horse's muscles down. (Please contact your veterinarian before applying a topical coolant other than water.)

Giant Ice Cubes. Freeze gallon jugs full of water and add them to water troughs to act as giant ice cubes to keep troughs cool.



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Announcements

Congratulations

ODS sends up Congratulations to Board member **Marta Koenig** and her granddaughter, **Ramona**, along with that fine pony, **Basil the Great**, who made a very fun trip up to St. Louis for the National Pony Cup competition in mid July! The original plan was for Ramona to compete, but a tumble off the top of a bunk bed and the resulting fractured collarbone put Ramona on the sidelines and Marta in the saddle. Undaunted, Ramona accompanied Marta for a fabulous and very enlightening weekend. Basil had to do two tests, First 2 and 3, outside in the sun and heat by the way, and turned in scores that put them in fourth place in the AA First Level Division! This was a huge show, with six rings running all weekend. Talk about putting your work out in a BIG public setting! What an amazing experience for them all, and most especially for Ramona, who has the very best Abuela (grandmother) in the world!



Marta Koenig with her granddaughter, Ramona and the fabulous Basil The Great in St. Louis, MO at the National Pony Cup. Marta and the pony placed 4th overall in their division of First Level Pony AA.



Upcoming Grant Deadlines

7/1 -- Barnett Continuing Education for Instructors Fund (to attend USDF Instructor/Trainer Program)

7/15 -- Team Tate Mentorship and Leadership Fund for Instructors 25 years and older

7/20 -- Lynn Palm Western Dressage Fund for Individuals - Youth, Amateurs, Professionals

8/1 -- Region 9 Teaching Excellence Award

8/15 -- \$25,000 Anne Barlow Ramsay Grant for U.S.-Bred Horses

8/30 -- \$25,000 Carol Lavell Advanced Dressage Prize

Don't Miss the

DEADLINE!

Visit the TDF website and click on the
Grants and Programs menu tab for more details.
www.dressagefoundation.org

The Support of ODS Friends

Why I love this club ~ members 'doing' for other members! **Bay Greenhill**, a member from Siloam Springs, went through what we all dread, a colic episode ending up in a decision to do surgery. Treatment by a local veterinarian didn't seem to do the trick, so off they went on the long drive to Pine Ridge Clinic, a 2+hour drive away. Bay stayed until the early hours and **Kelico** was out of recovery, then headed for home. She couldn't make it back that day, but of course was so worried. She made a call to another ODS member, **Den Burdett**, who she knew lived close to the clinic, and asked if he could maybe go put eyes on Kelico. Den said of course, and was on his way! He gave her a report, sent pictures, and most importantly gave her the relief of a live report on her beloved horse.

Thanks Den, for your kind and immediate response to a member's request and for the peace of mind that gave her!
~Kay Kamish

TDF Updates

What a summer it has been! Along with heatwave after heatwave outside, things at TDF have been heating up as well. Here is an update for you!

- 1) Since the beginning of the year, TDF has awarded nearly \$45,000 for educational events in 16 states and Puerto Rico so far in 2022. An estimated 225+ riders and 350+ auditors have taken part or will take part in these TDF-supported events.
- 2) We announced the Young Rider Dream Program: Wellington 2023. If you know a young rider, 18-22, who is riding at Third Level or higher, and has never trained or competed in the Wellington area, please have them apply for this all-expenses-paid program. The 2022 experience was very successful, and the participants had some pretty incredible experiences. More information can be found at <https://bit.ly/2JPITB9>. Applications to take part in this program are due October 7.
- 3) We have had huge growth within our Century Club. Currently, we have 571 Teams with at least 12 pending rides. The Century Club has recently been featured in several newspapers, including this lovely story about Team #569 Martin Costello (MD): <https://bit.ly/3v2vDyh>. If you are ever at a show with a Century Club ride, I encourage you to go and say good luck on behalf of TDF, and then prepare to be inspired!


HEAT INDEX vs HORSES



"COOL" FACTS:

- Horses heat up 3-10 times faster than humans
- Exercise is a major source of body heat: even 17 minutes of gentle exercise in hot weather can raise a horse's internal temperature to dangerous levels.
- Horses, like people, need to sweat for thermoregulation (cooling); **sweat is more efficient at removing heat when it evaporates.**

How HOT is TOO HOT to work your horse?



Heat Index > 180
USE EXTREME CAUTION
Normal cooling is almost ineffectual

Heat Index > 150
USE CAUTION
Watch for signs of heat stress

Heat Index < 130
ENJOY YOUR RIDE!
Your horse can keep its body cool

Temperature + Humidity = Heat Index

HOT TIPS

Heat exhaustion should not be underestimated as it can advance to heat stroke quickly.

If you suspect your horse is developing heat stroke, or if your horse's body temperature does not drop to 101F or lower despite your best efforts to cool him off, call your veterinarian immediately!

<https://handsandheartsforhorses.com/walking-the-fencelines/2021/5/6/how-hot-is-too-hot>



Pine Ridge EQUINE HOSPITAL

Pine Ridge Equine Hospital, PLLC is a full service equine hospital that provides 24/7 surgery, medical, ambulatory, & emergency care. Our veterinarians are experienced in all types of conditions and treatments. Beyond first rate horse care, we make our clinic comfortable, friendly, and a very calm environment so your horse can relax and look forward to meeting his or her own veterinarian.

Pine Ridge's services include, but are not limited to, the following:

- | | |
|-------------------------|--------------------------|
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| ➤ Emergency | ➤ Reproductive |
| ➤ Endoscopy/Gastroscopy | ➤ Shockwave Therapy |
| ➤ Health Certificates | ➤ Surgeries |
| ➤ In-House Laboratory | ◦ Elective & Emergency |
| ➤ Lameness Exams | ➤ Ultrasonography |
| ➤ Laser Therapy | ➤ Wellness |
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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)

(Continued from previous page)

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?



Meet Ms. Rocket: ODS's New Editorial Staff Member

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!" 🐾

Please send your questions to Ms. Rocket at: **ntraitlira19@gmail.com**. She's looking forward to hearing from you!

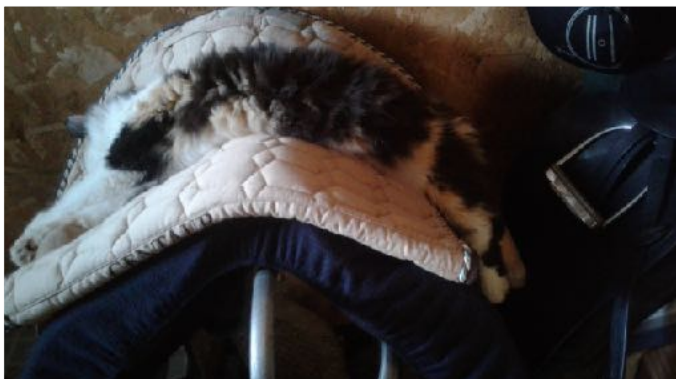


"Pawsing" For A Hot Minute: Summer Break


Ms. Rocket sends her love and cuddles to all her ODS friends. She is taking a brief summertime "paws" in her writing schedule this summer and will return soon with more antics and feline purr-spectives.



Ms. Rocket is on summer break with her pals.



Kay Kamish's cat, Kachina, apparently melted in the heat!



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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



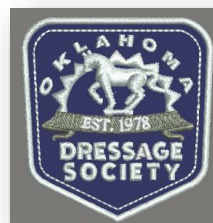
\$35.00



Sun Hat w/ Concealable Sun Flap
UPF30+ Navy

\$35.00

\$25.00



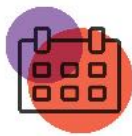
Ladies & Men's Contrast Stitch Micropique Sport-Wick Polo \$35.00

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 30-31** USDF "L" Program, Session B (Stillwater)
- Sept 8-11** Region 4 Championships (St. Louis, MO)
- Sept 17** ODS Free Clinic for Club Volunteers with Bay Greenhill (Rivendell Farm, Claremore)
- Oct 5-8** 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)
- April 22-23 (2023)** Spring Symposium with Janet Foy (Location TBD)



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:
August 10
@ 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 - **Bay Greenhill** greenhilldressagellc@gmail.com
 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