



Centerline

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

JULY

2020

USDF & Region 9 Zoom Meetings

Why travel this summer when we have Zoom meetings!
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ODS Zoom Meetings!

The annual summer meeting is "hot" with info—July 18!
Essential Oils Education—Aug 11!
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USDF's GMO Photography Awards

Your photo could be in USDF national advertising! Pg 4

ODS Scholarships

Knowledge is power! Apply for an ODS scholarship for education opportunities. Pg 6-9

Ahhhhh! Equine Massage

Learn common types of massage and what benefits they provide for your horse.
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Heat Exhaustion - It's A Serious Matter

Learn the signs and stay safe at the barn this summer.
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Letter From The President

Greetings, folks ~

Flexibility ~ we want it in our horses and we certainly need to have it in ourselves. This year more than ever, perhaps. Like our horses at times, we may have resisted this need for flexibility, been annoyed by it, tried to find a way around it, but in the end have (hopefully) found that it is easier to be flexible and carry on. None of us are happy about the impact of COVID, but it is important that no matter how annoying and inconvenient it has been for each of us ~ we are not alone. Everyone is impacted, and some far worse than others. So, be flexible, carry on, be careful, and most of all be kind to yourself and others.

Our most recent 'flex' was changing the "live" **GCC Schooling Show** at the end of June to a 'virtual' show for the month of July. Not such a bad thing, as proven by the success of the virtual show GCC offered in May which was a success. Nothing like riding a test in the comfort and convenience of your own home arena! Look for details in the newsletter for entering in July's virtual show!

Our next flex was bigger and unexpected, and that was the decision to change the **Summer Meeting** on **July 18** from live to virtual and conduct it as a ZOOM meeting. This was a disappointment for the Board, as we were looking forward to live, in-person input from the membership. We hope you will take the time, again from the convenience of your own homes, to join us. We have a couple of important topics to discuss, and want to hear from you about future events.

Our **ZOOM Educational meetings** are continuing, with a two-part series done by **Sandra Edmondson**, a licensed Equine Massage Therapist. In July she talked about the benefits and techniques of massage. Her follow up on **August 11** (at 7:30pm) will be on the use of essential oils and adjunct therapies. I have also been in touch with **Beth Baumert**, figuring out something she can offer! More on that at the Summer Meeting!

For our riders who have their sights on **Regional Championships**, look for the announcement by USDF relating to modifications in attaining qualifying scores ~ they have made it easier this year! Also, note the deadline of **August 1** if you want to change your Region for Finals.

The **Region 9 Summer Meeting** has also gone virtual, which may make it easier for more people to attend since there is no need to travel! See the announcement in this issue, and join in on **August 11** at **2:00pm**.

The summer heat is upon us with a vengeance, as evidenced by today as I write this, with the heat index of **107 degrees!** This is no nonsense, serious heat danger for both horses and humans. **Please!** Read the article on **Heat Exhaustion** inside this issue!! This is not a condition you or your





Platinum Performance Continues Support Of The Century Club

The Dressage Foundation's **Century Club** recognizes dressage riders and horses whose combined ages total 100 years or more. Horse and rider perform a test of any level at a show (schooling or recognized) or event, and are scored by a dressage judge or professional. Western Dressage riders are also welcome to join the Century Club. Visit: www.dressagefoundation.org, then click on the tab >Grants and Programs, >The Century Club >Join the Century Club. An application should be completed and sent to the Dressage Foundation at least two weeks prior to the ride. The Dressage Foundation (TDF) will send a beautiful black and gold ribbon to be presented to the team at the show. Following the ride, TDF sends a Century Club plaque to the new team.

The Century Club was formed at The Dressage Foundation in 1996, at the suggestion of Max Gahwyler (CT), who with his horse Prinz Eugen, became team # 2 in the Century Club (pictured at the left). The first "Centurion Class" ride, held in 1996, featured Lazelle Knocke and her teammate Don Perignon. Lazelle's ride came after her extensive 'three year vacation' away from riding due to surgery and rehab time. As she

said, "Hopefully the Centurion class will be in the forefront of a very interesting opportunity for Seniors and Dressage as Recreational and Therapeutic riding. It really is challenging and has long-term goals and benefits."

The Century Club ride has evolved into a serious endeavor that encourages and rewards our older senior riders. The rider need not show everything at their level of ride, but it is important to show that rider and horse work well together. And while we stress the serious nature of riding a test, we want all senior riders for the Century Club to have fun!

While this club has no dues, no meetings and no agenda, except to enjoy the occasion, many do keep in contact with the Foundation and with each other by email and phone. This is a wonderful group, not only experienced in horsemanship, but in various and unique life experiences. In order "to do good, we must do well," and we will welcome your financial support to help with expenses of the Century Club News, and the personal plaque and ribbon that we present to each Century Club member.



THE DRESSAGE FOUNDATION

ODS Members: Help Requested for Fellow Member

At some point in our lives, we will need to reach out to others in an unexpected time of need. Sometimes it's a small favor, other times, it's much bigger. Sometimes we could really use a hand. Recently, new ODS member Teresa Brewer moved to the Ft. Smith, Arkansas area from Alaska. She had a storage shop fire and lost all her tack and equipment (and an RV and boat – but thankfully no horses were harmed)! If you have any extra tack, farm equipment or supplies, would you please contact Teresa directly at akt.brewer@gmail.com? x

Thank you in advance to the ODS community for serving and helping each other out in an unexpected time of need!

-Kay

Region 9 Summer Meeting Via Zoom On August 1!

Although we will all miss the opportunity to meet face-to-face with friends throughout the region, everyone has agreed that a Zoom meeting would be prudent as well as economical. The Agenda and all reports will be listed on our Region 9 website.



Everyone attending the meeting is eligible to vote on any issues brought forward.

The meeting will be held **August 1 at 2:00 pm** - so everyone can ride in the relative cool of the morning.

Please email me at

guessdrsg@aol.com to be

included in the invitation to

attend. Region 9 Board members and Region 9 GMO Presidents will automatically be issued an invitation.

I hope many of you will join us!

— Sherry Guess, Region 9 Director

2020 USDF Regional Championships Program Modifications

★ Change fees waived for date, name, and location of competitions, including Championships Late insurance, late prize list, late competition recognition fees waived Competitor change of region fees through August 1 reduced from \$100 to \$25 and from August 2 to closing date reduced from \$300 to \$100

★ Competitors will be able to qualify by earning both scores at one competition; both scores may have the same judge or panel.

★ During the entire 2020 qualifying season any qualifying score earned in a class that was designated Q, held prior to June 1, 2020, but not entered as Q, upon notice and payment of the \$15.00 qualifying fee to the USDF office prior to the closing of the date of the Championship, may be counted as a “good” qualifying score (membership requirements at the time of the competition where such score was obtained are unchanged).



ODS Educational Zoom Meeting - Essential Oils in Equine Massage

Don't miss this opportunity to hear from Equine Sports Massage Therapist, Sandra Edmondson, on **August 11 at 7:30pm**. From the comfort of your own home, join other ODS members via Zoom and learn about how to best utilize essential oils with your horse.

To get the Zoom meeting link, email Kay Kamish: kkamishods@aol.com.





UNITED STATES *Dressage* FEDERATION

GMO Photography Award – Guidelines

Here's your chance to see your horse in the national USDF limelight!

Now through August 10, submit a photo of your horse (and you too!) to be published in the ODS newsletter, and it will be considered for an award presented by USDF. If your photo wins, then you get an award and your photo will be used in official USDF advertising!

Eligibility:

- * Be an ODS member in good standing
- * Not be a professional photographer
- * Have your photo published in your GMO's newsletter

Process:

- * Submit your photo, in .jpg form with 300 dpi resolution or higher, **by August 1** to: newsletter@dressageoklahoma.org.
- * ODS Board of Directors will select which photo it will submit as the chapter's nominee
- * An ODS official representative will submit it's nomination which will include the photograph, the newsletter issue in which the photograph appeared, and required forms to USDF — all by contest deadline of August 31

General Information:

- * Black & white or color photographs are accepted
- * Mounted riders must be wearing headgear (helmet, derby or top hat)
- * Nominee must agree to allow USDF unlimited usage rights on the photograph submitted

Judging & Awards:

- * Photo nominations will be judged on:
 - * Impact, Creativity, Composition, Lighting, Subject Matter, Storytelling Ability, Color Harmony, Center of Interest
- * All judges' decisions are final.
- * One Winner and one Honorable Mention recipient will be awarded in each category:
 - * Category 1 (GMO of less than 75 members)
 - * Category 2 (GMO of 75-174 members)
 - * Category 3 (GMO of 176-499 members)
 - * Category 4 (GMO of 500+ members)
- * First Place awards will be presented at the Board of Governors General Assembly during the Adequan/USDF Annual Convention. Honorable Mention recipients will be announced. Winners will be published in the yearbook issue of the USDF Connection. GMOs winning First Place will receive an ad in USDF Connection.

Hurry! Submit your photo(s) by August 1 to:
newsletter@dressageoklahoma.org.

This could be you!
Submit your photo today!





Events



OKLAHOMA DRESSAGE SOCIETY

SUMMER MEETING!!

SATURDAY
JULY 18, 2020
2:00 PM

 Come join us as we present our Annual Summer Meeting

****Via ZOOM****

Hopefully by now you have all become aware of the need to move our meeting from 'live' to "virtual" due to a couple of situations. First is that our meeting site, the OSU Extension Center, remains closed to meetings larger than 16. Also, significantly, the COVID numbers in Tulsa have taken a sharp rise, and this is not only in tested cases, but what is appearing in the hospitals as patient admissions. Considering these factors, your Board felt it safest and in the best interests of all to change to format to a ZOOM meeting. **Emily Moser** kindly offered to call every member personally and inform them of this change, and to describe how to go about signing up for the meeting.

In case Emily was unable to reach you, please contact her and give her your email address. That will be forwarded to **Shirley Vincent**, who is our ZOOM hostess. Shirley will then send you an invitation with the link to open the meeting for you. You may also contact Shirley directly:

Emily Moser: emismc@gmail.com

Shirley Vincent: shirleygvincent@gmail.com

AGENDA

1:45 Meeting will open for registration

200 – 400 Business Meeting

* Financial Report

* Recap of 2020 Events

* Upcoming Events ~ what would YOU like to see happen?

* GCC Schooling Shows

* Free Amateur/Junior Clinic

* Fall Education

* Proposed revisions to Scholarship Program

* Proposed addition of group texting capabilities

* Annual General Meeting and Awards

* Considerations for future

* **Members forum ~ let us hear from you! What do YOU want?**

It is important to this Board that we know how we can serve you best during this most unusual and difficult year.

It has been frustrating for us all on many levels, as nothing quite seems to be going as anyone planned.

Please let us hear your voice with constructive and forward-thinking ideas!



Oklahoma Dressage Society

Education Scholarship

Information & Application

NOTE: This scholarship info is pending discussion at the ODS summer meeting and membership approval.

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

Criteria for eligibility:

1. This ODS Athlete 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. Must be a current member in good standing of Oklahoma Dressage Society. In addition, applicant must have been an ODS member for at least 2 previous years. ~~Current ODS Board Members are not eligible.~~
3. 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 in addition.
4. Must have a background of volunteerism for ODS. This includes volunteering on at least 1 ODS committee or have accumulated 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 in addition.

Criteria for using this ODS Scholar Athlete Education Scholarship:

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

1. ODS educational events (ex. Judging Seminar, Workshops, Symposiums, Educational Practice Shows.)
2. USDF sponsored educational programs (ex. USDF Adult or Junior Clinics, "L" Program, USDF Certified Instructor Program, USDF Convention or Symposium, USDF - University approved programs)
3. A educational event or clinic given by a USDF/USEF judge, USDF/USEF technical delegate, USDF Certified Instructor, USDF "L" Program graduate, USDF Gold or Silver Medalist. Clinics must be advertised and must be open to all ODS members. Standard lesson rates must be applied.
4. Scholarship winner must receive ODS Scholarship Committee pre-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 Educational Scholarship committee will meet twice a year. Each application must be received by the following schedule.

January 1 – May 15	Scholarship(s) to be awarded by June 15 st and will be presented at the ODS Summer Meeting
May 16 - November 15	Scholarship(s) to be awarded by Dec. 15 st at will be presented at the ODS AGM

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

Volunteer Hours:

Volunteer hours counting towards Scholarships include:

1. ODS sponsored shows, clinics, educational events, fundraisers etc. Volunteer hours must be recorded and itemized on the ODS Scholarship Application Form. Validation of hours will be confirmed by the ODS Volunteer Co-Coordinator from each event.
2. Write an article in the ODS newsletter.

Consideration will also be given for attendance at an ODS activity or function. Examples being the Summer Meeting, AGM or auditing the ODS Educational event.

ODS Scholarship Funds:

Funds to administer the program should be held in a separate, interest-bearing account or with its own sub-account in our general funds financials.

All silent auction proceeds from the ODS Annual General Meeting will be used to generate funds for this account. Any sponsorship donations to this account will also be welcome.

Scholarship monies will not be awarded until after successful completion of attendance at the approved dressage educational event with completed attendance and the submission to ODS of the required post report. An amount of \$200 or the amount to participate in the event, which-ever is less will be awarded.

Scholarship winner 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.

(Cont'd next page)



Oklahoma Dressage Society
Education Scholarship
Information & Application

(Cont'd from previous page)

The ODS Educational Scholarship is non-transferable and may only be used for the rider's education. (ex. It may not be used for someone else riding your horse in a clinic.)

Scholarship must be used within 1 year of the time it is awarded. No extensions will be granted.

Additional Information:

A maximum of four \$200 scholarships will be awarded by ODS to eligible applicants each year. 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.

Scholarships may be applied for at any time of year. ODS Scholarship Committee will meet a minimum of 2 times a year (June & Dec) to review all applications received up to that point. The Educational Scholarship Committee may award "0" scholarships, or may award more than 1 scholarship at each of these meetings as they deem fit. A maximum of four Scholarships may be awarded each year.

Not all allotted scholarships must be awarded in a single year if Scholarship Committee does not deem enough applicants meeting minimum eligibility. Determination of eligibility is at the sole discretion of the ODS Scholarship Committee.

An ODS member may only be awarded a scholarship once per 12 month period. Once awarded a scholarship in a given year, applicant may apply again another year. However, priority for subsequent years will be given to eligible applicants who have not received a scholarship previously.

The ODS Education Scholarship Committee will include at least 1 current Board Member. The committee must have a total of 3 or 5 ODS members in good standing. The committee cannot exceed 5 people.

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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 completed application to event).

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

Would this scholarship allow you to do what you would be unable to do otherwise? ☐ Yes ☐ No

(Cont'd from previous page)



Oklahoma Dressage Society Education Scholarship Fund Application Form

Describe and list the **ODS volunteer work** you have done in the past? Start with the most current.

2019 _____ Capacity _____

2018 _____ Capacity _____

2017 _____ Capacity _____

Other _____ Capacity _____

List the **ODS educational events and meetings** you have attended in the past and in what capacity:

2019 _____ Capacity _____

2018 _____ Capacity _____

2017 _____ Capacity _____

Tell us why you should be selected for this scholarship:

Applicant Signature

Date

Please send all applications to:

Nancy Trait-Lira – *Scholarship Committee Chair*
18601 Hickory Hollow Drive, Harrah OK 73045

Committee Notes:

Date Received: _____



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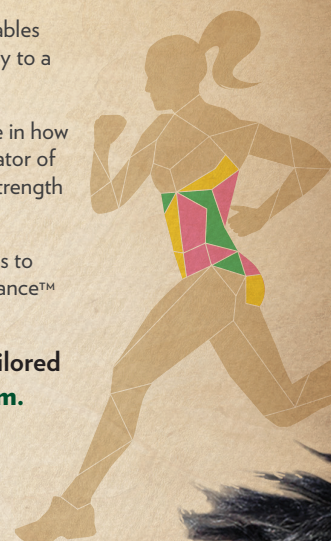
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Events

Green Country Chapter of Oklahoma Dressage Society

2020 Schooling Show Schedule

**NOW A
VIRTUAL
SHOW!**

July

VIA VIDEO

Send in your video for judging

Judge – Lyn Francik

For show details: katgreubel@gmail.com

August

Virtual Show

Watch GCC's Facebook page for more info.



September 19, 2020

Sonrise Stables

13401 S 129th E Ave, Broken Arrow

Judge – Sherry Guess

October 17, 2020

Joyful Noise Farm

3166 S 432 Rd, Pryor

Judge – Roberta Clark

November 14, 2020

Joyful Noise Farm

3166 S 432 Rd, Pryor

Judge – Wanja Gerlach

**ALL HORSES
CAN BE
EXPOSED AND
ALL CORE
DISEASES
HAVE HIGH
MORTALITY
RATES**

EXPOSURE CANNOT BE PREVENTED

❑ Mortality rates:

- EEE, 90%
- WEE, 50%
- Tetanus, 75%
- West Nile, 33%
- Rabies, 100%



- ❑ Annual vaccination is the only way to protect horses from these deadly diseases.

<https://aaep.org/guidelines/vaccination-guidelines/core-vaccination-guidelines>. Accessed March 1, 2018.

Mackay R. Tetanus. In: Sellon DC, Long M, eds. *Equine Infectious Diseases*, 2nd ed. St. Louis, MO: Saunders Elsevier 2007:368-372.

zoetis

Announcements

ODS Website Address Update

The Oklahoma Dressage Society website has recently been moved to a secure server. The new web address, much like the former address but with one additional letter (the s in <https://>), now can be found at: <https://dressageoklahoma.org>. To access the ODS website, please use this new address and update your bookmark.



Pine Ridge EQUINE HOSPITAL

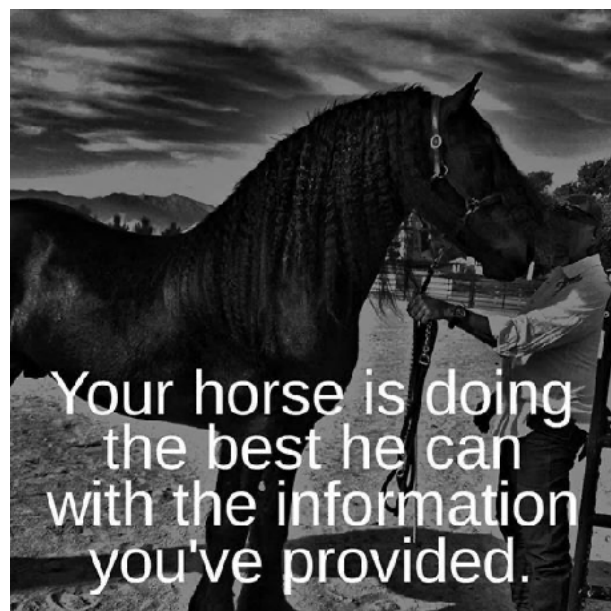
Pine Ridge Equine Hospital, PLLC is a full service equine hospital that provides **24/7** surgery, medical, ambulatory, & emergency care. Our veterinarians are experienced in all types of conditions and treatments. Beyond first rate horse care, we make our clinic comfortable, friendly, and a very calm 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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Sandra Edmondson On Equine Sports Massage

Have you ever really wondered about how massage works on the body — your horse's body? Much like we smaller-scaled humans, larger animals like horses also benefit from massage. They have a lot more bodily real estate than we do, so the benefits are big! Just what is massage for our equine friends? To help us all understand a little better, here's a brief overview written just for Centerline by certified equine sports massage therapist, Sandra Edmondson. Many ODS fondly remember Sandra from the June Zoom meeting - what a treat to have her educate us!

The benefits of Equine Sports Massage Therapy include, but are not limited to the following:

1. Decreased Pain
2. Improved Range of Motion and Flexibility
3. Immune Support
4. Decreased Stress/Improved Mood
5. Improved Posture, Circulation, and Muscle Tone
6. Injury Prevention



Sandra works on Kay Kamish's horse Odakai. It appears that Odakai very much is enjoying his treatment - he's so "internal" and content!

A few of the common techniques used in massage therapy are **Effleurage**, **Petrissage**, **Tapotement**, and **Trigger Point Therapy**.

Effleurage is a series of massage therapy strokes used to "warm up" a muscle before any deep tissue work is to begin on the body. Effleurage increases circulation by increasing the temperature of muscles and preparing them for more vigorous massage therapy techniques. Effleurage also stimulates the

(cont'd on next page)



Ken Shoemaker

Agent

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Sandra Edmondson On Equine Sports Massage

(continued from previous page)

Lymphatic System, ridding the body of “toxins” or metabolic waste that has accumulated in the muscles over time.

Petrissage is a massage therapy technique that may include kneading, stretching, and squeezing soft tissues and underlying muscles to release adhesions or restrictions in the body. Adhesions are areas of thick connective tissue that develop after a muscular injury or even surgery. Petrissage can improve blood circulation and relax the muscles to increase flexibility and range of motion.


Tapotement is a specific massage therapy technique of rhythmic percussion. Tapotement is most frequently administered by the edge of the hand, tips of the fingers, or a cupped hand. This technique is typically used to “wake up” the Nervous System and is also considered a stimulating stroke which can release lymphatic build up in the region of the back.

Trigger Point Therapy is used to release painful muscle spasms or trigger points in the body. Trigger points are painful, tense areas found in the muscles. They are one of the most common causes for chronic musculoskeletal pain, also known as myofascial pain. Once the trigger point or spasm has decreased, improved blood circulation occurs and the surrounding fascia is released.

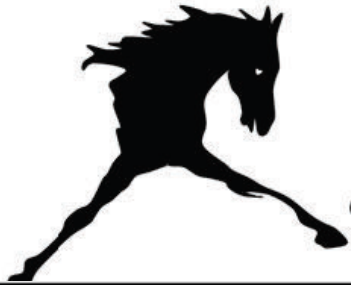
Sandra E. Edmondson, CESMT/LMT/MMP
 Certified Equine Sports Massage Therapist
 Licensed Massage Therapist (OK, MO, TX)
 Medical Massage Practitioner
 Double Lazy E Ranch Equine Sports Massage Therapy
doublelazyeranch@gmail.com



Sandra works on Lauragale Ralston's horse Rey.


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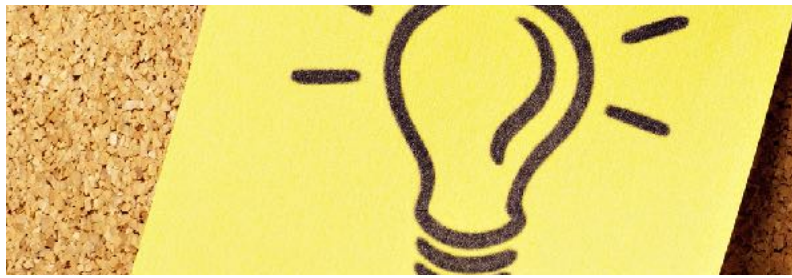
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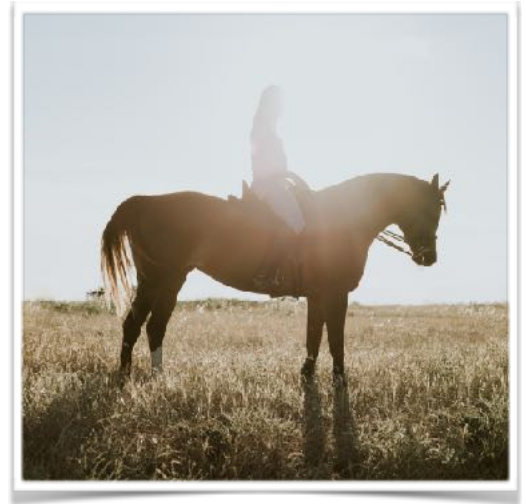
Good To Know

Take Good Care In Outdoor Summertime Activity: Heat Exhaustion

Heat exhaustion is one of the heat-related syndromes. Symptoms range in severity from mild heat cramps to heat exhaustion to potentially life-threatening heatstroke. Heat exhaustion can begin suddenly or over time, usually after working or playing in the heat, perspiring heavily, or being dehydrated.

Heat exhaustion signs and symptoms include:

- Cool, moist skin with goose bumps when in the heat
- Heavy sweating
- Faintness
- Dizziness
- Fatigue
- Weak, rapid pulse
- Low blood pressure upon standing
- Muscle cramps
- Nausea
- Headache



If you suspect heat exhaustion

Untreated, heat exhaustion can lead to heatstroke, which is a life-threatening condition. If you suspect heat exhaustion, take these steps immediately:

- Move the person out of the heat and into a shady or air-conditioned place.
- Lay the person down and elevate the legs and feet slightly.
- Remove tight or heavy clothing.
- Have the person drink cool water or other nonalcoholic beverage without caffeine.
- Cool the person by spraying or sponging with cool water and fanning.
- Monitor the person carefully.

Contact a doctor if signs or symptoms worsen or if they don't improve within one hour.

Call 911 or your local emergency number if the person's condition deteriorates, especially if he or she experiences:

- Fainting
- Agitation
- Confusion
- Seizures
- Inability to drink
- Core body temperature — measured by rectal thermometer — of 104 F (40 C) (heatstroke)



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 with your information at newsletter@dressageoklahoma.org.

FOR SALE:

TURNBOW Two horse trailer, straight load with ramp. 6 ft dressing room. Newly painted in 2015. New tires 2018. Fans inside stalls with outside switch. Ramp spring replaced Spring 2020. Universal plug. One owner, excellent service records. Asking \$4500.

Contact Kay Kamish:

aspenell@aol.com



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to
ODS Members!**

Letter From The President

(Cont'd from page 1)

friends should try to "tough out!" There are serious consequences that can have an effect on you for the rest of your life. Be careful out there!

Stay safe and well, my friends,

-Kay

kkamishods@aol.com

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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 Nancy Trait-Lira: ntraitlira19@gmail.com Phone: 405-454-1766 (membership) Please allow 4 to 6 weeks for processing by USDF.

Events Calendar

Horse Shows | Meetings | Clinics | Symposiums | Social Events

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 Sue Twitty 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** GCC Virtual Show (contact Kat Greubel katgreubel@gmail.com or follow GCC on Facebook for announcements)
- July 18** ODS Summer Meeting @ 2:00pm (via Zoom!)
- CANCELLED July 19** Florence Wetzel, Certified Bit Fitter Clinic
- August** GCC Virtual Show (Details TBA)
- August 1** Region 9 Summer Meeting @ 2:00pm (via Zoom!)
- August 1** Deadline to change region for USDF Championships
- August 11** ODS Educational Meeting @ 7:30pm (via Zoom!)
- Sept** Amateurs/Juniors FREE Clinic - Details TBA
- Sept 19** GCC Schooling Show w/Judge Sherry Guess (@ Sonrise Stables, BA)
- Oct 17** GCC Schooling Show w/Judge Roberta Clark (@ Joyful Noise, Pryor)
- Nov 14** GCC Schooling Show w/Judge Wanja Gerlach (@ Joyful Noise, Pryor)



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 6:30pm.

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

Next ODS Board Meeting:

Aug 12
@ 6:30 pm.



ODS Board Members

President - **Kay Kamish** president@dressageoklahoma.org
 Vice President - **Jan Cibula Murrell** jan.cibula@gmail.com
 Secretary - **Erin Boon** erin.boone11@gmail.com
 Treasurer - **Marta Koenig** treasurer@dressageoklahoma.org
 Education - **Kay Kamish** kkamishods@aol.com
 Membership - **Jan Cibula Murrell** jan.cibula@gmail.com
 At Large - **Nancy Burba** nobleroadeq@gmail.com
 At Large - **Emily Moser** emismc@gmail.com
 At Large - **Lindsey Greco** lindseymgreco@gmail.com
 At Large - **Sherri Pittman** sherriwads@aol.com

ODS Leadership Volunteers

Newsletter - newsletter@dressageoklahoma.org
 Scholarships - **Nancy Trait-Lira** ntraitlira19@gmail.com
 Web Master - **Sue Twitty** 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
 PO Box 1101
 Kellyville, OK 74039

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