



Centerline

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

AUGUST

2020

USDF Updates: COVID-19, HOY, Youth Pin

Keep abreast of what's going on within our sport's leading organization. **Pg 2-3**

Ulcer Prone Horse Info

If your horse's tummy gets in a rumble, this info can help! **Pg 4, 20**

ODS Scholarship Aids Members In Para Training

Hear from schol recipient who traveled to FL for specialized training. **Pg 5-6**

ODS Live Show!

Don't miss this much-anticipated show in OKC area! **Pg 7**

Natural Oils As Equine Remedies

Start your own equine apothecary of essential oils. Your horse will love you even more for it! **Pg 12-13**

Good To Know: Your Horse's ODS Number for Shows

Rack up points for year-end awards. Know your horse's number when competing. **Pg 18-19**

Letter From The President

Greetings, folks ~

The summer heat is pretty unrelenting in August, although we have been lucky with somewhat moderate temperatures and rain. I just returned from a 3 week trip and found my place had turned into a jungle! My horse, Danny, was thrilled to have lush, green grass after his time training in the high desert. My lawnmower, not so much....

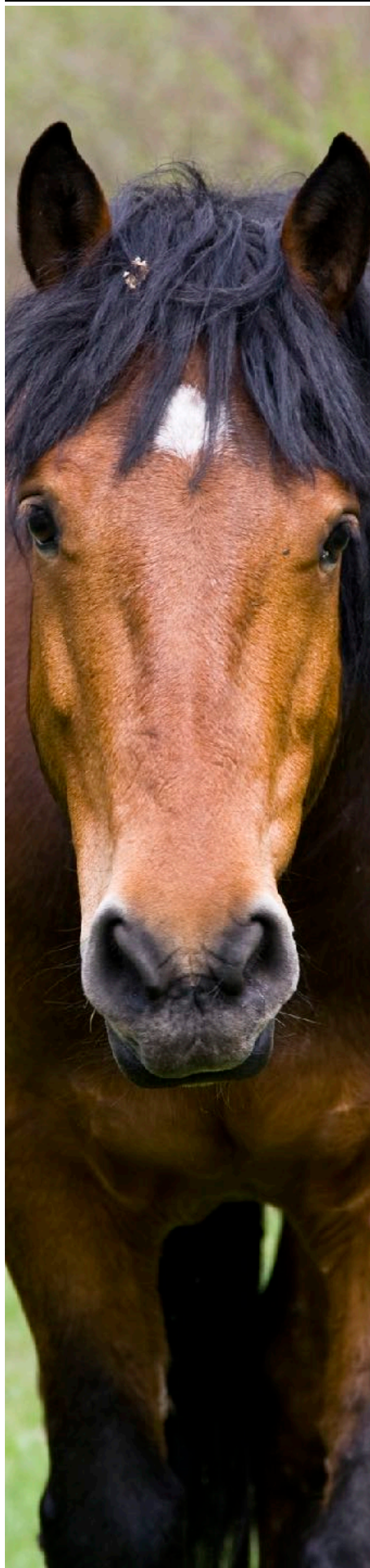
My thoughts have turned to consistency lately, consistency in our lives in this weird year, and specifically for we who ride, consistency in riding and training. In my early years as a rider my **riding** was consistent, but my **training** rarely was. Except for a couple of years in my early 20's when I was able to clinic with Michael Handler on a monthly basis (an invaluable growth time and basis for my riding approach), I never had consistent guidance. I took clinics as they were available from whoever was available, and progress was slow or non-existent. Only when I was able to settle on a regular clinician did the path become clear again, and progress was made. In the face of the health and economic challenges facing so many, it may seem to some that continuing to focus on riding and making progress with our horses is a pointless effort, but I would say otherwise. It keeps us active, interested in something, and hopefully brings us ~ and therefore those around us ~ joy. And that joyful energy is surely something needed in the World right now.

So, how do we go about staying consistent with anything? By having a plan, a routine, a steadfastness in our minds for what we stand for...by having a **commitment** to all of that. If we can know our minds, we can consistently treat each other, strangers and friends alike, with respect. We will treat our horses with respect and form a logical training path they can predict and trust will be fair. A consistent path will contribute to progress over time. This is what I had reinforced during my 3 week training experience with my coach, **Sarah Martin** (who did our ZOOM in June).

Sarah has a clear idea of training consistency day by day through a given week, and month by month over a span of years. Developing a sense of consistency is reassuring in its predictability, and again, in unsettled times this becomes invaluable. My suggestion is if you have a regular instructor or clinician-coach, have a conversation with them about consistency. What can you do to solidify that sense of a predictable training path? It will certainly be worthwhile, helpful to you, and possibly refreshing to your instructor, to hear that you are giving serious thought to your own progress and path.

ODS is also looking at consistently finding ways to serve our membership!





USDF Covid-19 Update

Dear USEF Members and Competition Organizers (Licensees and Managers),

We are nearly two full months into a return to competition. While we are all grateful for the opportunity to enjoy competing again, the challenges and risks posed by the COVID-19 pandemic remain part of our daily lives. Governors are beginning to pull back or even reverse reopening initiatives in several states as positivity rates are increasing. We truly appreciate the diligence and cooperation of participants and organizers who have gone above and beyond to ensure the health and safety of their competition communities by adhering to the various state and local requirements, as well as the requirements and recommendations outlined in the [USEF Action Plan for Licensed Competitions](#). However, USEF has received reports of non-compliance with and non-enforcement of the Action Plan. Every instance of non-compliance and non-enforcement not only endangers the health and safety of your fellow participants, but also threatens our ability to continue having competitions in this extremely tenuous environment. The ability to keep competitions operating depends on every one of us, individually and collectively. It hinges on our cooperative participation in efforts to control the spread of the virus.

With that in mind, effective immediately, USEF mandates the use of face masks/face coverings at all times while on the competition grounds except when mounted on a horse or driving a horse-drawn carriage or cart. The USEF Action Plan update, released yesterday, reflects this strengthened mandate.

In addition to the updated face mask/face covering requirement, USEF expects that:

- All participants will adhere to, and all competition organizers will enforce, social distancing requirements at all times while on competition grounds.



- Competition organizers will restrict access to competition grounds in accordance with state and local travel and quarantine restrictions.
- During a competition, Stewards and Technical Delegates will report non-compliance to competition management, and individuals who continue to demonstrate non-compliance with social distancing or mask/face covering requirements will be promptly removed from the competition grounds by competition management.
- Stewards and Technical Delegates will document and include in their report to the USEF all incidents of non-compliance, so that USEF can address any deficiencies.

We all share the enormous responsibility of doing our utmost to maintain a safe competition environment. It is no easy task. It can sometimes be uncomfortable, even unpleasant. However, in this significantly altered environment, these steps are necessary to keep our competitions as safe as possible and keep them operating. We cannot lose sight of the wide-reaching and devastating impacts facing our industry that would result from competitions being shut down due to failure to comply with mitigation efforts. If you are unwilling or unable to

adhere to the COVID-19 requirements mandated by USEF or state and local agencies, please stay home and refrain from attending or operating USEF-recognized events until the pandemic resolves.

We continue to monitor and assess the pandemic impact, and we will keep you informed of any updates to our position as circumstances warrant or as instructed by the government and public health authorities.

The safety and welfare of our members and their horses remains our top priority, and everyone must do their part and take every step necessary to keep fellow competitors as safe and healthy as possible and to keep the competition environment open.

Stay safe,

William J. Moroney
Chief Executive Officer

Upcoming Deadline for Region 9 "Horse Person Of The Year" Nominations

September 15 is the annual deadline for current year nominations to be sent to the HPOY Chair, Carolyn

VandenBerg cberg@gvtc.com.

Please review criteria on the USDF Region 9 website:

www.usdfregion9.org.



Changes to Youth Dressage Riders Recognition Pin

Due to the COVID-19 Pandemic, we have made some adjustments to this year's criteria. If you have any questions, please contact youth@usdf.org. The 2020 criteria will be as follows:

- Fulfillment of one of the following options: You can either submit 36 total verified volunteer and education hours **OR** earn a USDF University Certificate.

- **Earn a Total of 36 Volunteer and Education Hours:** hours can be a mix of both volunteer and educational hours. They can be a mix of non-equine and equine-related hours. **OR**

- **Earn a USDF University Certificate:** This certificate is awarded by earning 15 credit hours of continuing education in the study of dressage. The accepted online education that can be used to get credit hours for this certificate can be found [here](#).

• 2 Qualifying

Scores: Two scores of 60% or higher at any level in the discipline

of Dressage or Para-Dressage, Introductory through Grand Prix.

- This requirement will be waived for 2020. If you have already earned your qualifying scores, you may still submit your scores if you choose, but this is not mandatory.

- **GPA:** Must have a GPA of at least 2.5. Submit an **official school transcript** detailing the entire current school year.

- Exceptions will be made due to school shutdowns from COVID-19. You may submit grades from the beginning of the school year through the last term grades received.

The program year ends on June 30. Be sure to submit your completed application and all supporting documents to the USDF Office within 30 days after the completion of the program year! Remember that you must be a USDF member at the time you complete each of the requirements and when you submit your application. For more information about the program, please visit the [USDF website](#).



Newly Registered Horses

Welcome to the club! Here's a list of the most recently registered horses in the ODS database.

2501 | LondorFCF | Caitlin O'Hair
2502 | Double Dutch | Desi Morain
2503 | Lia | Amy Jacobson-Peters
2504 | Color Me Classy | CJ Foxx



Is it OK to Ride My Ulcer-Prone Horse After Feeding?

Old wisdom tells us not to feed horses before exercise. But this outdated belief might be hurting your horse.

Q: I've always been taught to not ride a horse right after it's been fed. However, I have a mare who has gastric ulcers, and my veterinarian recommended that I feed her prior to riding (specifically, alfalfa). So which is it—feed or don't feed before riding?

A: While it's true that it is typically best to avoid feeding horses concentrates (especially those high in starch) within a couple of hours of riding due to the effect this can have on available metabolites during exercise, allowing access to forage has a number of benefits. Remember horses are designed to eat fibrous plant material almost constantly, while at the same time traveling considerable distances.

As a result of this constant forage consumption, horses have evolved to secrete gastric acid into their stomachs on a continuous basis. Acid is secreted whether they are eating or not and is needed to activate enzymes involved in protein digestion. The act of chewing causes the release of saliva, which contains sodium bicarbonate and calcium—both of which act to buffer stomach acid. It's a brilliant system, because the constantly secreted stomach acid is buffered by the continuous release of saliva from chewing.

But what happens when, instead of continuous access to forage, we meal-feed our horses? The stomach acid is secreted as always, but there is no longer a steady saliva supply. That's because most horses finish their allotted hay meal in at most a couple of hours unless eating out of a slow feeder. This leaves the stomach environment to become increasingly acidic and raises ulcer risk.

If we happen to come and ride our horses at this time, not only is there a more acidic environment in the stomach, but there's also less fiber to prevent movement of stomach fluid. The stomach is never completely full, and the fluid portion of the stomach contents sits at the bottom of the stomach with the larger feed particles such as chewed hay floating on top, forming a sort of mat. This mat helps to prevent the stomach acid from sloshing around. The mat is particularly important because the area of the upper stomach, above the level of the stomach acid, is the most at risk of ulcers and has very little protecting it other than this mat suppressing acid movement.

The glandular cells in the lower two thirds of the stomach that

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OK Dressage Society's Scholarships

Thank you for being part of assisting me in becoming one of only ten in the nation!

Silver Para Coach



By: Roberta Clark

Are you wondering what is a para coach? Let me share first what is “para” as some might still hold the idea that para is a different level of Special Olympics.

Para refers to parallel to able-bodied sports designed for the independent dressage rider or driver with permanent PHYSICAL and/or VISUAL disabilities seeking a competitive track at the national or international dressage competitions. “Riders are divided into different competition sport classes/grades based on their functional abilities. **Para Equestrian dressage and driving are the only equestrian disciplines recognized at the Paralympics.**”

Coaches make the difference! USA is on the move to be **number one** in para dressage at the international level. In 2018 the USA became serious about upping their competitive standings in Para Dressage. **How is any improvement made – through the coach?** The US hired Michel Assouline, an international Dressage/Para-Dressage Coach with over a decade of Paralympic and FEI Dressage coaching experience. He most recently completed his tenure as Head Coach for the U.K. Para-Dressage Team. His more than successful U.K. career (Gold medalists) spanned over 12 years. Mr. Assouline is an international competitive dressage rider himself as well as his wife, Mette, and more recently his daughter. Research Michel as you will find his career very interesting. He and his wife recently expanded their U.K. business with a second base in Denmark at Catherine Rasmussen's Kleppenhuis. It is directly through Mr. Assouline's experience and program direction that had the US at its highest competitive showing at 2018 WEG.



Why add Para to my coaching career? It only seemed natural (former teacher and administrator for both Bartlesville and Jenks School Districts) and currently a dressage coach with several para students. One such student led me specifically down this path. Lily Rhodes became an amputee through an accident. Lily was a successful youth dressage competitor before the accident and through para-dressage had a new parallel career ahead of her. With our new USA coach, Michel Assouline, the USA was scouting for future US representatives in Para-Dressage. Lily was invited to Texas (Kai Handt's North Texas Equestrian Center) where Michel Assouline was shadow

(Continued on next page)

ODS Scholarships For Continuing Education Experience

(Continued from page 5)

coaching after newly arriving to the US to begin his program. Michel's philosophy is to mentor the competitor's individual coach for the best competitive performance for the athlete. Lily was there for possibly qualifying for the Emerging Athlete program. I was there to be examined as a potential coach for such an athlete. As I taught Lily, I was observed. I was then given a leg amputee student whom I had never seen on a horse, and had never laid eyes

on. Lily and I were taken seriously; thus, our journey began. Dressage rider Mom (Pam), Lily, and I began with the journey to Wellington, Florida, during the winter competition season for one of two opportunities that year to get Lily "graded" based on her functional riding ability by two physical therapists: one from the US and one international from Canada. Grading is to place each athlete into a group for equal footing in the competition ring. There are 5 grades with "I" being the most severe functioning disabilities to grade V, the least of which all amputees compete. From here I was asked to participate in the program towards certification which I was honored to participate.



Lily, myself and Michel in Texas



Larry, Roberta's "surprise" leg amputee student



Roberta, Lily's mom, Pam and Lily in Wellington, FL

How did the ODS scholarships help me which could help you?

Through financial aid! I was invited to be one of a select few from across the country for a potential para coach certification. I was required, of course, to have Safe Sport, CPR and First Aid Training. There were many required books to purchase for studying from sport psychology to training and care of the horse. There was travel to VA for a training session and teaching session. The following year was more studying and classroom lectures at Tryon International Equestrian Center. It was at Tryon where each potential coach was given a student to develop a coaching session and then observed and judged by Michel and 2 other judges. I coached Kate

Shoemaker on Solitaer 40, a WEG medalist and Olympic 2020 hopeful for the US. After passing the coaching session, potential coaches were given a written final exam that covered Coaching Foundation, Sport-Specific knowledge and skills, technical riding, and equine management which included international travel. There are four coaching levels: Apprentice, Bronze, Silver, and Gold Master of which Michel holds this level. It was through ODS's scholarships which helped me with the costs of attaining my Silver Coaching Certificate. Oh, by the way, it is not a onetime get it and got it for life. There is continuing education and testing!



Kate Shoemaker and Soli at Tryon.
Watch for her in the 2021 Paralympics!



You wanted it! You got it!
Riders save this date on your calendars!

SUNDAY, SEPTEMBER 27, 2020

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in the Oklahoma City Metro Area

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Celeste Brown

USDF 'L' Graduate with Distinction
USEF/USDF 'r' Dressage Judge Applicant



MORE INFORMATION TO FOLLOW
WATCH ODS *Facebook & Website* for updates.



Oklahoma Dressage Society
Education Scholarship
Information & Application

*Updated
 ODS
 Scholarship
 Info!*

The ODS Education Scholarship provides financial assistance to Oklahoma Dressage 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 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.

(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 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.

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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: _____

Natural Wellness: Essential Oils For Horses & Pets

Earlier this month, Sandra Edmondson was the special presenter on the ODS Zoom gathering. Sandra had wonderful information to share with us regarding the use of essential oils on ourselves, our horses, as well as other furry friends around the farm. Here is some more useful information from Sandra on essential oils...

The top ten oils recommended to have on hand at home are the following:

1. Lavender (anti-inflammatory, antiseptic, anti-fungal, relaxant)
2. PanAway (anti-inflammatory-not recommended for children under 6) It is a blend of Wintergreen, Helichrysum, Clove and Peppermint/always use with carrier oil/may cause skin sensitivity if not
3. DiGize (relives digestive problems, heartburn, gas, bloating) It is also a blend containing Tarragon, Ginger, Peppermint, Juniper, Fennel, Lemongrass, Anise, and Patchouli. Dilute one drop per one drop of carrier oil
4. Lemon (immune stimulant, improves memory, anti-tumoral, reduces wrinkles, reduces circulatory problems)
*possible sun sensitivity
5. Peppermint (anti-inflammatory, anti-parasitic, anti-bacterial, digestive stimulant) Do not use on infants, fresh wounds, or burns
6. Frankensense (anti-tumoral, immuno-stimulant, anti-depressant, inflammation, respiratory infections)
7. Thieves (anti-viral, antiseptic, anti-bacterial, anti-infectious) It is a blend of Clove, Lemon, Cinnamon Bark, Eucalyptus Radiata and Rosemary. *possible skin/sun sensitivity
8. Purification (cleanses/disinfects air, cleans cuts/scrapes/insect bites) It is a blend of Citronella, Rosemary, Lemongrass, Tea Tree, Lavandin, and Myrtle
9. InfectAway (for pets-supports natural defense system, supports coat and irritated skin, guards against bugs/pests) It is a blend of Myrrh, Dorado Azul, Patchouli and Oregano
10. Eucalyptus Radiata (anti-inflammatory, anti-bacterial, expectorant, anti-viral)

Oils can be diffused or used topically. Some of the oils mentioned are specific to Young Living Essential Oils, however, Doterra does have similar blends as well as Revive. They all carry 100% pure, Therapeutic Grade oils and the distillation process is the same.

www.youngliving.com

www.doterra.com

www.revive-eo.com

Horses: Essential oils are very beneficial in horses for the following conditions.

1. Stress, Nervousness or Anxiety-Lavender (1-3 drops mixed with carrier oil for a small area/10-12 drops mixed with carrier oil for much larger region of the body)
2. Muscle Pain/Spasms-Lavender, PanAway, Basil, Marjoram, Eucalyptus
3. Thrush-Tea Tree, Thieves, Purification, DiGize
4. Colic-Digize (10-15 drops massaged up each flank and massage out toward umbilical area)
5. Cuts-Thieves, Purification, Frankincense

Fly Spray Quick Recipe:

32 oz. spray bottle (amber/glass if possible)
10 drops of Purification Oil
10 drops of Lemon Oil
1/4 c of apple cider vinegar may also add small amount of natural dish soap to make spray "stick" to coat better
Distilled Water



(Cont'd from previous page)

Essential Oils For Horses & Pets

Additional Fly Spray Blend:

5-10 drops of Peppermint Oil
 5-10 drops of Tea Tree Oil
 5-10 drops of Eucalyptus Oil
 5-10 drops of Lavender Oil
 5-10 drops of Lemongrass Oil
 Distilled Water
 1/4 c apple cider vinegar

Itch Relief/Skin Issues:

(mix all together in 2 oz. amber/glass bottle)
 20 drops of Lavender Oil
 10 drops of Peppermint Oil
 10 drops of Tea Tree Oil
 5 drops of Basil Oil
 5 drops of Myrrh
 1-1/2 oz. Coconut Oil, Vitamin E Oil, or Sweet Almond Oil
 Shake well and apply directly to area of concern

Tendon Injury:

1 oz. carrier oil of choice
 5 drops of Lemongrass Oil
 15 drops of Mandarin Oil
 10 drops of Palmarosa Oil
 Shake well and apply to recent or old injury that needs managing. Do not apply to open wounds or cuts.



Cats:

it is safe to use Peppermint Oil on cats if it is diluted and in moderation, although some do not prefer it. Wintergreen Oil (not Peppermint) should be avoided. A few other oils to avoid in cats are Basil, Clove, Oregano, Melaleuca, Quinquenervia, Thyme, Mountain Savory, Tea Tree and Cinnamon Bark. The reason for this is because they contain high levels of Phenols. Phenols are a compound that cats have difficulty processing in their bodies.

Important Note:

Essential oils can linger and show up in drug testing blood work at shows. It is recommended that no oil use occur for 2-3 days proceeding an event.

Info provided by:
 Sandra Edmondson, CESMT/LMT/MMP
 (620)202-0408
doublelazyranch@gmail.com
nullahb@gmail.com
 Columbus, KS



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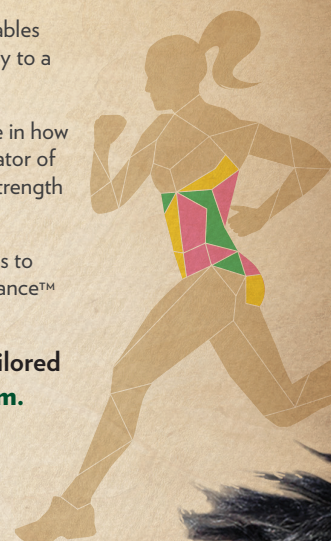
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Green Country Chapter of Oklahoma Dressage Society 2020 Schooling Show Schedule

August

Virtual Show

Watch GCC's Facebook page for 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 Scholarships

(Cont'd from page 9)

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.

Document Revised: July 15, 2020



Pine Ridge Equine Hospital, PLLC is a full service equine hospital that provides **24/7** surgery, medical, ambulatory, & emergency care.

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

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- Dentistry
- Emergency
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- Health Certificates
- In-House Laboratory
- Lameness Exams
- Laser Therapy
- Microchipping
- Pre-Purchase Exams
- Radiology
- Regenerative Therapies
 - Stem Cell, PRP, IRAP
- Reproductive
- Shockwave Therapy
- Surgeries
 - Elective & Emergency
- Ultrasonography
- Wellness
 - Deworming, Vaccines

918-827-8000

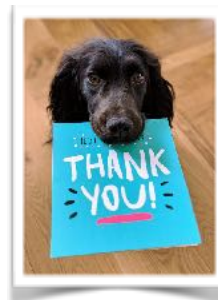
reception@pineridgeequine.com | www.pineridgeequine.com
2281 West 171st Street South | Glenpool, OK 74033

Event Cancellations

- * Region 5 Regional Championships - canceled
- * WDAA World Championships in Guthrie - canceled

Grateful For Webmasters!

MUCH gratitude goes to **Sue Twitty** who has served as the ODS Webmaster for years. Sue will gradually turn the reins over to **Lindsey Greco**. A huge "Thank You!" Goes to Lindsey for taking on this role! will be staying around to help with the transition.



Quick Healing Well-Wishes

Riding horses is such a pleasurable sport, but one that comes with risk of safety. As we all know, injuries side-line a number of riders each year.

Jan Cibula Murrell, the ODS Board Vice-President, recently joined that list with a long tally of "re-arranged" body parts. Jan has been in St. Francis Hospital, but by press time, should be home recovering. If you would like, please send Jan your well-wishes to brighten her day.
jan.cibula@gmail.com



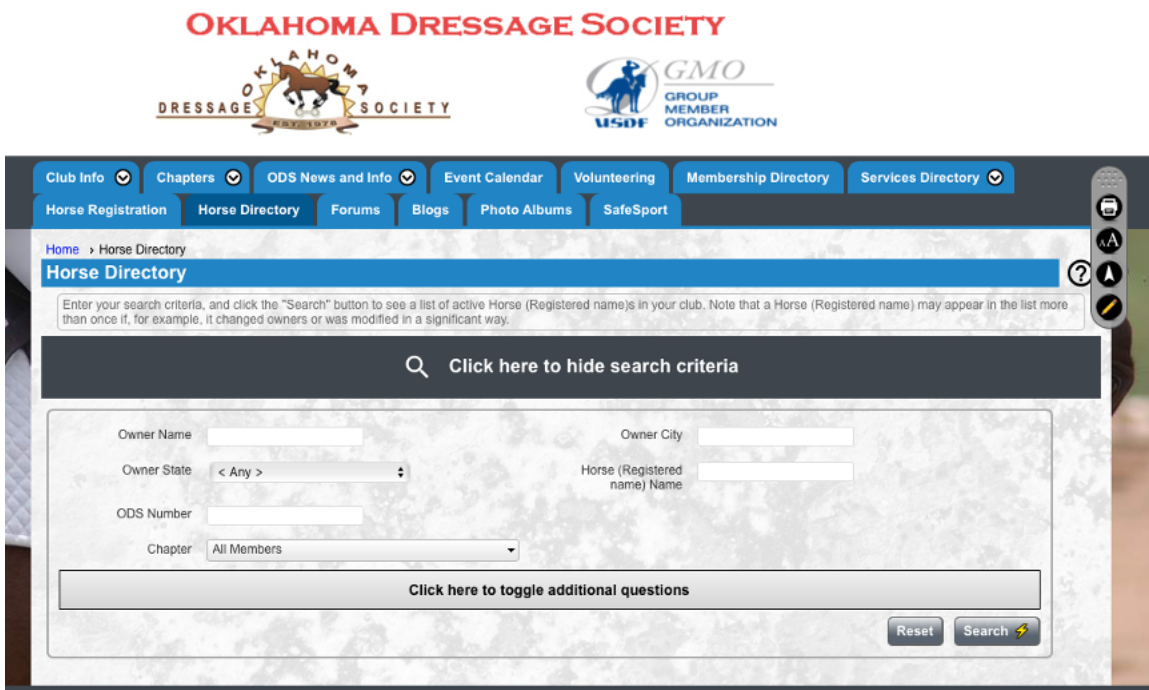
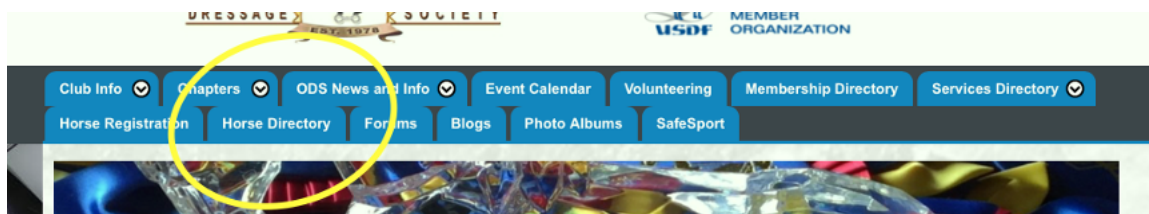
Good To Know

ODS Website: How To Look Up Your Horse's ODS Number

By: Pamela DeVore

You can look up all you horses' numbers very simply on the ODS website. You do need to be logged into the website (<https://dressageoklahoma.org>) as this information is only available to members.

Once you are logged in just click on the Horse Directory tab.



You will then be on this page.

Enter your name, or your horses name, or the number then hit the search button at the bottom right of the page. If you just entered your name and you have had several horses registered, all of your horses listed

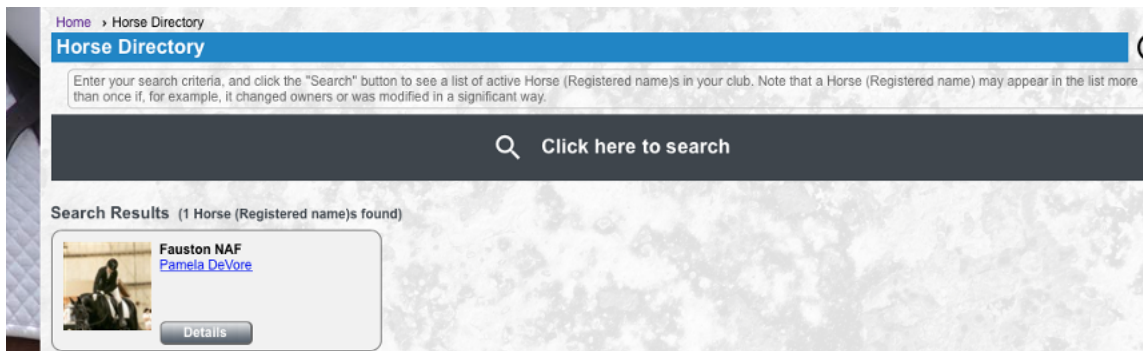
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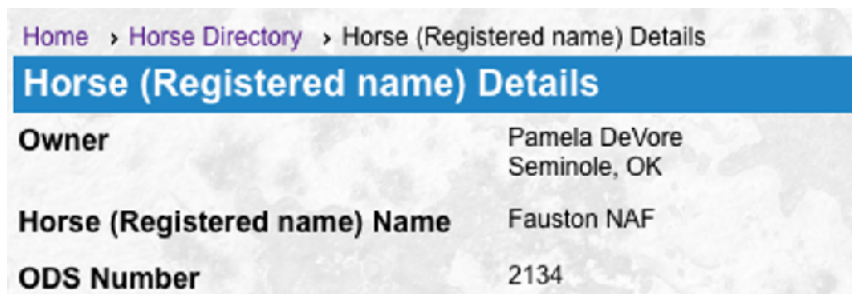
ODS Website: How To Look Up Your Horse's ODS Number *(cont'd)*


(Cont'd from previous page)

as active will come up. Most have only one horse and it will look like this.



Click on the Details tab under the horse you want to check on and you will see this page. Which includes the ODS number.





Ken Shoemaker
Agent
10115 S Sheridan, Suite D
Tulsa, OK 74133-6765
Bus 918 299 9995 Fax 918 289 2114
ken.shoemaker.ch0u@statefarm.com

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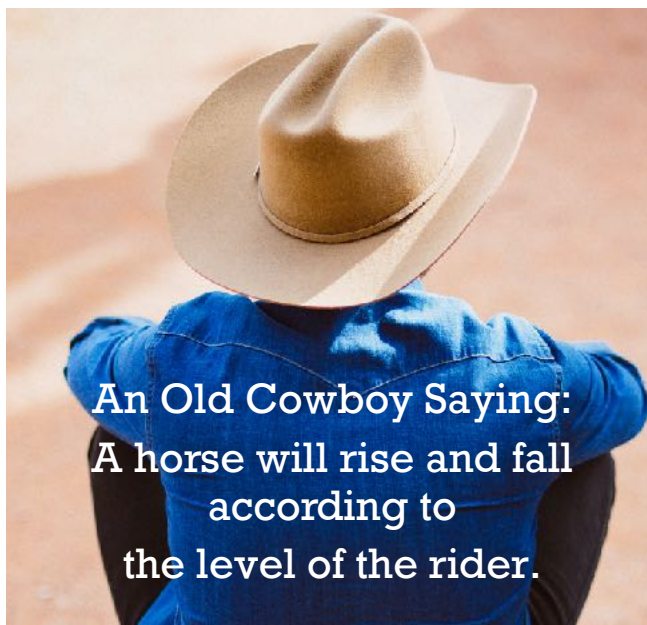
(Continued from page 4)

secrete acid also secrete mucin and bicarbonate, so they are protected (note that ulcers can still occur here but they are less common). But the cells of the upper squamous portion don't secrete acid and therefore have very little protection. They're not designed to come in to contact with stomach acid. As we ride the stomach acid sloshes about and—if there is not a good fibrous mat—it will come into contact with those unprotected squamous cells, leading to an increased risk of ulceration.

If it has been several hours since your horse last had access to hay or other forage, I recommend offering some hay prior to riding. While consuming forage might increase body weight, which some believe is a negative attribute for horses needing to work at speed, researchers have shown that feeding small amounts of hay or grazing prior to exercise doesn't negatively impact performance.

If you have a choice in hay availability, I recommend offering access to alfalfa before exercise. The reason for this is that studies have found that alfalfa's high calcium and protein content have additional buffering capacity, which researchers believe help further reduce ulcer risk over other forms of hay. If your barn does not feed alfalfa or you don't want your horse to get a full flake of alfalfa hay, then feeding a pound or two of alfalfa pellets is likely to be sufficient. You could offer these while you're grooming and preparing to ride.

Source: thehorse.com, authored by Clair Thunes, PhD




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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.

Letter From The President

(Cont'd from page 1)

Thanks to **GCC**, we have managed to consistently offer schooling shows virtually, and hopefully live in September. ODS will be putting on a Schooling Show in the OKC area **September 27**, look for the show bill in the Newsletter. **ZOOM** meetings will continue, as these have become quite popular. We have been continuing (consistently 12) to be in touch with **Beth Baumert** about a ZOOM series, detail to come; plus we have ideas for other presenters as well. Check in the Newsletter for a list of **Essential Oils** that can be used on horses, courtesy of our latest ZOOM speaker, **Sandra Edmondson**.

What else can we do for you?!? Sing out with ideas ~~

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.

- August** GCC Virtual Show (Details on Facebook)
August 11 ODS Educational Meeting @ 7:30pm (via Zoom!)
Sept 19 GCC Schooling Show w/Judge Sherry Guess (@ Sonrise Stables, BA)
Sept 27 ODS Schooling Show w/Judge Celeste Brown (@ High Hill Farm)
Oct Amateurs/Juniors FREE Clinic - Details TBA
Oct 17 GCC Schooling Show w/Judge Roberta Clark (@ Joyful Noise, Pryor)
Nov 14 GCC Schooling Show w/Judge Wanja Gerlach (@ Joyful Noise, Pryor)

MOVED TO
OCTOBER!

ShowSecretary.com

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:

Sept 9
@ 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