



Centerline

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

NOVEMBER

2020

New ODS Group Texting

You can opt in for ODS group texting for up-to-date info!

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Zoom Educational Meetings

Register for upcoming education meetings with interesting topics that will help you and your horse. Pg 4-5

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An emergency midnight trip to the vet and some investigation reveals pasture danger. Pg 6-8

Toxic OK Plants

How can you keep your horse's grazing environment safe.

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USEF SafeSport Update

SafeSport requirements outlined here!

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Free ODS Clinic A Success

Member appreciation clinic at newly updated Tulsa area farm a fun & educational annual ODS offering. Pg 15

Letter From The President

Well, we are faced with lots of changes this month! Time change, Presidential changes, weather changes... whew, hard to keep up sometimes. I hope some things are constant for you, in a good way. Constant access to your horses, pleasant riding days, good friends around, and I hope some kind of stability in your life.

Good riding and good friends happened for ODS in the form of our very successful Free Members Appreciation Clinic on November 7. We had perfect weather for the eight riders who participated in the clinic. Check out the report and pictures in this issue.

GCC is gearing up for their Virtual Championships ~ not quite as much fun as a live show, but fun nevertheless!

Changes coming up for ODS revolve around our AGM. We will try something different this year ~ a hybrid meeting, with a limited live gathering and Zoom. Look for an article about that soon.

Another new possibility will be putting the Member Directory online, but also printing a version for those who still like to hold a booklet in their hand (like me!). Let us know what YOU prefer!

And finally, we are set up with our group texting feature! You will receive an email offering the option to sign up if you are interested.

I will end this with thoughts of the November holiday of Thanksgiving ~ I hope you can all make your own private list of things you are grateful for, even during this difficult and often disappointing year. Cultivate that Attitude of Gratitude, in spite of what might not have worked out so well for you this year. Put it behind you, hold on to what is even a little bit good today. You will feel better for it.

I am Thankful for all you good people of ODS!

Stay safe & well, my friends,

- Kay
kkamishods@aol.com





New ODS Registered Horses

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

2509 | Jackpot V | Marie Maloney
 2510 | Tabihas Perscription | Katie McCall
 2511 | GW Lees Last Encore | Karley Maloney
 2512 | PH OH Peraly Wrythm | MacKenzie Kessler
 2513 | Pfirefly | Kristin Knutson

Order New ODS Swag

Check out the new ODS swag! Just in time for the holiday season - get your new Polo shirt, sun hat or ball cap! You'll be stylin' around the barn and around town while showing your support of our dressage club. Email Pamela DeVore to order: pamelad68@aol.com

2020 Region 9 Volunteer Of The Year Award!

ODS submitted the name of a tireless volunteer who has worked countless hours as the ODS Webmaster, **Sue Twitty**. Sue was ever cheerful when asked to do an ODS web-related task, never failing to immediately get email blasts distributed or answer questions.

Region 9 graciously reflected the same appreciation for Sue's dedication and hard work, however, they did select another person to be the award recipient. Happily, this is another Oklahoma resident, Annie Houchin. We who know Annie know that she too is a dedicated hard worker, and thus deserves this award. Congratulations to Annie. Well done!

Info From The New TDF Rep

Nancy Trait-Lira is the new ODS representative for The Dressage

Foundation. She will be helping spread the news about grants offered by TDF and is here to answer any questions by ODS members. The Dressage Foundation wants to help riders get the training and education they want for themselves and their horses. TDF's new publicity campaign will begin in January 2021. Stay tuned for more information and Keep Riding!

Contact Nancy:
ntraitlira19@gmail.com

ODS Texting!

We now have an ODS group texting number, so we can start building a group text list.

Please note: *this is an optional feature!* You will not be signed up automatically.

The ODS Website will generate an email to every member and you will be given the option of whether to sign up for it or not. This is a send-only number; you will not be able to reply, nor will you get blown up with a thread of people making comments! It will be used only for event announcements or very special situations. Only the Webmaster will be able to generate these texts, and the group list will not be distributed nor shared.

If you want to participate in this group texting but do not receive an email offering you the option, please contact our Webmaster, Lindsey Greco at lindseymgreco@gmail.com.



Oklahoma Dressage Society

Ladies Polo's & Hat Order Form



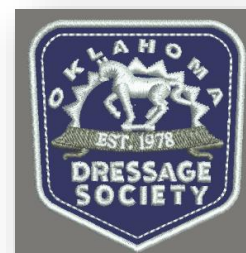
\$35.00



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



“Plant Toxicities in Oklahoma” With Dr. Kris Hiney

December 3rd @ 7:00pm

Announcing another interesting, informative and timely ODS Educational Presentation! Please join ODS guest speaker **Dr. Kris Hiney** as she shares important information about toxic plants as they relate to horses.

Dr. Kris Hiney is an associate professor and Extension equine specialist for the Oklahoma State University Department of Animal and Food Sciences. Dr. Hiney works with equine owners and producers in the state of Oklahoma as well as 4-H and youth programs. She is the current Chair of Extension Horses, a national network of equine extension specialists, and the host and producer of the podcast series: ***Tack Box Talk: Horse Stories with a Purpose***.

Her focus is providing equine education in a variety of formats making education fun and available to all learners

In her spare time, she is a dog trainer/instructor and an avid agility competitor with her two dogs: Torque and Avi.



**To participate in the Dec. 3rd ODS Educational Meeting,
and to obtain a link to the Zoom meeting, please email
Lindsey Greco: lindsey.ods@gmail.com**

**Want to know more about plants that are toxic to horses?
Visit: www.horsedvm.com/toxic.php**

Yet Another Lesson From My Horse (Part 2)

By Nancy Trait-Lira



Nancy & riding partner, Dutch.
Photo credit to Sandra Galonska Edmondson

I'm at our front gates and it's 11:15 pm. on Wednesday, September 30. I've got a sick equine buddy in the trailer, am looking at a 1-hour drive to a place I've not been and it's really dark. Luckily, the full moon is out and helping me to see where I'm going. The roads are running empty and I'm at the entrance to Oakridge Equine Hospital a lot quicker than I anticipated. I think I've had enough to think about so late at night hauling precious cargo.

I pull up and stop. The assistant vet, Dr. H, is right there to help get Dutch inside. I grab his halter and head back to the trailer end. Opening doors, I find the inside lights, which helps to unload my horse. I climb up next to him and begin to put his halter on. My concerns for the night have not ended. I inadvertently stick my finger in Dutch's right eye. Yep, you got it; the horse-handler isn't doing very well tonight. Of course, he swings his head in the opposite direction. The head swinging is not easy, nor in slow motion. Dutch slams his head sideways into my head and jaw which then gets slammed against the trailer wall. Fun! I find myself kneeling on the floor making the choice between throwing up or passing out. Awarded a score of 0 out of 10 for that last movement. I think I scared Dr. H more than myself. Of course, I'm just trying to figure out if I can get up without falling out of the trailer. I don't think I want to try that move again.

Reboot and stand up slowly. I offer the halter to Dutch again, very sloooowly. He's a sweetheart, trusting me enough to put his head in the halter himself. I'm easy and slow as I snap his halter up, step out of the trailer and ask him to come with me. We walk up the path into the vet hospital exam room. Dutch is wonderful at the walk. I'm just trying to stay upright and not walk in a drunken line or fall over.

The emergency vet staff takes Dutch in hand once he is in the stocks. Vital signs, history, medical conditions experiencing at the time, and some blood taken for analysis. Of course, I have paperwork to fill out as the exam is continuing. What date is it? Oh, it's midnight. Do you want Sept. 30 or Oct. 1? Sedation comes next: for Dutch. While we are waiting for it to take effect, we talk about the fact that Dutch is still drooling and is in the process of making a pond on their floor.

They insert the gadget and prop open his mouth to start their exam. Both Dr. B and Dr. H take turns looking in Dutch's mouth, checking every part of it. They grab his tongue, too. They don't find anything either. They end their exam and try to release the speculum from Dutch's head. The leather strap over his poll won't release from the buckle and the strap can't be slipped over his head. Poor Dutch. Just one more thing to go wrong this night. Finally, with both vets applying pressure, they are able to get the buckle to release the leather strap and Dutch's head escapes from its prison. Dr. B steps back as the others make preparations to insert and sew an I.V. port in place on Dutch's neck. The decision has already been made that Dutch should stay for the night to receive fluids intravenously. We seem to have come to the time for that special conversation. "What do you think?" The conversation goes hesitantly forward....



Pokeweed berries.
Photo courtesy of Kay Kamish

(cont'd)

Yet Another Lesson From My Horse (Part 2)

(Cont'd)

Dutch's mouth is clean and nothing is found to be causing the problem. All his vital signs are within normal. On the lab work, Dutch is consistent with signs of severe de-hydration. Nothing else shows up. Silence. Dutch does have both a swollen tongue and soft pallet. What does that mean? Not sure. Normally, when a horse comes in drooling like this we have to think of rabies.....he's vaccinated, but I did smell a skunk outside last night. Another silent pause. There have been some strange symptoms lately that have turned out to be Strangles.....but he's kind of old for that heavy silence.



*Pokeweed plant.
Photo courtesy of Kay Kamish*

As they lead Dutch out of the exam room down the hall to his stall for the night, Dr. B and I continue "The Conversation." Dr. B would like to keep him overnight and see how Dutch is in the morning after a night of fluids. I'm plying him with questions and suggestions about what might be causing all this. My mare had the exact same food as Dutch tonight. He was in a different pasture than her this morning. They both came in with no symptoms of any kind at noontime. She is exhibiting nothing. He didn't eat his dinner mash or hay. Should I bring samples of the food and supplements? Dr. B will call me during the night if anything worsens; otherwise, he will call in the morning with a report on how Dutch is doing.

I'm escorted outside to my trailer and am shown where I can leave it for the night. I'm thankful for that because I sure don't want to try hauling that home right now at 2am. with a head that's still ringing and feeling squashed from the head-banging incident. My brain is working overtime. What is this all about? What has Dutch gotten into? How bad is this really going to be? Is he going to recover? Geezzzz..... I'm just getting him rehabbed from the major injury he had in June. And is Dutch going to be okay???? Oh, yeah, then I start thinking about the cost. I just want my buddy well. The drive home is peaceful, on the outside. I don't have to keep reminding myself to breathe now; no

problem keeping myself awake.

The morning comes, the alarm goes off. I head out to the barn to feed Echo, put her out to pasture and clean anything up that's needed. Pretty quiet. I find myself walking into Dutch's paddock area looking at the ground. There's a small cluster of dark purple, round berries, four still on the stem that has places for six. It's on the ground in front of Dutch's paddock entrance. Hmmmm. They don't belong there. Where did they come from? No plants or berries around this area. Did a bird drop them here while in flight? I bend down to pick them up. They go in my pocket.

My cell starts to ring. It's Dr. B. Do we start "The Conversation" again or is Dutch going to be ready to bring home today? Good morning, I hope. "Well, Dutch is doing better. He's got his head up looking around a little. Eyes are a little brighter. I gave him a little Senior feed, but he's not interested in it. Not eating any hay or drinking. He's stopped drooling from what I can see except for a little bit in the bottom of his feed

bucket. And, his tongue is still swollen." I share with Dr. B that Dutch is very gregarious with both humans and horses. Is he in a place that he can see others? Well, no. Dutch's been isolated from other horses in case he does have an illness, but he's been interacting with the humans some. I share also that Dutch is not used to being stalled. He's usually out 24/7 with just an overhang on the barn. Can he be outside?

His blood work this morning is showing he's halfway to where he needs to be with taking care of the dehydration. Do we know what is going on yet? No. We decide to draw some more blood for a more extensive panel. If nothing else, at least we'll have a baseline. All information is shared with Dr. Rasmussen. Dr. B would like to keep Dutch another night. He'll get more fluids and more time for observation. I also wouldn't be hauling him home to the possibility that he might get worse and have to be hauled back to the hospital again. So, it's "The Waiting Game."

After the call is finished, I start going into high gear thought processing. The drooling with a swollen tongue and soft palate suggests it was something he ate. The only thing different between the two horses yesterday was the pasture they grazed. I go into investigative mode and start looking for anything that might have caused a problem. I've got to find where those berries came from. I've seen them, but where? I start taking photos on my cell phone and collecting plants, flowering and not. Shrubs and ground-covering. I find clover, oxalis, a low-growing multi-stemmed oval leafed plant, poison ivy (really?), acorns and oak. I find other plants near the woodpile that I can't identify. I go to the panels and fencing that surrounds the pasture. There's a darker corner of tall plants and sapling trees crowded together. Plants I'm unfamiliar with are hanging over the 5' panels. Oh, there's the plant that has those berries I found by Dutch's gate. I've got a large selection of plants and photos. Now it's time to hit my books

(cont'd)

Yet Another Lesson From My Horse (Part 2)

(Cont'd)

about plants that are toxic and poisonous to horses. I go inside, start my research and can't find any kind of information for those berries and the plant they were on. I do find an article with common signs of toxicity:

- Ataxia/neurologic symptoms include **stumbling, in-coordination**
- Elevated heart rate or labored breathing/**excessive sweating**
- Discolored gums**
- Discolored urine/poor bladder control
- Photosensitization
- Muscle tremors**
- Difficulty swallowing, excessive salivation/slobbering**
- Colic/diarrhea

Then I find the one article that has a great photo of the plant with berries. Pokeweed? Heard of it? Not in relationship to horses. I have heard of people eating the leaves, but only after boiling the leaves in water 3 times and throwing out the water each time. Heard it still tastes bitter. Pokeweed Symptoms: diarrhea (possibly bloody), anemia, weakened pulse, colic, lethargy, convulsions. Well nothing for Dutch's symptoms; but, those berries were by his gate and didn't have any reason to be there. The common signs of plant toxicity really has turned some lights on for me. And then, there's the list of plants in Oklahoma. Pokeweed is on it and under the Toxicity Level: *Dangerous! OMG!*

Dr. B calls again with the results of the new, extended blood panel for Dutch. Nothing new. He's getting better with his hydration, but not back in the normal range. Dutch has been put outside in a corral with some grass and other horses around. He immediately becomes interested in the Senior feed and water. I mention the berries I found and that I found pokeweed plants. In my gut, I know I've found the culprit. Dr. B agrees. I text out the information to friends and we all go on an eradication program to rid all our pastures of pokeweed.

Dutch comes home the following afternoon (Friday) when I finally get Dr. B's name: Dr. Jeff Brakenhoff. We return home just in time for the farrier appointment. I ask my farrier and then another long-time Oklahoma horse friend about Pokeweed. Both are familiar with the plant and tell me the berries will kill a horse. I'm now on hyper-alert from Friday until Tuesday morning because it takes Dutch that long to recuperate and be his everyday self with absolutely no extra salivation. Or maybe it's just me that finally gets back to normal. I absolutely love hearing Dutch nicker at me when I step out the door to head to the barn. I missed that a lot in those few days.

So, how much did I learn from my horse this time? Too much to count. The big action I'm taking is to inform myself about all the toxic plants in Oklahoma. I'm also hoping to set up a Toxic/Poisonous Plant File on the ODS website. This space would be available for anyone to use as a reference and add their own photos, comments, list of symptoms when eaten, etc. on plants/flowers/grasses. It would be nice for all of us to have the information on hand so we can survey our pastures and keep our horses safe and healthy.

A & M Flowers

**Vintage
Farm**



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Ken Shoemaker

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Toxic Plants To Horses Found In Oklahoma

As we begin to see the grass disappear, it is common for our horses to begin looking for other food sources in our pastures. Unfortunately, some of the sources they choose are toxic. Recognizing toxic trees, weeds, and plants in our pastures can be difficult. Signs of toxicity due to consumption can also be difficult to detect in our horses. Toxicity symptoms may be misleading as many symptoms overlap with other issues typically seen by horse owners, such as colic. As horse owners, it is important that we:

1. Learn what types of plants are toxic to our horses in our area.
2. Evaluate where horses are grazing and either remove toxic plants or manage our horse's access to them.
3. Learn toxicity symptoms and be able to recognize them if our horse exhibits signs.
4. Connect toxicity signs to the plants that cause them.

Below is a list of common weeds, trees, and plants in Oklahoma that are toxic to horses. With each species of plant, are the common symptoms of toxicity so that you may recognize them if your horse begins to exhibit signs.

- ◆ Alsike clover – symptoms: photosensitivity, colic, ulcers in the mouth, jaundice, weight loss, appetite loss, hypersalivation, loss of coordination, behavior changes, weakness, diarrhea, depression
- ◆ Black locust – symptoms: loss of appetite, diarrhea (possibly bloody), colic, weakness, depression, dilated pupils, tachycardia (rapid heart rate)
- ◆ Jimson weed – symptoms: effects nervous system, hallucinogenic properties
- ◆ Locoweed – symptoms: abnormal behavior, infertility, abortion, heart failure, weight loss, poor performance, depression, circling, incoordination, staggering gait, unpredictable
- ◆ Nightshade – symptoms: abdominal pain, diarrhea, dilated pupils, loss of appetite, loss of muscular coordination, trembling, paralysis, shock
- ◆ Pea vine or perennial pea – symptoms: abnormal gait, weight shifting, stiffness of hindquarters, roaring
- ◆ Poison hemlock – symptoms: blocks spinal cord reflexes, muscle tremors, incoordination, paralysis, frequent urination, sudden death due to respiratory failure
- ◆ Pokeweed – symptoms: diarrhea (possibly bloody), anemia, weakened pulse, colic, lethargy, convulsions
- ◆ Red maple trees – symptoms: depression, dark brown urine, brown mucus membranes, lethargy, increased respiration rate, incoordination, dullness, loss of appetite, weakness often leading to recumbency
- ◆ Snakeroot – symptoms: trembling, sluggishness, depression, slight incoordination, sweating, stiff gait, heart failure, jaundice, listlessness, teeth grinding, inability to swallow, sudden death

(cont'd)

Toxic Plants To Horses Found In Oklahoma

(Cont'd)

- ◆ Tall fescue – symptoms: abortion, prolonged gestation, poor immunity in foals, weak foals
- ◆ Water hemlock – symptoms: effects central nervous system, causes nervousness, breathing difficulties, muscle tremors, collapse, convulsions, death

If you see these symptoms in your horses, contact your veterinarian immediately. Preventive measures such as removing these plants or restricting your horse's access to these plants is the best way to avoid toxicity poisoning and is highly recommended. If you would like to know more about toxic plants, a database has been created on **www.horsedvm.com** that describes plants, the toxic parts of the plant, symptoms, and regions where these plants can be found.



Black Locust trees are found in many pastures as shade providers. If clearing trees or brush, do not to leave leaves, bark, or seeds from these trees anywhere the horse has access. Ingestion can result in severe toxicity.



There are over 70 different species of **Nightshade**. These weedy, flowering shrubs have a berry that is highly toxic to horses, but the entire plant is toxic to horses. Often seen in overgrazed pastures, they should be removed.



White snakeroot is a common plant flowering at this time of year in Oklahoma. Be on the lookout in underbrush for this plant with little white flowers and remove it when you see it present. The plant becomes sweeter and more attracting to the horse during flowering.

www.horsedvm.com/toxic.php

Just For Fun: Out Of The Mouths of Students & Instructors



Instructors ~ don't you delight in those moments when your student "gets it," and can repeat back to you a concept you've been saying many times?

Students ~ don't you value those pearls of wisdom from instructors that just seem to resonate with you?

Do you Instructors & Students out there have quotables to share that others have said to you, or some of your own? Send them to Kay to put in the next newsletter! kkamishods@aol.com

"You can't supple what's
not going forward."

From: Melissa Simms, Reit institute Egon von Neindorff, Karklsruhe,
Germany

"You can't collect what is not in
front of you."

DO WHAT
YOU CAN.
WITH WHAT YOU
HAVE.
WHERE YOU ARE

Theodore Roosevelt



Announcements



Safe Sport Due For All USEF Members

Thank you for being a US Equestrian member. Your required Safe Sport awareness training is due to be refreshed annually as required by our Safe Sport Policy. Our records indicate that your anniversary date is approaching. Please complete your SafeSport training by 1/1/2021.

Please be advised that if you do not successfully complete this requirement within 15 days, you will be ineligible to participate in USEF activities, including competitions.

- For a horse's competition points to count, the owner, exhibiting rider, and trainer must all be compliant with the SafeSport Training requirement by absolutely no later than the end of classes on the first day of the competition.*

** If training is completed on the first day of the competition, a 'SafeSport Trained' certificate must be presented to the competition secretary in order to be eligible to compete and for any points earned to count.*

- If a horse competes while an exhibiting rider/ trainer / owner is ineligible due to failure to complete SafeSport Training and results would have accrued points, then those points are deemed bad points. **There is no appeal process to change those points from bad points to good points.**

If you have any questions regarding this, please contact Teresa Roper at troper@usef.org or 859-225-6915.

We all have a role to play to ensure our members are safe, and we thank you for your compliance.

Kind regards,

United States Equestrian Federation

www.usef.org/safe-sport

OKLAHOMA DRESSAGE SOCIETY



FOR MORE INFO, CHECK OUT THE SAFESPORT TAB ON THE OK DRESSAGE SOCIETY WEBSITE!



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WHAT YOU NEED TO KNOW

About Safe Sport & the USEF Minor Athlete Abuse Prevention (MAAP) Policies



01

In February 2018, the Protecting Young Victims from Sexual Abuse and Safe Sport Authorization Act of 2017 was signed into law. Among the provisions in the law was Congressional authorization for the U.S. Center for SafeSport to ensure athletes could report allegations of abuse to an independent entity for investigation and resolution. The Center works with National Governing Bodies (NGBs), including US Equestrian and other Olympic disciplines, to enforce the SafeSport Code as well as the federal Safe Sport Act, both of which are aimed at protecting athletes from abuse. The Center ensures all NGBs follow the strictest standards for child abuse prevention and detection.

02

SafeSport training is required for USEF members (18 years of age or older) and is essential in creating a safer environment for our competitors. Regardless of whether your engagement with equestrian sport brings you into everyday contact with young participants or not, SafeSport training is required. SafeSport training gives all of us the knowledge to be part of the solution to keep our young people and our sport safe. The online SafeSport course lasts approximately 90 minutes and only needs to be completed once. Thirty-minute refresher courses must be completed annually thereafter.



03

USEF's Minor Athlete Abuse Prevention (MAAP) Policies are aimed at creating an atmosphere free of emotional, physical, and sexual misconduct. Per the policies:

- One-on-one interactions with minors must be observable and interruptible, with exceptions requiring written consent from a legal guardian.*
- Adults must include another adult on all electronic communications with a minor, in connection with USEF-sanctioned activity.
- An adult may travel with a minor in the presence of another adult or two other minors, or with written consent from the minor's legal guardian.*
- Working students under 18 years of age who travel or live with a trainer must also have written consent from the working student's legal guardian to do so.*

If you observe or are made aware of any violation of these policies, you should resolve it if possible and report the violation to USEF.

*Sample **consent language** is available under [Additional Resources](#)

04

Within 24 hours of learning of suspected or alleged sexual misconduct, USEF members must make a report to the U.S. Center for SafeSport, and local authorities if a minor is involved. Reports to the Center can be made electronically through the Center's website at uscenterforsafesport.org/report-a-concern. Individuals should not investigate or attempt to evaluate the credibility or validity of allegations involving sexual misconduct; the Center's response and resolution processes, as well as its FBI-trained investigators, will investigate.

05

USEF is committed to working with members around these issues and ensuring everyone understands the role they play in creating a safe environment for our competitors. The USEF website features a number of resources to help members maintain a culture that does not tolerate abuse. Our representatives are available to answer questions and clarify misconceptions. Ultimately, we are all on the same team, working to keep our members safe and striving to be part of the solution.

Announcements

ODS Member Directory Goes Hybrid

Another experiment for this year ~ a “hybrid” Membership Directory. What might that be? We will put the Directory online, but will print a limited number of paper copies as well. This will hopefully control costs, as we anticipate not having to print or mail as many hard copies. We did want to offer the paper copy for the benefit of the advertisers who might appreciate having their ad easily accessed by more people without having to go on-line with a password to access the Directory. **Veronica Moody** has once again agreed to collect ads, so watch for a reminder from her if you have advertised before. If you have not, and would like to, please contact Veronica at veeger.vm@gmail.com.

ODS Board Needs YOU!

Remember, we are looking for nominees for three ODS Board positions. Come on, give it a try! This is such a great group of people to work with, I can't say enough about them. Join us and help with ideas for how we can continue to offer great things for our members! It is a three-year term, we get together once a month, and since Covid, all meetings have been held by phone, or more recently, via Zoom. So, distance or where you live is not a factor. Contact any Board member if you're interested in helping keep ODS strong and active!



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:

- Acupuncture
- Chiropractic
- Coggins
- Dentistry
- Emergency
- Endoscopy/Gastroscopy
- Health Certificates
- In-House Laboratory
- Lameness Exams
- Laser Therapy
- Microchipping
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- Radiology
- Regenerative Therapies
 - Stem Cell, PRP, IRAP
- Reproductive
- Shockwave Therapy
- Surgeries
 - Elective & Emergency
- Ultrasonography
- Wellness
 - Deworming, Vaccines

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2281 West 171st Street South | Glenpool, OK 74033

Events

THANK YOU FOR ALL YOUR HELP!

A Fun Success: Free Appreciation Clinic For ODS Members @ YOLy Farm

Last year ODS began the tradition of offering a Free Clinic with a local instructor all for our invaluable Volunteers who put in so much time and effort for the good of the club. As you know, our three major events had to be cancelled this year, but we wanted to continue the tradition. This year we opened the clinic up to all

Amateur and Junior members as a "thank you" for just getting through this difficult year.

We all need some cheering up, and those who joined us November 7th sure found it!

Laurie Hedlund was the local instructor, and the freshly redone **YOLy Farm** in Broken Arrow (formerly Sonrise Stables) could not have been more welcoming.

David Yonce, farm owner, and **Kami Newby**, his finance, were gracious hosts, excited for us to be there. They are looking forward to developing their farm into a spectacular Dressage facility and look forward to hosting more ODS events next year! The facility, the weather, the people gathered all combined to make a perfect day.

There were eight riders and horses: **Kami Newby** and Tristan, **Debbie Garrett** and Soli, **Leigh Taylor** and Professor, **Erika Marabel** and Zoe, **Laura Taylor** and Lionheart, **Cathy Orban** and Buddy, **Linda Whitley** and Lucy, **Doris Degner-Foster** and Silver Concho.



Left to right: Laurie Hedlund, Kay Kamish, Doris Degner-Foster (on Concho), David Yonce and Kami Newby.



We made some new friends, caught up with old friends, and generally enjoyed a beautiful day! Next year we will bring back this appreciation clinic, so be on the lookout for opportunities for you to give a little help to your club so excellent events like this one can continue!



ODS Spring Schooling Show In OKC Area

Mark your calendar: Saturday, March 27, 2021. ODS is hosting a schooling show in the OKC area. In the morning there will be a Classic & Western Dressage Show. In the afternoon there will be a "Ride-A-Test" clinic. For the clinic, riders will first ride a test of choice that will be judged. This test will qualify for ODS end-of-the-year awards. After the initial ride of the test, the rider will receive a short coaching session with the judge specifically for that test. Then the rider may ride the test again with those corrections in mind. The second test ride will not qualify for end-of-year-awards. Sounds exciting, doesn't it!? More information will be announced in the coming weeks. Ask Nancy Trait-Lira any show-related questions you want or make any show-related suggestions between now and January. After January, the show will officially go on the ShowSecretary.com calendar. ntraitlira19@gmail.com.

Hybrid Format Of ODS Annual General Meeting In January

Final plans are being made for the Annual General Meeting. Per survey results, we will be experimenting with a hybrid meeting structure: some members will attend live and all others can attend online. We are waiting to confirm a room reservation at the OSU Campus in Oklahoma City for the live portion of the AGM. *Live attendance will be limited ~ first come, first in!* Because this will be a simpler, smaller and more casual and friendly atmosphere, ODS plans to provide box lunches for the live attendees.



The proposed date for the **2021 AGM is Saturday, January 23, 2021**. We will have a formal announcement as soon as we confirm the room... but.....**Save the date!!!**

Save The Date!



Coming **February 20-21, 2021** to Tulsa, OK (dates to be confirmed)

Judges Seminar & Clinic with Dolly Hannon "S"

Saturday Mounted Clinic: An Opportunity To Work On Freestyle If Desired

Sunday Class Setting: Judges Seminar for CE for "L" Graduates & Judges



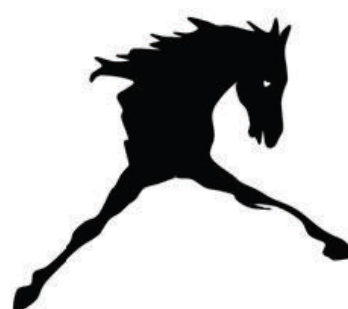
GCC Championships - A Virtual Show Closing Date: Dec 1

*A new test filmed specifically for this show
is required.
No previous videos are permitted.*



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- WEE, 50%
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<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

It's Election Time!



Your ODS Board is composed of nine members, and designed to have a rotation of three new openings every year. This year **Emily Moser, Marta Koenig, and Nancy Trait-Lira** will have fulfilled their terms. We are looking for folks to fill their spaces. Please consider putting your name in the ballot box, or nominate someone who you think would be a valuable Board member. We need people who can donate a little of their time and lots of their ideas to run YOUR club. ODS can only grow and be as strong as those few people who are willing to step up and put effort into it.

Outgoing Board members can put their names in as candidates to serve again (YES, that IS a hint!!), as well as any of the adult members willing to help out.

****Parents**** you do not necessarily have to be a rider to be on the Board. What we need are people enthused about the operation of the Club who are able to invest some time. This past year has been challenging for us all, and especially for me as a first-time President. I want to thank every current Board member for the positive, can-do, willing attitudes you have all brought to the table. You all made it fun in spite of the challenges.

We are now accepting nominations for future Board positions. You may nominate yourself, or suggest someone else. Please do this sooner than later, so we can begin to assemble nominee profiles to announce to the membership. Voting will take place at the AGM in January 2021. Below is the current ODS Board Member List.

Last Yr To Serve 2022

Lindsey Greco
Kay Kamish
Erin Nelson

Last Yr To Serve 2021

Nancy Burba
Jan Cibula
Sherri Pittman

Last Yr To Serve 2020

Marta Koenig
Emily Moser
Nancy Trait-Lira



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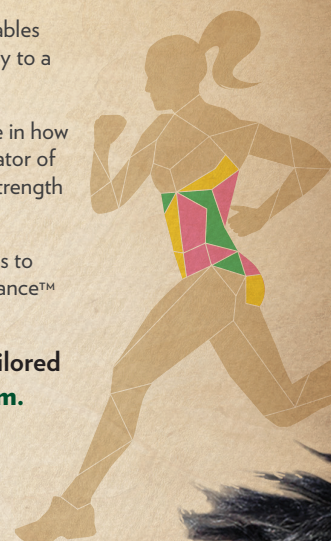
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CLASSIFIED ADS

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: newsletter@dressageoklahoma.org.



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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.

- Nov 16** ODS Educational Meeting via Zoom: "Pilates & Yoga for Dressage Riders" (@ 7:30pm)
- Dec 1** Closing date for GCC Championships virtual show
- Dec 3** ODS Educational Meeting via Zoom: "Toxic Plants in OK Pastures" (@ 7:00pm)
- Jan 23** Annual General Meeting (date tentative, OKC)
- Feb 20-21** Judges Seminar & Clinic w/Dolly Hannon "S" (Tulsa) - Note: dates to be confirmed
- March 27** ODS Schooling Show & Clinic Combo Event (OKC Area)



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:**

Dec 8

@ 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 - **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
 PO Box 1101
 Kellyville, OK 74039

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