

Centerline

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

January

2019

ODS, USDF & Region 9 Info

Meeting dates, useful resources & more...

Pg 2

ODS Dressage Symposium

You won't want to miss a minute of this former Olympian's instruction coming to OK in April. Rider applications & auditor forms are due soon!

Pg 3-4

GCC Annual Meeting & Awards - See The Results!

Celebrate with ODS members in the Green Country Chapter who received awards. Lots of smiles in this group!

Pg 5

ODS Board Nominees

These dressage riders stepped up to dedicate their time and talents to make ODS an even more super-duper club! Learn who's on the slate...

Pg 7-9

Certified Pilates Instructor Tips For The Equestrian

ODS summer meeting special presenter Michelle Meiklejohn's article instructs how to build key muscles for effective dressage riding.

Pg 10-11



Letter From The President

I hope everyone had a great Christmas season and is staying warm.

I am looking forward to 2019! We have some great nominations for the ODS Board of Directors who will bring some new energy and ideas to the club! I am excited about what they will bring to ODS.

2018 was a successful year! Here is a list of our accomplishments:

- * The Spring shows were full and a success!
- * The Symposium with Anne Gribbons was very well attended with 16 riders and a many auditors. We received lots of positive comments, thanks to Kay Kamish and her team's hard work putting on that educational event.
- * ODS supported the Western Dressage Association of America's World

Championships in Guthrie, OK by loaning them our three dressage rings. A big "Thanks!" goes to Green Country Chapter for providing theirs! This resulted in ODS being named a Buckskin Sponsor which allowed our banners to be prominently displayed throughout the facility. ODS also received verbal recognition many times by the announcer.

- * ODS supported the CDI managed by the Houston Dressage Society.
- * ODS provided a morning coffee at the Austin Dressage Judging Seminar.
- * Summer Meeting educational session was very interesting. This is something I would like to see us expand. Riding is an ongoing education, and this is a perfect way to learn something new!
- * ODS sponsored two classes at the Spring Fling Green Country Arab Association Show.

Wow! What a busy 2018!

The 2019 Symposium is set! Christine Traurig is coming to Tulsa! There is so much to learn from her! Make plans to audit as this will be a fantastic educational opportunity.

The ODS Board has been talking about providing more shows, particularly in the OKC area and south. We have heard (cont. pg. 15)





Renew Your ODS Membership Today!

Join or renew your ODS membership today! Get ahead of the show season by taking care of membership renewals or joining now. It's quick & easy! Go to dressageoklahoma.org today!

ODS Annual General Meeting

Make plans now to attend the ODS Annual General Meeting (AGM), which is to be held on **January 26, 2019**, at Remington Park. RSVP deadline extended to January 19th.

New ODS Horse Registrations

Here is a list of new horses recently added to the ODS registry:

#2461 - *Raphaello FA - Donna Copeland*

Plan Ahead - Region 9 Summer Meeting

The Houston Dressage Society will host the next Region 9 Summer Meeting on August 3, 2019 at Haras at 26427 Peden Rd, Magnolia, TX 77355



2019 USDF Tests

New 2019 USEF/USDF Dressage



Test Booklets are now available. You can order yours for \$9.95 online at store.usdf.org. This handy booklet features the USDF Introductory & USEF National Level tests, Training through Fourth Level.

Or download your own tests at <https://www.usdf.org/downloads/forms/index.asp?TypePass=Tests>.

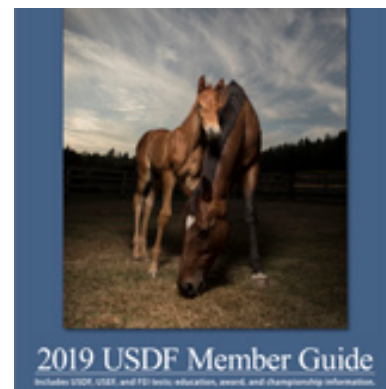
These tests are valid from 12/1/18-11/30/22.

USDF Official Podcast

Check out a whole library of interesting podcasts in the official USDF Dressage Radio Show. <https://usdf.podbean.com>

2019 USDF Member Guide Online

The digital edition of the 2019 USDF Member Guide is now available online. This is a reference that includes tests, USDF program, award and championship information, and more. It is available here: [https://](https://issuu.com/usdf2/docs/2019_member_guide?e=33388472/65919380)



issuu.com/usdf2/docs/2019_member_guide?e=33388472/65919380



Oklahoma Dressage Society
presents



Christine Traurig

**"TRAINING EXERCISES USED TO
PROGRESS THROUGH THE LEVELS"**

Spring 2019
Dressage Symposium

Rider Fees:
\$300/ODS Member
\$350/Non-Member

Auditor Fees (ODS Member):
\$50 for 1 Day
\$80 for 2 Days

Auditor Fees (Non-Member):
\$60 for 1 Day
\$90 for 2 Days

*USDF University
credit pending*

REGISTRATION FORMS AVAILABLE AT
WWW.DRESSAGEOKLAHOMA.ORG

Email Registration Forms to Kay Kamish
kkamish0DS@aol.com

April 6 & 7
2 0 1 9

Rider Applications Due March 2

Lunch Included for
Auditors who Register
by March 30 & All Riders

Auditors Welcome at the Door,
However Lunch Not Guaranteed

Contact Kay for Rider Application
or with Questions:
kkamish0DS@aol.com
918-808-6128

TULSA EXPO CENTER ————— MUSTANG ARENA

Events



OKLAHOMA DRESSAGE SOCIETY

Is proud to present our 2019 Spring Symposium
Featuring
CHRISTINE TRAUERIG

“Training Exercises Used to Progress Through the Levels”

Christine was born in Germany to parents who operated a breeding farm near Verden. At age 25 she began riding for the Hanoverian Elite Sales in Verden. She moved to the US in 1982 and assisted her husband, Bernie, in importing dressage and jumper horses.

In 2000 Christine and her partner Etienne were on the US Team at the **Sydney Olympics**, earning a **Team Bronze Medal**. In 2002 she and Etienne were alternates for the WEG Team in Jerez. Currently Christine operates her training stables in Encinitas, California.

In 2015, she was appointed as the USEF **National Coach for Young Dressage Horses**

Christine will be one of the presenters at the **USDF Trainers' Conference** in Florida, Jan 2019

In this Symposium Christine will focus on how exercises progressively prepare horses to move up through levels by building strength, confidence and self-carriage.

APRIL 6, 7, 2019

TULSA FAIRGROUNDS
Mustang Arena

Rider fees: **\$300 ODS members**
\$350 non-members

Auditor fees: **One Day \$50/ODS**
\$60/non

Two Days \$80/ODS
\$90/non

Lunch Provided for Riders
and Auditors registered by March 30, 2019

Rider application deadline: March 2, 2019

Auditor registration available on days of Symposium, but lunch not guaranteed.

RIDER APPLICATION: Contact Kay Kamish, ODS Education Chair: kkamishODS@aol.com 918.808.6128

AUDITOR APPLICATION: ODS Member? Yes ☐ No ☐

Name _____ Email _____

Address _____

Phone _____

Mail with payment to OKLAHOMA DRESSAGE SOCIETY to: Kay Kamish
25395 South 4130 Road #B
Claremore, Ok 74019

Announcements

Congratulations to Green Country Chapter Riders Earning Year-End Awards

On January 6 of this new year, the ODS Green Country Chapter gathered at the OSU Extension Office in Tulsa for its annual meeting and awards presentation. Out-going president Jess Korver presided, announcing chapter business (like new schooling show classes coming this year and upcoming educational events) and exciting awards. On this page award recipients are pictured with GCC's 2018 President Jess Korver.



Amanda Edwards: Recognized Shows Champion (Landstrider)



Melissa Furman: Intro AA Champion (Plesant Picasso)



Cathy Orban: Training AA & Vintage Champions (Kismet)

Not Pictured:

Laura Taylor: Intro AA Reserve & Intro Vintage Champ (Lovingston)

Holly Fisher: First Level AA (Happy Go Lucky)

Diane Allard: Western Basic AA & Vintage (Cowboy)



Marjorie Brown: First Level Junior/Young Rider Champion (Top Bug Baber)



Abigail Butts: Western Intro & Western Basic Jr/YR Champions (Snowbird)



Corinne Bridgeman: Western Level I Open & Vintage Champion (Diamond Dan)

Incoming GCC Board of Directors:

President
Kat Greubel

Vice President
Jean Korver

Treasurer
Jeff Page

Secretary
Elizabeth Richards

Member At Large
Kristi Butts



Abigail Butts: Jr Multi Club Award



Cathy Orban presented the Jamie Orban Junior Award to Abigail Butts



Volunteers Of The Year: Cathy Orban, Melissa Furman, the Page Family (Zoe Page), Laurie Hedlund

YOUR CONNECTION TO DRESSAGE

EDUCATION • COMPETITION • ACHIEVEMENT



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www.usdf.org



United States
Dressage
Federation™

Announcements

Photo by John Dolson from Unsplash

ODS Board Nominees

At the January 26th Annual General Meeting (AGM), three Board of Directors positions that are rotating off and one vacated position will be brought up for a vote to the membership. The following are the current nominees. Nominations will be welcomed from the floor at the AGM.

Nancy Trait-Lira has spent her first lifetime as a professional dancer, choreographer and dance educator. She began the introduction to her second lifetime as a horse owner, trail rider and dressage enthusiast with her first horse in 2000. Nancy is presently a proud and humbled riding partner with Hanks Miss Echo and Double Dutch Chocolate. As an educator, Nancy feels you should never stop learning the most you possibly can about that which you are passionate about. Within that journey will be the learning of who you truly are along with the wisdom to practice the art of honesty & compassion. An artist and passionate learner, Nancy is ready to work for ODS and the accompanying horse community utilizing her organizational skills and creative thinking.



Nancy Trait-Lira

Meet **Corinne Bridgeman**: I have been involved with 4-H as a member, assistant leader, leader and horse judging coach since my freshman year of high school. The last 15 years I've been the project leader of the Equine Excellence 4-H club. The last 4 years I've been the treasurer of the WDAOK.

I also do custom leatherwork as well as having a "real" job as Director of the Vinita Public School Child Nutrition Program. My husband and I also have a small herd of commercial cattle. I love training and showing in western dressage. It has made me a better partner for my horses. I have been an ODS member for 3 years.



Corinne Bridgeman

Please allow me to introduce myself. My name is **Amy Haymes** and I am interested in serving on the board of the Oklahoma Dressage Society. My formal education is a BS in Agricultural Communications and I work as a data analyst. Like you, horses are my passion.

I began my first professional work at the age of 16 with an apprenticeship under multiple national champion Hunter Under Saddle trainer Gigi Bailey. Throughout my youth career I won multiple national championships in horse judging and evaluation. My success as a youth provided scholarships and opportunity in my collegiate career where I won the National APHA Collegiate Championship in 2000 for horse judging and a reserve national IHSA championship in 2002 in Advanced Horsemanship. Following college I returned to training horse's fulltime. I worked for two farms specializing in western and all-around events to diversify my education. During this tenure I prepared, coached and showed on the national circuit with Pullin Ranch in Conroe, TX.



Amy Haymes

Announcements

Photo by Erin Deaton from Unsplash

ODS Board Nominees *(cont. from pg. 7)*

[cont. Amy Haymes] In 2006, I left training professionally to pursue my individual goals. I met my now husband in 2008 and we married in 2011. His work led me to Saudi Arabia where I lived from 2012 to 2016. That is the pivotal experience that made me fall in love with the sport of dressage. I rehabilitated numerous horses during my time there. Without the conveniences we enjoy in the states, I could only rely on sound training principles to help these horses become healthy, purposeful athletes that are fun to ride!

I now live in Oklahoma City where I work at Devon Energy. Burbon River is the 2010 OTTB who currently rules my world. This delightful mare and I are looking forward to showing in 2019 and beyond. I recognize that serving the association who provides opportunity is integral to the sport. I would love to give my time and effort and create new relationships in the dressage community.

Donna Copeland has been a member of ODS on and off since the mid 1990s when she moved here from Florida. She first rode classical Intro tests on Bonnie Macom's "Sissy", a half-Arabian mare, because she was afraid to ride her own horse in competitions! Her horse, "Gunz N Roses," won the 2001 ODS Reserve Champion Training Level Award with another rider.

Along with obtaining an Associate Degree in Veterinary Science awarded in 1976 in one of the first Vet Tech programs offered in the US, Donna has bred and exhibited several Pinto Half-Arabians from 2001-2015 in Arabian and Pinto shows. A major experience was showing the same pinto gelding in both the US Arabian Nationals in 2008/2009 and many times in the Pinto World Championships in Tulsa. Unfortunately training and showing primarily as a halter handler for over a decade took Donna away from riding. In 2015 she took her only remaining pinto to the Pinto World 50th year anniversary show winning her first ever Top Ten under saddle in what is still called "Ideal Pinto English Pleasure" where horses are both ridden and then stood up in halter at the end of the class. Later that year, Donna realized her dream was to become a real rider.



Donna Copeland

In the fall of 2015 Donna was introduced to Laurie Hedlund.. Laurie convinced Donna that Western Dressage was a legitimate form of dressage and could be ridden in exactly the same frame, using the same bit, the same independent seat, and the same understanding of classical aids taught classic riders. It was just what Donna needed to get back into the saddle after back surgery.

Donna was convinced by Laurie that they should compete at the 2018 WDAA World Show. They competed in their first ever **Basic "Test 1"**, the first of the Western Dressage lope tests earning them an 11th place with only 4/10th of one point off of a Top Ten in the test's Amateur Division. Donna is convinced that western dressage is a legitimate and credible form of dressage allowing many who might not feel comfortable riding or showing warmbloods in Classic dressage to continue to ride with pride, and enjoy the joy of improving one's communication with their beloved mounts, regardless of what breeding or background horse and rider come from.

Donna currently works for Express Employment as a Technical Writer and is looking forward to retirement in the near future.

Announcements

Photo by Erin DeLeon from Unsplash

ODS Board Nominees (cont. from pg. 8)

Nancy Burba and her family moved to Oklahoma 5 years ago, settling in Stillwater where her husband is a professor at the Veterinary College. They moved from Louisiana where Nancy had built a successful Dressage instruction and training business. She started from scratch at a lovely facility north of Stillwater, and now has a very strong youth-centered business, Noble Road Equestrian Center. Her Louisiana students won't let her go, and bring her back several times a year for clinics there.

Nancy is a USDF Certified Instructor to Second Level, and has earned her Bronze and Silver Medals from USDF, as well as the USDF Bronze Bar for Musical Freestyle. She has been an ODS Member since moving here, and actively shows her own horses, as well as encourages her young riders to get down centerline.



Nancy Burba

Nancy trains with Sarah Martin when Sarah comes to Oklahoma for her Advanced Group and Open clinics. Nancy's dedication to learning has taken her to Colorado to work with Sarah every summer for the past several years. If elected to the Board, she will bring her enthusiasm and knowledge of the correct training in dressage, and will be active in encouraging education, especially for the young riders who will be the future of dressage in this State and Region.

ODS Breed Awards Coordinator Needed for Spring Show

Oklahoma Dressage Society is recruiting for a coordinator for our Saturday Spring Dressage Show.

Rita Glenn, who has been our coordinator for the Breed Awards has decided to retire from this position after many, many years of doing this job. She has committed to training whomever takes on this job. The position duties are to contact each of the Breed Associations to obtain ribbons and/or awards for the shows in May, receive the awards/ribbons, display them at the show, and assist in announcing the winners at the show awards ceremony.

This is a valuable position. Without a coordinator we would not be able to offer these additional awards to those participating in our show. If you are interested, please contact Roberta Clark (Show Committee Chair) at roberta.clark@sbcglobal.net or [918-605-3263](tel:918-605-3263).

Volunteers are the life-blood of ODS.

-Pamela DeVore, ODS President

Photo by Heather Ford from Unsplash

Abdominal Strength And Riding

With the New Year, often comes resolutions to get healthy, get fit, eat better, and make more time for the important things. If you are like me, all these resolution goals can be related back to riding. The healthier and more fit I am, the better I can enjoy my riding time which is so very important to my mental and physical health. Unfortunately, this time of year seems to be one of the hardest to get out and ride whether it's the cold, wet weather or the lack of daylight when you get home from work or the lack of a covered or enclosed riding arena. Winter is a riding challenge. As a result, we often don't get on our horses as much as we would like, and our health suffers. One option to help combat that is to practice exercises that benefit your riding, so that when you do get out to ride, your body is more willing and able to take on the challenge.

In this second installment of the four-part article series on Pilates and its benefits to riders, I will be discussing the role of the abdominal muscles and their importance to riding. As with all the articles in this series, the goal of this article is to educate riders on the muscles that should be worked and identify Pilates exercises that will target those muscles. It is common for riders to overuse certain muscles and underuse other muscle groups. Abdominal muscles fall into the category of underuse. Specifically, the *rectus abdominus*, the obliques, the *transvers abdominis* (TVA), and the pelvic floor. The abdominals work with the back to create the core needed for support of the torso. Think of the core as a girdle. A weak or underused core leads to gripping with the legs, holding on to the reins for balance and lower back pain.

The *rectus abdominus*, commonly known as our "six pack" abs, are used to move the body forward or flex the torso at the waist. They work with the gluteal muscles and hamstrings to keep the pelvis in proper position and protect the lower back. They absorb shock while keeping the body supple. The obliques are located under the rectus abdominus and wrap our side and waist. There are both internal and external obliques that rotate, stabilize and support the torso, as well as bend the torso from side to side. The obliques are the key stabilizers of the lower back. The TVA is the deepest abdominal muscle. It is between the ribcage and pelvis and runs horizontally. It works in conjunction with the lower back to form the girdle of the torso. When you engage or turn on your TVA, your horse turns on their abdominal muscles resulting in better hind end engagement. The pelvic floor was discussed in article 1 in the Sept 2018 ODS newsletter issue.

Every Pilates exercise requires engagement of one or more of the abdominal muscles. These next exercises specifically target the abs and are a good place to begin evaluating where your current strength level is as well as increasing that strength. I will give a brief description of the exercises. As with any new exercise routine, check with your physician before starting. This is a great place to start strengthening the abs. For an in-depth explanation and modifications for your specific body, contact a certified Pilates instructor near you and check out my Pilates for Riders online classes coming February 2019.

Exercise 1: Neutral Series

Lie on your back with your knees bent in an "A," feet on the floor, hip joint width apart. Arms down at your side, palms to floor. Find neutral pelvis (pubic bone is parallel to the floor, the natural arch of the lower back is preserved, think thumb tack at your back about at the waist band, rib cage pointers or base of sternum are engaged, think elevator doors closing, expanding the ribcage out like a fire place bellows instead of pushing the belly up to breath). Raise one leg at a time to a 90/90 angle (the hip joint is at 90 angle to torso, the knee is at 90 angle to the back of the leg) also known as "table top." Keeping pelvis and spine still, raise and lower each leg one at a time. Next, bring both legs to table top, from table top lower one leg at a time to tap the toes to the floor while keeping the pelvis and spine still. Don't let your back overarch. When you can do

Photo by Heather Ford from Unsplash

these two moves, add another challenge. From table top with your legs, extend one leg straight to a 45 angle from the floor, alternating each leg. It is extremely important that through all these movements, the pelvis stays in neutral position. This position engages all the abs and protects the lower back from injury.

Exercise 2: Ab Prep or Sternum Fold

Lie on your back with your knees bent in an A, feet on the floor, hip joint width apart. Find neutral pelvis again. Exhale your breath as you lift your shoulders and chest off the ground. Imagine a rope is connected to the base of your sternum between the base of your ribs running between your bent knees to the wall opposite your head. As you lift, raise your arms and reach your fingertips, palm down to that wall opposite your head. At the top you should be looking between your knees. If this bothers your neck, squeeze your ribcage pointers even more. Inhale, place your shoulders and head back on the ground and repeat. As you get stronger, combine these two exercises, staying up in ab prep while you complete the neutral series, remembering to inhale and exhale fully. Breathe!...do not hold your breath.



Michelle, with her mare Zieta.

Michelle Meiklejohn is a comprehensively trained Pilates and Equestrian Pilates instructor from Fayetteville, AR as well as an avid rider and horse lover. Find out more about Michelle at www.connectionpilates.life



The Oklahoma Dressage Society is proud to present our

SPRING I & II SHOWS

May 4 & 5, 2019 • Tulsa Expo Square, Tulsa OK

Judges: Robin Bueckmann "S" & Beverly Rogers "S"



ALL PARA CLASSES OFFERED



Everything under ONE roof • Climate Controlled Arenas • Fabulous Stalls

The Oklahoma Dressage Society would invite you to join us for our Spring Shows. This is a Level 3 show in which we are offering JR/YR and Young Horse qualifying classes.

We moved our event to the Tulsa Expo Square in 2016. This new facility offers many amenities including spacious climate controlled show rings and warm-up. We will be using the Ford Truck Arena, pictured above, for our show rings. The arena accommodates two full size rings. Our warm-up, in the Mustang Arena, is spacious and also climate controlled. Also pictured above are the fabulous stalls, which can be converted to double stalls upon request. We are very excited about this venue as it houses the entire show under one roof.



FOR THE COMPETITOR

- Level 3 Show
- Friday Night Stall Crawl
- Saturday Night Derby Party
- Photographer Available
- Silent Auction
- Climate Controlled Arenas
- Vendors
- Convenient Parking
- Excellent RV Hook-ups



Clinic Opportunity At Horses & Healing in Neighboring Arkansas



1/26/19: Dressage at Horses for Healing!

Rider and Auditor Registration Form



About our guest clinician, Wanja Gerlach:

Since moving to the US, Wanja has earned his USDF Gold, Silver, and Bronze medals, with qualifying scores on a variety of horses that he has trained and campaigned (more than 50 competition horses!). Currently he has several young horses in training that he is actively competing, as well as horses he is showing through the GP. Prior to coming to the States, Wanja earned all three riding badges (dressage, jumping, and theory) in the German Abzeichnen System, where he was put through a full examination by licensed judges. In Europe, he was rated to judge through the PSG level, and still enjoys judging here in the US as well. His ability to discuss theory, and what riders can do to best set their horses up for success (either as competitive horses for your enjoyment, or as sales horses for future clients) makes Wanja an asset to the dressage world. We are lucky that he has decided to clinic with us, and hope you take advantage of this exceptional opportunity!

Please mark your selection below:

- ☐ I would like to ride with Wanja on Saturday January 26th, 2019. \$80 fee payable to Wanja Gerlach. Day use of a stall is available at \$30, payable to Horses for Healing. Ride times will be assigned on 1/23/19. Please reserve your space with us today!
- ☐ I would like to audit: We will plan to have light snacks and beverages available. Please let us know if you plan to audit so that we can plan for enough to eat and drink!

Rider / Auditor Name: _____

Address/City/Zip: _____

Phone: _____ Email: _____



Events

Horses & Healing Clinic *(cont. from pg 11)*

Photo Release:

I ☐ DO ☐ DO NOT consent to and authorize the use and reproduction by Horses for Healing of any and all photographs and any other audio/visual materials taken of me for promotional material, educational activities, exhibitions or for any other use for the benefit of the program.

Signature: _____ Date: _____
Rider, Parent or Legal Guardian (18 and over)

Authorization for Emergency Medical Treatment

In the event emergency medical aid/treatment is required due to illness or injury during the process of receiving services, or while being on the property, I authorize Horses for Healing to:

- 1) Secure and retain medical treatment and transportation if needed.
- 2) Provide this form consenting to medical treatment upon request to the authorized individual or agency involved in the medical emergency treatment.

CONSENT PLAN

THIS AUTHORIZATION INCLUDES ANY TREATMENT PROCEDURE DEEMED "LIFE SAVING" BY THE PHYSICIAN. THIS PROVISION WILL ONLY BE INVOKED IF THE PERSON LISTED BELOW IS UNABLE TO BE REACHED.

Emergency Contact, name and phone number:

Preferred Medical Facility: _____

Health Insurance Company: _____

Signature: _____ Date: _____
Rider, Parent or Legal Guardian (18 and over)

Liability Release

_____(Rider's Name) would like to participate in a special event / arena use at the Horses for Healing program. I acknowledge the risks and potential for risks of horseback riding. However, I feel that the possible benefits are greater than the risk assumed. I hereby, intending to be legally bound, for myself, heirs and assigns, executors or administrators, waive and release forever all claims for damages against Horses for Healing, its Board of Directors, instructors, therapists, aides, volunteers, independent contractors or clinicians and/or employees for any and all injuries and/or losses I may sustain while participating at the Horses for Healing program.

By signing below, the undersigned asserts that they have read, understand and agree to abide by the Barn Rules, and acknowledge the Arkansas EALA A.C.A. § 16-120-201 – 202. Under Arkansas law, an equine activity sponsor, livestock activity sponsor, livestock owner, livestock facility, and livestock auction market are not liable for an injury to or the death of a participant in equine activities or livestock activities resulting from the inherent risk of equine activities or livestock activities.

Signature of Rider: _____ Date: _____
Or parent / guardian if rider is under 18 year of age

Signature of Owner: _____ Date: _____
Or parent / guardian if owner is under 18 year of age / if different than rider

We Hope To See You At Horses for Healing! 14673 Daniels Rd, Bentonville AR 72713

Please email your completed registration to megan@horsesforhealingnwa.org.
Checks can be mailed to hold your spot, or you can call Megan at 479-795-0570 to process payment by card.
We look forward to seeing you!



(cont. from pg. 1)

Letter From The President

...from our sister GMOs in Texas that they would like to see us provide more shows as we have more climate controlled facilities. Finding dates in those facilities can be tough but we're hoping to make it happen with the help of many more volunteers to help plan and staff these events.

Our volunteers are the only way ODS can successfully survive and thrive into the future. Anytime you can volunteer is appreciated greatly. So please consider what you can do to help us provide more services to our members.

Thank you to all who volunteered in 2018. This year all those who volunteered will receive special recognition at the Annual General Meeting and Awards Banquet on January 26 at Remington Park. I hope to see you all there!

— Pamela DeVore
President,
OK Dressage Society

Services, Buy & Sell

ODS loves its Marketplace advertisers! Thank you for your support! Please support ODS advertisers throughout the year by patronizing their businesses. If you would like to advertise your business in Centerline, email the editor for specs and rates: newsletter@dressageoklahoma.org.

YOUR AD
COULD BE
HERE!

Advertise in the ODS yearly Directory!

Rates are as little as \$10 for a training listing to
only \$60 for a full page!

Contact newsletter@dressageoklahoma.org for details.

Hurry! **ACT NOW** before the print deadline!

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.

2019 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).

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

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

\$40 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)

\$60 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) \$ _____

\$10 North Central Chapter (NCC) \$ _____

\$10 Great Plains Chapter (GPC) \$ _____

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: [Laura.Custer](mailto:Laura.Custer@okdressage.org), Phone: 405-314-3931 Please allow 4 to 6 weeks for processing by USDF.



Advertising Rates

Oklahoma Dressage Society Media Advertising Rates 2019

Monthly Newsletter

<u>SIZE</u>	<u>DIMENSIONS</u>	<u>MTH</u>	<u>12 MTHS</u>
Full Page	7.5w x 9.3h	\$40	\$200
1/2 Page (vertical)	7.5w x 4.5h	\$20	\$150
1/2 Page (horizontal)	4.86w x 6.8h	\$20	\$150
1/4 Page	3.625w x 4.55h	\$10	\$100
Business Card (horizontal)	4.86w x 2.28h	\$ 8	\$ 50
Business Card (vertical)	2.4w x 4.55h	\$ 8	\$ 50
Calendar Event Listing (Text Only) – ODS Members <i>(Includes contact email, phone, name of clinic)</i>		FREE	FREE
Calendar Event Listing (Text Only) – Non ODS Members <i>(Includes contact, email, phone, name of clinic)</i> <i>(Free with paid registered ODS shows or events)</i>		\$ 20	\$ 15 (each add mth)
Classified Ad Listing (Text Only) – ODS Members (3 lines)		FREE	FREE
Classified Ad Listing (Text Only) – Non ODS Members (3 lines)		\$ 5	\$ 55
Trainer Listing <i>(\$30 a year for ODS Website & Newsletter Listing combo)</i>		N/A	\$ 20

Please send all advertisements as a PDF or jpg file. All ad copy to Melissa Furman – newsletter@dressageoklahoma.org

Tel #(918)209-5829.

All payments sent to Marta Koenig, ODS Treasurer, P.O. Box 1101 Kellyville, OK. 74039, Tel #(918) 232-0675.

All ads and payments must be received by 28th of the month.

Yearly ODS Membership Directory

<u>SIZE</u>	<u>DIMENSIONS</u>	
Full Page	4.25w x 7.75h	\$ 60
1/2 Page	4.5w x 3.75h	\$ 35
Business Card	3.5w x 2h	\$ 25
Training Listing <i>(Free with paid advertising)</i>		\$ 10
Inside Front Cover	4.25w x 7.75h	\$160
Inside Back Cover	4.25w x 7.75h	\$160

Deadline is November 15. All send all advertisements as a PDF or jpg file. All ad copy to Laura Custer – membership@dressageoklahoma.org

All payments sent to Marta Koenig, ODS Treasurer, P.O. Box 1101 Kellyville, OK. 74039, Tel #(918) 232-0675.

ODS Website

<u>SIZE</u>	<u>DIMENSIONS</u>	<u>MTH</u>	<u>6 MTH</u>	<u>YRLY</u>
Banner Ads		\$ 30	\$ 60	\$160
Calendar Event Listing (Text Only) – ODS Members <i>(Includes contact email, phone, name of clinic)</i>		FREE		
Calendar Event Listing (Text Only) – Non ODS Members <i>(Includes contact email, phone, name of clinic)</i> <i>(Free with paid registered ODS shows or events)</i>		\$ 20		
Training Listing <i>(\$30 a year for ODS Website & Newsletter Listing combo)</i>		N/A	N/A	\$ 20

All website advertisements should be sent to Sue Twitty, webmaster@dressageoklahoma.org. All ads must be web ready in a jpg or gif format only. 480x60 pixels for horizontal ad or 150x100 (these ads will display across the center of a page on site) or 150x150 pixels for vertical ads (these will be displayed along the sides of the pages on site). All payments sent to Marta Koenig, ODS Treasurer, P.O. Box 1101 Kellyville, OK. 74039, Tel #(918) 232-0675.

Oklahoma Dressage Society Advertisement Form

2019 Membership Directory

Date: _____

Company Name & Address:



Contact Person: _____ Telephone: _____

Yearly ODS Membership Directory

<u>SIZE</u>	<u>DIMENSIONS</u>		✓
Full Page	4.25w x 7.75h	\$ 60	<input type="checkbox"/>
1/2 Page	4.5w x 3.75h	\$ 35	<input type="checkbox"/>
Business Card	3.5w x 2h	\$ 25	<input type="checkbox"/>
Training Listing (Free with paid advertising)		\$ 10	<input type="checkbox"/>
Inside Front Cover	4.25w x 7.75h	\$160	<input type="checkbox"/>
Inside Back Cover	4.25w x 7.75h	\$160	<input type="checkbox"/>

Deadline is November 15. All directory advertisements sent to: [Laura Custer at membership@dressageoklahoma.org](mailto:membership@dressageoklahoma.org)

All payments sent to Marta Koenig, ODS Treasurer, P.O. Box 1101 Kellyville, OK. 74039, Tel #(918) 232-0675.

Please check ✓ the desired size of advertisement above.

 Authorized Signature



NEW
& IMPROVED FORMULA



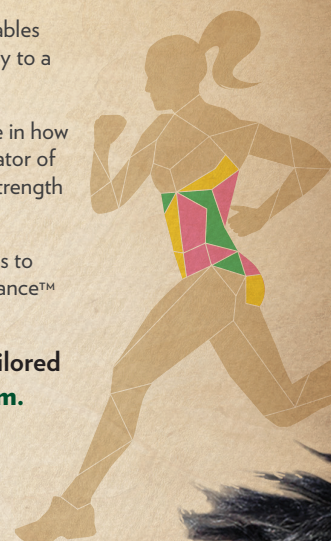
Empower® Topline Balance™ THE FIRST CHOICE IN TOPLINE HEALTH

Just like humans, horses have a core muscle group that enables motion, performance, and drive—and proper nutrition is key to a healthy core.

Known as the topline, a horse's core plays an important role in how a horse performs, looks, and feels. Topline is a critical indicator of overall health. A strong and healthy topline signifies core strength and proper nutrition.

Research proves Nutrena® feeds are the best when it comes to topline. Experience it by trying new Empower® Topline Balance™ horse feed.

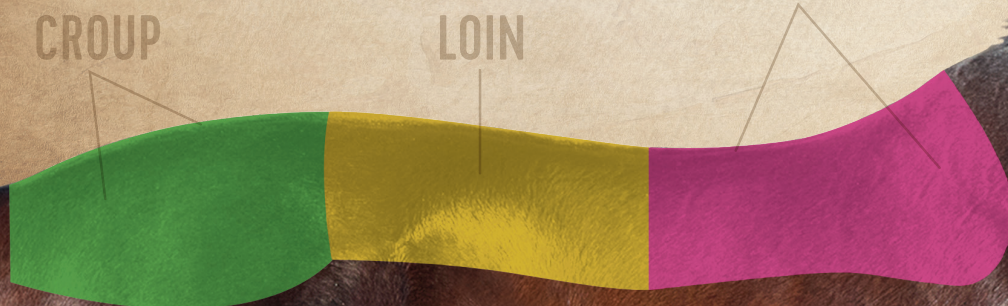
Evaluate your horse's topline health and get a tailored feeding recommendation at ToplineBalance.com.



CROUP

LOIN

WITHERS & BACK



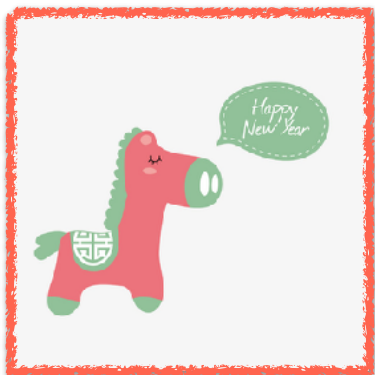
Nutrena's unique approach to topline health.
Featured in specific Nutrena® premium equine feeds.
Look for the Topline Balance™ emblem.



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.



- Jan 26** ODS Annual General Meeting @ Remington Park, OKC
- March 23** GCC Shaggy Pony Schooling Show @ Sonrise Stables (BA)
- April 6-7** ODS Spring Symposium with Christine Traurig @ Tulsa Expo Center
- April 13** GCC Spring Schooling Show @ Sonrise Stables (Broken Arrow)
- May 4-5** ODS Recognized Spring Show @ Tulsa Fairgrounds
- May 25** GCC Memorial Day Schooling Show @ Sonrise Stables (BA)
- June 15-16** Green Country Dressage Classic I & II @ Claremore Expo Center
- July 20** GCC Blazing Summer Schooling Show @ Sonrise Stables (BA)
- Sept 7** GCC Fall Schooling Show @ Sonrise Stables (BA)
- Oct 26** GCC Halloween Theme Schooling Show @ Sonrise Stables (BA)
- Nov 16** GCC Schooling Show & Championships @ Sonrise Stables (BA)

Did you know ... as of 12/1/2018 in order to enter a freestyle class at any level a horse/rider combination must have received a minimum score of 63% in the highest test of the declared freestyle level or any test of a higher level...Please refer to USEF Dressage Rule 129.1 for complete details. Previously the minimum required score was 60%. You may have heard there was a lot of discussion at the USDF Convention held in Salt Lake City about how this rule change was implemented. A motion was made and passed to ask USEF to rescind this revision. There are no guarantees it will be rescinded, so the 63% minimum score is currently in effect until further notice. — Anne Kuhns

Monthly ODS Meetings Open To All Members



Every Oklahoma Dressage Society member is welcome to attend in person or to call in to the monthly Board of Directors meeting, usually held on the **second** Wednesday of each month at the Stroud Police/Fire Department starting at 6:30pm.

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

Next ODS Board Meeting:

Feb 13

@ 6:30 pm.

New Meeting Day!
Now 2nd Wed.

ODS Board Members

President - Pamela DeVore president@dressageoklahoma.org
Vice President - Open
Secretary - Robin Grain-Walkup heidigrain@hotmail.com
Treasurer - Marta Koenig treasurer@dressageoklahoma.org
Education - Kay Kamish education@dressageoklahoma.org
Membership - Laura Custer l.custer@cox.net
At Large - Pamela Rhodes pamela.rhodes@sbcglobal.net
At Large - Brian Rogge brianr410@yahoo.com
At Large - Emily Moser emismc@gmail.com

ODS Leadership Volunteers

Newsletter - Melissa Furman newsletter@dressageoklahoma.org
Scholarships - Robin Grain-Walkup heidigrain@hotmail.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
11513 NS 3600 Rd
Seminole, OK 74868