

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

AUGUST

Pg 2, 9

WDAA World Championships Coming to OK in Oct Compete, volunteer, sponsor - many opportunities are available with this 1st class show right here in OK!

USDF Region 9 T-Shirts & Omnibus *Pre-order the newly* designed Region 9 T-Shirts and Reach your target audience in the 2020 Region 9 Omnibus. Details inside. Pg 2, 8

Accident Survivor Story Read about an ODS member who survived a serious riding accident, and learn what she is doing to help others stay safe.

Pg 3

Pilates for Dressage Clinic in September Enjoy beautiful Joyful Noise Farm while learning powerful pilates exercises to strengthen your dressage riding! Sign up today! Pg 5-6

FREE Volunteer Clinic Set for Sept 28 -**Auditors Welcome** Gracious ODS members are hosting a FREE clinic for ODS volunteers. Auditors & riders will all benefit from this fantastic learning opportunity! Pq7

2019

Letter From The President

I hope everyone is staying safe (and cool) this summer.

This is the 4-year anniversary of my daughter's accident on Fauston. Kailey had just gotten on him in the outdoor arena at home. She was walking him around waiting for me to get out there. He suddenly bolted. She stayed on him until he made one of those 180-degree turns. At the time we did not have the arena fenced so he took off across the pasture. The fall could not have happened on harder ground. She was knocked unconscious for a few seconds, helmet was cracked, and as we headed to the hospital she didn't recognize her new Quarter Horse she purchased the night before at the National Snaffle Bit Association auction. That's when I really knew she had hit hard! Result: headache, one staple in scalp and a new helmet. (Yes, they really do replace them for free.)

You just never know. Fauston had never done that before and we could not figure out what had happened. Best we can say is that he had been bitten by one of those gigantic flies. He had a large red bite on his left haunch. I can still see the spot today. To this day, he does not like being out there.

In this issue you will read another story about a freak horse accident from one of our members and what she is looking into to make it safer when riders ride alone. Which many of us do all the time, including myself.

Personally I recently found a belt I love to wear that holds my phone. I have tried all kinds of things but never really liked any of them. This looks like a regular belt. It's made for runners. In the photo shown below, the colors on the belt are zippers that open to two super stretchy. waterproof pockets. It holds my iPhone X tightly, does not bounce and does not interfere in any way with my ride. In fact sometimes I forget it is there.

I encourage all riders to take safety precautions around the barn and while riding. Riding with others around or having your phone with you are two ways that can help in case of an unexpected incident.

Please, find your way to be safe while riding alone. It's worth the extra effort and preparation.

Pamela DeVore President, Oklahoma Dressage Society



2019 WWDA Western Dressage World Championship Just Around The Corner

The Western Dressage World Championship Show is happening in Guthrie, OK at the Lazy "E" Arena October 2-6, 2019. Click on www.wdaaworldshow.org to view the opportunities for class competition, volunteering and sponsorships (see page 9 for available class sponsorships). There will be a full day of rail classes, four full days of tests and all tests of all levels will be offered.

Advertise In The 2020 Region 9 Omnibus - Deadline Aug 31!

Printed copies of the Region 9
Omnibus reach many hands, and the online version has virtually unlimited reach. Advertising in the Omnibus give you a lot of bang for your buck! Hurry! Ad deadline is August 31.

Popular advertisements include: shows, clinics, services, stables, and congratulations messages. Funds raised through Omnibus advertising go toward Region 9 programs and grants and is the organization's only fund raiser. Advertisers help make Region 9 the success that it is! Contact Veronica Moody for more details. veronica.moody@aol.com



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.

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- Laser Therapy
- > Microchipping

- Pre-Purchase Exams
- > Radiology
- > Regenerative Therapies
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- Reproductive
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Rider Safety of Utmost Importance

Carolyn Hoekstra Urges Partner Riding For Safety, Developing Safety App

I was recently in a horse accident. I was riding a young horse, teaching him canter, and the horse tripped and fell with me on him.

Fortunately I was wearing a hard hat and a safety vest (the inflatable kind) which deployed just as I was hitting the ground. My head, neck and back were protected, however I still suffered a ruptured spleen with internal bleeding.

After a trip to the Trauma Center and 2 day hospitalization, I am looking to a full recovery from a life-threatening injury.

Many of us ride alone, as I normally do, but I was lucky enough to have someone at home to help me at that time.

As a result of this I am trying to develop a safety app to enable contacting emergency services if a rider is injured and unable to otherwise get help. In the meantime, I cannot emphasize enough how important safety features are. In particular for me, if I had not been wearing a hard hat, I am sure I would not be able to write this article.

A 2016 Neurosurgery article addressed Equestrian Traumatic Brain Injury (TBI). Certified helmets are readily available for riders but only about 1 in 8 use them. Of all sports, the leading cause of TBI in adults is equestrian sports accounting for 45.2% of ALL sports brain injuries, followed by contact sports (including NFL football, soccer, etc) at 20.35%, then skiing/snowboarding at 12%.*

Many of us know of the story of Courtney King-Dye, a 2008 Olympic rider who had a similar accident while training a young horse who fell with her. Unfortunately she was not wearing a helmet, suffered a severe traumatic brain injury and was in a coma for a month, and since has gradually recovered only some daily function after years of rehabilitation. As a result of her injury, most Olympic Dressage riders now wear hard hats instead of Top Hats. If an experienced Olympic rider is not immune to severe injury, then none of us are.

As far as abdominal trauma, 60% of those who have significant blunt trauma to the abdomen - whether a car accident, fight, or horse injury, will have a spleen rupture, necessitating life-saving intervention (most often major surgery). This brings me to my other issue of riding alone. This needs to be better addressed. The make-shift arrangements many use are minimal and do not address the incapacitated rider who is unable to text or call for help. This is why I am working on an app development in an effort to provide a safety net for those riding alone.

Rider safety is everyone's concern. Please try to ensure a fun experience without it being ruined by an unexpected event.

Carolyn Hoekstra premierdressage@aol.com

*statistics are from the National Trauma Data Bank









anice Dulak Pilates Clinic for Dressage Riders
September 21-22, 2019

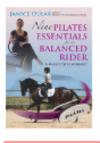
YOUR HORSE WANTS YOU TO ATTEND!



10 riding positions available at \$375 which includes lectures, lunches, 2 lessons, and stall with shavings. Unlimited auditors welcome and will be involved in the exercises. Entry form attached.

See ODS website www.dressageoklahoma.org for more information or contact: Sherry Guess guessdrsg@aol.com 918.640.1204

Hosted by: Joyful Noise Farm 3166 S. 432 Rd. Pryor, OK. 74361





Learn to communicate better through a more balanced seat. Come participate with Janice Dulak, nationally renowned Dressage Pilates Instructor. Ms. Dulak will focus on the muscle imbalances that lead to a problematic seat and then interfere with correct biomechanics while riding. Mornings will include Pilates for Dressage Riders lecture and exercises. The day will continue with mounted lessons on position and correct biomechanics mainly at the walk and trot.



Presented by the Oklahoma Dressage Society





PILATES FOR DRESSAGE SEPTEMBER 21, 22, 2019

Janice Dulak, a former professional dancer and now a nationally renowned dressage Pilates instructor will present a lecture on the muscle imbalances that lead to a problematic seat and interfere with correct biomechanics of the riders. Mornings will include Pilates for dressage Rider in which auditors are encouraged to participate. After lunch the mounted lessons on position and correct biomechanics will begin, mainly at the walk and trot. This event is suitable for riders of all levels.

Spaces will be filled on a first come, first serve basis according to postmark. Registration is not considered complete until registration form is submitted along with fees paid in full. Postdated checks will not be accepted. **Please make checks payable to ODS**. Mail registration to Sherry Guess 18216 S. 397th E. Ave, Porter OK 74454

For more information contact Sherry at guessdrsg@aol.com or 918.640.1204

PARTICIPANT REGISTRATION CLOSING DATE is September 14, 2019

| Location: Joyful Noise Farm | 3166 S. 432 Rd, Pryor OK 74361 |
|------------------------------------|--------------------------------|
|------------------------------------|--------------------------------|

Schedule: Friday Sept 20, 2019 5 pm move in - no riding on this day, but horses may be hand walked in arena

Saturday and Sunday 9 am Pilates exercises 11:00 lunch for all 12:00 riding sessions

Sept 21, 22, 2019 Bring yoga mats, towels, notebooks, chairs. Auditors encouraged to participate

Fees: Riders - \$375 includes 2 lessons, Fri-Sun stall, shavings and lunches

Auditors - ODS members - \$35/day \$50/ weekend Non-members \$45/day \$65/weekend

Participant \$375

Name, address, phone and email

Registration

| Auditor (Fees above) ODS member Yes NO Days attending S Name, address, phone and email TOTAL FEES INCLUDED | Sat Sun |
|--|---|
| TOTAL FEES INCLUDED | |
| OTAL FEES INCLUDED | |
| Vaiver of liability: I understand the sport of horse riding is a high-risk sport and that my participa equine activity' as defined by applicable laws and is wholly at my own risk. I understand that my | , |
| and conditions which are an integral part of equine activities, including but not limited to, the property of even death to humans and other animals around or near them; the unpredictability of equine robjects; persons or other animals; hazards related to the surface and subsurface conditions; collisparticipant to act in a negligent or unskilled manner which may contribute to injury to the participatine animal. By participating in this activity I agree to assume responsibility for those risks, and I remanagement, staff, instructors, participants, and auditors or anyone associated with the facility, list | poerty of equines to behave in ways which may result in injury, harm reaction to sounds, sudden movements, smells, and unfamiliar sions with other equines or objects; and the potential of a ants or others, including falling or inability to maintain control over lease and agree to hold harmless, ODS, its event organizer, |
| Participant/Auditor Signature: Date | |

OKLAHOMA DRESSAGE SOCIETY





VOLUNTEER FREE CLINIC!!

In honor of our Volunteers, here it comes~~ the free clinic with a local QDS Instructor!

DATE: Saturday September 28, 2019

LOCATION: TBD

INSTRUCTOR: Roberta Clark

SCHEDULE: 0900 am to 400 pm

Rides are 45 minutes long Lunch Break 1200 – 1245

RIDERS: (Not in riding order): Donna Copeland, Kara Garde, Robin Grain-Walkup, Lindsey Greco, Marta Koenig, Cathy Orban, Zoe Page, Pamela Rhodes, Laura Taylor

AUDITORS: Welcomed and encouraged at no charge!

Many thanks again to all our Volunteers, whether riding or not. All our successful events happen because of you and all of us together!

New Region 9 T-Shirts Available For Pre Order

Get this year's limited edition T-shirt in a fun, new design! Pick it up at Championships for no additional cost or have it shipped to your door for a minimal fee! Thank you, **Nicole Miller**, for creating this attractive design!

| | Four Step Easy Order Process | | |
|---|--|--|-----|
| | Step 1. Select your t-shirt size(s) and quantity: Adult:S,M,L,XL,XXL Child:S,M,L | | |
| | Step 2. Provide your contact information: Name: | Shirt is heather gray with black graphic Designed by Nicole Miller | cs. |
| | Mail Address: | | |
| | Email: | Phone: | |
| | Step 3. Calculate your amount due: | | |
| | # T-shirts ordered x \$17 each | \$ | |
| | Pick-up at USDF Region 9 Champs Show | \$0 | |
| Ť | Shipping*: # of shirt(s) x \$5 per shirt | \$ | |
| | Total Due: | \$ | |
| | *Will receive by mail mid to late October | | |
| | Step 4. Provide Payment: | | |
| | Make check payable to "USDF Region 9". | | 1 |
| | Mail order form and payment by to: | | |
| | Sherry Guess | | 6 |
| | USDF Region 9 Director | | 0 |
| | 18216 S. 397th E. Avenue | | |
| | Porter, OK 74454 | Degion 6 | |
| | Questions? Email Sherry at: guessdrsg@aol.com | AR-LA-MS-FR-EX | , |

2019 WDAA World Championship Show Sponsorships

2019 is a special year. As one of the few equine sports that has shown growth in recent years, it's important that we keep that momentum going by offering numerous opportunities for supporters in the individual form and as corporations to help drive the engagement of our participants and members. It's important that we develop deeper relationships with partner companies as well as our supportive and enthusiastic members and participants! So please, take a moment and consider the opportunities below. There are partnership opportunities to get involved with WDAA as a whole for a year-round experience and other sponsorship offerings that are more focused on the WDAA World Championship Show and the 5 days of frivolities.

WDAA Corporate Sponsorship

World Show Class, Division & Breed Awards Sponsorship

*Several divisions remain available:

Level 1 Amateur Rider

Level 2 Open Rider

Level 3 Junior Rider

Level 3 Open Rider

Level 4 Open Rider

Level 4 Am/Jr Rider

Physically Challenged/Heroes On Horseback

WDAA World Show Live Stream Sponsorship

WDAA World Show Program Advertisement Opportunity

Visit www.WDAAworldshow.org for more information.





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THANK YOU ODS SPRING SHOW SPONSORS!

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Gold Vintage Farm

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Silver Pine Ridge Equine Hospital

Bryan & Kerrie Guderian

J&T Farriers

Zoetis

Bronze Ken Shoemaker, State Farm

Equine Medical Associates

Various Jaguar Land Rover Tusa

Oakridge Equine Hospital

A&M Flowers
Jan Cibula

Jan (



Full-service Equine Medicine and Surgery







State Farm

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

Providing Insurance and Financial Services



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.

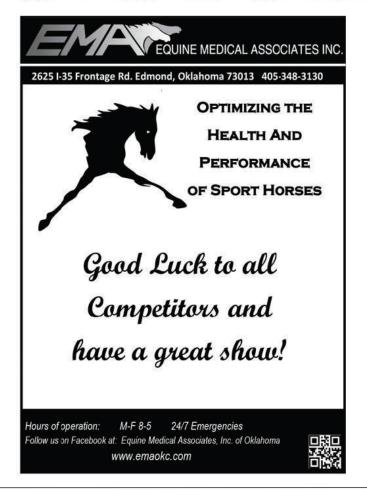
CLASSIFIED ADS

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.





Warburton Capital can help you make work optional and maintain that status.

OUR SERVICES

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Advertising Rates

Oklahoma Dressage Society Media Advertising Rates 2019

Monthly Newsletter

| SIZE | DIMENTIONS | <u>MTH</u> | 12 MTHS |
|---|-------------------|------------|----------------------|
| 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 (Includes contact email, phone, name of clinic) | | FREE | FREE |
| Calendar Event Listing (Text Only) – Non ODS Members (Includes contact, email, phone, name of clinic) (Free with paid registered ODS shows or events) | | \$ 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 | | N/A | \$ 20 |
| (\$30 a year for ODS Website & Newsletter Listing co | mho) | | |

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 28^{th} of the month.

Yearly ODS Membership Directory

| <u>SIZE</u> | <u>DIMENTIONS</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 (Free with paid advertising) | | \$ 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 ad 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

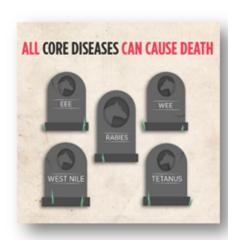
| SIZE | DIMENTIONS | <u>MTH</u> | <u>6 MTH</u> | YRLY |
|---|-------------------|------------|--------------|-------|
| Banner Ads | | \$ 30 | \$ 60 | \$160 |
| Calendar Event Listing (Text Only) (Includes contact email, phone, name of cli | | FREE | | |
| Calendar Event Listing (Text Only) (Includes contact email, phone, name of cli (Free with paid registered ODS shows or ev | nic) | \$ 20 | | |
| Training Listing (\$30 a year for ODS Website & Newsletter) | Listina combo) | N/A | N/A | \$ 20 |

All website advertisements should be sent to Sue Twitty, webmaster@dressageoklahoma.org All ads must 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.

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/quidelines/vaccination-quidelines/core-vaccination-quidelines. 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.





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_____ First Name USDF ID# Last Name City/State Zip Address Daytime Phone _____ Evening Phone _____ Cell ____ _____ Birth date: Mth _____/ Yr_____ th USDF membership year is Dec 1 $^{\rm st}$ - Nov 30 $^{\rm th}$. Membership dues are late after November 30 $^{\rm th}$. 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 30... **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, Phone: 405-314-3931 Please allow 4 to 6 weeks for processing by USDF.

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.

Sept 7 GCC Fall Schooling Show @ Sonrise Stables (BA)

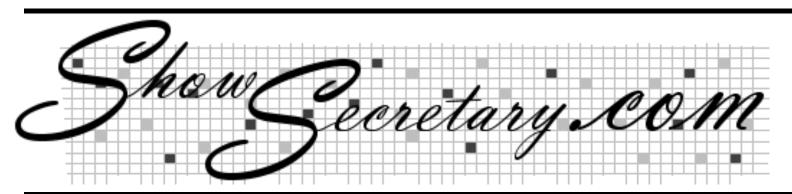
Sept 21-22 Pilates for Dressage @ Joyful Noise Farm (Pryor)

Sept 28 Free Volunteer Clinic - Courtesy of ODS

Oct 26 GCC Halloween Theme Schooling Show @ Sonrise Stables (BA)

Nov 16 GCC Schooling Show & Championships @ Sonrise Stables (BA)

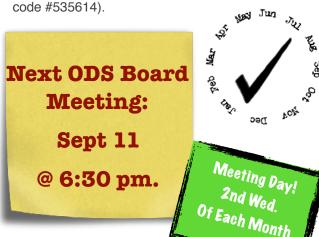
Jan 18, 2020 @ The Summit Club, Tulsa



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 <u>second</u> 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



ODS Board Members

President - Pamela DeVore president@dressageoklahoma.org Co-Vice President - Nancy Trait-Lira ntraitlira19@gmail.com

Co-Vice President - Donna Copeland donna.copeland@yahoo.com

Secretary - Amy Haymes secretary@dressageoklahoma.org

Treasurer - Marta Koenig treasurer@dressageoklahoma.org
At Large/Education - Kay Kamish education@dressageoklahoma.org

At Large/Membership - Laura Custer I.custer@cox.net

At Large - Nancy Burba nobleroadeq@gmail.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