



Centerline

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

NOVEMBER

2019

New AGM & Awards

Banquet Date & Location

Mark your calendars for the fun & important ODS annual event.

Pg 2

ODS Horse Scrapbook

Take a peek at what some of the ODS members' horses are doing around the farm. Send us your snapshots! **Pg 5**

Rich Report From TDF Grant Recipient

Learn from ODS member's amazing 2-week experience in the Rockies.

Pg 7-11

2020 ODS Member Dues: Act now to save \$

Save money by turning in your member form soon! **Pg 12**

ODS Spring Symposium Set for 2020!

Notable clinician set to conduct 3-part symposium based on her book.

Pg 12

Letter From The President

Welcome to Winter! At least the temperatures say it is winter. My time as President is coming to an end in January. I have enjoyed my time as your president and now it is time for someone else to step up and lead ODS into the future. We will also have 4 board member positions to fill as our Secretary has recently resigned. Nonprofit organizations are only as good as their volunteers. It is up to you to help ODS stay a viable organization. Please consider putting your name in to serve on the Board of Directors. We need all members to be active and support ODS in all we do.

Happy Riding,
Pamela DeVore
President, Oklahoma Dressage Society



Pamela on Fauston



SAVE THE DATE: ODS AGM & Awards Banquet Date & Venue Change

The all-important ODS Annual General Meeting & Awards Banquet is **now scheduled for January 25, 2020 at the Tulsa Country Club.** Note, this is different than originally announced (formerly January 16, 2020 at the Summit Club). So, mark your calendar and set your plans to join fellow ODS members on January 25!

2020 ODS Spring Symposium

Make your plans now to attend the **ODS Spring Symposium on April 4-5, 2020.** Details on page 7.

New ODS Horse Registrations

- 2482 Roscato - Lee Ann Alf
- 2483 PCC Dont Stop Belevin - Evyn Duncan
- 2484 Bests Eternal Bond - Susan Wong
- 2485 Gaelen - Lindsey Greco
- 2486 Rubin's Passe Partout - Kathleen Stanek
- 2487 FWF Fires of Fame - Kathleen Stanek
- 2488 Claro Que Se - Marta Koenig



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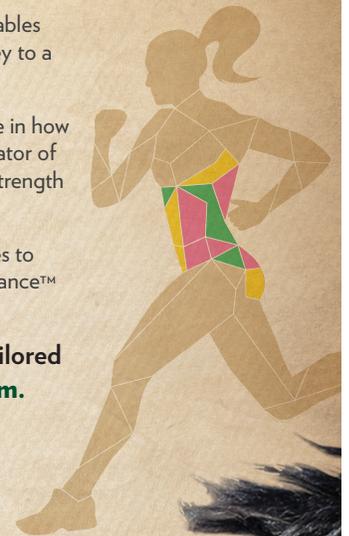
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ARENAS**Judges:**

Scott Peterson "S" (Penn Yan, NY)

Kem Barbosa "S" (Princeton, NJ)

TD: Joyce Hardesty "R" (Kansas City, MO)*Applied for developing program qualifiers
(JR/YR/YA, YH & DH)**Qualifier For:**

2020 Great American/USDF Regional Championships

2020 Southwest Dressage Championship

2020 Oklahoma Dressage Society Year-End Awards Program

*Opening Date: March 1, 2020**Closing Date: April 12, 2020*DRESSAGEOKLAHOMA.ORG
SHOWSECRETARY.COM

Scrapbook

In Pictures: Horsin' Around With ODS Members

What have you been up to lately? Send fun photos to the newsletter editor! Show us what fun things you have been doing with your horse. Trail rides? Clinics? Shows? Spa day? Let's see what you've been doing with your horses! Send photos to: newsletter@dressageoklahoma.org.



Melissa Furman's 17.1h Pleasant Picasso grazes next to a miniature pony. Friends come in all sizes!



4 yr old Andalusian Tiber catches a nap before his daily turn-out! (owned by Judy Zivko)



Chloe is a 2 yr old solid Paint filly who is a 4-H rescue project for Zoe Page. Who wouldn't want a snow cone when it's hot outside?





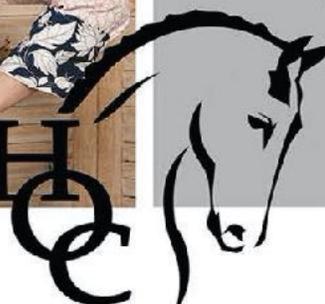
Events

Event Highlights: Volunteers' Clinic

A special "THANK YOU" goes out to Roberta Clark for her awesome instruction and to Kay Kamish for organizing the FREE clinic for ODS volunteers! On Sept 28, many ODS volunteers had the unique opportunity to ride in a free clinic given by Roberta Clark at her farm in South Tulsa.



Pam Rhodes



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Events

A Report By TDF 2019 Gifted Adult Amateur Study Grant “Wild Card” Recipient

It's late Summer 2019, and I've finished a two weeks intensive training time with my Friesian Sport Horse gelding, Double Dutch Chocolate (*Dutch*). Thanks to The Dressage Foundation, all its donors, and Carol Lavell providing the GIFTED Grant for Adult Amateur Riders, I was able to train with Sarah Martin at her Taka Chi Dressage Stables in Blanca, Colorado. I was extremely excited to have the opportunity of working with Sarah for two weeks. Having spent my working life as an artist, a professional dancer, and dance educator, I've experienced a number of intensive training periods and know that the process of learning during those times is multiplied exponentially. I knew this would especially hold true when working with an equine partner. Now that I've been at home, working on my own, I've had more time to process all that I experienced.



Dutch (right) with his new pasture buddy “Gem” at Taka Chi Stables. (photo N. Trait-Lira)

My plan for the intensive training had four goals: 1) To spend an undisturbed, quality, concentrated time away from the pressures and responsibilities of job and family to truly bond with *Dutch* on the ground and in the saddle; 2) To become more knowledgeable about my aids, enabling me to be a more connected, supportive, and non-intrusive partner for *Dutch*; 3) To have the experience of immersion training and observation of other riders at more advanced levels for an extended period; and, 4) To take the opportunity to expose both my horse and myself to continued training without the pressure of showing.

The daily instruction, and extra time I was able to spend with *Dutch*, provided the opportunity to explore and expand the relationship between us. I truly believe that we finished this time with a more improved understanding of each other and what was needed to sustain an open channel of communication. This has resulted in a stronger partnership. I see this reflected in the trust he has placed in me that I will be clear; I will be fair; I will be patient; and, I won't get frustrated with him or myself. *Dutch* is more knowledgeable and focused, both on the ground and in the saddle. He is stronger, more pliable, and more balanced in his movements. Most importantly, he trusts that I will be a supportive partner. How did this all occur?



Dutch's groundwork with Sarah. (Trait-Lira)

The mechanics of his improved strength and balance was made through daily ground work and allowing *Dutch* to begin each ride by walking, trotting and being ridden forward with his neck stretched, back lifted and my hands quiet. The quest was to find *Dutch's* SWING. What was his natural moving stride at trot? I thought I was going to die the first five days. I had to learn not to use the reins and my hands to give directions; to keep myself correctly aligned in a neutral position



Events

TDF Study Grant Recipient (con't)



Wow! It works! (Photo by Kay Kamish)

legs to give clear aids. That came through “posting like heck”, putting my hands forward so *Dutch* could stretch his neck, back and begin to reach his shoulders forward without me interfering, and maintaining my own alignment. I also needed to follow **The Laws**.

LAW #1: “The Horse shall get *OFF the Rider's INSIDE LEG.*”

Horses are unable to bend in their spine with any flexibility until they begin to move their ribs to the outside and cross their inside hind leg under the center line of their body.

It can be very dis-heartening, as a rider/trainer, to find you are not actually accomplishing what you think you are doing. So I buckled down and changed my thought pattern even more.

I learned and began to use the **Check List for Horse and Rider:**

1. RELAXATION of the horse and rider.
2. ALIGNMENT of the horse and rider.
3. Did I have an INSIDE rein response? (Flexion of the poll and bending of the neck.)
Did I have an OUTSIDE rein response? (Limitation of flexion, bending and support.)
4. Did I have an INSIDE leg response? (Bending of the ribs and hind.)
Did I have an OUTSIDE leg response? (Direction and straightness.)
5. Did I have GO from the legs? Did I have STOP from the reins?
6. Did my eyes SEE what was going on in Dutch's neck and body?
7. Did I have each aid working INDEPENDENTLY?

Only after I had those correct responses could I even begin to consider if I had CONNECTION: Inside leg and inside rein. Outside leg and outside rein. Could I keep Dutch between the four corners of the rectangle the horse is in? If I could, then I could begin shaping the horse because he was connected, balanced and strong enough to be reaching/stretching forward. And, I had to accomplish all of this with a totally quiet, neutral upper body and seat!

Like dancing—it's always good to go back to the basics, strip everything away and start from the beginning again. We had to break everything I knew apart in order to put it back together. From there, we began to layer the basics back on, influenced by my expanded knowledge from the new work, the new understanding, and my previous experiences. I came to the movement with a deeper, more broad vocabulary, an understanding of what needed to be improved and how to make corrections in a less tense, more efficient manner. I began to experience this with *Dutch* because there was more *relaxation* in both of

Events

TDF Study Grant Recipient (con't)



Dutch & Nancy "trotting like heck." (Photo by Kay Kamish)

our bodies and my aids became clearer. I was able to see and *feel* how the movements should actually be executed. I began to get *stronger* and more *balanced* so I could maintain more control over my own seat. *Dutch* was able to "*dance*" with more *balance and flexibility* in his joints, *pliability* in his back, and *strength*; the beginnings of First Level work. We began to build more *confidence* and *trust* individually and in each other. We had taken the first steps toward becoming a true partnership and, by the end of the first week, my original expectations were totally blown away.

LAW #2: "The Horse has **NO PERMISSION** to take his **FOCUS OFF the RIDER.**"

The problem wasn't totally with my horse. The problem also lay in my own lap. I had to be able to maintain my own focus first. I had to organize my own thoughts and bring all the elements of riding into my riding. I had to maintain a totally quiet upper body while giving *Dutch* clear consistency in aids in order to give him the support he needed. I had to be where he could find me with relaxation, balance and strength of my own. One of the things that Sarah said to me, in the last two days of my time with her, finally made me really think and make a truthful evaluation of what I was actually doing in my relationship with *Dutch*. Sarah asked me to think, with all my training and experience, about what it was like to be a dance partner.

Realization finally hit me, thanks to Sarah. I wasn't giving *Dutch* my undivided focus. I wasn't giving the correct support and communication to my partner to initiate, shape, or complete a movement. I was required to do all of this as a professional dancer and I included it in my teachings with my students; so, why hadn't I done this as a rider? I believed I was doing it all correctly, but I wasn't doing it in the manner and to the extent that I needed to be a really good partner to my dancing equine. While dancing, I was being lifted, pulled, shaped, balanced and supported. I was also doing the same for others whether male or female, in duets, trios or groupings. I had to maintain a certain amount of strength and power, support and pliability whether staying in one position or moving. I was often required to maintain a non-verbal line of communication within all my dancing. I relied on the feel of my body, my visual abilities, my sense of physical weight, and my knowledge of movement sequencing along with the sense of *give and take* with my partner(s). I need more support here. I need more of your leg here. I need more counterbalancing here. I



Continuing the work. (Photo by Kay Kamish)

Events

TDF Study Grant Recipient (con't)



First canter. (Photo by Kay Kamish)

realized that *Dutch* was an extremely willing partner ready to come to me but, thus far, I hadn't been willing to come to him with the support he needed. I realized I hadn't been committed to that same level of focus and support in any of my equine partnerships. I needed to change the way I was looking at being an equine partner.

My two weeks with Sarah was only the beginning. It took me at least two weeks at home, riding *Dutch* on my own every day, to begin processing more than superficially what Sarah's comment really meant. I had to give support more continuously without the tension. I had to be clearer with my aids and then relax the pressure. I had to know the difference between the hair, skin, muscle and bone pressure of the aids and how not to stay in that pressure once the correct answer was given. I had to utilize the *Laws* and the *Check List for Horse and Rider*. I also came to the realization there's a support level and a muscle tone that you DO have to use as opposed to just feeling the energy go through your body. The change in *Dutch* has been pretty amazing. He's stopped spooking at all the little things that go on around the home front. He's become more trusting in me when we've gone to a new place to ride. He's enjoying himself and becoming more experienced and calm on the trails. He's even started traveling in the trailer more quietly.



(L) Kathy Hanford & Gem, Gifted Grant recipient from NE and (R) Nancy Trait-Lira & Dutch, Gifted Grant recipient from OK on the last day of instruction at Taka Chi with Sarah Martin. (photo K. Hanford)

And what about the changes in me and my mind about riding? I finally realized more fully what it truly takes to be prepared for First Level movements. A stretched, pliable neck and back in a strong and balanced horse allow these movements to happen. A balanced, strong and knowledgeable seat in the rider must be developed. Trust and confidence in both horse and rider makes the partnering happen. Groundwork included in the every day training is a definite plus in building that relationship. It's even helpful in the training of the horse for the dressage movements before the rider gets in the saddle. Going back to the basics is definitely not detrimental in any respect. I see those basics with new insight and a deeper understanding. The layering of more advanced skills upon the clear, strong basics is what, I feel, it's about in developing through the levels. To truly do so with knowledgeable guidance will extend the health of the horse and make all the movements more available and efficient to both horse and rider. I realized that's what I was able to do under Sarah's tutelage. I feel blessed to state that all my goals were met with my standards of expectations greatly exceeded. This new



Events

TDF Study Grant Recipient (con't)



Final night at Taka Stables. (photo N. Trait-Lira)

approach is working very well for *Dutch* and I, so I'm going to continue to explore it. My goals are to work with him as a REAL partner and to learn as much as I possibly can in continued study under Sarah Martin and my equine dance partner, *Dutch*.

Filed October 30, 2019 by Nancy Trait-Lira

2019 Gifted Adult Amateur Study Grant "Wild Card" Recipient Oct. 2019

Region 9 Oklahoma

Announcements



Unofficial Results for 2019 ODS Schooling Show Awards

INTRODUCTORY

JR	Zoe Page/ My Best Wishes	61.06
AM	Kara Garde/It's Kip to be Square	64.71

FIRST LEVEL

AM	Laura Taylor/Hayden	59.483
Vintage	Laura Taylor/Hayden	

Join or Renew ODS Membership Now & Save \$

Now is the time for Early Bird Renewals or to join ODS for the first time! **Save \$9 by renewing or joining before Dec 1, 2019.** The ODS Board passed a 2020 membership fee increase, so you can save a nice handful by turning in your membership form before the end of the year. Don't delay! Turn in your form today!

A Free 2020 Membership Goes To...

JoAnn Eberstein! From the pool of early bird memberships turned in, JoAnn was the lucky winner of the drawing for a free membership held at last year's AGM. Congrats!

2020 Spring Symposium Set

Make your plans now to attend the **ODS Spring Symposium on April 4-5, 2020.** Join ODS members, auditors & riders, as Beth Baumert conducts a three-part seminar based on her book *When Two Spines Align*. Beth recently started a series in the USDF Connection publication relating to the requirement at different levels and how to present them in the best way when showing. This is another symposium not to miss! Questions: contact ODS Education Chairperson Kay Kamish @ kkamishods@aol.com

Announcements

Proposed Membership Fee Update to the ODS Policy & Procedures

(reprinted from October 2019 issue)

Due to a USDF fee increase to all GMOs, the ODS Board of Directors feels an ODS membership fee price increase is needed in order to maintain the organization's financial health. At the October meeting, ODS Board members will discuss and vote upon the proposed fee increase. **Comments by ODS members regarding this proposal are welcomed and should be directed to any Board member before October 9th.** If approved this fee structure will begin December 1, 2019.

Reason for Change:

- The ODS Fee Structure in the current Policy and Procedures is out of date.
- It was recently discovered this has not been updated since before the current fee structure was implemented
- USDF is increasing the fees due for every GMO for the group membership for each GMO individual/primary family. Fee is increasing as of December 1, 2019. Fee increase is \$4.

The **NEW** proposed wording for the updated ODS Membership Fee Structure is as follows in red:

III. Membership

D. Dues

5. The current fee schedule for annual dues is as follows:

- Annual Junior Member \$44
- Annual Senior Member \$54
- Charter/Life \$20
- Family Membership \$64/

primary and one family member / \$10 for each additional family member

- ODS Chapter membership \$10

This increases the Junior Member, the Senior Member, and the Family Membership fees by \$4 each.

Remember, there is a \$5 discount promotion if you join or renew before December 1. If you join or renew before December 1, 2019 you will save a total of \$9 on your 2020 Membership year.

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CLASSIFIED ADS

Sell your horse, trailer, tack, property or other equine related items here in the ODS newsletter classified ads.

Non-commercial ads are FREE for ODS members and only \$5 for non-members.

Ads will run one month unless owner re-submits.

To advertise, email the editor with your information at newsletter@dressageoklahoma.org.





Advertising Rates

Oklahoma Dressage Society Media Advertising Rates 2019

Monthly Newsletter

<u>SIZE</u>	<u>DIMENTIONS</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>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 <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 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

<u>SIZE</u>	<u>DIMENTIONS</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 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.

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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.



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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 25, 2020 @ The Tulsa Country Club

*New Date!
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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:**

Dec 11

@ 6:30 pm.



**Meeting Day!
2nd Wed.
Of Each Month**

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** l.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