



# Centerline

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

SEPTEMBER

2020

## Volunteers Needed @ Live ODS Show!

Popular fall show going live - lots of help needed - lots of fun to be had by all!

Pg 2

## Update From Your Fave Dressage Organizations

Get quick highlights of happenings at USDF, USEF, TDF and of course, ODS!

Pg 3

## Tummy Problems?

### Learn about Gastric Ulcer Syndrome

This thorough article will leave you better informed to help your horse. **Begins on Pg 4**

## New Fun Feature!

Instructors hear interesting things from their students! Quotes to make you smile.

Pg 5

## LIVE Dressage Show!

Don't miss it! Sept 27 in OKC area! Details inside.

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## FREE! ODS Educational Zoom Series

Freestyle expert to share tips for successful choreography & more.

Pg 11

## Letter From The President

Greetings, folks ~

September, to me, seems a month of many changes. We start to see a hint that the weather will change and we get glimpses of cooler weather. Anyone else seeing the first fuzz of winter coat happening in their horses? Daylight is certainly changing! It seems like just a couple of weeks ago it was 9pm when full dark made it "safe" to put the horses out for the night, safe from the monster horse flies that seemed to be prevalent in the twilight time. Tonight it was full dark at 8pm! So we all adapt and make the best of the all the changes that have come along this year.

We have all faced so many changes this year, and your ODS Board is doing what it can to mitigate and keep up with them. Flexibility is certainly the key in adapting to changes ~ hmmm, sounds much like what we ask of our horses. I often reflect on the demands I put on my horses in training, the attention to detail, the focus, the effort they put out, and know that whatever I ask of them, I need to be willing to do myself! Questions I ask myself are things like: am I being flexible in a situation, am I focused and efficient in my work, am I really trying the hardest I can? That spotlight can get hot and uncomfortable when I turn it on myself! Another great question for us to ask ourselves... are we as forgiving and nurturing of ourselves as we are of our horses? That one is perhaps a bigger challenge for me ~ how about for you? My encouragement to all of you as this year wears on (and maybe wears some of us out), please be kind to yourselves and especially to each other. There is enough

conflict around our country and the world, don't engage in it in our own personal lives.

A favorite quote comes from someone I respect, Wayne Dyer: *"Practice being kind, rather than being right. Kind to yourselves as well as those folks you encounter along the way, whether you know them or not. It goes a long way!"*

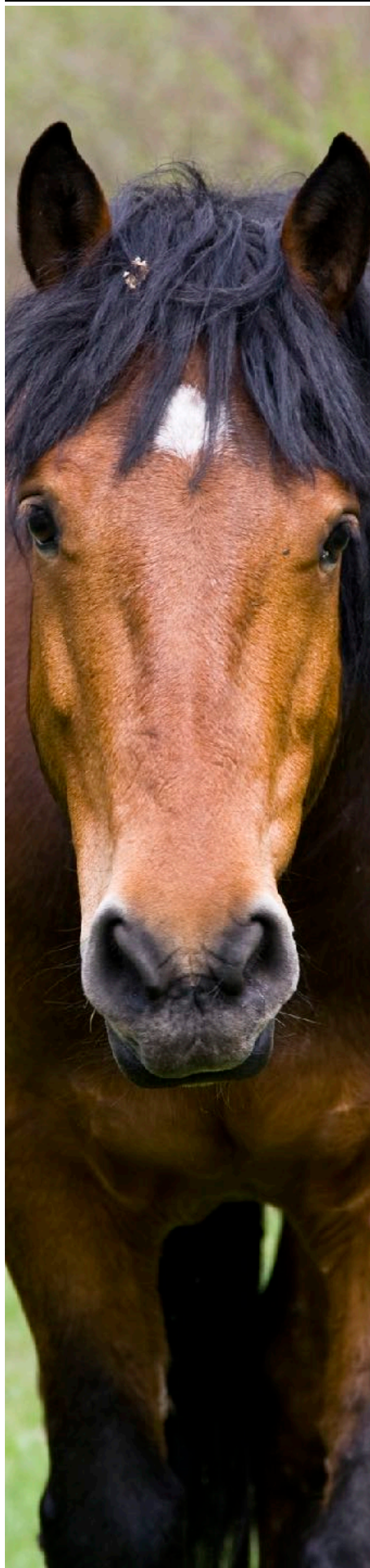
Meanwhile, there are several events coming up! In lieu of our live Symposium, we initiated the **Zoom Educational Series**, and I am happy to announce that **Dolly Hannon**, "S" judge and instructor, will be our next presenter on **September 22!** Dolly will be talking about her favorite topic ~ Freestyles! The **GCC Virtual Shows** continue, and we are excited to announce a **live schooling show** in the OKC area on **September 27.** Delve into the Newsletter and see what's happening!!

Stay safe and well, my friends,

-Kay

kkamishods@aol.com





## Sept. 27th LIVE Show Needs YOU!

Calling all ODS members & friends! Many volunteers are needed for the fall LIVE dressage show at High Hill Farm on September 27. ODS expects a large turn-out at this much anticipated LIVE dressage show that features both Classical and Western competition - so we need YOU (and you, and you and you)! High schoolers, here's your chance to earn volunteer hours!

A large turn-out means lots of opportunity for helping your fellow horse enthusiasts! And just for helping, you will be considered an ODS Super Star! Check out what you can help with...

### **Opportunities**

- Score Runners
- Gate Keepers
- Main Entrance Greeters (buddy up with a friend!)
- Grounds Crew
- Arena Set-Up (Saturday, Sept 26 afternoon)
- Full-Day (get a free lunch!)
- Half Day
- Hourly

Hurry! Get your preferred volunteer position and time slot by contacting the Volunteer Coordinator for details: Nancy Trait-Lira [ntraitlira19@gmail.com](mailto:ntraitlira19@gmail.com)







## New ODS Registered Horses

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

2505 | Jessanna RS | Amanda Edwards  
2506 | Revelation | Lauragale Ralston  
2507 | Kafue | Anthea Kin

## Thank you, Nancy Burba: ODS Delegate to 2020 USDF Convention

ODS Board member **Nancy Burba** has accepted the position of being the ODS Delegate for the upcoming USDF (Virtual) Convention. *Thank you, Nancy!!* GMO Delegates are included on a list of USDF Governance representatives and receive email communications regarding upcoming issues and voting opportunities. If you have any thoughts you would like to pass along to USDF, let Nancy know ([nobleroadeq@gmail.com](mailto:nobleroadeq@gmail.com)). Or as always, you can keep an eye on the USDF website for information about participation in the Virtual Convention!

## A Few Show Rule Changes for 2020

In order to enter a freestyle class at any level, a horse/rider combination must have received a minimum score of 63% for Training through Fourth levels and 60% for FEI levels in the highest test of the declared freestyle level or any test of a higher level at a USEF/USDF licensed Dressage Competition, Federation Licensed or FEI recognized Dressage Competition, or "open" Dressage class (i.e. open to all breeds) at a Federation Licensed Competition held prior to the competition where the horse/rider combination is entered to ride a freestyle class.

Several (but not all) FEI tests have changed effective 1/1/2020.

## A Friendly Reminder For A Smooth Show Season

Please renew your USEF and USDF memberships to make them current and please update your USEF SafeSport. Also, make sure your horse's coggins and vaccinations are current for the year. Doing all this ahead of time will help make the show experience go more smoothly for competitors and administration. Thank you!



## First Ever USDF Virtual Convention - Coming December 2020!



Don't miss your opportunity to attend USDF's first-ever virtual convention, for FREE with your membership. Your voice matters, so make it heard. Experience first-hand USDF governance in action, engage with your friends, peers, mentors, and representatives, gain knowledge through educational opportunities, and join us for a look back at the year that was 2020. Join us this December as we connect while we're apart!

## TDF Virtual Clinics Coming This Fall

Would you like personal riding advice from Laura Graves or Adrienne Lyle? Olivia LaGoy-Weltz or Sabine Schut-Kery?

This fall, you'll have the opportunity to gain their valuable input while supporting The Dressage Foundation at the same time.

Stay tuned for more details about this Virtual Clinic Series!





## Hard To Stomach: Equine Gastric Ulcer Syndrome

By Natalie DeFee Mendik, MA | Aug 28, 2020 | [thehorse.com](http://thehorse.com)

### ***Learn to read the vast and varied signs of equine gastric ulcer syndrome***

The gelding that kicks the stall wall and acts aggressively toward his neighbors at feeding time. The show horse that's increasingly more reluctant to perform under saddle. The angsty mare that's always swishing her tail and grinding her teeth. Many owners observe these quirks in their horses and chalk them up to behavioral issues. But is it truly bad behavior or is it a sign of discomfort? As you're about to find out, equine gastric ulcer syndrome (EGUS) might be to blame.

### **Stomach Anatomy Basics**

The horse's stomach has two regions: a nonglandular (squamous mucosa) portion comprising the upper third, and a glandular lower portion. The squamous nonglandular region doesn't feature the thick, protective mucus and bicarbonate (a pH buffer) layer that the glandular region does, leaving it vulnerable to ulceration from gastric acid.

Frank Andrews, DVM, MS, Dipl. ACVIM, LAIM, LVMA, equine committee professor and director of the Equine Health Studies Program at Louisiana State University's School of Veterinary Medicine, in Baton Rouge, likens ulcers in the squamous mucosa in horses to gastroesophageal reflux disease (GERD) in humans, in which gastric acid damages the esophageal lining.

"When the horse has an empty stomach or acid in the stomach due to stress, that acid may splash onto the nonglandular mucosa, especially when exercising," he says, explaining that the hydrochloric acid the cells in the glandular mucosa produce might damage it.

While the stomach's glandular region enjoys protective mechanisms such as prostaglandins that maintain mucus and blood flow, it's not immune to ulcer issues, says Andrews. "The glandular mucosa is less susceptible to acid damage, but it is susceptible to stress, dehydration, and dietary issues," he says.

Those dietary issues include high-sugar diets, Andrews explains, such as large amounts of sweet feed, which, when fermented by the stomach's natural bacterial flora (microbiota), create short-chain fatty acids that can eat away at the stomach lining. Other factors can also contribute to glandular ulcers, such as non-steroidal anti-inflammatory drug (NSAID) use, including Bute (phenylbutazone), Banamine (flunixin meglumine), and even Equioxx (firocoxib), which Andrews notes researchers have recently determined can have some deleterious effects on the glandular stomach.

### **Signs to Watch For**

At the University of Pennsylvania School of Veterinary Medicine's (Penn Vet) New Bolton Center, in Kennett Square, horses are sometimes video-monitored over a 24-hour period to assess behavioral patterns that might suggest physical discomfort, says Sue McDonnell, MS, PhD, CAAB, founding head Penn Vet's Equine Behavior Program. She notes that when horses exhibit attitude or performance changes, they often have gastric ulcers as a primary or a secondary problem.

"In my experience, at least 60-70% of horses that have gastric ulcers show

(cont'd pg 6)



# Just For Fun: Out Of The Mouths of Students

NEW  
MONTHLY  
FEATURE!

**Instructors** ~ don't you delight in those moments when your student "gets it," and can repeat back to you a concept you've been saying many times? The realization by them is priceless ~ and once THEY realize it, it becomes THEIRS!

Do any of you Instructors have a student comment to share? Send them to Kay to put in the next newsletter! [kkamishods@aol.com](mailto:kkamishods@aol.com)

"I can't expect her to be in balance if I am using her to balance on. I have to be in balance first!"

From Lauragale Ralston, riding her mare, Rey.



"Forward!"

Nancy Burba with a student at her first show.

## VINTAGE FARM



## Equine Gastric Ulcer Syndrome

(cont'd from pg 4)

some sort of behavior suggesting discomfort around the time of feeding or whenever they have not had something to eat for a few hours," she says. "The signs a horse might show are highly variable between individuals and might even be different within an individual over time." These, say McDonnell and Andrews, might include:

- Looking back at or nosing the abdomen behind the shoulder, on both sides of the body. The coat might be ruffled where the horse nuzzles repeatedly;
- Acting anxious or restless in combination with clusters of behaviors suggesting physical discomfort (weight-shifting, rotational head shaking, kicking up at the abdomen, tail-swishing or -slapping, lip-licking, tongue extension, and chewing motion when not eating);
- Food-aggressive behaviors around feeding time, such as rushing to the feed bucket, pawing, threatening neighbors, and kicking the wall;
- Reluctance to perform;
- General grumpiness with herd mates and/or caretakers;
- Rough hair coat;
- Weight loss and poor body condition;
- Girthiness;
- Mild colic episodes;
- Intermittent eating patterns (leaving feed for a time and then returning);
- Teeth-grinding;
- Lack of energy;
- Decreased water intake;
- Stretching out as if needing to urinate;
- Lying down more than normal; and
- "Just not looking or acting right."

"What we see are vague clinical signs, so we spend a lot of time talking with the owners, the trainers, and the people that handle the horse to see if they notice any of these things," says Andrews.

McDonnell says that when comparing gastroscopy findings (those seen when the veterinarian views the horse's stomach through an endoscope passed through his nostril and down the esophagus), some horses with minor ulceration might show dramatic behavioral changes, while horses with more extreme ulceration might exhibit only mild symptoms. "The message should be that individuals may have a varying response," she says.

### Arriving at a Diagnosis

"We know that if we are going to try to figure out the reason for a behavior change, we don't want (the horse) to have ulcers on board at the time," says McDonnell. "A wise first step is to have gastroscopy performed to establish from the beginning if the horse does or does not have gastric ulcers. For those with ulcers, the usual recommendation is to treat and then confirm healing with follow-up gastroscopy. If behavior problems remain, you can then work on figuring out what else might be bothering the horse." While the only definitive method of diagnosis is gastroscopy, says Andrews, owners and veterinarians can, in his opinion, consider treatment first. "We obviously like to have a diagnosis, but I don't think it's wrong for a practitioner to give a seven-day trial treatment with GastroGard (the trade name for omeprazole, used to treat stomach ulcers)," he says. To again draw an analogy to human medicine, Andrews says, "People experiencing dyspepsia (indigestion) don't typically get scoped on the first visit; they might get a sample of Prilosec (omeprazole) or Nexium (esomeprazole) with the instructions to 'Try these and call us back.'"

(cont'd pg 7)



## Equine Gastric Ulcer Syndrome

(cont'd from pg 6)

If the behavioral signs resolve with treatment, then you have your ulcer diagnosis, as omeprazole does not affect any other behavior-altering diseases, he says.

Andrews says recently introduced tests that measure blood in the manure to diagnose EGUS have not been fully validated yet in horses.

“The human card test, ‘guaiac test,’ was evaluated and found to be helpful when positive, but when negative, many of those horses had ulcers also,” he says. “The test was developed for people as a colon cancer screening test, but it’s less reliable in horses as a diagnostic test for stomach ulcers,” because blood in manure could come from anywhere in the GI tract.

Some horses with ulcers might have mild anemia, says Andrews, who suggests owners have blood drawn during horses’ annual checkups to establish a bloodwork baseline. “While levels may be within the normal range, if you follow the horse throughout the years, you may see the red blood cell count decrease, which could signal the horse is having an issue with ulcers.”

### Treatment Plans

Omeprazole (again, GastroGard) and the lower-dose product (UlcerGard) are currently the only FDA-approved drugs for treating and preventing stomach ulcers in horses. While both products contain the same active ingredient, UlcerGard is designated for gastric ulcer prevention and GastroGard for treatment and prevention of recurrence. UlcerGard, says Andrews, delivers one quarter the dose of omeprazole that GastroGard paste does.

In addition, Andrews includes a supplement regimen. “Supplements like SmartGut Ultra (which contains sea buckthorn, pectin, lectin, glutamine, and aloe vera) do have some protective properties so, when we treat with GastroGard, I’ll simultaneously supplement with SmartGut Ultra to help maintain stomach health,” he says.

After the manufacturer’s recommended month of initial treatment, Andrews suggests tapering the GastroGard dose. “We’ll go from a typical 1,000-lb (horse) dose of 4 mg/kg to 1 mg/kg for two weeks before taking the horse off the medication,” he says. “GastroGard inhibits gastric acid secretion, but it leads to increased gastrin (a hormone) in the blood; that gastrin will stimulate parietal (stomach wall) cells after discontinuation of treatment, causing rebound hyperacidity.” Tapering the dose helps prevent this.

### Good Horsekeeping

Certain management tactics can help ward off gastric ulcers and their accompanying negative behaviors. “I don’t think horses should go more than about an hour without access to some sort of roughage, which appears to be quite protective against ulcers,” says McDonnell. “When horses are without hay, they begin to rummage around and may lick walls and chew on wood.”

Horses evolved as trickle feeders, she explains, meaning they are meant to graze or browse almost continuously, punctuated with short 30-minute rest breaks.

After treatment Andrews recommends owners try to mitigate ulcers by changing management strategies.

(cont'd pg 8)

## Equine Gastric Ulcer Syndrome

(cont'd from pg 7)

“We recommend no more than 5 pounds (twice a day) of sweet feed,” he says. “Owners might feed more grain if it’s a low-sugar (low-starch) grain. Studies show adding corn oil (4 to 8 ounces, twice daily) to the diet helps increase mucous production and might increase blood flow by increasing protective prostaglandins (lipid compounds that behave like hormones) in the glandular portion of the stomach. In addition, corn oil supplementation will add energy to the horses’ diet and produce a shiny hair coat,” Andrews says.

He offers a few other general management strategies:

- Take advantage of pasture turnout;
- Minimize stress;
- Get the horse out of the stall and into a social group he gets along with; and
- If the horse is on phenylbutazone or flunixin meglumine, reduce the dose, if possible, or switch to firocoxib, which is a “COX-1 sparing,” or COX-2 selective drug; COX-1 is an enzyme that plays a role in protecting the stomach lining.

### On the Road

Traveling, competing, and life on the road present their own set of challenges. Andrews recommends taking a proactive approach to maintain stomach health in the face of travel stress. He suggests:

- Bringing hay from home or having hay shipped in for a consistent diet;
- Considering feeding alfalfa, which increases stomach pH and neutralizes stomach acid, offering buffering effects;
- Encouraging water consumption by acclimating the horse to flavored water at home or offering one bucket of fresh water and one bucket with flavored gelatin or Gatorade added. Find a flavor the horse likes, so he will turn to the familiar taste of flavored water and drink more on the road, maintaining hydration and reducing stress;
- Adding a product comparable to Morton’s Lite Salt (potassium/sodium chloride mixture) to the grain to stimulate the desire to drink; and
- Administering preventive UlcerGard when shipping.

Andrews describes a new feed product, Purina Outlast, which he says the company tested on horses with heavy travel schedules. It features a proprietary calcified product touted for buffering stomach contents. While other buffering products do exist, they have not been tested as rigorously as this one, he says. “Outlast supplement added to the grain prevented ulcers from becoming more severe compared to the horses fed the regular grain,” says Andrews. “This product might be helpful for horses in stressful situations and periods at risk for gastric ulcers, especially during travel.”

### The Whole Horse

When addressing ulcer issues, McDonnell says the more natural environment the horse lives in, the less stress he’ll experience as a whole. “We often see horses return to the clinic with a relapse of ulcers. You do need to address the horse’s environment if you expect them to remain ulcer-free for long,” she says. “You have to look at the entire program, not just nutrition. Unfortunately, stressors of all types appear to contribute to ulcers, and ulcer discomfort itself is stressful, so there may be a downward spiral.”

While some horses are simply predisposed to ulcers, says Andrews, if you manage diet and stress, you can help minimize your horse’s possibility of getting them. And that makes for a happier horse and a happier you.





# Events



**SUNDAY, SEPTEMBER 27, 2020**

**OKLAHOMA DRESSAGE SOCIETY  
LIVE SCHOOLING SHOW**

**1 Day Only**

at High Hill Farm in the Luther Area

**CLASSIC and WESTERN DRESSAGE**

Show Judge: *Celeste Brown*

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This **Show** is now listed and ready for your entries on [www.showsecretary.com](http://www.showsecretary.com)

You can sign up online or download the forms to be mailed in.

Closing Date: September 18, 2020

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Please remember to read, and follow, all the **COVID 19 Health & Safety Information.**  
Bring all the required, completed & signed forms with you in order to enter the show facility.

Spread the word about this exciting new show in the OKC area.

For additional information, contact Nancy Trait-Lira at: [ntraitlira19@gmail.com](mailto:ntraitlira19@gmail.com)

# Zoom Meeting!

OKLAHOMA DRESSAGE SOCIETY

Invites you to join us

*Tuesday September 22, 2020 ~ 7:30pm*

For our next

## Zoom Education Meeting

\*\*\*\*\*

Here's how it works:

Lindsey Greco has kindly offered to set up meetings for us using her professional version of Zoom.

*Thank you, Lindsey!!!*

If you would like to join the meeting, you will need to let me know (via email, text, phone call) and I will add your email to a list, which I will then give to Lindsey. You can participate from any device where you can access your email ~ phone, tablet, laptop or desktop computer.

Lindsey will set up the meeting and she will have to have your email to 'invite' you. Watch for an invitation email ~ then follow the link and prompts to a screen that will ask for your name, then let you in. If you have signed up already, no need to do so again. We will keep a roster of those interested.

This month we are happy and excited to welcome Dolly Hannon, well known and appreciated "S" Judge and instructor! Dolly has a special affection for Musical Freestyles and will talk about how to think about making one up. She will also give insights as to what Judges look for and how they evaluate Freestyle rides. Think up questions, and we will have time for a Q & A after Dolly's talk. This is a very fun topic, so 'tune in' for a good time! (Yes.....pun intended!)

Please come join us for another social time! You will enjoy this session, for sure!

*Please join us! Let's stay in touch!!!* ❤️ ❤️

*Kay*

**918.808.6128**

[kkamishods@aol.com](mailto:kkamishods@aol.com)

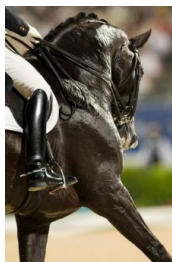




## FREE MEMBERS APPRECIATION CLINIC

FOR OUR TREASURED MEMBERS!

SATURDAY NOVEMBER 7, 2020



Last year ODS held our first ever Free Clinic for Volunteers. We had every intention of doing the same in 2020 ~~ except our major events had to be cancelled, thereby limiting the volunteer opportunities. So, this year we decided to hold the Free Clinic as a **Members Appreciation** event. You members are the ones we work so hard for, trying to provide interesting and exciting events for your riding pleasure! Auditors are welcome at no charge.

How this will work in 2020 is we will accept applications from members on a first come, first serve basis. This clinic will be open to Amateurs and Juniors, and we welcome both Traditional Dressage and Western Dressage riders.

We are pleased to have **Laurie Hedlund** as our Instructor this year. The clinic will be held **Saturday, November 7** at **Sonrise Stables** in Broken Arrow, OK. Fill out the application below and join in on the fun!! Bring your own lunch and we will distantly gather for a little socializing!



\*\*\*\*\*

### ODS FREE MEMBERS APPRECIATION CLINIC APPLICATION

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_

ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_ AMATEUR \_\_\_\_\_ JUNIOR \_\_\_\_\_

NAME of HORSE \_\_\_\_\_ LEVEL of TRAINING \_\_\_\_\_

TRADITIONAL \_\_\_\_\_ WESTERN \_\_\_\_\_

REQUESTS (Morning/Afternoon?) \_\_\_\_\_ Stabling needed (arrange through Sonrise) \_\_\_\_\_ Other? \_\_\_\_\_

\*\*\*\*\*

Send application to:

Jan Murrell  
8200 W 53<sup>rd</sup> Street S.  
Muskogee, OK 74401

[jan.cibula@gmail.com](mailto:jan.cibula@gmail.com)

918.360.6425



# Events

## Green Country Chapter of ODS 2020 Schooling Show Schedule



### VIRTUAL Schooling Show

Deadline: Sept 18

Judge – Sherry Guess

October 17, 2020

Joyful Noise Farm

3166 S 432 Rd, Pryor

Judge – Roberta Clark

November 14, 2020

Joyful Noise Farm

3166 S 432 Rd, Pryor

Judge – Wanja Gerlach


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- EEE, 90%
- WEE, 50%
- Tetanus, 75%
- West Nile, 33%
- Rabies, 100%



- ❑ Annual vaccination is the only way to protect horses from these deadly diseases.

<https://aaep.org/guidelines/vaccination-guidelines/core-vaccination-guidelines>. Accessed March 1, 2018.

Mackay R. Tetanus. In: Sellon DC, Long M, eds. *Equine Infectious Diseases*, 2nd ed. St. Louis, MO: Saunders Elsevier 2007:368-372.

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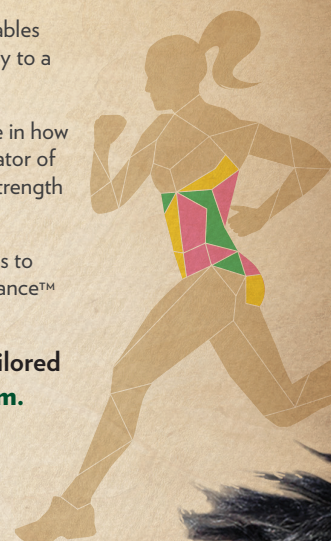
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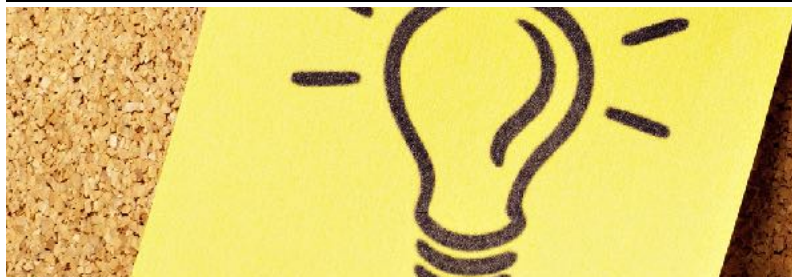
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# Good To Know

## Scam Warning!

Well the Trolls are out again. There was a fraudulent email sent supposedly from the ODS President, and 'endorsed' by the Board, requesting purchase of six \$100 gift cards for the benefit of a bogus Wounded Veterans group.

I can assure all members of ODS that I, as President, and the ODS Board, would NEVER solicit money from you folks, and certainly not for an obscure, unrelated organization such as this. ODS has very carefully managed its finances over the years to remain solvent and secure in all circumstances. This year is a prime example, when, due to having to cancel our three major events (Symposium and two Level 3 Shows) and therefore having only income from you loyal members in the form of memberships, we still have a strong bottom line. Yes, we have lost money this year, as have so many other businesses. However, because of our financial security we can continue to offer events at no charge to members. ZOOM meetings have been without charge, we will be offering a Free Members Appreciation Clinic (even though we will reimburse the Instructor), and we will be giving Year-End Awards.



*An Email Troll.*

ODS remains committed to its members, providing what services we can, and doing what we can to keep you safe! As with all social media *look carefully at the sender's email address!* If it looks odd, get rid of it! If it carries a strange request, ignore it!! Be careful and be safe!

*-Kay*

kkamishods@aol.com



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### Ken Shoemaker

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ken.shoemaker.ch0u@statefarm.com

*Providing Insurance and Financial Services*





## CLASSIFIED ADS

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

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

Ads will run one month unless owner re-submits.

To advertise, email the editor: [newsletter@dressageoklahoma.org](mailto:newsletter@dressageoklahoma.org).



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## OKLAHOMA DRESSAGE SOCIETY MEMBERSHIP

ODS is a Group member organization (GMO) of Region 9 of the United States Dressage Federation (USDF).

New Membership \_\_\_\_\_ Renewing Membership \_\_\_\_\_ Information Change only \_\_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ USDF ID# \_\_\_\_\_

Address \_\_\_\_\_ City/State Zip \_\_\_\_\_

Daytime Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_ Cell \_\_\_\_\_

Email \_\_\_\_\_ Birth date: Mth \_\_\_\_ / Yr \_\_\_\_

**USDF membership year is Dec 1<sup>st</sup> - Nov 30<sup>th</sup> . Membership dues are late after November 30<sup>th</sup> .**

ODS Membership – Select One Category. For family memberships consisting of more than two family members, please check both boxes for that section (Family and Add third family member).

\$54 Adult: Please check which applies: Open ☐ Amateur ☐ Vintage (50+) ☐ \$ \_\_\_\_\_

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

\$44 Junior, under 18 as of Dec 1 of the current membership year \$ \_\_\_\_\_  
(For example, must be under 18 Dec. 1 of 2015 for 2015 membership)

\$64 Family (for two family members)

Name of second family member \_\_\_\_\_ Birth Day Mth \_\_\_\_ / Yr \_\_\_\_ \$ \_\_\_\_\_

\$10 Add third family member

Name of third family member \_\_\_\_\_ Birth Day Mth \_\_\_\_ / Yr \_\_\_\_ \$ \_\_\_\_\_

Chapter Membership – Check which chapter you would like to join. Chapter membership is not required, but is required to participate in the Chapter awards programs. Chapter membership cost is the same for an individual or a family.

\$10 Green Country Chapter (GCC) \$ \_\_\_\_\_

DONATION to ODS. (ODS is a tax exempt 501.c. organization) OPTIONAL \$ \_\_\_\_\_

***\$5 DISCOUNT for memberships received before November 30<sup>th</sup> .*** - (\$ \_\_\_\_\_)

**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, 1<sup>st</sup>, 2<sup>nd</sup>) ☐ "L" Judge

☐ USDF Instructor Certification - Level \_\_\_\_\_

ODS membership is an opportunity to promote Dressage in your community. The club is ONLY as good as it's most ACTIVE members. We need your help! What are your skill sets? Please circle all that apply.

Scribing ☐ Scoring ☐ Organization/Management ☐ Accounting ☐ Spreadsheets ☐ Arena Set-Up/Tear-D own ☐

Photography ☐ Fund Raising ☐ Other \_\_\_\_\_

*I hereby release the Oklahoma Dressage Society, it's officers, members, employees and agents from any liability and all claims of every kind, including costs, expenses, or attorney fees that might result from damages, injuries, or losses resulting directly or indirectly from the negligent act or omissions of the officers, members, employees or agents of the Oklahoma Dressage Society Club. I agree and sign below:*

Signature: \_\_\_\_\_ Dated \_\_\_\_\_ (Parent or Guardian Signs for Jr. Rider)

Mail this form, with check payable to "Oklahoma Dressage Society – Membership" to: Marta Koenig, PO Box 1101, Kellyville, OK 74039.

Email Nancy Trait-Lira: [ntraitlira19@gmail.com](mailto:ntraitlira19@gmail.com) Phone: 405-454-1766 (membership) Please allow 4 to 6 weeks for processing by USDF.

# Events Calendar

## Horse Shows | Meetings | Clinics | Symposiums | Social Events

Go to the Events Calendar tab on [dressageoklahoma.org](http://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](mailto:webmaster@dressageoklahoma.org). To get your event listed in the Centerline newsletter, contact the newsletter editor Melissa Furman at [newsletter@dressageoklahoma.org](mailto:newsletter@dressageoklahoma.org). The most current, up-to-date event listings and information are posted online.

- Sept** GCC Schooling Show w/Judge Sherry Guess (Deadline Sept 18!)
- Sept-Oct** GCC Virtual Schooling Show 6 (entries close Oct 10; see GCC Facebook for details)
- Sept 22** ODS Educational Series Zoom Meeting w/Dolly Hannon (@ 7:30pm)
- Sept 27** ODS LIVE Schooling Show w/Judge Celeste Brown (@ High Hill Farm)
- Oct 1-4** Region 9 Finals
- Oct 17** GCC Schooling Show w/Judge Roberta Clark (@ Joyful Noise, Pryor)
- Nov 5-8** US Dressage Finals
- Nov 7** FREE Members Appreciation Clinic (w/Laurie Hedlund)
- Nov 14** GCC Schooling Show w/Judge Wanja Gerlach (@ Joyful Noise, Pryor)



# ShowSecretary.com

## Monthly ODS Meetings Open To All Members

Every Oklahoma Dressage Society member is welcome to attend via phone the monthly Board of Directors meeting, usually held on the second Wednesday of each month starting at 6:30pm.

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

**Next ODS Board  
Meeting:**

**Oct 14**

**@ 6:30 pm.**



## ODS Board Members

President - **Kay Kamish** [president@dressageoklahoma.org](mailto:president@dressageoklahoma.org)  
 Vice President - **Jan Cibula Murrell** [jan.cibula@gmail.com](mailto:jan.cibula@gmail.com)  
 Secretary - **Erin Boon** [erin.boone11@gmail.com](mailto:erin.boone11@gmail.com)  
 Treasurer - **Marta Koenig** [treasurer@dressageoklahoma.org](mailto:treasurer@dressageoklahoma.org)  
 Education - **Kay Kamish** [kkamishods@aol.com](mailto:kkamishods@aol.com)  
 Membership - **Jan Cibula Murrell** [jan.cibula@gmail.com](mailto:jan.cibula@gmail.com)  
 At Large - **Nancy Burba** [nobleroadeq@gmail.com](mailto:nobleroadeq@gmail.com)  
 At Large - **Emily Moser** [emismc@gmail.com](mailto:emismc@gmail.com)  
 At Large - **Lindsey Greco** [lindseymgreco@gmail.com](mailto:lindseymgreco@gmail.com)  
 At Large - **Sherri Pittman** [sherriwads@aol.com](mailto:sherriwads@aol.com)

## ODS Leadership Volunteers

Newsletter - [newsletter@dressageoklahoma.org](mailto:newsletter@dressageoklahoma.org)  
 Scholarships - **Nancy Trait-Lira** [ntraitlira19@gmail.com](mailto:ntraitlira19@gmail.com)  
 Web Master - **Sue Twitty** [webmaster@dressageoklahoma.org](mailto:webmaster@dressageoklahoma.org)

## Mailing Addresses

Please indicate on mailing envelopes to whose attention (person or office) you need to direct your correspondence. For example, "ATTN: Treasurer"

**ODS Mailing Address**  
 PO Box 1101  
 Kellyville, OK 74039

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