



Centerline

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

DECEMBER

2020

Shows & Symposium Dates Set

2021 is already looking like a better year with great dressage events planned! **See inside!**

Zoom Educational Meeting Take-Aways

We learned a lot! Recap: getting stretched out for effective rides. **Pg 4**

Barn Hacks

Simple tips and tricks to make your time around the barn even easier. **Pg 5**

New Year's History

Where did celebrating the end of a year, and the beginning of a new year come from? **Pg 8**

Congrats to WDAA Competitor!

ODS member competes in the first ever virtual WDAA World Show **Pg 10**

Annual General Meeting: Going Hybrid

Meet in OKC or in your living room - either way, it will be a great gathering! **Pg 11**

Letter From The President



'Tis that season coming around again, and my wishes are that you all have joy and peace in your lives, and all those you love, four legged and otherwise, are safe and well. This piece of photo magic is courtesy of **Lisa Jewell**, who many of you know as our show photographer. Thank you for making my Double Agent look like the best Christmas gift, ever!

This is a busy time of year for us all: end of year projects at work, finals for the kids in school, plans for whatever holidays we can organize, getting those gifts, baking anyone(?) ~ and the ODS and GCC plans for year-end awards and the **Annual General Meeting (AGM)**. Check out the announcement inside this issue for the AGM. We will be experimenting with a hybrid meeting, part live in OKC, and part Zoom for those who prefer to stay out of a public gathering. We are hoping for a good turnout, both live and virtual. The AGM will cover our **financial review, 2021 budget, plans for 2021 educational events and three recognized shows**, along with the GCC Schedule for **schooling shows**.

There was a very dedicated group who went through our **By Laws** and cleaned up outdated information. ODS members will need to review and vote on these revisions. They will be posted on the website when completed and also emailed out, so please take time to look them over at that time. Your opinion is

valid and valued.

And we cannot forget about the **Year-End Awards!** Be there to celebrate the folks who supported GCC and participated in their Virtual Schooling Show series.

On another note, I want to thank those members who have continued to work hard for the benefit of this organization, through a year that has been difficult and disappointing for many of us. It is not just the visible Board working to keep ODS going strong throughout the year, but also others who continue to work toward our shows and educational events. This club is only as strong as the members who are willing to work for it, and thankfully we have many dedicated to the cause. We always need new and fresh volunteers to help out. Please do not be shy or think "you don't have enough time" to contribute! We are all busy with families, work, home projects and on and on. You would be surprised at what a few hours of help can mean to your organization! Join in, join up and have fun with us!! Text me to get involved: 918-808-6128.



Merry Christmas to you all, my friends! And as my Danny above says, "Looking forward to a bright New Year!"

- Kay
kkamishods@aol.com

A Huge "THANK YOU!"

The ODS Board of Directors sends out a big "thank you" to several awesome ODS members for their time, energy and dedication that make ODS awesome! Many hands make light work.

- **Tricia and Gwyneth Baggett.** This mom-and-daughter team are going to be the new editors of the 2021 Membership Directory! The directory will be available digitally this year. Email Kay if you need a printed copy.
 - **Please review the 2020 directory and email Tricia if you have any changes.**
baggett.patricia@yahoo.com
- **Veronica Moody.** Veronica will once again be helping with member directory advertisers.
 - **If you want to advertise in the directory, please email Veronica:**
veronica.moody@aol.com
- **Pamela Byers.** Pamela is joining the ODS Board starting in 2021. Thank you, Pamela!

Dates for ODS Spring Symposium & Shows Set

Mark your calendar for two of ODS's much-anticipated annual events: Spring Symposium & Spring Dressage Shows I & II.



- On April 9-11, Tulsa Expo Center will play host to those participating in or auditing the ODS Spring Symposium.
- May 8-9 for the ODS Spring Dressage Shows I & II that will be held at the Tulsa Expo Center. The ODS Spring Shows are top-quality rated competitions and have earned the **AQHA Top 10 Dressage Show Award** in 2017 among over 97,000 entries!

Details for these spring 2021 events will be announced soon.

Mark Your Calendar: ODS Show & Ride-A-Test Clinic Set For March in OKC

Get ready for the show season with this "eyes-on" help for your ridden test. Ride your test at the schooling show in the morning, then ride your test again in the

afternoon with judge Celeste Brown for a coaching session. It all happens on March 27, 2021 @ High Hill Farm in Luther, OK. For details, see the flyer in this newsletter issue.

Toxic Plants Meeting Wrap-Up

We loved hearing from Dr. Kris Hiney, OSU Extension Equine Specialist, during the the December Zoom Meeting! Dr. Hiney was such a great speaker with lots of wonderful information about plants that don't go well with horses. She discussed how to help prevent your horse getting into the wrong eating situations, what signs to be aware of, and what flora is okay to have in your pasture and barn areas. We hope to have Dr. Hiney share with us again in the future.

The plant toxicity Zoom session was recorded. Look on the ODS website (and its new look and easy accessibility) for how to access it.

Access all the information that Dr. Hiney has to share with us through the following links:

*podcasts "Talkbox" with Kris Hiney:
<https://www.buzzsprout.com/242373>

*website for identification and information on toxic plants for horses: <http://www.horsedvm.com/toxic.php>

*monthly newsletter can be requested through contacting Dr. Kris Hiney at:
dasnr41.dasnr.okstate.edu:8080/ansi2015_disabled/about/people/faculty/pages/kris_hiney

Thanks once again to **Lindsey Greco** for being our ODS Zoom Specialist.

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Oklahoma Dressage Society

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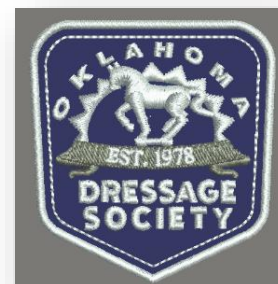


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UPF30+ Navy

\$35.00



\$25.00



Ladies & Men's Contrast Stitch Micropique Sport-Wick Polo \$35.00

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Navy	Ladies / Men's	XS	S	M	L	XL	2XL	3XL
Pink Raspberry	Ladies / Men's	XS	S	M	L	XL	2XL	3XL

Sun Hat w/ Concealable Sun Flap – Navy \$35.00

Adjustable Ripped and Distressed Cap -Navy \$25.00

Please contact Pamela DeVore with any questions (303) 902-6181
or email pamelad68@aol.com





Pre-Riding Stretches & Exercises

Molly Morrison joined us recently via Zoom to give us some ideas on how to warm *ourselves* up before riding. We spend time getting our horses ready, but how about getting US ready? Molly is uniquely qualified for this; she is a Certified Yoga and Pilates instructor, as well as a dedicated dressage rider. For this presentation Molly gave us practical exercises that are easy to do in the barn or on the mounting block, no mats or studios or equipment required! The exercises were given in a logical method, much like an attentive rider systematically works through her horse in the warm up, suppling phase of the ride. They are designed to enhance alignment, loosen up, and warm up before riding. Clearly, this can only benefit our equine partners. After all, they reflect our own tightness, so let's get things worked out before we mistakenly influence our horses!

1. Sitting on a stool, tack box, mounting block: feel for seat bones, making the weight distribution equal. Just pause here, breathe with the belly. Gradually find and tone the abdominal muscles, from the lower ~ middle ~ upper abdomen, drawing in and up to energize the core muscles. Expand the torso and grow the spine upward, especially the thoracic (rib cage) area.

2. Align the spine. Gently find the range of motion (ROM) of your pelvis, tilting it forward and back. For those of you who are familiar with Yoga terms, this is a seated Cat/Cow.

3. Next explore the side to side ROM of your spine. The challenge is keeping that equal weight distribution into both seat bones. The pelvis stays level as you slowly bend and stretch side to side. Take your time in this one. Be very aware of the weight into the seat bones. Doing that really isolates the effect into the rib cage and T-spine. Knees should be hip bone width.

4. Take a moment to roll the shoulders forward and back in between these exercises. Notice if you gradually developed tension there in your trapezius doing the other work ~ you can bet this happens during our riding!

5. Next add gentle twisting. Extend the arms to the sides and gently rotate the back thumb down; leading thumb up as you turn left and right. Think of your breath, and imagine how this can help open your chest during lateral movements while riding. (Shoulder-ins for example)

6. Figure 4: put one ankle on the other knee for a piriformis stretch. Inhale, grow the thoracic spine upward and slowly round over. (Flex the foot of the crossed leg to spare excess stretch on the knee)

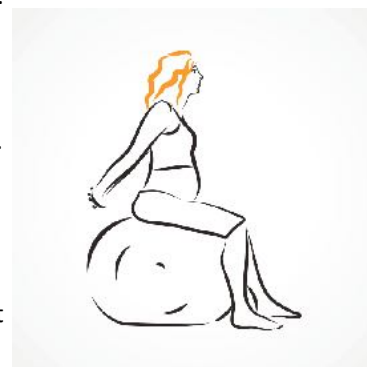
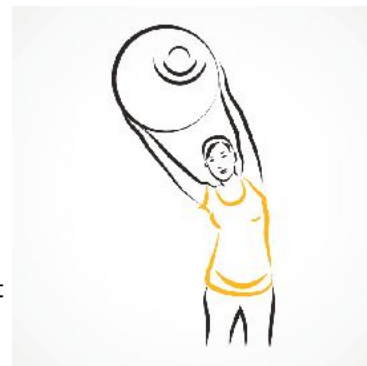
7. Standing with feet the width of your *inner* hip, toes forward, and feel for the equal distribution of weight on your feet. Now 'wagon wheel' the hips, rolling them forward alternately, rising to the toe of one foot, then the other. This will really rock your pelvis.

8. Now some balance challenges for us: Stand on one foot, stretching the toe of the other foot in front (either lightly touching the ground or in the air). Rotate the leg (femur bone) in and out from the height of the hip. There is so much value in developing the stability of the standing leg.

9. Targeting the Glut medius: again, standing on one leg, reach the other toe to the side and make little circles forward and back while keeping the pelvis level. You should feel this in the band across the front of the hip. This is a very important muscle to isolate to be able to take the leg off, then drape in on the horse.

10. Stand again on one leg, draw the other leg back and forward, pelvis level, feeling the stretch of the quad muscles. Eventually place the toe behind you and drop the back knee down in a modified lunge. Use the Glut of the standing leg to pull you back up.

11. Finish with a nice Sun Breath: Stand feet together, hands with palms together in front of your chest. Lift the hands up the midline overhead, then allow them to open and press down with the palms while the torso gets taller.



Molly made the point that the important part is that we all take time to move ourselves before getting aboard our horses, for their sake as well as our own! She offered these exercises in a sequence, but encouraged us not to feel bound by a strict regimen that we would forget or think too much to do! These are all simplified movements that can be done any time, any place ~ just move!!

Molly has a website under construction, check it out! www.blueheronmovement.com



Useful Barn Hacks

Use an empty feed bag to load a hay net. Place a flake or two in the feed bag, then slide the net over the feed bag. Flip over and remove the feed bag. If you have loose hay, this makes life much easier!



Use a pair of socks with the toes cut open as lower leg protection for your horse. This can help keep bandages in place, keep the bugs away, or keep legs white before a show.



Use dryer sheets as rodent and fly repellents around the barn. I have heard that you can also get rid of static cling and electric shocks in your horse blankets by rubbing the underside of your blankets with a dryer sheet.



Rub a bar of soap (Irish Spring is particularly potent) on all things that your horse chews or wants to chew or thinks about chewing. You will need to lather, rinse, and repeat as necessary.



You can prevent blisters by using a body glide product like runners and hikers use. Use body glide stuff on your own blister prone areas, and on your horse if he gets rubs or sores. This is especially helpful to prevent girth sores.



Keep panty liners in your first aid kit for instant horse size band-aids.

These are not as bulky as diapers and can be easier to wrap on your horse.

And because they come in all thicknesses, you can be prepared for anything.



Use a PVC tube with a closed end as a whip holder. You can close the end with a plumbing cap or some duct tape. Mount on a wall or post and drill a hole in the bottom for drainage if things are exposed to the elements.



Source: ProEquineGrooms.com



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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?

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

Books ~ do you have some wisdom to share from your favorite riding book?

Do you have quotables or wisdom to share that may inspire others? We'd love to hear it! Send your contribution to the newsletter editor so we can put it in the next newsletter!

newsletter@dressageoklahoma.com

"We can optimally support the horse with our seat, but we can also bother him, and cause him stress and frustration."

From the book *Ridden. Dressage From The Horse's Point Of View* by Ulrike Thiel.

"(The rider) must feel not only what the horse does, but also what he is thinking about doing and what he is offering to do."*

From the book *Ridden. Dressage From The Horse's Point Of View* by Ulrike Thiel.



The History Of New Year's



Civilizations around the world have been celebrating the start of each new year for at least four millennia. Today, most New Year's festivities begin on December 31 (New Year's Eve), the last day of the Gregorian calendar, and continue into the early hours of January 1 (New Year's Day). Common traditions include attending parties, eating special New Year's foods, making resolutions for the new year and watching fireworks displays.



Early New Year's Celebrations

The earliest recorded festivities in honor of a new year's arrival date back some 4,000 years to ancient Babylon. For the Babylonians, the first new moon following the vernal equinox—the day in late March with an equal amount of sunlight and darkness—heralded the start of a new year. They marked the occasion with a massive religious festival called Akitu (derived from the Sumerian word for barley, which was cut in the spring) that involved a different ritual on each of its 11 days. In addition to the new year, Akitu celebrated the mythical victory of the Babylonian sky god Marduk over the evil sea goddess Tiamat and served an important political purpose: It was during this time that a new king was crowned or that the current ruler's divine mandate was symbolically renewed.

Did you know? In order to realign the Roman calendar with the sun, Julius Caesar had to add 90 extra days to the year 46 B.C. when he introduced his new Julian calendar.

Throughout antiquity, civilizations around the world developed increasingly sophisticated calendars, typically pinning the first day of the year to an agricultural or astronomical event. In Egypt, for instance, the year began with the annual flooding of the Nile, which coincided with the rising of the star Sirius. The first day of the Chinese new year, meanwhile, occurred with the second new moon after the winter solstice.

January 1 Becomes New Year's Day

The early Roman calendar consisted of 10 months and 304 days, with each new year beginning at the vernal equinox; according to tradition, it was created by Romulus, the founder of Rome, in the eighth century B.C. A later king, Numa Pompilius, is credited with adding the months of Januarius and Februarius. Over the centuries, the calendar fell out of sync with the sun, and in 46 B.C. the emperor Julius Caesar decided to solve the problem by consulting with the most prominent astronomers and mathematicians of his time. He introduced the Julian calendar, which closely resembles the more modern Gregorian calendar that most countries around the world use today.

As part of his reform, Caesar instituted January 1 as the first day of the year, partly to honor the month's namesake: Janus, the Roman god of beginnings, whose two faces allowed him to look back into the past and forward into the future. Romans celebrated by offering sacrifices to Janus, exchanging gifts with one another, decorating their homes with laurel branches and attending raucous parties. In medieval Europe, Christian leaders temporarily replaced January 1 as the first of the year with days carrying more religious significance, such as December 25 (the anniversary of Jesus' birth) and March 25 (the Feast of the Annunciation); Pope Gregory XIII reestablished January 1 as New Year's Day in 1582.

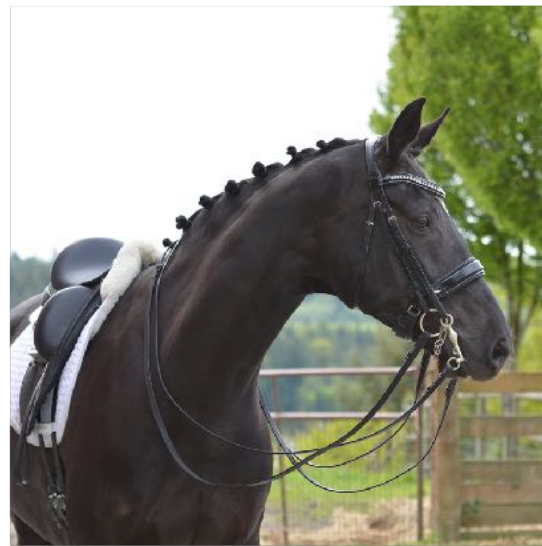
New Year's Traditions

In many countries, New Year's celebrations begin on the evening of December 31—New Year's Eve—and continue into the early hours of January 1. Revelers often enjoy meals and snacks thought to bestow good luck for the coming year. In Spain and several other Spanish-speaking countries, people bolt down a dozen grapes—symbolizing their hopes for the months ahead—right before midnight. In many parts of the world, traditional New Year's dishes feature legumes, which are thought to resemble coins and herald future financial success; examples include lentils in Italy and black-eyed peas in the southern United States. Because pigs represent progress and prosperity in some cultures, pork appears on the New Year's Eve table in Cuba, Austria, Hungary, Portugal and other countries. Ring-shaped cakes and pastries, a sign that the year has come full circle, round out the feast in the Netherlands, Mexico, Greece and elsewhere. In Sweden and Norway, meanwhile, rice pudding with an almond hidden inside is served on New Year's Eve; it is said that whoever finds the nut can expect 12 months of good fortune.

Other customs that are common worldwide include watching fireworks and singing songs to welcome the new year, including the ever-popular “Auld Lang Syne” in many English-speaking countries. The practice of making resolutions for the new year is thought to have first caught on among the ancient Babylonians, who made promises in order to earn the favor of the gods and

(continued on page 10)

Announcements



Congrats, New Horse Owners!

Do you have a new horse? Let's see! Send your photo(s) to the newsletter editor at newsletter@dressageoklahoma.com and we will announce the fun news with a photo in the ODS newsletter, *Centerline*!

< This month, we congratulate Amanda Edwards and welcome her new horse, JessAnna. This gorgeous 6-year-old mare is a domestically bred Dutch Warmblood.



> Also this month, we congratulate Veronica Moody and welcome her new horse, Soprano Rossi. "Rossi" is an athletic 12-year-old Oldenburg gelding that Sherry Guess found in Texas.




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> Finally, this month, ODS congratulates Cathy Orban on her new horse, Harmonyhills Reward, aka "Batman." Batman is a 4-year-old OTT Paint and former race horse (though he hung out in the middle of the pack or last most of the time!). But he has a friendly, golden heart and great bloodlines with Northern Dancer, Skys Blue Boy and Secretariat blood!

Announcements

ODS Member Competes in WDAA World Show Held Virtually

A big "CONGRATS!" goes to Kyriana Beard and mount Gigi who gave it their all at the WDAA World Show, this year held as a virtual competition. Kyriana and Gigi received strong scores to earn them very respectful standings in the Basic Division.

Basic 4: 3rd Place

Basic 3: 9th Place

Basic Division Overall: 10th Place

Kyriana and Gigi's "fan club" cheer leader, Kim Beard, says it well, "We are so very happy with Gigi...she's doing amazing as a 4-year-old."



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The History Of New Year's

(continued from page 8)

start the year off on the right foot. (They would reportedly vow to pay off debts and return borrowed farm equipment.)

In the United States, the most iconic New Year's tradition is the dropping of a giant ball in New York City's Times Square at the stroke of midnight. Millions of people around the world watch the event, which has taken place almost every year since 1907. Over time, the ball itself has ballooned from a 700-pound iron-and-wood orb to a brightly patterned sphere 12 feet in diameter and weighing in at nearly 12,000 pounds. Various towns and cities across America have developed their own versions of the Times Square ritual, organizing public drops of items ranging from pickles (Dillsburg, Pennsylvania) to possums (Tallapoosa, Georgia) at midnight on New Year's Eve.

Source: A&E Television Networks, History.com Editors, originally published February 2010 & updated June 2019. <https://www.history.com/topics/holidays/new-years>





Oklahoma Dressage Society Annual General Meeting

Sunday January 23, 2021
OSU OKC
900 N. Portland Avenue
11:00 – 3:00

Proposed Agenda

- 11:00 Open registration
- 11:30 Lunch (Provided by ODS)
- 12:15 Break
- 12:30 Business Meeting
 - Year in Review
 - 2020 Summer Meeting Minutes
 - Financial Report (Marta Koenig, Treasurer, will be on hand for questions)
 - By Laws Revisions and Vote
 - Educational Programs
 - Recognized Show
 - Schooling Shows
 - Presentation of new Board
- 2:00 Schooling Show Awards
 - HOY Award (Schooling Shows)
 - VOY Award

Registration

The meeting will be a hybrid of live and Zoom!

****If you desire to attend live, space is limited!**
Registration for live is first come-first served.
COVID precautions will be followed with Social Distancing and masks will be required except when eating or speaking to the group.

****If you prefer to attend Virtually, the Zoom link will be provided in the newsletter, on our Facebook page, via Eblast, and group texting.**

Contact Lindsey Greco for Registration
lindseymgreco@gmail.com



Contact Lindsey or Kay (kkamishods@aol.com) and we will do what we can to help you out and make this meeting work out for you!

Events

It's Confirmed: Save The Date!



Coming **February 13-14, 2021** to Tulsa, OK
Judges Seminar & Clinic with Dolly Hannon "S"

Saturday Mounted Clinic: An Opportunity To Work On Freestyle If Desired
Sunday Class Setting: Judges Seminar for CE for "L" Graduates & Judges

ODS Spring Schooling Show In OKC Area

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

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



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<https://aaep.org/guidelines/vaccination-guidelines/core-vaccination-guidelines>. Accessed March 1, 2018.
 MacKay R. Tetanus. In: Sellon DC, Long M, eds. *Equine Infectious Diseases*, 2nd ed. St. Louis, MO: Saunders Elsevier 2007:368-372.

zoetis



SCHOOLING SHOW AND RIDE-A-TEST CLINIC SATURDAY, MARCH 27, 2021

High Hill Farm

13800 E. Sorghum Mill Road, Luther, OK 73054

Approximate Start Time: 8 a.m.

Judge: Celeste Brown "r" USEF/USDF Applicant
USDF "L" Graduate with Distinction and
USDF Bronze & Silver Medalist

This day provides the perfect opportunity to get ready for the recognized show season by having "eyes-on" help with your ridden test.

Schooling Show classes in the morning include
Classical, Western, and Eventing Dressage Tests.

Ride-a-Test Clinic in the afternoon provides a chance to ride your choice of test
followed by a coaching session with judge, Celeste Brown,
on how to improve your test scores.

Then you have a chance to ride the same test again after the coaching session.
First ride counts toward end-of-year schooling show awards.

Come start the year at a beautiful facility with a fun group of people!



Announcements



Suppenkasper Named Adequan®/USDF Grand Prix Horse of the Year

Lexington, KY (December 8, 2020) - The United States Dressage Federation™ (USDF) would like to congratulate the twelve-year-old, 18.0 hand, Dutch Warmblood gelding, Suppenkasper, owned by Akiko Yamazaki's Four Winds Farm LLC, and ridden by Steffen Peters of San Diego, California, for being named 2020 Adequan®/USDF Grand Prix Horse of the Year. Suppenkasper's median score of 76.149 percent made him the top horse in the United States competing at this level and the recipient of USDF's highest honor.



Suppenkasper was recognized during the 2020 Adequan®/USDF Year-End and All-Breeds Awards presentation, as part of the 2020 Adequan®/USDF Virtual Convention. In recognition of this achievement, a commemorative personalized plaque, an embroidered cooler, and a gift certificate provided by Dressage Extensions will be awarded. Also, Suppenkasper is the recipient of the Colonel Thackeray Award and will have his name engraved on a silver trophy to be on permanent display in the Roemer Foundation/USDF Hall of Fame, housed at the USDF National Education Center, located at the Kentucky Horse Park.

"USDF is thrilled to be able to recognize this extraordinary horse for his many accomplishments during this unique and trying 2020 competition season. We also congratulate Akiko Yamazaki, Four Winds Farm, Steffen Peters, and the entire Suppenkasper team," stated USDF Executive Director Stephan Hienzsich.

For more information about the Adequan®/USDF Horse of the Year awards or to access a list of past and current recipients, visit the USDF website at www.usdf.org, or contact the USDF office at usdressage@usdf.org.

Founded in 1973, the United States Dressage Federation is a nonprofit membership organization dedicated to education, recognition of achievement, and promotion of dressage. For more information about USDF membership or programs, visit www.usdf.org, e-mail usdressage@usdf.org, or call (859) 971-2277.

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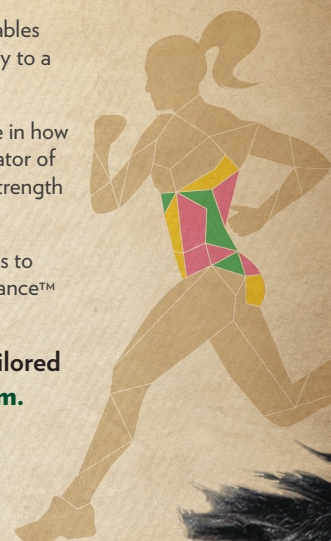
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OKLAHOMA DRESSAGE SOCIETY MEMBERSHIP

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

New Membership _____ Renewing Membership _____ Information Change only _____

Last Name _____ First Name _____ USDF ID# _____

Address _____ City/State Zip _____

Daytime Phone _____ Evening Phone _____ Cell _____

Email _____ Birth date: Mth ____ / Yr ____

USDF membership year is Dec 1st - Nov 30th . Membership dues are late after November 30th .

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

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

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

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

\$64 Family (for two family members)

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

\$10 Add third family member

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

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

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

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

\$5 DISCOUNT for memberships received before November 30th . - (\$ _____)

TOTAL AMOUNT ENCLOSED \$ _____

Please tell us about your USDF/USEF accomplishments by checking any of the following boxes that apply. We plan to publish a list of member accomplishments on the website and in the directory.

☐ Gold Medal ☐ Silver Medal ☐ Bronze Medal ☐ USDF Rider Performance (Training, 1st, 2nd) ☐ "L" Judge

☐ USDF Instructor Certification - Level _____

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

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

Photography ☐ Fund Raising ☐ Other _____

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

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

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

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



Events Calendar



Horse Shows | Meetings | Clinics | Symposiums | Social Events

Go to the Events Calendar tab on dressageoklahoma.org for more details about the events listed below. Registration information and forms are available through the Event Calendar tab. To get your event listed on the website, contact the ODS webmaster Sue Twitty at webmaster@dressageoklahoma.org. To get your event listed in the Centerline newsletter, contact the newsletter editor Melissa Furman at newsletter@dressageoklahoma.org. The most current, up-to-date event listings and information are posted online.

- Jan 23** Annual General Meeting - A Virtual & In-Person Hybrid Event! (OKC)
Feb 13-14 Judges Seminar & Clinic w/Dolly Hannon "S" (Tulsa) <<<New Date - Confirmed!
March 27 ODS Schooling Show & Clinic Combo Event (OKC Area)
April 9-11 ODS Spring Symposium (Tulsa Expo Center)
May 8-9 ODS Spring Dressage Shows I & II

Show Secretary.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:
January 13
@ 6:30 pm.**



ODS Board Members

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

ODS Leadership Volunteers

Newsletter - newsletter@dressageoklahoma.org
 Scholarships - **Nancy Trait-Lira** ntraitlira19@gmail.com
 Web Master - **Lindsey Greco** webmaster@dressageoklahoma.org

Mailing Addresses

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

ODS Mailing Address
 PO Box 1101
 Kellyville, OK 74039

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