



Centerline

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



APRIL

Dolly Hannon Judging Seminar!

It's almost here! Don't miss this chance to learn from a judge's perspective. Auditors & judges welcomed. Pg 2-4

Members Needed for New Vision Committee

Bring your ideas and energy to this new, fun committee that's committed to ODS success! Pg 7

ODS Spring Shows I & II Coming Soon

Sign up today to compete, sponsor, exhibit or volunteer at the popular Spring Shows! Pg 8-12

Summer & Virtual Show Opportunities

Mark your calendars for a live summer show or a virtual "anytime" show. Details inside. Pg 14, 16

Do You Have Spring Fever?

Where does the idea of "Spring Fever" come from? Do you have it? Pg 15

NAYC Updates

Check out the most recent NAYC newsletter updates. Pg18

Dolly Hannon Judging Seminar

April 24-25 | Auditors Welcome!



Letter From The President

Greetings folks, and finally I think we can say welcome to Spring. This is perhaps the most amazing season for changes. Brown grass turns green, what look like dead sticks sprout blossoms or leaves, bare dirt shoots up green spires that turn into irises, and our shaggy equine companions start to become slick athletes. Well, at least partly so; mine have slick necks and roughish middles!

Speaking of changes, we have some changes to the ODS officers group. **Marta Koenig** is stepping away from the Treasurer duties that she has been so generous to do for so many years. An eye ailment is making the close work difficult. We will have a smooth transition to a long-time supporter and Charter Member of ODS, **Lyn Francik**, who has offered to step in for the remainder of the year ~ thank you, Lyn for taking this on! We are sadly losing a member, **Jan Cibula Murrell**, as she is moving to Texas to be closer to her children. Jan had been our Vice President. **Lindsey Greco** will shift to that position. Jan also had been managing membership and Marta has now shifted to taking on that task. I am so grateful to all who have helped ODS out, and for the flexibility of everyone involved!

I hope you all are able to spend many of these beautiful days riding, enjoying your horses and perhaps preparing for upcoming events. Next on our list is the **Dolly Hannon** weekend, that's sure

to be full of riding and judging information. We have just had an opening for a rider on Saturday, so if you had been thinking about possibly giving it a try, here is your opportunity! See inside this issue for details. We have plenty of room for "L"s and auditors on Sunday, so come join us for a great weekend.

Next will be the **Spring Shows, May 8-9**. Closing date is coming up, on April 22, so get your paperwork done ASAP! As ever, we will be grateful for volunteers. Come join us for some camaraderie, fun, and to fill your eyes with beautiful horses!

Check out the calendar for information about a new **Webinar, Schooling Shows**, and the **Summer Meeting** (July 10) with education from **Florence Wetzel**, a certified bit fitter. Things are really starting to roll! How exciting!

Stay well and safe folks! I can't wait to see you all again!
~ Kay



Sign Up Today For Dolly Hannon Judging Seminar April 24-25!

Don't miss this unique opportunity with faculty member of the USDF Instructor Certification Committee! Dolly has so much personal and professional insight for all things dressage including Classical, Freestyle and Western. See page 3 in this issue for details.

ODS New Registered Horses

2520—Weltmeyers Fayte (Dallas Sweat)
2521—About Time (Gretchen Sutherland)
2522—All That Silent Tribute (Holly pryce)
2523—Levi (Joanne Baum)
2421—Rose Marie

(New Owner: Christina Harmon)

Thank You & Farewell, Jan

Long-time ODS member and supporter Jan Cibula-Murrell is moving to Texas to be closer to her children. Jan has been a solid fixture at ODS horse shows and events for many years as well as a Board member most recently. Jan will be greatly missed by all the ODS friends she has made over the years and on behalf of everyone, we say "Thank you for all your support!" and wish her well.

New Show Equipment!

ODS membership funds and event monies raised are thoughtfully used to improve the club experience. Recently, the ODS Board approved the purchase of new walkie-talkie radios to be used at horse shows — just in time for the Spring Shows I & II. Now all volunteer show organizers will be able to hear each other loud and clear!

Official ODS 2021 Budget

ODS members can now view the Board-approved and final 2021 budget. Click on www.dressageoklahoma.org to view.



Giving Back: Houston CDI Receives ODS Sponsorship

The Houston CDI coming up April 29-May 2 will be \$300 stronger this year due to the sponsorship given by ODS. This important event and big achievement in Region 9 is the only CDI put on in our area. Hosting a CDI is an ambitious undertaking, and our dressage friends in Texas deserve huge kudos and our support. Such events are only possible by the dedication of event organizers and volunteers committed to working hard and putting on a tremendous show. For its support, there will be an ODS banner displayed at the event as well as mention in the program.

Plan To Attend ODS Summer Meeting & Education Talk

Mark your calendar for July 10 when the ODS Summer Meeting will be held in the OSU Extension Center at the Tulsa Expo Center (Fairgrounds). Certified bit fitter for Neue Schule Bits, Florence Wetzel, will be giving an educational talk regarding proper bit fitting & more. Florence will be taking afternoon appointments for July 9 and 10.

Promote Your Business Or Show Your Personal Support At The ODS Spring Shows

The ODS Show Committee is currently accepting sponsorships, vendor applications & advertisements for the Spring Shows I & II to be held May 8 & 9 at Tulsa Expo Center. Let's pull together and collectively support our club by way of financial involvement. Every little bit helps, especially after ramping back up after the difficult pandemic year. Per USEF & USDF, we are unable to conduct our popular silent auction, which has always been our biggest fund raiser. There are several types of sponsorships available: class, division, special awards and more. You can also advertise your business or be a vendor at the show. Please see inside this issue for details on how you can support the ODS Spring Shows, or contact Roberta Clark (55clark@gmail.com).





Invites you to
**A JUDGING SEMINAR WEEKEND
 WITH DOLLY HANNON 'S' !**

*FACULTY USDF INSTRUCTOR CERTIFICATION COMMITTEE

*CURRENT CHAIR OF USDF FREESTYLE COMMITTEE

* "R" JUDGE IN WESTERN DRESSAGE

RESCHEDULED FOR APRIL 24 -25, 2021

Dolly is a well known popular Judge and clinician. In addition to her judging duties, Dolly is an avid rider, and so, knows showing from both sides of the arena. She understands how horses think, and how to train them correctly for success in the show ring. This weekend, we will get the benefit of both those points of view!

Dolly admits her first love is for Musical Freestyles. She enjoys watching them, and teaching about how to put a ride together that is not only technically correct, but with the artistic flair that sets one apart from the rest.

Friday

****Special announcement!**** Dolly has agreed to fly in early and will be available for a limited number of lessons!

Saturday

Mounted Session with emphasis on what Judges hope to see vs. what they actually do see.

****Check out those Directives! ****

Dolly specializes in Musical Freestyles, so if you have one, or want ideas on how to prepare one, she will work on this with you. (Not required!)

**Fee for mounted session: \$150 (ODS Members)
 \$175 (Non-Member)**

Auditors: \$15 ODS/ \$20 Non-member

Junior Auditors: \$10 ODS/\$15 Non-member

Sunday

Are you an "L" Graduate, "r" or higher?

This is the day for you. This will be in a classroom setting, going through tests and discussing appropriate scoring.

This session is open to auditors and juniors

All will be included and all will learn!

Fees for classroom session:

(Member/Non-member)

"L" Graduate, Judges: \$50/ \$60

Auditors: \$35/\$45

Juniors: \$20/ \$30



****Riders, "L"s, judges, auditors are invited
 to submit videos for evaluation!****

Location for the mounted session will be at
YOLy 13401 S 129th E. Ave, Broken Arrow.

Location for the Classroom Session will
 be at **YOLy**

Approved for "L" CE and USDF University Credit

For registration or further information contact: Kay Kamish, ODS President
 Or check us out on our website: dressageoklahoma.org

kkamishods@aol.com

Come join us for an educational and very fun weekend!





Invites you to

A JUDGING SEMINAR WEEKEND WITH DOLLY HANNON 'S'!

*FACULTY USDF INSTRUCTOR CERTIFICATION COMMITTEE
*CURRENT CHAIR OF USDF FREESTYLE COMMITTEE
* "R" JUDGE IN WESTERN DRESSAGE

RESCHEDULED APRIL 24-25, 2021

Registration

Location: All Days: YOLy (formerly Sonrise Stables) 13401 S. 129th E. Ave, Broken Arrow, OK

Special announcement! Dolly has agreed to fly in early and will be available for a limited number of lessons Friday

Friday and/or Saturday Mounted Clinic

Rider Name	Friday	Sat
Address		
Email	Phone	
Horse	Level Riding	
**Will you be working on a Musical Freestyle?	Yes	No

>> Contact Laurie Hedlund for stabling arrangements: hedlunddressage@att.net<<

>>Stabling and Friday \$15 arena fee paid to YOLy<<

Sunday Judging Seminar (Unmounted) (for social distancing this will be held in the indoor arena)

Name	
Address	
Email	Phone
"L" Graduate	USEF Judge/Level

***This program is approved for CE by USDF for "L" Graduates.

***USDF University Credit is automatically awarded for "L"/ Judge Participants



Fees

Friday Rider	\$150 ODS Member/ \$175 Non-Member	_____
Saturday Rider	\$150 ODS Member/ \$175 Non-member	_____
Saturday Auditor	Adult \$15/\$20	_____
	Junior \$10/ \$15	_____
Sunday "L" or Licensed Judge	\$50 ODS Member/ \$60 Non-Member	_____
Sunday Auditor (Adult)	\$35 ODS Member/ \$45 Non-member	_____
	(Junior) \$20 ODS Member/ \$30 Non-Member	_____
Auditor USDF University Credit	\$5.00	_____
Auditors: Bring your own chairs		_____
Sign up for Lunch Sunday	(\$10)	_____
Total Fees (check payable to Oklahoma Dressage Society)		_____

>>Sign up on line at dressageoklahoma.org

>>Send Registration/Payment to: Kay Kamish 25395 South 4130 Road #B, Claremore, OK 74019

>>Further Information: Kay Kamish kkamishods@aol.com 918.808.6128



Oklahoma Dressage Society

Ladies Polo's & Hat Order Form



\$35.00

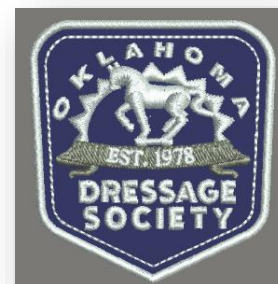


Sun Hat w/ Concealable Sun Flap
UPF30+ Navy

\$35.00



\$25.00



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

Royal	Ladies / Men's	XS	S	M	L	XL	2XL	3XL
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



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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.

zoetis



Do you have Vision?

Do you like to mark your path with goals?

Are you interested in using your skills to shape the Future
for Oklahoma Dressage Society?

Then you are invited to become a part of The Plan by joining with other
like-minded members of the *Oklahoma Dressage Society Vision*.

Our committee will compose 2 years- and 5 years plans for ODS.

Some of the questions leading our planning:

What do **you** want ODS to accomplish in the next 2 years?

What do **you** need to see in your community?

Where do **you** envision ODS being in 5 years?

Meetings begin in March 2021.

Contact Nancy Trait-Lira ntraitlira19@gmail.com to share your ideas.

Prepare for a new *ODS Vision*.

Start brainstorming with your riding companions now.

At the barn. In your own backyard. Over the internet or cell phone.

What do **YOU** need from ODS in your *Vision*?

Contribute to creating goals and shaping the Oklahoma Dressage Society as
we ride into the future!

No *VISION* is too large or small.





Events

OKLAHOMA DRESSAGE SOCIETY PRESENTS THE:

Spring Dressage Show-1&2

CLIMATE
CONTROLLED
ARENAS

MAY 8-9 • 2021

TULSA EXPO CENTER • TULSA, OK

A USEF LEVEL 3 COMPETITION*

Judges:

Anne Cizadlo "S" (Wellington, FL)

Cheryl Holekamp "S" (Ocala, FL)

TD: Jean Kraus

*Applied for developing program qualifiers
(JR/YR/YA, YH & DH)

Qualifier For:

2021 Great American/USDF Regional Championships

2021 Southwest Dressage Championship

2021 Oklahoma Dressage Society Year-End Awards Program

DRESSAGEOKLAHOMA.ORG
SHOWSECRETARY.COM



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Events



On May 8th & 9th, 2021, The Oklahoma Dressage Society will again host its United States Dressage Federation Annual Horse Show at Expo Square in Tulsa, OK.

This show is recognized as a premier equestrian event and draws exhibitors from around the region including Arkansas, Missouri, Kansas, and Texas. In 2019 ODS's horse show drew over one hundred horse and rider combinations, thirty sponsors and two hundred spectators who came together to support, compete and socialize. This year, Covid rules will take precedence.

The Oklahoma Dressage Society is a 501(c)(3) Charitable Organization. ODS promotes and encourages men, women, girls and boys from the age of eight through senior citizens to participate in the equestrian sport of "Dressage" (French for "training.") Some people describe Dressage as "ballet" on horseback and also associate it with the famous Lipizzaner Stallions. This Olympic sport originally incorporated the Greek's methods of training of their warhorses. It has evolved into a complex, demanding, and extremely rewarding sport that teaches the young and old responsibility and sportsmanship. Additionally, Dressage is also one of the only sports where men and women compete as equals. Today, dressage encompasses training that is used with various other equine activities including, but not limited to, jumping, driving and pleasure riding. There are many therapeutic benefits when incorporating horses with children (handicapped to autistic) and veterans (injured to PTSD). With the recent addition of "Western" Dressage, the influence of dressage has seen great growth.

The Oklahoma Dressage Society extends to you an invitation to be part of this equestrian experience. Due to the financial limitations of our organization, we seek sponsorships and support from businesses, restaurants, and the community to ensure a successful event. Sponsorship is available at many levels. ODS appreciates any donations in the form of funding, gift certificates, etc.

In return for your generosity, we will provide you or your business with a tax-deductible donation receipt along with the sponsorship benefits (attached) that apply. All donations will remain in the ODS Spring Show account and are greatly appreciated.

Sincerely,

Roberta Clark



ShowSecretary.com

Events



2021 Show Sponsorship and Advertising

May 8th & 9th, 2021
Tulsa Expo Square, Tulsa OK

JOIN A WINNING TRADITION

Your involvement and commitment to the Oklahoma Dressage Society Spring Show is of great importance.

This sponsorship and advertising package describes the many opportunities you have to support this amazing event showcasing our region's top riders and horses. We hope you'll contribute and create your own tradition of support for this show.

Please feel free to contact Roberta Clark with any questions you may have. We thank you for your generosity and encourage you to send in your pledge form today.

The Oklahoma Dressage Society is operated as a 501(c)(3) organization and your contribution is tax-deductible to the fullest extent of the law.

GOLD SPONSOR

For your tax-deductible cash contribution of \$500 you will receive:

- A full-page color advertisement in the 2021 Oklahoma Dressage Society Show Program.
- Your name will be announced as a Gold Sponsor and listed in the Oklahoma Dressage Society Show Program as such.
- Banners (with grommets) placement around the show rings. *(Provided by the Sponsor)*
- A full year of advertisement on the ODS website and in the ODS's monthly newsletters; plus an advertisement in ODS's 2022 membership directory.



SILVER SPONSOR

For your tax-deductible cash contribution of \$300 you will receive:

- A half-page color advertisement in the 2021 Oklahoma Dressage Society Show Program.
- Your name will be announced as a Silver Sponsor and listed in the Oklahoma Dressage Society Show Program as such.
- Banners (with grommets) placement around the show rings. *(Provided by the Sponsor)*
- 6 months' advertisement on the ODS website and in the ODS's monthly newsletter; plus an advertisement in ODS's 2022 membership directory.



BRONZE SPONSOR

For your tax-deductible cash contribution of \$150 you will receive:

- A quarter-page color advertisement in the 2021 Oklahoma Dressage Society Show Program.
- Your name will be announced as a Bronze Sponsor and listed in the Oklahoma Dressage Society Show Program as such.
- 3 months of advertisement on the ODS website and in the ODS's monthly newsletter; plus an advertisement in ODS's 2022 membership directory.



OKLAHOMA DRESSAGE SOCIETY PRESENTS THE:

Spring Dressage Show 1 & 2

Events

OKLAHOMA DRESSAGE SOCIETY PRESENTS THE:

Spring Dressage Show '18

SPECIAL OPPORTUNITIES

SPONSORS

Champion Award Sponsor: For a tax-deductible contribution of \$150, you can be the sponsor of any Champion Award (highest percentage across both shows at any level – no minimum score). Your name will be announced as a sponsor and listed in the Oklahoma Dressage Society Show Program. Three awards are available: Junior/Young Rider, Adult Amateur Rider, and Open (Professional) Rider.

SPONSORS

High Score Class Sponsor: For a tax-deductible contribution of \$100, you can sponsor a High Point Award for one of the following:

- Introductory Level: Combined Division
- Training Level: Adult Amateur, Junior/Young Rider, Open
- First Level: Adult Amateur, Junior/Young Rider, Open
- Second Level: Adult Amateur, Junior/Young Rider, Open
- Third Level: Combined division
- Fourth Level: Combined division
- PSG & Intermediate I: Combined division
- Intermediate II & Grand Prix: Combined division

SPONSORS

Class Sponsorship: For a tax-deductible contribution of \$50, you can sponsor a class of your choosing. Ribbons to be given as prizes.

SPONSORS

Morning Breakfast Sponsor: For a tax-deductible contribution of \$200, you can be a Breakfast sponsor at the Hospitality area for both mornings of the show. A sign displaying your name will be prominently displayed. There will also an advertisement also in the program. There will be prepackage items hung on stalls.

SPONSORS

Friends of ODS Sponsorship: For a tax-deductible contribution of \$25 your name will be displayed on our sponsor's page in the Oklahoma Dressage Society Show Program.

SHOW PROGRAM ADVERTISEMENT

Advertising Deadline: Monday, April 20, 2020

CUSTOMERS

	ODS Member Rate	Non-Member Rate
Full Page Color (7.5" x 10")	\$175	\$200
Full Page Black & White (7.5" x 10")	\$80	\$100
½ Page Black & White	\$65	\$75
¼ Page Black & White	\$35	\$40
1/8 Page Black & White	\$20	\$25

Camera-ready ads are accepted and appreciated. We also accept high-resolution PDF, TIF, and EPS files.

VENDORS

Vendor Space

All vendor space all include 1 table, 2 chairs, and table cloth. Electric is available. There will be a listing in our program of a vendors.

- 10' x 10' Space: \$100
- 10' x 20' Space: \$200
- Trailer Parking Space: \$200

** If trailer requires Expo lift, their charge of \$50 extra added.

Vendor set up is as early as Friday 12:00 noon. Please check in with the show office upon arrival.

A & M Flowers



VINTAGE
FARM



Events

OKLAHOMA DRESSAGE SOCIETY PRESENTS THE:

Spring Dressage Show '18

SPONSORSHIP AND ADVERTISING PLEDGE FORM

I/We wish to support the 2021 Oklahoma Dressage Society Spring Show with a tax-deductible cash sponsorship indicated below.

☐ **GOLD SPONSOR (\$500)**
☐ **SILVER SPONSOR (\$300)**
☐ **BRONZE SPONSOR (\$150)**

SPECIAL OPPORTUNITY SPONSORSHIPS

☐ Champion Award Sponsor (circle one: AA, JR/YR, O).....\$150

☐ High Score Class Sponsor (mark level & circle division below).....\$100

- ☐ Introductory Level: Combined division
- ☐ Training Level: AA, JR/YR, O
- ☐ First Level: AA, JR/YR, O
- ☐ Second Level: AA, JR/YR, O
- ☐ Third Level: Combined division
- ☐ Fourth Level: Combined division
- ☐ PSG & Intermediate I: Combined division
- ☐ Intermediate II & Grand Prix: Combined division
- ☐

☐ Class Sponsor (mark level & circle division below).....\$50

- ☐ Introductory Level: Combined division
- ☐ Training Level: AA, JR/YR, O
- ☐ First Level: AA, JR/YR, O
- ☐ Second Level: AA, JR/YR, O
- ☐ Third Level: Combined division
- ☐ Fourth Level: Combined division
- ☐ PSG & Intermediate I: Combined division
- ☐ Intermediate II & Grand Prix: Combined division

☐ Morning Breakfast Sponsor both mornings.....\$200

☐ Friends of ODS Sponsor.....\$25

SHOW PROGRAM ADVERTISING OPPORTUNITIES

	<u>ODS Member Rate</u>	<u>Non-Member Rate</u>
<input type="checkbox"/> Full Page Color (7.5" x 10").....	\$175	\$200
<input type="checkbox"/> Full Page Black & White (7.5" x 10").....	\$80	\$100
<input type="checkbox"/> ½ Page Black & White.....	\$65	\$75
<input type="checkbox"/> ¼ Page Black & White.....	\$35	\$40
<input type="checkbox"/> 1/8 Page Black & White.....	\$20	\$25

Amount Enclosed: \$_____ Sponsor Name:_____

Mailing Address:_____

Phone:_____ E-Mail:_____

I agree to the above pledge and / or advertising commitment of the Oklahoma Dressage Society.

Signature:_____ Date:_____

Make all checks payable to: "ODS" ♦ PLEASE note in the memo line: "2021 Spring Show"

MAIL THIS FORM TO:

Roberta Clark ♦ 16 E. 26th Place, Tulsa OK 74114 ♦ 918-605-3263 ♦ 55rclark@gmail.com



Love TDF A Latte

We are very excited to be launching a brand new monthly giving program,

"Love TDF A Latte!"

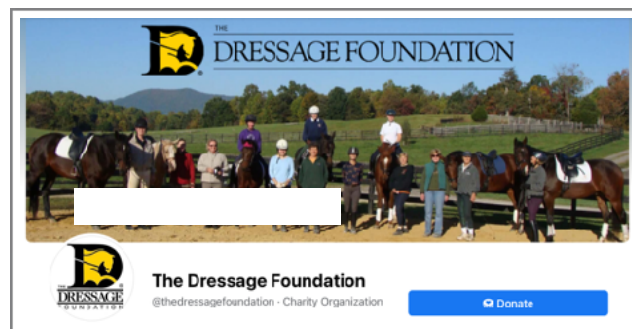
This is an important program for TDF as it creates a stable source of income that we can use for operating costs, grants, and programs like the special ribbons for our Century Club members. Please consider joining this worthy program to make a difference in the lives of so many!



Join the Dressage Foundation Facebook Page

You can easily hear all the newest happenings and check in with the various grants available via the TDF Facebook page. Check it out today!

Visit www.dressagefoundation.org for more details on grants and events.





Events

NEW



SHOW

Summer I & II August 21-22, 2021

Opening date: July 9, 2021 Closing date: August 6, 2021

USEF Level 2 Competition

Official Qualifying Competition for the:

*2021 Great American Insurance Group/USDF
Regional Dressage Championships*

2021 Southwest Dressage Championships

AQHA Approved Dressage Competition

Heart of Oklahoma Expo Center
1700 W. Independence Ave., Shawnee, OK

Judges

Sue Kolstad "S"
Dorie Vlaten-Schmitz "S"

TD

Joyce Hardesty "R"

Secretary

Susan Peacock
www.showsecretary.com

Manager

Katherine Ross

Fact or Fiction?: "Spring Fever" Is a Real Phenomenon

By Christie Nicholson; *Scientific American*, March 22, 2007



Is it salvation from winter that puts us in the mood for love or is there a biological basis for this flurry of psychological renewal and physical energy?

There's an illness that has been documented by poets for centuries. Its symptoms include a flushed face, increased heart rate, appetite loss, restlessness and daydreaming. It's spring fever, that wonderfully amorphous disease we all recognize come April and May.

"Spring fever is not a definitive diagnostic category," says Michael Terman, director of the Center for Light Treatment and Biological Rhythms at Columbia University Medical Center. "But I would say it begins as a rapid and yet unpredictable fluctuating mood and energy state that contrasts with the

relative low [of the] winter months that precede it."

Such spring fever remains a fuzzy medical category, but there has been a great deal of research on how seasonal changes affect our mood and behavior. Matthew Keller, postdoctoral fellow at the Virginia Institute for Psychiatric and Behavioral Genetics in Richmond, studied 500 people in the U.S. and Canada and found that the more time people spent outside on a sunny spring day the better their mood. Such good moods decreased during the hotter summer months and there is an optimal temperature for them, Keller claims: 72 degrees Fahrenheit, otherwise known as room temperature.

Of course, spring doesn't just lighten our mood; as Alfred Lord Tennyson described, "In the spring a young man's fancy lightly turns to thoughts of love." Studies show that sexual behavior in mammals follows a seasonal pattern, one that promotes survival. In fact, researchers discovered that birth spikes in field mice are more significant the farther the mice are from the equator, as seasons become more pronounced. The same trend was also seen in hares and deer, according to *Mammalian Reproductive Biology* by biologist Frank Bronson of the University of Texas. It is well documented that animals and humans track seasons by measuring the length of days through an internal biological clock, and this is what controls their breeding. The biological clock, called the suprachiasmatic nucleus (SCN), sits in mammals' hypothalamus. It monitors light through a pathway to the retina and conveys information about day length to the pineal gland. This pea-size gland, tucked at the base of the cerebrum, controls the secretion of melatonin, dubbed the sleep hormone because it is only released in the dark or in dim light. The duration of melatonin release changes with nocturnal length, which is longest during winter. And it has been thought that our increased energy in the spring months is somehow linked to the decreased duration of melatonin production, due to shorter nights.

(continued next page)



Pine Ridge Equine Hospital, PLLC is a full service equine hospital that provides **24/7** surgery, medical, ambulatory, & emergency care. Our veterinarians are experienced in all types of conditions and treatments. Beyond first rate horse care, we make our clinic comfortable, friendly, and a very calm environment so your horse can relax and look forward to meeting his or her own veterinarian.

Pine Ridge's services include, but are not limited to, the following:

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- Lameness Exams
- Laser Therapy
- Microchipping
- Pre-Purchase Exams
- Radiology
- Regenerative Therapies
 - Stem Cell, PRP, IRAP
- Reproductive
- Shockwave Therapy
- Surgeries
 - Elective & Emergency
- Ultrasonography
- Wellness
 - Deworming, Vaccines

918-827-8000

reception@pineridgeequine.com | www.pineridgeequine.com
2281 West 171st Street South | Glenpool, OK 74033



Ken Shoemaker

Agent

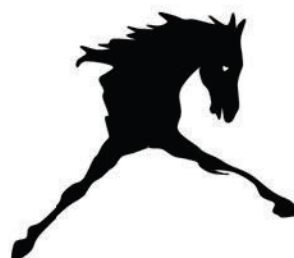
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Events

New Virtual Show Opportunity For Classic & Western Dressage!



Our member Gail Matheus, from Kansas, has come up with an innovative idea and created **Spotlight Horse Shows**, which is offering a series of virtual shows. She is using this platform to help GMOs generate some income while offering Virtual showing across the nation! When a GMO attaches its name to one of her shows, she does the work of registering rides, collecting videos, contracting judges, and sending out awards. In return, with no investment, the GMO receives \$10/ride, regardless of whether the riders are members of that GMO. Spotlight Horse Shows offers Traditional tests from Intro up to FEI Levels, and tests are judged by "S" Judges. They also offer the full array of WDAA Tests, judged by WD Recognized Judges, and these virtual tests will Qualify for the WDAA World Championships! In addition, Spotlight will conduct their own virtual Regional Championships and National Finals. (Note: These are *only* for the Spotlight series; they *do not* qualify for live USDF Regional or National shows)

Your Board has discussed this and decided to put our name on a show titled **"Beat the Heat Show"**! The opening date for entries is June 17, 2021 ~ closing on July 7. Once you enter, you will receive an official video sign from Gail which will need to be displayed at the beginning of a ride, to ensure that the ride is specifically for this show. Videos will be due by July 31. Details and entries, along with their extensive calendar of other shows, may be found at <https://www.spotlighthorsheshows.com>. As an extra incentive for participation by our members, the Board has decided *for 2021 only*, we will allow the use of one score from the Beat the Heat virtual show to be added to your accumulated scores to count toward Year End Awards. **Normal qualification requirements still remain in place: a minimum of 5 scores at ODS/GCC Schooling Shows under a minimum of three judges.**

This is new! This is different! Consider giving it a try!!
Thank you, Gail, for thinking outside the box and offering this opportunity to ODS!

Fact or Fiction?: "Spring Fever" Is a Real Phenomenon

(continued from previous page)

"From a biological perspective, most types of animals, and maybe even plants, have seasonal variation in behavior and physiology; there are seasonal cycles in human rates of conception," says Thomas Wehr of the National Institute of Mental Health, who reviewed the effect of biological rhythms on reproduction in 2001 for the Journal of Biological Rhythms. Historically there have been more births in the spring. In the late 16th century birth rates typically spiked to 20 percent above the average in March—meaning the babies were conceived in June—but over the past 400 years rates have flattened to about 10 percent above the average, according to research done by David Lam at the University of Michigan's Population Studies Center in Ann Arbor.

Cultural and social factors influence conception patterns but biology plays a strong role, as shown by peaks that are 20 percent above average during June—technically the tail end of spring—in the production of reproductive fuel: luteinizing hormone, which produces testosterone in men and triggers ovulation in women. Research also shows that successful in vitro fertilization follows the same seasonal peaks as natural birth. "In humans we don't know for sure what the causal connection is," Wehr says, "but if most other mammals are using changes in day length, then the melatonin signal and conception rates is a pretty plausible relationship, but more research is needed."

The idea that melatonin triggers our mood change in the spring is "too convenient an explanation," Terman counters. "Melatonin is more like the hands of the clock, it's not the essential variable." Since the mid-1980s researchers have focused on the seasonal effect on moods, with the emergence of a diagnostic label for winter depression, seasonal affective disorder (SAD). No one knows the exact cause of SAD, Terman says, but there are distinct patterns of winter depression lifting in the spring. And the key for that rise in mood, he argues, is the earlier onset of morning light. He has shown that there is more depression on the western edges of time zones in the U.S., where the sun rises later.

Clearly, there are marked correlations between moods, behavior and the lengthening days of spring, but the precise cause for our renewed energy remains elusive. The evidence for spring fever remains largely anecdotal. But, just as SAD has proved sadly real, spring fever edges away from science fiction, even if it is not quite science fact.





April 2021

North American Youth Championships

NEWSLETTER

Hope to Qualify this Year for a NAYC Team?

Then It's Time To.....

- Read [NAYC selection procedures](#)
- Complete your [application and certificate of domicile](#)
- Apply for your horse's [FEI passport](#)
- Support team fundraisers
- Book your hotel accommodations for the NAYC
- Pay horse and rider FEI registration fees through your USEF member portal
- Complete Safe Sport and background check if turning 18 before or during the NAYC

[USDF Region 9 JR/YR](#) (Like Us!) [Region9_jrjr](#)



Dressage4Kids Clinics

We have had tremendous interest in the [D4K TEAM](#) clinics!

We currently have clinics scheduled in the following locations:

May 15-16 [Proud Meadows](#) (Waxahachie, Texas)
 June 26-27 [Rolling Ridge Stables](#) (Manor, Texas)
 Sept 25-26 [Tex-Over Farms](#) (Conroe, Texas)

Many thanks to our facility owners and organizers: Jeanene Will and Kristin Currie at Proud Meadows, Jennifer Riggs and Marsha Lewis at Rolling Ridge, and Paul Kathen, John Mason and Jessica Fan at Tex-Over Farms.

We continue to seek interested riders as well as additional facilities throughout Region 9 to host clinics. Please contact [Inez](#) for more information.

Dressage Seat Medal Semi-Finals

DSM semi-final classes are held at each regional championship. Riders can earn a spot at the semi-finals in two ways! Read more about the program [here](#) to see if you are already qualified to compete. The top two finishers in the semi-final classes compete at the DSM Finals at Festival of Champions.



For questions on the NAYC qualifying process, contact our FEI Jr/YR coordinator Becky Brown at (214) 718-0562 or becky.brown6823@gmail.com

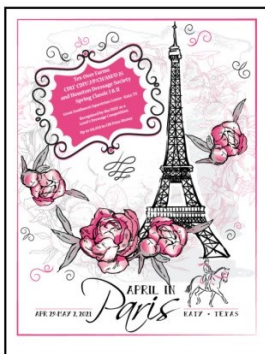
Want to be added to our mailing list?

[Email](#) us with your request if you would like to receive communications about Region 9's NAYC teams and other youth news. You may also unsubscribe [here](#).

Tex-Over Farms CDI** and HDS Spring Classic

April 29 – May 2, 2021

Over \$16,000 in Prize Money!!



Region 9 is proud to be home to one of the only CDIs outside the east or west coasts!

The opportunity to ride in a CDI is a valuable learning experience for our junior riders. All riders who are planning to qualify for the NAYC or for the USEF National Championships in any of the junior divisions or in the U25 Grand Prix are encouraged to participate in this event.

Additional information can be found in our February [newsletter](#), the show [prize list](#) and the [HDS CDI Entry Guide](#).

Want to know what to expect at the jog? Read this informative [USDF Connection](#) article.

Calling All NAYC Alumni and Supporters!

We are appealing to all of our current NAYC riders, NAYC alumni, parents and other supporters to donate towards a platinum sponsorship for the CDI in the name of 'Friends of the NAYC'.

HDS has been a true and unwavering friend to the Region 9 NAYC riders for many years. This sponsorship will not only be a token of support to our longtime friends at HDS but will also help them to continue to deliver exceptional show experiences such as the upcoming Tex-Over Farms CDI**.

With a small donation from those who have been touched by the NAYC experience through the years, we can achieve this goal. Please visit the [GoFundMe](#) link and donate today. I hope that I can count on your support!



Important Passport Vaccination Information

The FEI passport documents the identity of your horse and its vaccination history. Influenza vaccinations must be administered according to the required schedule and recorded in the passport in order for the passport to be valid.

Please read the information in the USEF publication [Horse Passports 101](#) that describes the complete requirements for the influenza vaccinations. It consists of a primary series of vaccinations administered within a very specific time frame with periodic boosters. If the subsequent boosters are not given in the appropriate timeframe, then the primary series must be re-administered. Riders going to the NAYC need to take special care to stay on schedule with their horse's boosters as there may not be sufficient time to repeat the primary series before the competition. Please reach out to your trainer or to [Becky](#) if you have any questions about this information.

Region 9 NAYC Newsletter Links:

[NAYC Selection Procedures](#)
[NAYC Application](#)
[Hotel Reservations](#)
[Info from USEF](#) regarding hotel & airport
[NAYC Info](#)

FEI Rule Book & FEI Passport Info

[Dressage Seat Medal Finals](#)
[Go Fund Me](#) for NAYC
[Horse Passports 101](#)

Want to be added to the Region 9 Newsletter distribution list? Click [here](#).



EMPOWER

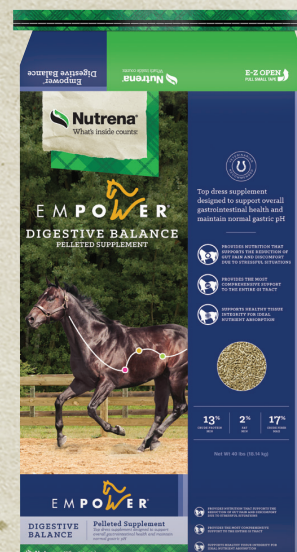
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CLASSIFIED ADS

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: 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 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 Lindsey Greco 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.

April 24-25	ODS Judging Seminar with Dolly Hannon (new date)
April 30 - May 4	Houston Dressage Spring Classic CDI (TexOver Farms - Conroe, TX)
May 8-9	ODS Spring Dressage Shows I & II
May 14	ODS Webinar with Dr. Chris Hiney from OSU (7pm)
May 23	GCC Schooling Show (YOLy Ranch, Broken Arrow)
June 16	Opening Date for Spotlight Virtual Show Entries (entries close July 9; video due July 31)
June 19-20	GCDC Show
June 26	GCC Schooling Show (@ Joyful Noise, Pryor)
July 10	ODS Summer Meeting & Educational Talk (Tulsa Expo Center)
July 17	GCC Schooling Show (YOLy Ranch, Broken Arrow)
July 31	Videos Due For Spotlight Virtual Show
Aug 14	GCC Schooling Show (@ Joyful Noise, Pryor)
Aug 21-22	ODS Summer Dressage Shows I & II (Shawnee)
September	ODS Volunteers Free Clinic (date & location TBA)
Sept 19	GCC Schooling Show (YOLy Ranch, Broken Arrow)
Oct 7-10	Region 9 Championships
Oct 16	GCC Schooling Show (YOLy Ranch, Broken Arrow)
Nov 11-14	USDF Finals (Kentucky)
Nov 13	GCC Schooling Show Championships (@ Joyful Noise, Pryor)
Dec 1-4	USDF Convention (Houston)

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:

May 12

@ 6:30 pm.



ODS Board Members

President - **Kay Kamish** president@dressageoklahoma.org
 Vice President - **Lindsey Greco** lindseymgreco@gmail.com
 Secretary - **Erin Boon** erin.boone11@gmail.com
 Treasurer - **Lyn Francik** treasurer@dressageoklahoma.org
 Education - **Pamela Byers** pamela@galleryfarm.us
 Membership - **Marta Koenig** martakoe@yahoo.com
 Vision - **Nancy Trait-Lira** ntraitlira19@gmail.com
 At Large - **Nancy Trait-Lira** ntraitlira19@gmail.com
 At Large - **Nancy Burba** nobleroadeq@gmail.com
 At Large - **Pamela Byers** pamela@galleryfarm.us
 At Large - **Sherri Pittman** sherriwads@aol.com

ODS Leadership

Newsletter - **Melissa Furman** 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