



Centerline

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

MAY

2021

Thank you, Sponsors!

Be sure to check out the sponsors who supported the ODS Spring Shows I & II. See their ads in this year's newsletter issues!

Show Reflections

Show committee chairpersons reflect on a successful Level 3 spring show. Pg 9-12

Congrats!

Hard work pays off for two ODS members who earned their next level medals! Pg 13

Virtual Show Opportunities

Classic & Western Dressage riders rejoice! A virtual summer show is here! Pg 12

Weekend In Review

A weekend spent with 'S' judge Dolly Hannon was an absolute hit! See inside for photos. Pg 16

TDF Updates

There's a ton going on at The Dressage Foundation. Don't miss these great opportunities! Pg 2, 18, 20

Save The Date: July 10 @ OSU Extension Office/Tulsa Expo Center
ODS Summer Meeting & Educational Talk



Letter From The President

Hello, Friends! I hope this finds you all well, riding, and thankfully, many of us vaccinated!

Things are opening up, both in term of spring flowers as well as events. Look for an update from USEF, but then keep your eyes on their website, as they are modifying their restrictions and requirements on an almost weekly basis.

What a very busy couple of weeks we just had, and I am so happy to have seen so many members turn out for both **Dolly Hannon** and our very successful **Spring I and II Level 3** shows at the Tulsa Expo! It was wonderful to be out and about among friends, and even though we were often behind masks, we could still see the smiles in each other's' eyes. Check out the reports on these events in this issue of the newsletter.

The success of our events always depends on how many from our 'village' are willing to invest their time and efforts for the betterment of the club. I was touched by how many villagers came out to be part of both events. Most impressive were the thirty (30!) volunteers who rallied to Sherry Guess' call for help. We cannot thank you enough, nor underestimate the value you gave back to your organization. If you were not able to be there, but think maybe, just maybe it would be fun, interesting, or satisfying, please feel welcome to join us and help at our next big event, the **GCC sponsored Green Country Dressage Classic on June 18-20**. There are so many different ways you can help, from setting the arenas and readying the barns on Friday, to many less strenuous tasks on the show days themselves. We often see the same faces

doing the same tasks, and we encourage new faces to join us and make new friends! It also helps others become knowledgeable on how things run and what it takes to put on a show of **Level 3** status. What is so great about us offering Level 3 shows? More classes are offered which become a draw for out-of-state trainers, resulting in a greater variety of horses we can both watch and compete against. It helps us all open our eyes to different riders, and step up to another level of understanding this beautiful sport of Dressage.

Remember to set your alarm to join us **Monday night, May 17 @ 7pm** for the Webinar with Dr. Hiney covering the latest on vaccinations and worming. Then check out the calendar for information on Schooling Shows, and the Summer Meeting coming up on **July 10**.

Stay well and safe folks!
~ Kay



Dr. Chris Hiney Educational Webinar

Don't miss it! On May 17 @ 7:00pm plan to attend the FREE equine spring maintenance webinar with OSU's Dr. Kris Hiney! Find out what's new in the world of vaccines & dewormers. See more details inside this issue.

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.

USDF Launches New Virtual Ed Series

The United States Dressage Federation™ (USDF) announced today the launch of its new USDF University Virtual Education Series. Developed with the support of the USDF Adult Programs Committee, this series will feature quarterly live webinars, covering a variety of topics of interest to our members. These webinars will be open to all members at no charge and after completion, will be converted into virtual courses hosted through USDF University. The first webinar of this series is *Tips for Improving Scores* with Kathy Rowse and Bill McMullin (USEF Senior Judges and USDF L Education and Instructor/Trainer faculty members, respectively), which too place on April 14, 2021, will be followed by the second of the series in June. For more info, click [here](#).

Upcoming TDF Grant Deadlines

6/1 -- George Williams Fund for Young Professionals

6/1 -- Nominations due for the Region 9 Teaching Excellence Award

6/30 -- Debbie McDonald Fund for Pacific Northwest FEI Riders

7/1 -- Barnett Continuing Education for Instructors Fund (to attend USDF Instructor/Trainer Program)

Visit www.dressagefoundation.org for more details.

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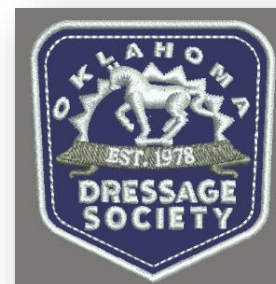


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OKLAHOMA DRESSAGE SOCIETY PRESENTS THE:
Spring Dressage Show I & II

Parents Following Daughters' Lead And Then Becoming the Leaders

Honoring the memory of Bee and Bob Pape
 And the generous donation of ODS member and Daughter,
 Susan Pape Peacock
showsecretary.com



Bee Pape Memorial perpetual trophy will be awarded to the high point Jr/YR (14-21 by USDF definition) on Saturday.

Bob and Bee Pape's intentions were never to become "horsey" parents. Sarah Pape Hester was born first in the family of Bee and Bob Pape with the horse gene. Sarah loved horses probably in the womb. When all other sports failed, earning the impressive amount of \$500 at 9 years old, Dad, Bob Pape, lost a bet to Sarah and enter Monopoly, a green Thoroughbred, into their lives. Then comes Susan Pape Peacock 7 years later born also with that horse gene! Thus began the journey for Bee and Bob into the horse world. From pony club rallies, to combined training events, H/J shows, dressage shows and clinics, Bee was there, getting volunteers, fine-tuning management and making sure everything was running to make competitors and volunteers happy. Bee and Bob managed the first recognized combined training events in Oklahoma in the 1960s. They were instrumental in upgrading the quality of recognized Hunter/Jumper shows in Oklahoma. Also, Bee and Bob managed the Insilco Dressage show in 1981 (held in Okla. City) that offered the first head to head national dressage competition. They also were managers of the equestrian portion of the Olympic Festival held in Okla. City in 1989. In addition, Bee and Bob founded and were D.C.s of the first United States Pony Club chapter in Oklahoma in the 1960s: The Cimarron Pony Club. In 2002 Bee was named Horse Person of the Year by the United States Dressage Federation for Region 9. All this occurred while

Bob was a business man. He saw the need for better organization and thus; set out to improve whenever he saw the need. Bee and Bob, managed the first recognized combined training events in Oklahoma in the 1960s. They were instrumental in upgrading the quality of recognized Hunter/Jumper shows in Oklahoma. Also, Bee and Bob managed the Insilco Dressage show in 1981 (held in Okla. City) that offered the first head to head national dressage competition. They also were managers of the equestrian portion of the Olympic Festival held in Okla. City in 1989. In addition, Bee and Bob founded and were D.C.s of the first United States Pony Club chapter in Oklahoma in the 1960s: The Cimarron Pony Club. Bob and Bee Pape were always the example of volunteers themselves. They encouraged individuals to be volunteers which is where people like Roberta Clark and Amanda Edwards got their start and continue today. Bob and Bee Pape valued their volunteers and treated them with the upmost respect and kindness. As Sarah stated her mom began the skeleton system of secretarial services which Susan developed into the state of art system for entries, ShowSecretary.com. Susan, an ODS member, has continued her parents' volunteerism with ODS by generously offering her, ShowSecretary.com, for ODS Spring I & II. ODS extends a huge THANK YOU!



Bob Pape Memorial perpetual trophy will be awarded to the high point amateur rider on Saturday.



Events

Spring Shows I & II Reflections

On May 8th and 9th, dressage riders from Texas, Kansas, Missouri, and Arkansas joined Oklahoma riders. ODS was grateful that the Tulsa Expo was open this year. Unfortunately, we were unable to have all the “fun” activities like the Friday night stall crawl or the awards dinner on Saturday night. We were not able to have our fun shopping experience through the usual silent auction. But masks and all, we were enjoying seeing each other in a horsey setting!

Putting on a full show takes a village. **Sherry Guess** and I have it down to a science. I do the prerequisites and sponsorships while Sherry handles procuring volunteers and the hospitality for our judges, management and volunteers. I am so grateful for all the volunteers. Without each and every one of you, this show could not happen. I am personally grateful for those who help accomplish t-shirt design and ordering (**Diane Smith**), unlocking stalls (**Valerie Sanders**), people meeting at my house to organize stall cards and then some helping me post them (**Diane Beckert, Alan Beckert, Nicole Burris, and Pam Rhodes**). This is just a few of the many volunteers who went above and beyond when I made a phone call.

The show was full with approximately 120 rides per day. Many riders made their accomplishments and/or goals. Some riders earned their bronze, silver or gold medals. Others earned their scores to move forward with their judging requirements. Others accomplished their personal goal of earning particular scores at certain levels. There was definitely celebrating in the aisles!

ODS could not host a show at Tulsa Expo without sponsors. ODS is very grateful to each sponsor. Please see the advertisements within our newsletters and be sure to include them on your shopping destinations. **Nutrena** has been our annual platinum sponsor! **Show Secretary** has donated their services since moving the show to Tulsa in 2016! Please see the article in this newsletter about **Susan Pape Peacock**, Show Secretary.

The facility was a little more challenging this year for some horses. This year, Covid moved us into different areas of the Expo. And of course there had to be Oklahoma extreme spring winds! Gusts of over 35 m/h was a little much for some overhead doors to remain silent. But in spite of the challenges, people were happy to be competing in person surrounded by other horsey friends.

For the future, ODS's Level 3 Spring I & II shows will be back in the Ford coliseum where 2 rings will be side by side. In order to accomplish this on an annual basis, ODS's shows had to be moved one week earlier.

Please send pictures from this year's show to post in the newsletter (newsletter@dressageoklahoma.org). It's great to see horses returning to the show ring!

-Roberta Clark,
ODS Show Committee Chairperson

ShowSecretary.com

Thank you, ODS Sponsor, Show Secretary!



Events

Heartfelt “Thanks” For Our Volunteers!

Without the generosity of our volunteers, there would be no show. We are grateful for their continuing support. In case you're curious, it took 30 volunteers to put on this two day show -- and I probably left someone off the list. Notice how many people are doing a number of jobs. We can always use more hands!

We start arena preparation on Thursday. **Diane Beckert**, **Nicole Burris**, and **Pam Rhodes** helped **Roberta Clark** make up stall cards and arrange awards. **Alan Beckert** and **Stacy Clark** worked on 'husband of the year' points by helping out with this as well!

Show Manager **Anne Kuhns** and **Nancy Trait-Lira** continued with the stall prep and **Lynna Gilstrap**, **Sherry Guess**, **Kay Kamish**, **Marta Koenig**, **Veronica Moody**, and **Nancy Trait-Lira** set up the arenas.

Kat Gruebel and **Nancy Trait-Lira** were there all weekend shadowing the Show Manager since they will be handling the ODS August show in Shawnee. They also filled in at a variety of jobs.

Pam Hogg and **Veronica Moody** worked all weekend scribing. **Corinne Bridgeman** and **Kay Kamish** scribed for our third judge when she judged a few classes each day.

Thank heaven for our quick scorers. **Katrina Geren** and **Marta Koenig** spent an entire day feeding numbers into the computer. They were joined by **Corinne Bridgeman**, **Jean Korver**, **Susan Mohler**, **Lauragale Ralston**, and **Laura Taylor**.

Patty Couch, **Kay Kamish**, **Lauragale Ralston** and **Paula Walker** all worked at the warm-up arena, trying to get horses to the appropriate arenas on time.

We again had newcomers to our group who helped with running as well as other jobs -- **Diane Beckert** and **Mel Hollifield**.

With Covid changes, our bit checks were visual only, so no fingers were endangered. Bit checkers and arena gate keepers included **Diane Beckert**, **Pamela Byers**, **Mel Hollifield**, **Lisa Jewell**, **Marta Koenig**, **Kay Kamish**, **Susan Mohler**, **Cathy Orban** and **Paula Walker**.

All day, both days, **Teresa Wilkerson-Strode** manned the awards desk.

Let's not forget the 'behind the scenes' people who also contributed -- **Rebekah Page** put together the program, **Melissa Furman** worked on the program cover (yes, she lives in TX now, but still produces our newsletter and helps with graphics), and **Diane Smith** designed our t-shirts. Everyone loved "Manure Happens" on the front of them. **Cathy Orban** and **Pam Rhodes** organized the breed awards.

Tulsa Expo is an expensive venue and **Roberta Clark** and **Amanda Edwards** worked tirelessly to gather sponsors to help support this show.

Know also that the show efforts start again as soon as one ends. Decisions about officials, insurance, venues contracts, program decisions, awards, ribbons, and a hundred of other invisible decisions are made primarily by **Roberta Clark** in order to produce the show competitors can enjoy.

And don't forget that **Susan Peacock** DONATES her services as show secretary in honor of her parents -- **Bob and Bee Pape** -- who were the initiators and long-time supporters of Oklahoma Dressage Society!

Many thanks to all!!!

-Sherry Guess
Volunteer Coordinator





Spring Shows I & II A Few Highlights



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!

Announcements



Congrats to Pam & Charlie on Their Bronze Medal!

Pam Rhodes, aboard Details at Last, earned scores for their Bronze Medal during the ODS Spring Shows I & II at the Tulsa Expo Center!

"Thank you [Kay,] for ALL of your hard work. It was a very nice weekend and the volunteers are rock stars!" - Pam

Details at Last (Charlie) has been a member of the Rhodes Family for 5 years. He was purchased as Pam's daughter Lily's Dressage/ Para Dressage horse. While Lily is in college, Pam rides him. Charlie is a registered Paint and registered Pinto. Lily, Pam and Charlie are coached by Roberta Clark.



Congrats to Kyriana & Fergie on Their Bronze Medal!

Kyriana Beard aboard her mare Fergie earned their Bronze Medal in April 2021!

Fergie is a 15 year old Oldenburg that Kyriana purchased in early 2019. Little did anyone know they would be welcoming a foal into the mix shortly thereafter, on June 17, 2019. This team has worked hard developing trust, respect and a beautiful partnership all while battling the unexpected pregnancy, illnesses and injury! Even with all of that, they worked their way through 1st, 2nd and 3rd levels and earned their Bronze Medal, after only showing 3rd level twice. Fergie spent her younger competition years as an eventer. Kyriana and Fergie train with Nancy Burba.

Announcements

Remembering A Great Equestrienne

It is with much sadness that we must say good bye to a long time Dressage supporter, Deryn Stewart, who passed away on May 2, 2021.

Deryn came to the US from Canada in 1965, bringing with her an ongoing love of horses. She was a Charter member of ODS, sharing her knowledge, experience and support to the fledgling group. Deryn was always very active with the club, often serving on the Board, and always trotting down centerline at our shows. Of special note,



Deryn was the first rider to ride an FEI test in Oklahoma! She trained diligently, earning her Bronze Medal in 2006, her Silver in 2009, and finally the coveted Gold Medal in 2016. She and her husband Paul also ventured into the world of Combined Driving, competing extensively on the East coast. In her later years, Deryn shared her attention and knowledge with the newly formed GMO in Oklahoma, Central Plains Dressage Society. In 2019 CPDS recognized Deryn for her support and hard work and nominated her for Region 9 Volunteer of the Year, which she was awarded.

Our deepest sympathies go to Paul, her husband of 35 years, as well as her extended family. Godspeed, Deryn, it was a pleasure and privilege to have known you and shared the arena with you.

-The ODS Family

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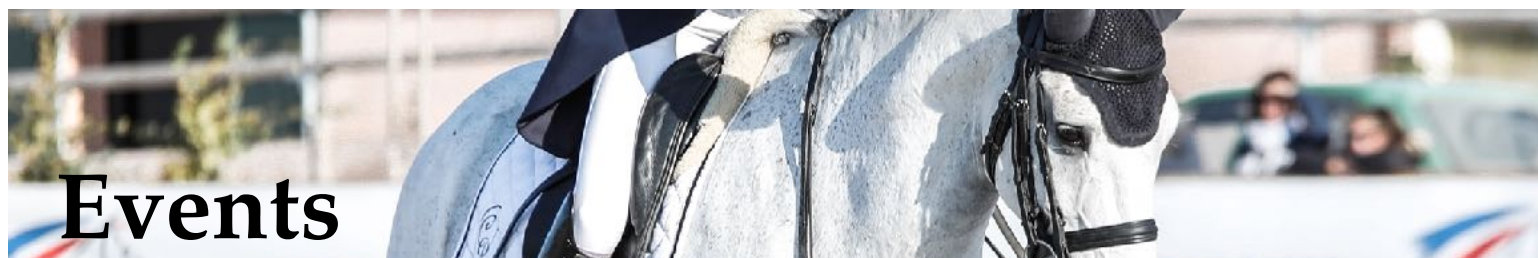
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Weekend With Dolly Hannon A Hit!

What a wonderful learning experience all weekend long with judge Dolly Hannon 'S'! This USDF University accredited weekend was possible by the flexible and unwavering dedication of many ODS volunteers. "Thank You!" to all who helped, all who audited and all who rode.

And a big "Thank You!" also goes to Yoly Ranch — what a warm, welcoming and enjoyable facility!



Thank you, ODS Sponsor, Jaguar Land Rover Tulsa!



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DRESSAGE FOUNDATION

Building U.S. Dressage Through Your Generosity

The Dressage Foundation has been busy in the past month, and they have some exciting stuff to share with you. They are still continuing the "Love TDF a Latte" donation campaign. I've enjoyed adding my donation to that particular campaign. It helps to have someplace else to put that latte money instead of on my hips. I also know, from personal experience, how much TDF's grants can help to facilitate additional education and training for a rider and her horse. As an Adult Amateur, I would not have been able to spend the time I did in Colorado working with my "heart" horse, Double Dutch Chocolate and Sara Martin. That intensive study helped to elevate Dutch and I into the next level of understanding and ability.

Can you offer a little help with funding for TDF's programs?

Below is a selection of some of the different grants and fundraising programs that TDF have available. Visit www.dressagefoundation.org or The Dressage Foundation on Facebook for more information on all the grants they have available.

Upcoming grant deadlines:

May 1: [US Breeder Excellence Fund](#): \$1,000-\$2,500 for US breeders to pursue educational opportunities related to breeding.

June 1: [George Williams Fund for Young Professionals](#): \$3,000-\$5,000 for dressage professionals, ages 25-35, and who have established business as instructors and trainers.

June 1: [Region 9 TEA Nomination](#)

June 30: [Debbie McDonald Fund for Pacific Northwest FEI Riders](#)

July 1: [Continuing Education for Instructors Fund](#)

July 15: [Team Tate Mentorship and Leadership Fund](#)

Other News:

1) TDF is thrilled to be a part of the 10th Annual [Give to Lincoln Day](#). Give to Lincoln Day is a day of giving to hundreds of Lincoln, NE area non-profits. This is an important fundraiser for TDF, and you do not need to live in Lincoln, or Nebraska to give! What makes this a special fundraiser, is that TDF will qualify for a proportional amount of matching funds which means that every donation to TDF has a deeper impact because it goes further. Donations start at \$10 and can be scheduled starting May 1. Donations MUST be made through this link in order to count for matching funds: <https://www.givetolincoln.com/nonprofits/dressage-foundation-inc>

What can you do?

- Share our Facebook posts and encourage your friends to donate at least \$10 May 1-May 25!
- Send an email to your GMO members to ask them to donate.
- Ask your GMO to share our Give to Lincoln Day posts on their social media.

2) Did you see that the Lynn Palm Western Dressage Fund has been expanded to include grants for individuals? Applications are due July 20. Read more about these \$1,000 grants for continuing education in Western Dressage: <https://bit.ly/3gPNJgw>

May Newstime Info from TDF Representative for ODS, Nancy Trait-Lira.

UPCOMING GRANT DEADLINE

GEORGE WILLIAMS YOUNG PROFESSIONAL GRANT

Due June 1

GRANTS RANGE FROM \$3,000-\$5,000

FOR YOUNG PROFESSIONALS, AGES 25-35

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UPCOMING NOMINATION DEADLINE**\$5,000 USDF Region 9 Teaching Excellence Award****Due June 1**

A dressage instructor may be nominated by students or peers, by letter emailed or mailed to The Dressage Foundation.

**DRESSAGEFOUNDATION.ORG**

Honor Your Instructor With Teaching Award Nomination

Nominations:

A dressage instructor may be nominated by students or peers, by letter emailed, nomination form, or mailed to TDF. Nominations for the [\\$5,000 USDF Region 9 Teaching Excellence Award](#) are **due June 1**.

Please include the instructor's contact information and send to:

info@dressagefoundation.org or directly at: <https://bit.ly/3bjp4O4>

or

The Dressage Foundation
1314 'O' Street, Suite 305
Lincoln, NE 68508\

Once received, the nominee will be notified by TDF staff, and may submit a completed application by the deadline date of August 1st. The online application form and all required attachments must be received by TDF's office on or before August 1st.

Recipients of the \$5,000 Region 9 Teaching Excellence Award will have many, if not all, of the following attributes:

- A USDF Region 9 member in good standing-- permanent residence in Region 9. (Required)
- A teacher of dressage, whether it is basics-- Training through 1st-2nd level, mid-range 2nd-4th levels, or FEI.
- Adherence to sound dressage principles, such as outlined by the USDF Training Pyramid.
- The ability to communicate these principles of training so that students develop themselves and horses in a logical, progressive, and humane way up through the levels.
- A reputation for honesty, integrity, and community/regional service.
- A USDF Certified Instructor, encouraged, though not required.



Photo: The Dressage Foundation

Lynn Palm Western Dressage Fund for Individuals

The Lynn Palm Western Dressage Fund was established at The Dressage Foundation in 2019 by Lynn in celebration of her 50 years as a professional equestrian and to give back to the sport she loves. Lynn believes that the classical training principles of dressage are applicable and beneficial to all levels of riders, breeds of horses, and riding disciplines.

In addition to providing funding for equestrian groups to host affordable, high-quality Western Dressage educational events, grants are also available to individual riders for Western Dressage education.

Grant Information:

Grants in the amount of \$1,000 each are available for riders who need financial help to continue their Western Dressage education. Applicants can be professionals, amateurs, or youth. The grant review committee will look for applicants who are eager to grow and improve, have shown a passion for the sport, have financial need, and who have demonstrated a commitment to learning.

Grants must be used for Western Dressage educational experiences that are not within the horse and rider's typical training plan. Examples include clinics, camps, more lessons than a rider normally receives, etc.

Applicant Information:

- Professionals, amateurs, and youth are welcome to apply.
- Applicant must be US Citizen or Permanent Resident.
- Applicant must be a member of the Western Dressage Association of America AND a member of the United States Equestrian Federation.
- Applicant must own or lease the horse he/she would use for training.
- A rider may receive this grant only one time.

Additional Grant Information:

- Funding cannot be used for competition entries, vet and/or farrier expenses, or the purchase of a horse or equipment.
- The committee reserves the right to not award a grant in any given year if they determine that no candidate has met the criteria. The applications and discussions of the selection committee are confidential and their decisions are final.
- If the grant recipient is unable to attend the specified event/training, TDF must be notified as soon as possible. Approval for a change in the use of funds is at the discretion of TDF and the grant Selection Committee.

Applications must be received on or before July 20th.



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

How Perfectionism Can Hinder Progress in Dressage

Psychologist Jane Karol explains a helpful mental approach to becoming a better rider.

Source: Dressage Today; Jane Karol, PSY. D.- updated Oct 2019 (Orig. Apr 2019)

Q: I tend to be a perfectionist, and feel that I'm never able to live up to the goals I've set for myself. I've been riding dressage for 20 years, and am still not able to ride piaffe or passage, despite having decent horses, and I'm stuck at Third Level. I like to focus on my mistakes because I think it is the best way to improve. What is a helpful approach to become a better rider? — Name withheld by request.

A: I am thrilled to have the opportunity to answer this important question. How we learn affects not only what we learn, but how we feel about ourselves, what we believe we can accomplish and how our horses feel in their work with us. Thus, your question addresses not only the ethics connected to how we treat ourselves, but how we treat our horse(s). The simple answer to your question is that it is nearly impossible to learn to a high level of dressage if you attend to only the negative either in yourself or in your horse.

You say you like to focus on your mistakes. Of course, it is important that we ask ourselves what we are doing wrong as we work with our horse(s). Clearly, it is only the rider, not the horse, who can make things either better or worse. Our horses, if left alone, would likely meander (or gallop) out to the pasture and graze. However, we cannot develop ourselves, or our horses, to the best of our abilities if we ask only what it is that we are doing wrong and focus only on mistakes. We also have to attend to what we are doing right and build on those gifts.

If we focus on what we do or the horse does that is right, we will be able to reward the horse for the right answers immediately. If, on the other hand, we focus only on our mistakes, we will constantly ride with feelings of tension, frustration and even anger. If horses have a genius (compared to human deficits), it would be that they are gifted sentient creatures. They feel everything. They feel a fly land on them and sense the slightest emotional shifts in their herd (even if the shift comes from acres away). Consequently, they feel even the most subtle emotion within us, even if we are trying to hide it from them. If we look at this in relation to the horse instead of ourselves, it might be easier to accept.

Many years ago I watched a well-known trainer work with a 6-year-old stallion on piaffe. His method focused on the negative. He would ask the horse for piaffe, wait until the horse made a mistake and then punish him for it. He did not focus on the positive piaffe steps and stop to reward the horse when he did it right. Can a horse learn this way? Yes, of course, but many horses wouldn't be able to cope and would break down physically and mentally in the process. Is it an ethical method? No, it is not. It is not ethical to treat our horses, or ourselves, in this way. And it is not necessary.

Instead, it is important that we focus on what we do right and what the horse has done well and build on that with positive reinforcement. For you, as the rider, this means allowing yourself to attend to what felt right so you can repeat your success. This does not mean giving yourself or your horse recognition only when something is done exactly right. It means acknowledging the moment things are going even incrementally in the right direction. You should attend to and reward each part of the development of correct balance or the execution of a perfect movement.

I have taught hundreds of lessons where the rider did something beautifully, and I've complimented him or her on it. I make it a point to show riders how, when they did even a small thing well, their horse responded positively, i.e. with relaxation, cadence and expression, sometimes for an 8 or 9 result. So often the rider's response will be to stop and comment on the one small thing he or she did wrong, and focus on that mistake. This makes it impossible for the rider to hold on to (both consciously and in his or her body memory) all the things he or she did right, and impossible for him or her to build on those correct aids.

If I don't succeed in getting that rider to feel what she did right in her body and what her horse did in response, I will never get her to ride to Grand Prix level or to the best level her horse can achieve.

(continued next page)


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Thank you, ODS Sponsor, Equine Medical Associates!

Green Country Dressage Classic



June 19th & 20th,
2021
Sponsorship Opportunities



Dressage
A Sport for Everyone



Claremore Expo Center
Claremore, OK

To enter the show visit
showsecretary.com.

Class Sponsorships

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- ☐ Intermediare I: AA, JR/YR, O
- ☐ Intermediare A: AA, JR/YR, O
- ☐ Intermediare B: AA, JR/YR, O
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**GCC of ODS is a 501(c)(3)
organization – Tax ID #73-1112152**

***Make all checks payable to:
"GCC" ♦ PLEASE note in the
memo line: "2021 GCDS"***

(More info next page)

(cont.) Perfectionism in Riding

(continued from previous page)

This does not mean that I don't ask the rider to use a whip or spur when needed to get the horse to pay attention or build impulsion. Likewise, it does not mean I don't sometimes explain what the rider did wrong. However, those aids for the horse and comments for the rider should be used sparingly and thoughtfully. I find they are hardly ever needed if the rider focuses on and rewards the positive as much and as immediately as possible.

Not only will this make your horse happier in his work, it will allow him to find that elusive balance of power and relaxation. Moreover, you will be able to build on your strengths, achievements and sense of accomplishment, and you will be able to ride with a sense of confidence, relaxation and full attention to your horse (as opposed to riding with all kinds of negative focus on yourself). When a confident rider sits on a confident horse, the results are unbeatable.



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.



Green Country Dressage Classic



June 19th & 20th,
2021

Sponsorship Opportunities



About the Green Country Chapter

On June 19 & 20 2021, The Green Country Chapter of the Oklahoma Dressage Society will again host its United States Dressage Federation Annual Horse Show at the Claremore Expo Square in Claremore, OK.

This show is recognized as a premier equestrian event and draws exhibitors from around the region including Arkansas, Missouri, Kansas, and Texas. Last year's horse show drew over forty horse and rider combinations, twenty sponsors and two hundred spectators who came together to support, compete and socialize. We are working to exceed that number this year.

The Green Country Chapter of the Oklahoma Dressage Society is a 501(c)(3) Charitable Organization. GCC of 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 Green Country Chapter of 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. We are in need of any donations in the form of funding, gift certificates, silent auction items, 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 are greatly appreciated!

Sponsorship Opportunities (please mark selection)

☐ **Program Sponsor 1:** For a donation of \$50 your business card sized ad will be placed in our program.

☐ **Program Sponsor 2:** For a donation of \$100 your half page ad will be placed in our program.

☐ **Program Sponsor 3:** For a donation of \$150 your full page ad will be placed in our program.

☐ **Saturday and Sunday Breakfast Sponsor:** For a tax-deductible contribution of \$100, 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 on the service table.

☐ **Champion Award Sponsor:** For a tax-deductible contribution of \$100, 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 Green Country Dressage Show Program. Three awards are available: Junior/Young Rider, Adult Amateur Rider, and Open (Professional) Rider.

Make all checks payable to:
"GCC" ♦ **PLEASE note in the**
memo line: "2021 GCDS"

Mail Sponsorships to:

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Rancher QUIZ: What's the

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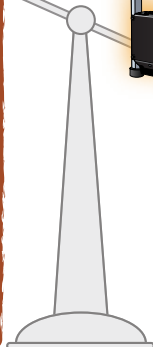
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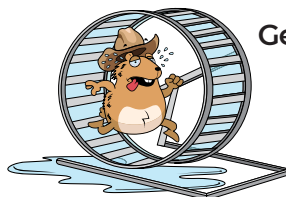
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Not for use with horned livestock.

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.

- May 17** ODS Webinar with Dr. Chris Hiney from OSU (FREE! @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:

June 9

@ 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