

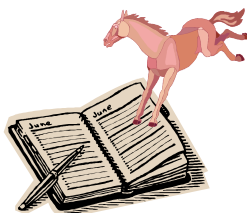


[ohiodressagesociety.com](http://ohiodressagesociety.com)

## NEWSLETTER WINTER 2007

The Ohio Dressage Society (ODS) is a Group Member Organization (GMO) of the United States Dressage Federation (USDF) and its members are USDF Group Members. The Ohio Dressage Society is in Region Two of the USDF.

### Upcoming Events



- 🌸 **Feb 10, 2007** - Saturday 4 pm Ohio Dressage Society Year-end Pot-Luck Waterford United Methodist Church
- 🌸 **March 11, 2007** - Sunday 4 pm Ohio Dressage Society Meeting at PJ's Pizza in Sunbury
- 🌸 **April 12-15, 2007** - Equine Affair
- 🌸 **May 11-13, 2007** - Paxton Farm Show USEF/USDF recognized
- 🌸 **May 19 & 20, 2007** - MODA Schooling Show Delaware Fairgrounds
- 🌸 **June 9&10, 2007** - Ohio Dressage Society DownCenterline USEF/USDF recognized
- 🌸 **June 24, 2007** - South Wind Stables Schooling Show
- 🌸 **June 30/July 1, 2007** - Paxton Farms USEF/USDF recognized
- 🌸 **July 13-15, 2007** - MODA Classic USEF/USDF recognized
- 🌸 **July 22, 2007** - South Wind Stables Schooling Show
- 🌸 **July 28, 2007** - NODA at Grand Haven USEF/USDF recognized
- 🌸 **July 30, 2007** - State Fair 4-H (State Fair is Aug 1-12th)
- 🌸 **August 11&12, 2007** - Ohio Dressage Society DownCenterline Show USEF/USDF recognized
- 🌸 **August 18, 2007** - South Wind Stables Schooling Show
- 🌸 **August 25-26, 2007** - Paxton Farms USEF/USDF recognized
- 🌸 **September 9, 2007** - South Wind Stables Schooling Show
- 🌸 **September 18-20, 2007** - Farm Science Review

### Year-End Awards Pot-luck Banquet



Waterford United Methodist Church

Saturday, February 10 at 4:00 p.m

Ohio Dressage Society  
cordially invites you and your Family  
to Our  
Year-End Awards Pot-luck Banquet



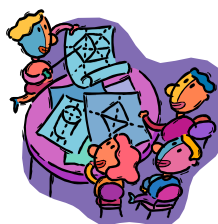
**Please bring a dish to share**

Youth Scholarship Winner  
Will be announced



**Directions:** Take 71 North to St. Rt. 95. Go east on 95, to town of Chesterfield. At first and only light turn left, on rt.314. Continue north (pass Yankee, over 71) to Waterford Rd. Turn right on Waterford Road; the New church is on the right.

### NEXT MEETING



**March 11, 2007** - Sunday 4 pm  
Ohio Dressage Society Meeting  
at PJ's Pizza in Sunbury.

## Letter From Our ODS President

Greetings Club Members

This year is looking to be a good one. We have a rough schedule made, some good ideas for speakers

(always willing to hear of additional good speakers), the DownCenterline Shows and our October Schooling Show on the books. And we are getting ready to sum up last year at our Year-End Potluck Banquet at Waterford United Methodist Church at 4 pm on Saturday, the 10th of February. The Youth Scholarship winner/s will be announced. Bring your best Potluck Dish. This is always a lot of fun!

If you are looking for some inspiration to ride in this weather, type "Lorenzo" into your favorite search engine – out there in "webdom" is an incredible video of Roman Riding.

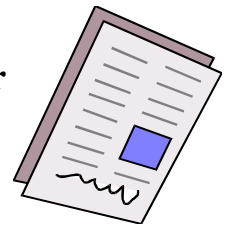
Another thing to look up on the web is the dressage rules on the USEF.org website. On those days that are just too cold to ride you can brush up on the guidelines/rules for our sport. Karen Stephens is giving a discount to ODS Members at her winter "Weekend Intensives." There is more info on the website. Also, there have been some members interested in getting together for a day or weekend "Introductory to Musical Freestyles." If you are interested contact Carol May at 614-736-3825

Our next meeting is Sunday the 11<sup>th</sup> of March at PJ's Pizza in Sunbury at 4 pm. We will have a speaker. Hope to see you there.

Stay Warm  
Amy



## Guidelines to be adopted for the Ohio Dressage Society Newsletter



### Purpose:

- 1.) Inform members of the purposes, policies and activities of the Ohio Dressage Society.
- 2.) Disseminate information to members of a sensitive nature not generally available to the general public.
- 3.) Help establish and maintain helpful, friendly relationships within the membership.

### Newsletter Guidelines:

- 1.) Official ODS Newsletter shall be published 4 times a year; general club information included in the Corral each month.
- 2.) News and business of the club shall have top priority for inclusion in the newsletter.
- 3.) Informational / educational articles may be submitted by members; printed when and if space is available after the news / business of the society is included.
- 4.) All submitted material is subject to review / editing by newsletter editorial staff.
- 5.) Only 1 copy of the ODS Newsletter will be sent per household.
- 6.) Paid space and / or classified ads are permitted if space is available; checks should be sent to treasurer; ad copy and copy of check sent to newsletter editor.

### Newsletter Classifieds

Only for items for sale or wanted  
30 word limit per classified ad  
Free to members; 1 per newsletter  
\$5 per classified for non-members

### Paid Space

- 1.) Advertisements / promotional information for stables or services and personal messages.
- 2.) Costs: \$10 per newsletter for 1/4 page; \$50 per year for space in 4 newsletters and on website with a link to your website.

## KKM STABLES WEEKEND INTENSIVES 2006

**ODS members get a 10% discount on ride fees!**

Clinician Karen Stephens FEI Competitor, Trainer, Instructor

### CONTACT

KKM STABLES/KAREN STEPHENS

KKMStables@aol.com or 419-886-2050

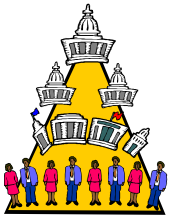
KKM Stables at Mill Run Farm, 4940 Mill Run Road, Bellville, Ohio 44813

**2 Sessions Remaining – For details see:** <http://www.odswebsite.com/GeneralForms/KKMStables.pdf>

🕒 **Mar 2 - 4 Cross-Training for Strength, Agility, Happiness**

🕒 **Apr 13 - 15 Designing Your Warm-up; Riding Your Tests**

Join us this winter in developing these themes utilizing the training scale with varying exercises for different levels of horse and rider. Rides are \$50 for 45 mins. The arena size allows for warm-up and cool-down in main arena. Indoor is 216' x 72' sand & rubber, irrigated, mirrored. Auditors: One free buddy for each rider. Bring a chair. Others welcome; \$20 per day.



## Did You Know?

“United States Equestrian Federation” (USEF) is the national governing body for many horse shows in this country.

Their job is to promote sportsmanship, make and enforce fair rules and regulations for the good of all competitors, and to see to the well-being of horses.

United States Dressage Federation (USDF) is the national level group for dressage enthusiasts. It was established for the purpose of promoting and encouraging a high standard of accomplishment in dressage throughout the United States, primarily through educational programs, and is an affiliate organization of US Equestrian Federation, thereby complying with all rules set forth by US Equestrian Federation

USDF has many smaller local groups; these are called Group Membership Organizations or GMOs. Ohio Dressage Society is a GMO of USDF.

“Rated” or “Recognized” Dressage Shows refer to shows which are recognized and sanctioned on the national level by US Equestrian Federation and USDF. These shows allow competitors to have points or dressage scores counted towards national awards. These shows are often quite expensive. Membership in USEF and USDF is necessary to show at these “recognized” shows. The only exceptions to this are for people to pay a one-time fee to USEF or USEF to be able to compete at a given show. A member in USEF is sent a Rule Book, which is full of lots of important information. The USEF Rule book is now available online. See the link below. A person planning to compete at a recognized show should be very familiar with the Rule Book.

“Schooling Shows” refer to shows that are managed by local GMOs or simply hosted by a local barn or group of people. These shows are usually geared towards beginner to intermediate level riders, and are usually less expensive, less serious, and often, more fun than the bigger “rated” shows. Scores from these shows usually count towards a local Year-End Awards program. Managers for these shows usually hire people who have graduated from USDF’s “L” program for judge training to serve as judges. This helps to give the competitor feedback from an educated and qualified person.

*For more information on USDF and Shows, visit:*

[www.usef.org](http://www.usef.org)

[www.usdf.org](http://www.usdf.org)

[www.ohiodressagesociety.com](http://www.ohiodressagesociety.com)

All the USEF Dressage rules can be found at:

[www.usef.org/documents/ruleBook/2007/08-DR.pdf](http://www.usef.org/documents/ruleBook/2007/08-DR.pdf)

## Group Membership Benefits



- Subscription to USDF Connection, USDF's monthly magazine, and the Corral Yearbook issue of USDF Connection
- A USDF Group Member card and eligibility to compete at USDF-recognized shows
- Eligibility to participate in USDF Rider Award programs
- Eligibility to earn USDF University credit
- Member-discount rates for USDF events
- Receive Ohio Dressage Society newsletter via email Website access at [www.ohiodressagesociety.com](http://www.ohiodressagesociety.com)
- Youth Scholarship
- DownCenterline Series; two weekends of nationally rated shows
- Modest fee for enrollment in Year End Awards Program

USDF is changing the dates for the membership year; this is the changeover year so it is time to renew your ODS membership. There is a membership form on the website.

**Keep checking our website at [www.ohiodressagesociety.com](http://www.ohiodressagesociety.com) for any further information regarding the club.**

## Region 2 Omnibus

Included in this year's omnibus are:

Region 2 Schooling Shows  
Region 2 Recognized Prize lists & Information  
USDF & USEF Information regarding Regional championships, Membership Information, Breeders Championship Series, ETC  
USDF, USEF, and FEI Tests



Visit:

<http://www.usdf.org/CalendarEvents/Omnibus/index.asp>



## How We Can Help Our Horses Stay Fresh

By: Patricia Whalen-Shaw, MS,  
LMT, NCTMB

In our last reading, we were presented with the idea that our horses could be stiff like us after new exercise or a hard workout. The article ended with a promise of ideas to help our horses be suppler and less stiff.

Lots of fresh clean water to drink helps the horse recover from exertion that can leave them stiff. Sometimes my horses will “save” water in the buckets. Some horses have sensitive teeth and don’t like cold water, so they don’t drink enough, especially in the winter. So, one healthy thing you can do for your horse is make sure they have plenty of clean, fresh water. This is particularly important for older horses and horses that are at the bottom of the pecking order.

Another easy help for your horses is to brush them with long strokes, multiple times over areas of muscle. Follow the direction of the hair growth. Make sure you use a soft brush. You will need to lighten up your pressure over bony areas like the withers, the point of hip and the flanks. Most horses will relax with this type of brushing. You can put a brush in each hand, brushing in long, hand over hand strokes. Just start brushing with the first hand and follow the same path with the second brush. You can repeat in the same area many times or you can repeat the same side of the horse several times. Brush slowly and smoothly.

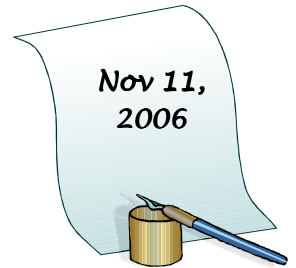
One more important thing you can do for yourself and your horse is to walk continuously for 10 – 15 minutes after you’ve ridden or had a lesson. This is not “walk two steps and eat grass”, but a continuous walk. The horse’s working muscles and the pumping action of the frog of the foot will help to move the lactic acid filled blood back to the heart and organs of cleansing.

Hopefully these suggestions will help you have a fresher, more willing horse, day after day. Next we will look at what is pre event massage and what benefits are gained by using pre-event massage.

## Ohio Dressage Society Meeting Minutes Nov 11, 2006

Prepared by: Karen Stephens,  
temporary secretary

Nov 11,  
2006



### Treasurer's Report (covered by Amy)

- Made about \$2500 on Oct Schooling Show
- USDF Capital Campaign - do we want to give more? They still need 1.5 million out of 5 million. We already gave one brick @ \$500 last year. Discussion - What's in it for us? Motion by Mary Jo We should think about it more and next year if we have lots of money in the Treasury, we'll reconsider.
- Membership year - up at the end of November, new year
- Current balance \$5485.09 (per Chris), before insurance. Trip's fee \$2150 plus incidentals total about \$3000. Amy estimates we brought in about \$800.00 from Trip clinic.
- Show account (per Mary Jo) \$21,240 balance before some Aug and Oct expenses. There are some errors. No questions. Motion by JoAnn to accept report, Cheryl 2nds.

### USDF Convention

Costs of attending Convention/Symposium for Amy, Karen for payback to ODS, Karen presented 3 options of discounts at her clinics for ODS members: 10% off all ride slots v. 50% off the cross-training clinic slots v. 5% off all slots. Discussion, Motion by Mary Jo accept 10% off all clinic slots (5 clinics), Cheryl 2nds. Motion passes. Those present also like the idea of a synopsis at a meeting.

### ODS Taxes

Maureen did 501c3, for free, and has prepared our taxes (Maureen, Amy, and Chris has 2nd copy) for a fee of 20%=\$630.00. Motion was made to pay Maureen by Pat, Chris 2nds. Motion carries.

### Newsletter Policy about Content

- Officers met 2 weeks ago.
- Purpose of newsletter (Amy will send this copy): to inform members, to disseminate info that's not available to general public, and to establish and maintain a friendly relationship among members.
- Content must be submitted digitally. Motion by Pat to amend #6 - submission for advertising must be submitted electronically. Ann 2nds. Discussion. Ann moves to accept, Cheryl 2nds.
- Discussion with no opposition to charge \$50 per year to advertise services for quarter page in 4 newsletters and website ad.

### Summary of Feedback from floor on Trip Harting Clinic

Discussion was held by those who participated in the clinic with a wide range of observations, depending on the level of rider and horse, emphasis of the lesson, and days of participation by the rider. Some riders liked the warm-up and exercise patterns, relaxed approach and others prefer a more intensive lesson. Laurie's facility was good - user friendly, good footing. Sherrie as organizer commented that participants fees as to free vs. paid caused some friction.

## Nov 11 Minutes, cont:

### Elections

Looking for nominations chairperson: Amy nominates, and Jessie 2nds for Pat to be chairperson. Pat accepts position, her e-mail is pwhalen@bright.net. Open nominations for officers, Pat motions, Amy 2nds; Pres.-Amy, V. Pres. - Ann, Treasurer - Chris, Secretary - Lisa. (Theresa resigned as Secretary as it was just more than she thought it would be.) Sherrie offered to do the Corral articles - Deadline for copy is the 10th. Nominations will be open until Jan 1, 2007.

### Year-end Awards Banquet and/or Next Meeting

Dick and JoAnn can get Waterford Church. Karen Sanchez can get Mt. Vernon Bingo Hall, Except on Saturdays. No fee for either one. Next meeting is Sun Jan 14 at PJ's in Sunbury 4 - 7 pm.

Awards banquet will be Feb 10, 17, or 24. JoAnn will check availability. Chris will include nominations info with membership notices next week.

### Payment to show staff of Recognized Shows for ODS When a Club Member works the Show

Various options were discussed.

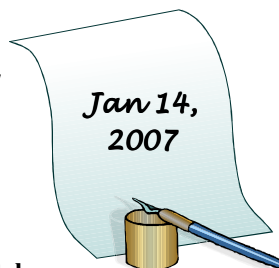
### ODS Guidelines of Operation

Amy would like to form a handbook (policies and procedures), a combination of job descriptions for officers, protocol. Motion was made by Pat that current officers write down their duties, responsibilities, and timeline requirements. Cheryl 2nds. Pat asks that we have a schedule for meetings of the year - an annual schedule by March.

Motion to adjourn made by Chris and Amy 2nds. Adjourned.

## Ohio Dressage Society Meeting Minutes Jan 14, 2007

Prepared by: Lisa Carifa, acting  
secretary  
@ PJ's Restaurant in Sunbury



**Amy opened the meeting approximately 4:30pm**

**Year End Awards** banquet to be held Feb 10, 2007 4:00pm at the Waterford United Methodist Church in Fredericktown, Ohio.

**Region 2** – Omnibus. [USDF-region2.org](http://USDF-region2.org). Local circuit schooling shows - send in scores for ODS & enrollment fees (Kathy Jacobs) which are \$25 per level per horse/rider combination \$45 for 2 levels. Guidelines on USDF Region 2 website must be judged by at least and L - only schooling shows

### **Amy & Karen to USDF Convention & Symposium 2006:**

- Their message: Money is still needed. USDF is \$116,000.00 in red
- Capital Campaign - \$1.5 of \$5 million still needed.
- L Programs - 39 out of 44 passed 9 programs. New program for L on freestyles - weekend.
- New tests - no new tricky movements, rider co-efficient now x 3.
- Ties remain if general impress scores are equal.
- Sue Hughes re-elected
- Lifetime registration fee going from \$65 to \$85
- Non-member fee per rider/owner - no more rebates on multiple GMO membership fees.

### **Education Programs:**

Don & Kristi Weltner - physical exercises for riders "Equi-stretch"  
Dr. Clayton - light seat on young horses  
Freestyles - Pro-tools software to edit music. Always take 2 copies of music to show (use 2 diff brands)  
Babies have to be outside 24/7 for muscles... first 2 yrs can't be made up. 3 elements - duration, how long, frequency.

### **Symposium:**

Ingrid Klimke.- Cross training for 1st 6 years, distance between poles: 8/10 meter walk, 1.2 meters for trot  
Training scale not linear - all elements present all the time Build partnership with horse - very important!

### **Pat Whalen-Shaw:**

Slate - Pres, VP & Treasurer to remain the same.  
Secretary= Lisa Carifa Co-secretary= Barb Renico  
JoAnn Fletcher and Karen Stephens were also nominated but declined due to no time.

Carol May 1st, Cheryl Church 2nd - moved to nominate. Pat nominated slate, Karen Stephens 2<sup>nd</sup>. Voted - yes

**Youth Scholarship:** Due no later than January 15, 2007

**Newsletter info:** Sherrie Ridenour writes the quarterly newsletter. Next one is to come out first week of February. Members can email any articles to her.

### **New Newsletter Policy:**

*See article earlier in the newsletter – not printed here due to space*

### **Officer's Meeting:**

4-H kid's dressage shows: state fair cutoff is 7/7/07. MODA show May 19 & 20, South Wind Stables June 24th are only shows for kids now. They need 2 scores from 2 judges in training level or above.

- Co-run a dressage show - must be an "L" judge or higher
- Ann Miltimore is point person; Cheryl Church and Karen Stephens to help contact different counties for involvement.  
To help kids qualify for fair
- Advertisement for ODS
- In the past, ODS has given \$200 for judge @ the fair - question brought up was should we give more this year to help get better prizes?
- LY champ got a bag of carrots!
- Mary Jo motioned to give \$500 this year (\$200 for judge & \$300 for prizes or ribbons) Question is - do we give the money or supply the prizes/ribbons? And what procedure(s) do we need to go through in order to donate to the 4H kids?

### Down Centerline shows:

- June 9 & 10 - Judges: General Burton & Linda Zang. (General Burton and Linda Zang are S judges)
- Aug 11 & 12 - Judges: Trip Harting, Kay Meredith & Joan Darnell. (Trip Harting is an S Judge and Joan Darnell is an R judge)
- Oct 6 & 7 schooling show: Debbie Boeh and Dr. Nancy Nicholson (Both are L Judges)

## Ohio Dressage Society Meeting Minutes Jan 14, 2007, cont. ODS Sponsored Clinic:

Amy suggestion is to do this clinic and have Nancy Nicholson

### Other news/info:

- Should meetings be monthly or every other month? We could use Corral to supplement between meetings. It was suggested to have the June & August meetings held 1-2 weeks prior to shows in case last minute things need to be discussed for shows.
- Next Meeting: March 11, 2007 4:00pm @ PJ's in Sunbury. Ann in charge of speaker.
- Freestyle Clinic?
  - Should we hold a 2 part clinic? First clinic to be about learning about your horse, second clinic would be to ride freestyle.
  - Chris could help since she's done it before. (Lune-a-Tunes \$300/person to choreograph ride)
  - Amy said she would donate South Wind Stables for the location to hold the clinic(s). Carol May will see who is interested. If interested – call Carol @ 614-736-3825.
- Amy, Mary Jo, Mickie Kreidler & Karen Sanchez - Tweak bylaws & policy procedures committee. - If interested in participating in this committee, Call Amy or Mary Jo.
- Clinic w/ Linda Zang. Amy proposed to ODS to hold over Linda Zang after August show for clinic. If Amy sponsored, she would pay for lodging, transportation...IF ODS wants to sponsor, ODS would pay.
- Karen Stephens - Weekend Intensive Low attendance but receiving positive response from participants as well as auditors. Next clinic is first weekend in February. See ODS website for details.
- Bach Flower Workshop Pat Whalen Shaw informed us of this clinic being held at Integrated Touch Therapy in Circleville. See details below:

Integrated Touch Therapy  
PO Box 652  
7041 Zane Trail Rd.  
Circleville, Ohio 43113  
(800) 251-0007  
[www.integratedtouchtherapy.com](http://www.integratedtouchtherapy.com)

Flower Essence  
Instructor: Cindy Blum, CMT, NCTMB  
Date: July 14 - 15, 2007  
Time: Sat. 9AM - 5PM Sun. 9AM - 4PM  
Cost: \$195.00  
Deposit: \$75.00 (non-refundable)  
Balance due by closing date: 6/14/07  
(No refunds after this date)

In this workshop you will learn how flower essences are made and how to apply them to humans and animals. You will learn the Bach method of essence assessment and how to differentiate between similar essences. This is a hands-on workshop that will teach you how to blend essences for personal use and for your work with animals. This workshop will be a valuable addition and asset in your bodywork and can be applied to your 150-hour ITT Inc. Large or Small-Animal Bodywork Certificate. For further details or to register for this workshop contact us at 1-800-251-0007 / [wshaw1@bright.net](mailto:wshaw1@bright.net).

## State Legislature passes Veterinary Practice Act

In December, a bill was passed stating that if anyone does anything for a horse/animal, including acupuncture, acupressure, behavioral...you are practicing Veterinary Medicine. Rule is you MUST be a veterinarian to do this. Grass Roots - write the state legislature and let them know it's a bad law - it's unenforceable and too broad. It is on the OVMA site. See Ohio Baldwin's Ohio Revised Code Annotated Currentness. Title XLVII. Occupations Professions. Chapter 4741. Veterinarians. Statute Details Printable Version Citation: OH ST § 4741.01 - 99 Citation: R.C. § 4741.01 - 99 Summary:

These are the state's veterinary practice laws. Among the provisions include licensing requirements, laws concerning the state veterinary board, veterinary records laws, and the laws governing disciplinary actions for impaired or incompetent practitioners. For more information, you can go to [www.animallaw.info](http://www.animallaw.info) and Select Ohio as state.

### Grand Haven Adult Dressage Camp in Jefferson, Ohio

1946 E. Union  
Jefferson, Ohio 44047  
(440) 858-2164

Website: [www.grandhavenstable.com](http://www.grandhavenstable.com)

Two 3 day camps (Fri, Sat & Sun)

May 18, 19 & 20; 25, 26 & 27

\$500 / rider includes 3 meals per day

2 lessons per day plus classes (Auditors are welcome too.)

(USDF University Credit Program). More information coming soon!

### Capital Campaign:

Amy stated that we gave \$500.00 last year. Do we want to give more this year? We viewed DVD about the USDF National Education Center. They are \$1.5 million short of the \$5 million needed. See USDF.org for details

**Chris made a motion to adjourn meeting at approximately 6:15pm. Tracey 2nd the motion.**

## *Kay Meredith Clinic*

**At the Indiana Hoosier Horse Fair and Expo  
March 30, 31, April 1, 2007**

Kay will be conducting dressage clinics at the 2007 HHF & Expo. If interested in riding with her contact information below for an application.

Connie Cressman [conniecressman@yahoo.com](mailto:conniecressman@yahoo.com)

Sheila Landes [landes21@hotmail.com](mailto:landes21@hotmail.com)