



Central Plains Dressage Society  
Holiday Party

Friday, December 21, 2018 at 6 PM  
The Horse of Course  
Claremore, OK

Desserts & drinks provided- bring a dish to share.  
Bring a wrapped gift to participate in the gift swap!

# Central Plains DressageNews

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## President's Message

2018 was a year of many achievements

by Chris Cashel

The Annual General Meeting was well attended. There were 10 "acts" in the freestyle festival, which is always a fun event, and the year-end award ceremony was festive. (The board is considering a change of year-end awards for next year as requested by the membership.) Janet Cagle rotated off the board and Amy Mullins was voted onto the board.

In 2018, we had 16 schooling shows, 5 recognized shows, 4 lite western recognized shows, 1 Arabian show, 1 B-rated working equitation show, multiple clinics, 2 camps, 1 symposium, and 2 championships. I think that's a remarkable achievement, and it's all related to education, which is our purpose.

Without continuous and challenging education it is impossible



to improve. We do that within our mantra of friendly, fun and forward-looking! A long time ago I heard a speech that was about rock climbing. The instructor had a student stuck on a rock wall. Her advice? "If you can't get out of it, get into it, and if you can't get into it, get out of it!"

I think that applies to our discipline as well. We all want to be in it with our horses with varying degrees of goals. Goals drive us forward. This is the time of year when we re-set goals and begin in earnest to try to achieve them. There are many opportunities and the results are shown in this year's many horse and rider awards: three golds (our first western), several bronzes, and a bronze bar for freestyle.

We are on track as an organization. We have goals for the organization. We want people to enjoy their time with their horses and to have many, many opportunities.

- In our first year, we nominated a volunteer of the year and a program of the year.
- Our newsletter is beautiful. We communicate through the newsletter, which is posted on the website, through e-blasts and on Facebook. (I know there are still folks who don't know what is happening, so please let us know what and how we can do better.)
- We have acquired an AED.
- We have acquired our 501c3 status that allows us to receive donations, not pay sales tax and a few other benefits. That is a big one!

Mostly we have become a club with an attitude of support and enthusiasm.

Soon, you will hear about next year's schedule, proposed changes in the awards structure and proposed changes in show fees. Please let your ideas be known. Participate! Cheerlead! Have fun, be friendly and be forward-thinking to help improve our club.

Three winners at the Awards Ceremony during the Annual General Meeting in November. Photo: Camille Fuller

## Happy Holidays

**T**wo last reminders: Make plans to attend the Holiday Party on Dec. 21 at the Horse of Course, and if you haven't already renewed your membership, visit the Central Plains website today.

Thank you to everyone at Central Plains who worked hard this year to make the new club a success! Happy Holidays and best wishes for the new year.

Sincerely,  
Nancy Spring



Graphic: pixabay.com

## Plan Ahead and Prepare

by Chris Cashel

**T**his is the time of year when we have about a minute to take stock of what we have and what is coming. We all have shown gratitude recently and I hope it included being able to spend time with our horses. They give us so much!

It is also the time of year to plan ahead and prepare for a new year. That means watching the weather, checking hydrants and hoses, making sure our blankets are accessible, repairing shelters, cleaning tack and looking ahead to a new chance to attain personal goals. Yes, it is time to set a plan in motion that will motivate you to ride even on cold days. What do you want to achieve in 2019? Do you have a 50/50 chance of success? What are the steps to get there? Being clear about these questions helps us stay on track. It may mean you cannot let your horse wander around a pasture all winter. Fitness is an on-going process for both horse and rider and not exercising sabotages chances of a successful season. Lunging can be enough to keep a horse fit over the winter. That's 20 minutes invested into your future.

So, go ahead. Take advantage of the winter sales to bundle up and stay the course. Happy holidays and a salute to a great new year!



Riding in the Freestyle Festival.  
Photo: Camille Fuller

Smiling winners at the Awards Ceremony during the AGM in November.  
Photo: Camille Fuller



CENTRAL PLAINS  
DRESSAGE

Central Plains DressageNews

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# Riders Performing in the Freestyle Festival at the Annual General Meeting in November

All photos courtesy Camille Fuller

