

UPPER MIDWEST ENDURANCE AND COMPETITIVE RIDES ASSOCIATION

Letter from the Prez....

UMECRA's Foundation
On November 12, 1972 ride managers from 2 rides in Minnesota, 2 rides in Wisconsin, and 1 Illinois ride plus three veterinarians got together to begin a system of rules so that endurance and competitive rides would be run more consistently; and they assigned placing and completion points so riders and horses could earn year-end awards. That made the 1973 season the first where points were tracked for lightweights and heavyweights in competitive and endurance. Juniors rode according to their weight division and there was no such thing as limited distance. The top rider and horse for the 1973 season rode five rides in the lightweight competitive division: Dawn Bonnicksen received 45 points in 5 competitions on Bargain. First place was 7 points instead of 11 for a 25 mile ride. What a team!

With points being recorded in 1973, this means UMECRA is about to begin its 45th ride season! Congratulations all!

For decades ride managers and vets gathered each year with riders and their families to grant prizes and dine without horses, tents and a finish line. The awards were to thank and honor our riders for attending to our friendly events. We all continue to meet to refine the rules, and commit to values, principles and a fair and safe competition.

Our club still operates as a ride manager organization with valued input from veterinarians, riders, and committed volunteers. Ride managers are delegates to the annual meeting at convention. Over the years an official Veterinarian Representative has been added to the Board along with Rider Representatives. If a ride manager cannot make it to the annual meeting, they can ask a UMECRA member who is a rider, vet or volunteer to be their alternate voting

delegate during the meeting. These meetings are rarely the highlight of the convention but an important function to get things straightened away for the season. UMECRA does its best to provide enlightening speakers, entertainment, and a time for fun interaction and conversation throughout the weekend.

I hope to see you all at convention. Be well,
Theresa Meyer
UMECRA President



IMPORTANT NOTICE TO RIDE MANAGERS!!!

Ride managers need to send Bruce Birr (Sec-Treas) an email or paper copy of who the voting delegates will be for their ride at the Convention. These need to be submitted by Wednesday, January 24. Thank you very much for attending to this! Bruce's email address is "bbirr@centurytel.net", and his address is 1633N W. Kendall Road, Manistique, MI 49854. Thanks!

Looking for new places to ride in your area and beyond?
Check out <http://trailmeister.com/>
Lots of information there on trails and all things trails! Search by city, state, even zip codes! You can even add trails that you know about.

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2018 Online Member Verification

In an attempt to make everyone's life less complicated, UMECRA is going to try making the paper member card a thing of the past. We all have too many things in our wallet already, right? Here is how it will work this year: you will send in your UMECRA membership form for 2018 with the membership fee to Bruce Birr, Secretary/Treasurer. Within three week's time you will get an email from **umecrapoints@gmail.com** stating that you should check the website at <http://umecra.com/ridernumbers.php> to verify that you are a 2018 UMECRA member. Please give us a "good" email that you use, so that we can communicate with you efficiently.

If your name doesn't appear when you check the website, to please email Bruce Birr and Nicole Mauser-Storer for verification, but not until 3 weeks after your membership is submitted.

Your UMECRA member number does not change from year to year, so keep your current card in your wallet if you want. If you are forgetful about your number take a "screen shot" of your name and number on the <http://umecra.com/ridernumbers.php> page with your smart phone. Store it in your picture gallery or other folder so that you can recall it when filling out your forms. If you are a paper person take a screenshot on your tablet or computer of the webpage with your number and print out a copy to carry in your folder of ride forms, glove box, or purse.

If you have no email address, we can still mail you a card. And we want your feedback on this process. We want it to work and are open to suggestions, please contact UMECRA board members and rider representatives with feedback.

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Newsletter Editor - Nominations Sought

Each year two board appointed positions are renewed or new volunteers are appointed at the November Board of Directors meeting.

Newsletter Editor(s) will edit, author and publish at least 10 newsletters per year both electronic and by hard copy. It is important to have good computer skills for this position. Previous newsletter publishing

experience is a plus. You do not have to be a writer, but formatting and editing skills are necessary and an aptitude for hitting deadlines is a valuable quality. Please send your letter nomination and qualifications to UMECRA Secretary/Treasurer Bruce Birr at bbirr@centurytel.net.

This is a non-voting position. The position is subject to the requirements of the traditional duties and standards of responsibility expected of these positions within UMECRA, subject to the authority of the UMECRA Board and as related needs arise within their areas of responsibility. In addition appointees will have to sign UMECRA Code of Conduct. Please contact a board member if you have questions about this process.

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2018 UMECRA Convention Agenda January 26-28, 2018 Rockford, IL Hilton Garden Inn

Friday

- 2 PM Registration Opens
- 4:30 PM - Dr Garlinghouse - Nutrition Solutions for Performance Problems
- 6 PM AHDRA Meet and Greet
- 7 PM AHDRA Awards
- After Awards – 8 PM (roughly) – Dr Garlinghouse - How to Feed the better bucket

Saturday

- 6 AM – UMECRA Board Meeting
- 9 AM – Dr Garlinghouse - Ten Things you can do better
- BOX LUNCH from hotel (no outside food allowed in)
- 11 AM – Dr Garlinghouse - Beating the Metabolic Pull
- 1 PM - 4 PM – UMECRA Annual Meeting
- 5:30 - Cocktails
- 6:30 Dinner
- 7 PM – Young Riders World Championships Presentation
- 7:30 PM – Awards followed by Social time

Sunday

- AHDRA Annual Meeting

Questions? Email Nicole Mauser-Storer (n.mauserstorer@huskers.unl.edu)

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Riders Choice Nominations Sought!

It is time to make your nominations for this year's Rider's Choice Award. This award originated in 1981, and has been presented annually at the UMECRA Convention and Awards banquet following a vote of those present at the convention. This year's Rider Choice is sponsored by John Sturm.

The guidelines to be considered when nominating a horse for this honor are as follows:

1. A horse that has shown superior ability in its division
2. A horse that has been a consistent competitor
3. A horse that has shown its ability to overcome setbacks
4. Any horse, for any reason(s), the nominator admires and feels is a superior representative of the "Distance Horse."

When submitting your nomination, please include a description of the horse's accomplishments and the reasons why you are nominating the horse along with a photo.

There is a form on the UMECRA website under the Awards tab, then scroll down all the way to the bottom of the page to Rider's Choice.

Or you can just mail or email your nomination to: : Jen Allen, 17066 1700 N Ave., Princeton, IL 61356, or email: sydney1410@yahoo.com

Deadline for Submissions is Friday, January 19th.

There is a form on the UMECRA website under the Awards tab, then scroll down all the way to the bottom of the page to Rider's Choice.

President (must be a ride manager with 3 of last 5 years, or have been a rider rep or vet rep for the last 2 years.)

Veterinary Representative (must be a DVM and UMECRA member)

Minnesota Director (must be a ride manager from Minnesota)

Wisconsin Director (must be a ride manager from Wisconsin)

Rider Representative (Nominations due to umecranews@gmail.com and Bruce Birr, Secretary/Treasurer, bbirr@centurytel.com by DECEMBER 1st)

(Rider Representatives can not be a current ride manager.)

For any of these positions, you can write about yourself and include an article for the newsletter.

Rider Rep articles due by December 1st.

Electronic ballot emailed in early January.

Other board position write-ups due by January 1st if you want them in the newsletter. Nominations can come from convention floor as well as in advance.

Early nominations please send to: umecranews@gmail.com and Bruce Birr, Secretary/Treasurer, bbirr@centurytel.com

For Sale: 1990 Chaparel Horse Trailer – steel, wood floor, blue, 3 horse straight load across, midtack, 12 ft LQ, insulated and lined, some furniture, lots of lights and 12v jacks. Hydraulic jack, hay rack, very good tires. \$3000. See at The Corral. Call 920-699-8048

Congratulations to all for a great ride season. If you are receiving a year end award PLEASE REMEMBER.....awards are NOT mailed! If you are unable to be at the convention please make arrangements for someone to pick up your award. I look forward to seeing everyone-

Thanks Jan Sasena

PROCEDURES FOR UMECRA'S 2018 ANNUAL MEETING

I. The agenda will follow the standard order of business

II. Voting delegates and proxies will be identified

A. The Secretary will request that each ride report to the Secretary two weeks prior to the Annual Meeting who will be serving as the ride's voting delegates or proxies at the annual meeting

1. Voting delegates and proxies will be given unique means of identification for the meeting

2. The Secretary can approve or disapprove last minute changes in proxies before the annual meeting; the Secretary's decision may be appealed to the President, but the President's decision is final

III. The meeting processes will be governed by the chair in a manner deemed by the chair to be the most efficient and effective. However, should controversies, disagreements or the need for more order arise, the chair will be guided by Roberts Rules of Order for conducting the meeting

IV. The chair will announce that only voting delegates or proxies can make motions and vote

A. The chair may invite comments and questions from the general membership and may limit the length of speaking time for each general member

B. No one should speak until recognized by the chair

C. All speakers are to stand and face the majority of the audience

V. Motions

A. Only voting delegates and proxies may make a motion

B. All motions must be stated clearly. The motions will be recorded by the Secretary

C. With few exceptions, motions must be seconded before being considered for comment or discussion

D. The individual making the motion will be invited to speak first and provide reasons for the motion

E. Motions are subject to amendment by any voting delegate or proxy and may be made by making a motion to amend

F. The Chair may announce to limit or end discussion on a motion or a voting delegate or proxy may make a motion to "call or move the question" to end discussion and proceed to a vote.

A motion to end discussion requires a two-thirds vote (this is because this action is limiting the rights of voting members to express their opinion on the motion).

1. If a voting delegate or proxy objects to the chair announcing a limit for the time for discussion or announces the end of the discussion of a motion they must make their objection in the form of a motion to "call or move the question". This motion must be seconded, discussed and then a voted on. Two-thirds of the voting delegates and proxies are required to limit or end discussion of a motion or amendments to motions.

VI. Voting

A. Voting method is determined by the chair and include:

1. Voice votes
2. Raising of hands or paddles
3. Counted raising of hands or paddles
4. Counted Standing
5. Roll call

6. Paper ballot

B. The Chair will determine and announce individuals assigned to count votes and to collect and count ballot votes, including those for elections

C. A voting delegate or proxy may move for confirmation of the chair’s determination of a voice vote and request an alternative method of voting; this motion must be seconded.

If the chair agrees the alternative voting method will then proceed.

If the chair disagrees, the chair will request a vote on the motion for an alternative method of voting.

VII. Elections

A. Officers and Board of Directors

- 1. Only voting delegates and proxies may nominate individuals and vote on Board of Director Officers and Board Members
 - a) Delegates and proxies from within the State can only nominate the State Director.
 - b) All Delegates and proxies are then able to vote for the nominee(s).



Horseback riding is not a sport!

After all, all you do is sit there and the horse does all the work, right? Anyone can ride a horse!

It is statements like this that make riders roll their eyes and wish they could plunk the questioner on a horse, point them at a jump, hand them a dressage test, or send them down a fifty-mile trail and see what the answer would be once they were finished their ride.

Horseback riding is a sport.

There is no question about that. It's one of the oldest sports and fulfills every definition of sport. Why do people think it is so easy? Because often, the only exposure they've had to equestrianism are professionals on television, whose riding is so skilled they

make it look effortless, or dude-string type horses, who are saintly enough to carry unbalanced, unskilled human cargo. What the average non-rider doesn't see are the hours of practice, the sore muscles, bruising, and chafing not to mention the mental challenge that riders undergo to make it all look easy.

The Australian Sports Commission defines a sport as: “a human activity capable of achieving a result requiring physical exertion and/or physical skill, which, by its nature and organization, is competitive and is generally accepted as being a sport.” So, by that definition, there is no doubt that horseback riding is a sport. Let’s look at how it fulfills that definition.

Competition

Sport often means there is a competitive side to an activity. And horseback riding definitely provides the opportunity for that. Even if it appears that the horse is being judged, the horse is rarely better than the trainer or rider who prepared it. So it still takes hours of human physical activity until a horse is competition ready.

There is a huge list of competitive disciplines in the horse world, and success in one doesn't mean a rider will be good in another, any more than a downhill skier could automatically expect to be equally skilled in cross-country skiing. However, all require a level of fitness and skill.

Athleticism

Sports require and build fitness: muscle strength, balance, flexibility, agility and overall body awareness. Even after a short ride, non-riders will notice certain muscles will be quite sore. Riding requires a few muscles that aren't often used in other sports. The control it takes to use rein, leg and seat aids to influence a horse requires refined body awareness somewhat similar to a gymnast. While it's not necessary to be a

body builder to ride, dealing with an animal many times larger than yourself does require some physical presence.

Mental Exercise

Skill, strategy, reasoning, memory and confidence are required in most sports, and it is no different for riding. Memorizing dressage tests and jump courses, following trail maps, choosing the safest route on a trail ride, deciding the most effective way to handle a horse that is acting up (that sometimes requires split-second timing) and always being aware of what your horse is thinking is mental exercise.

Football players may spend weeks memorizing a play. Riders also memorize how they will ride a particular course or cue a horse for a specific move, often within minutes of competing. However, they also need to be mentally flexible enough to change course instantaneously if the horse misbehaves, spooks or somehow the 'playing field' suddenly changes.

Aerobics and Calorie Burning

Trot a few circles and you'll also find that horseback riding is an aerobic and calorie burning activity as well. According to healthstatus.com, a 150 lb person riding a horse at a walk would burn 171 calories per hour, which is almost identical to walking on foot 2 miles per hour. While trotting 441 calories are burned in an hour, and 549 calories are burned in an hour of galloping. Compare this to an hour of golf, carrying your clubs at 414 calories, or running at 7mph at 783 calories.

Very few riders just ride and grooming, stall cleaning, carrying hay bales and feed bags means not only is the activity of riding aerobic, but the activities required to prepare to ride are also cardio building and fat burning.

Rules and Regulations

Sports are often governed by strict rules and may be played at an amateur or professional level. Open the rule book of any equestrian discipline and you'll likely find a very strict set of regulations that not only outline the 'rules of the game' but may include rules about clothing, saddlery, bits, the size or type of horse and many other details.

Tell the skeptics that you know...

If you're still not convinced horseback riding is a sport, you should take a riding lesson with a coach who understands your opinion. After a very short time, you might agree that horseback riding does indeed fulfill the definition of a sport.



Silent Auction!!!

Don't forget to bring that silent auction item to convention! The proceeds from the auction supports trail development, scholarship funds and UMECRA members at International events!

What makes a great silent auction item? Just about anything! Get creative – put together a basket of homemade goodies, horse or non-horse items, ride entries, offer to crew for someone at a 50, 75 or 100 mile ride, supply a special meal at a ride. The possibilities are endless!



Remembering the 2017 Ride Season!!



Time to start planning the 2018 season!!

Will you be ready?

The 2018 ride calendar will be voted on and approved at the annual meeting at convention.



**Don't forget to
renew your
membership for
2018!**

Review of Proposed Changes to Bylaws

In accordance with the bylaws, notice is hereby given that the following bylaw changes will be considered at the general membership meeting to be held in January 2018.

Current Bylaw	Bylaw Changes (words inserted/added are <u>underlined</u> ; Words removed are struck out)	Rationale
<p>ARTICLE III SECTION 3. QUORUM FOR ANNUAL OR SPECIAL MEETINGS A quorum is determined based upon the presence in person at an Annual or Special Meeting of official voting delegates representing twenty (20) of the immediately preceding year/season's sanctioned endurance/competitive trail ride events as recorded by the Secretary, plus the President or Vice President, and at least one (1) Rider Representative. After a meeting is duly commenced, the absence of a quorum in the meeting room/hall at any meeting may result in adjournment from time to time at the discretion of the President or the Vice President. However, unless the meeting has been so adjourned, the delegates present at a duly called or held meeting may continue to do business until adjournment, notwithstanding the withdrawal of enough members to leave less than a quorum. The President, or in their absence, the Vice President, or in their absence any person designated from time to time by a majority of the Board of Directors, shall preside at all Annual or Special Meetings.</p>	<p>SECTION 3. QUORUM FOR ANNUAL OR SPECIAL MEETINGS A quorum is determined based upon the presence in person at an Annual or Special Meeting of official voting delegates representing <u>forty percent</u> twenty (20) of the immediately preceding year/season's sanctioned endurance/competitive trail ride events as recorded by the Secretary, plus the President or Vice President, and at least one (1) Rider Representative. After a meeting is duly commenced, the absence of a quorum in the meeting room/hall at any meeting may result in adjournment from time to time at the discretion of the President or the Vice President. However, unless the meeting has been so adjourned, the delegates present at a duly called or held meeting may continue to do business until adjournment, notwithstanding the withdrawal of enough members to leave less than a quorum. The President, or in their absence, the Vice President, or in their absence any person designated from time to time by a majority of the Board of Directors, shall preside at all Annual or Special Meetings.</p>	<p>Shortly after approval of the current bylaw language, a concern was brought to the Board of Directors attention that the requirement of having 20 individual rides represented to reach a quorum may be problematic. If the number of rides held on a yearly basis should change abruptly, we could be faced with either an under representation, (a large increase in the number of rides), or find it difficult to reach a quorum (a reduced number of rides). By stating a percentage (%) of the rides held, the quorum number automatically adjusts with any changes in the number of rides held annually.</p>
Current Bylaw	Bylaw Changes (words inserted/added are <u>underlined</u> ; Words removed are struck out)	Rationale
<p>ARTICLE III SECTION 5. DELEGATES. Each endurance/competitive trail ride sanctioned the immediately preceding year/season, by one of it's ride managers as listed on its sanctioning form shall submit the</p>	<p>SECTION 5 DELEGATES. Each endurance/competitive trail ride sanctioned the immediately preceding year/season, by one of its ride managers as listed on its sanctioning form shall submit the names of its official voting</p>	

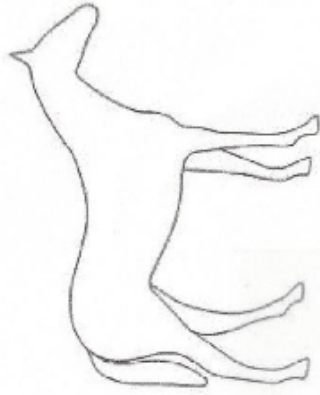
<p>names of its official voting delegates or its authorized alternate voting delegates(s)[also referred to as proxies] to be recorded by the corporate Secretary prior to any meeting of the members.</p> <p>*(The underlined language that follows was committed/referred to the Bylaw Committee by motion with approval by the membership for review and/or rewriting.)</p> <p><u>. Official voting delegates must have actively participated in the management of the endurance/competitive trail ride and be listed on the sanctioning application. Ride managers of cancelled rides, who have paid their sanctioning fees before the ride has been cancelled and where the cancellation occurred for good cause shown, shall retain voting rights for the next Annual Meeting</u></p>	<p>delegates or its authorized alternate voting delegate(s) [also referred to as proxies] to be recorded by the corporate Secretary prior to any meeting of the members.</p> <p>**(The language that follows is the Bylaw Committees recommended replacement for the language that was referred to the committee during the 2017 Annual Meeting.)</p> <p><u>Ride managers as listed on their sanctioning form, or as amended, must have actively participated in the management of the sanctioned event. Ride managers of cancelled rides, who have paid their sanctioning fees before the ride has been cancelled and where the cancelation occurred for good cause shown, shall retain voting rights for the next Annual Meeting.</u></p>	
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Draft Competitive Score Sheet – Proposed updates to the form include the following:

1. Updated drawing of horse
2. Updated lameness scoring for Grade 3 to be No placing, Miles only,
3. Grade 4 to be No placing, Miles only.
4. Grade 5 to be Disqualified.
5. Updated scoring for Back, Shoulders, Other to score from 0-10 points instead of 1-10.
6. Scoring for Lesions updated to 0-20.
7. Included Manners Incidents section to allow for multiple point deductions for manners.
8. Corrected “Cut sounds” to “Gut sounds”.
9. Column added for pre-ride scoring of gait, attitude and fatigue near the post ride scoring column.
10. Reformatted into an editable version for future updates.

Date		Name of Ride		Rider Name		Rider Number		Placing			
Division		HW		LW		JR		NOV		DR	
Mileage		1		2		3		4		5	
Day		1		2		3		4		5	
Number		1		2		3		4		5	
Attention Riders											
REVIEW SCORING AND REPORT ERRORS BEFORE LEAVING GROUNDS											
Not Considered in Scoring		Pre Ride		Pulse		Scoring		1 st		Re	
Pulse		Post Ride		9 = 0		Resp		2 nd		Re	
Resp				10 = 3		2 = 0		3 rd		Re	
Body Cond (1-9)				11 = 6		3 = 2		4 th		Re	
				12 = 9		4 = 4		5 th		Re	
				13 = 12		5 = 6		6 th		Re	
				14 = 15		6 = 8		7 th		Re	
				15 = 18		7 = 10		8 th		Re	
				16 = 21		8 = 12		9 th		Re	
				17 = 24		9 = 14		10 th		Re	
Not Considered in Scoring				11 = 18		10 = 16		11 th		Re	
Mucous Membranes				12 = 20		11 = 18		12 th		Re	
CRT				13 = 22		12 = 20		13 th		Re	
Skin Tent				14 = 24		13 = 22		14 th		Re	
Gut Sounds				15 = 26		14 = 24		15 th		Re	
On Mandatory P/R rechecks, score 2nd and deduct an additional 30 points				16 = 28		15 = 26		16 th		Re	
				17 = 30		16 = 28		17 th		Re	
								P/R DEDUCT		Starting with 400 pts per day minus deductions listed below. No + points given	
								Pre Ride		Post Ride	
								SOUND 0 points deducted			
								GRADE 1 1-20 Difficult to observe, not consistently observable			
								GRADE 2 21-40 Difficult to observe at walk or trotting straight			
								GRADE 3 Consistently Observable at a trot, No Placing, Miles Only			
								GRADE 4 Obviously Lame, Marked Nodding, No Placing, Miles Only			
								GRADE 5 Lame at a walk, minimal weight bearing, inability to move, Disqualified			
								FATIGUE/ATTITUDE 0-40			
								TROT DEDUCT			
								LEGS		SCORE	
								PAIN 0-10 per Leg		PRE-RIDE	
								HEAT 0-5 per leg		POST-RIDE	
								FILLING 0-5 per leg		SCORE	
								MUSCLE PAIN		MUSCLE DEDUCT	
								BACK (0-10)		MISC DEDUCT	
								SHOULDERS (0-10)			
								Others, Specify (0-10)			
								LESIONS (0-20)			
								TIME PENALTY 1 Point per Min			
								BOOTS - 2 pts per leg per day			
								MANNERS Total from Left			
GAIT											
ATTITUDE											
FATIGUE											
For Manners - Mark each incident here (1-10) and total in column to the right											
MANNERS INCIDENTS											

MAKE NOTE OF ALL LESIONS & SORES PRE Ride



Pre-Ride Trot Out Observation, no points shall be deducted

NOTE: Grade #2 or greater shall not be allowed to start

For Office Use Only:

Date Rec'd _____

Chk # or Cash (\$) _____

Amount \$ _____

DB entered? _____

Date deposited _____

UMECRA



PERSEVERE

IIDWEST ENDURANCE AND COMPETITIVE RIDE ASSOCIATION MEMBERSHIP FORM

Membership year: _____

CIRCLE ONE:

- Single \$ 35 Family* \$45 - hard copy newsletter and/or ride book
- Single \$ 25 Family* \$35 - electronic newsletter and CD for ride book
- Single Junior - \$10 – Electronic newsletter

If you do NOT want ANY newsletter sent to you- please check this box:

If you do NOT want a CD or Ridebook sent to you- please check this box:

If you do NOT want your name and contact info in the membership book, check this box:

NOTE: to receive the reduced rate, you MUST receive the newsletter electronically AND receive a CD for the ride book. If you have either the newsletter or ride book delivered via USPS you MUST pay the higher membership fees.

Check one: RENEWAL _____ NEW MEMBERSHP _____

***Family memberships shall consist of one or more related, or coupled as significant other, adults, and/or children of such adults who are less than 18 years of age, all of whom reside in the same household.**

Please include all names of eligible family members.

PLEASE PRINT CLEARLY and LEGIBLY!

Date: _____

AERC MEMBER NUMBER(s) (if applicable): _____

AERC HORSE NUMBER(s) (if applicable): _____

UMECRA MEMBERSHIP NUMBER(S): _____

Name(s): _____

Address: _____

City, State, Zip: _____

Phone number (s): _____

Email: _____

Please mail completed form along with check made out to UMECRA to:
Bruce Birr, 1633M West Kendal Rd, Manistique, MI 49854

UMECRA Newsletter
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www.umecra.com



Deadline for Next Newsletter:
5th of each month
Send news to:
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