

UPPER MIDWEST ENDURANCE AND COMPETITIVE RIDES ASSOCIATION



Board of Directors Meeting Notice

There will be a BoD meeting on January 9th to plan the details of the upcoming January 23rd Annual Meeting. The meeting will be held virtually using Zoom. The time for the meeting on the 9th is still to be determined. If you are interested in attending, please reach out to one of the board members for more information.

UMECRA Board Meeting Minutes from November 7, 2020

Call to Order: The meeting was held virtually via ZOOM, and was called to order by President Jon Wagner at 8:05 am, CST. Also in attendance were board members Sandra Wright (MI rep and Zoom facilitator); Secretary Bruce Birr; Rider reps Jen Moore, Maxine Bernsdorf, Lynda Zimmerman, and Kim Fosler; Directors at Large Bill Suskey and Peggy Pasillas; Veterinary rep Dr. Jennifer Lorenz; Theresa Meyer (past President); Sarah Maas (MN rep); Vice-President Tony Troyer; and Laurie Henschel (WI rep, 10 am). Others in attendance were Robin Schadt (Points Keeper), Jan Sasena (Awards), Nicole Mauser-Storer (IL rep and Webmaster), and Deb Moe (Treasurer).

Approval of Minutes: Minutes from the previous meeting in March had already been approved by the board via email, and there was unanimous consent to accept them as approved.

General Business Items:

Treasurer's Report: Deb Moe presented a Profit & Loss update that was thorough and detailed. A motion by Tony with a second by Kim was approved by the board to accept the report.

There was discussion on Fees, especially for one ride which was and is routinely late with ride fees. The board approved a motion by Tony with second by Peggy for Jon to draft a letter to that ride manager stating that their ride(s) would not be re-sanctioned without them paying all of their fees in full. There was also discussion on the topic of sanctioning fees which were not received by the February 1 deadline. No action was taken as this is already addressed in our rules.

Secretary's Report: As there were no trail grant requests received, there was nothing to report.

Ride Calendar / Sanctioning Updates: Until a new Sanctioning Coordinator (S.C.) is chosen, Jon temporarily has been and is willing to continue to do the sanctioning for the 2021 ride season. The Executive Board can appoint someone to this position, but as there were two people who applied for the S.C. job, it was decided that the board would elect the S.C. After discussion and a vote, Theresa Meyer was selected to take this over.

- - - - The meeting broke or recessed for about 20 minutes

A Points Keeper also needed to be selected for the coming year, and Robin stated that she was willing and able to continue doing that, the board approved a motion by Bruce with second from Maxine for her to fill that role in 2021 and 2022.

Committee Reports:

Convention Report: Due to the Coronavirus pandemic status, the in-person "convention" will not take place in January, 2021. The venue was able to be retained and is slated to be held January 21-22, 2022. There was discussion on possible speakers and topics.

Awards Committee: Awards costs and income were discussed. Due to the pandemic, it was decided to

use 2020 rider fees as the basis for 2020 awards. This income was about \$2,400 this year. After discussion the board approved a motion by Tony which was seconded by Kim that awards would be limited to \$40, with the rider paying for any award costs above that. Awards chosen which were under the set amount would be made up by a gift card to one of the following: Distance Depot, Riding Warehouse, or the UMECRA Store.

Old Business:

Treasurer and Secretary Position Split: It was decided that the ultimate language of these bylaws and rule book changes will be discussed and finalized within the board io group.

Out of Region Rides: Jon asked for this to be postponed to the March meeting, and the board approved a motion by Tony with second by Lynda to do so.

Data Integrity: After discussion, a motion made by Tony and seconded by Peggy, was rescinded. The new motion by Tony and seconded by Bill, was approved by the board. This motion was to send the language changes back to committee for finalizing, with board approval to follow in the io group. (This involves several portions of rules and bylaws involving rider fees, fee and ride results payment dates, etc.) The resulting language approved by the board was as follows:

A. UMECRA ride results, ~~per rider reporting,~~ and insurance fees must be sent to the ~~secretary~~ treasurer postmarked within 44 **15 calendar** days **of the ride** with a penalty of \$50 for non-compliance and denial of re-sanctioning the following year if the penalty is not paid. **Ride results must also be sent to the Points Keeper. Ride Managers submitting ride results in an unacceptable format (i.e. improper file, data out of order, incorrect or incomplete or incoherent information) will have results returned to them with an explanation of what needs to be corrected. Corrected results must be resubmitted within 14 calendar days of the return date. ~~or the ride will be assessed a \$50 late fee.~~ Submission of ride results that require further interventions/corrections by the UMECRA Points Keeper will result in a \$50 corrections fee.** The UMECRA ~~Secretary~~/Treasurer shall report to the UMECRA Board on rides with outstanding bills 21 **calendar** days past the ride date.

B. If results, or any ride fees, ~~late fees,~~ and/or insurance payments are not received within 30 **calendar** days of the ride date, sanctioning for future rides, including rides in the same year ~~may~~ **will** be forfeited, as determined by the UMECRA Board. **If fees are not received within 6 weeks of the ride date, sanctioning for future rides will be denied.** In addition, eligibility to vote as a ride representative (as ride manager and for all ride delegates) may be forfeited for board meetings and the annual membership meeting for **a** twelve-month period commencing on the last day of the ride.

C. Every rider who starts will be reported according to divisions (heavyweight, lightweight and Junior).

LD Proposals: After discussion, it was decided that the language needed to be massaged into final wording which will then be approved by the board via the io group.

Minimum Milage Proposal: Jon presented his thoughts on potential changes to what was shown in the agenda, and after discussion the board approved a motion by Jon and seconded by Sarah to present the following to the membership for consideration at the annual meeting:

High Point Awards (Elite Eight or Top Ten); Endurance would have a minimum mileage requirement of 200 miles to be considered for High Point awards, with Competitive and LD being set the same (200 miles).

Restricted Milage Awards: The minimum mileage requirement for Endurance would be set at 200 miles, with the maximum remaining at 295 miles. Minimum mileage requirements for Competitive and LD would be set at 150 miles, with the maximum remaining at 195 miles.

- - - - - Another break/recess was held from 12:55 – 1:06 pm CST

Fee Increases: After discussion, the board approved a motion by Bruce and seconded by Theresa to increase membership fees beginning with those for the 2022 ride season to: \$45 for family and \$35 for individual, with Junior fees remaining at \$15. The board also approved a motion by Jen and seconded by Laurie that beginning in the 2022 ride season, sanctioning fees increase to \$45 (from \$40 currently). The board also approved a motion by Jen and seconded by Kim that beginning in 2021, the nomination fee for entering a horse in the 1,000 Mile Horse program be increased to \$20, with all such nomination income going into the Awards budget/fund.

New Business:

Ride Entry Form: Anyone wanting to send Nicole suggestions for improving the ride entry form should do so. She has the document in Word format and can make changes.

Elections for 2021: Elections to be held in January include Vice-President (2-yr term), Secretary (3-yr term, if bylaw changes are approved), Treasurer (2-yr term), and the IL and MI reps. Jon sought input from those present on their interest in (or not) continuing in those roles.

Hall of Fame / Shining Light Awards: Nominations were mentioned (Hall of Fame only as there were none for Shining Light), with voting to take place via email to Jon.

Annual Meeting Plans: A LOT of discussion went into this! The board approved a motion by Tony with second by Bruce that the annual meeting in January, 2021 be done virtually only, due to the pandemic, and was to take place on January 23, with a virtual board meeting to be held at 8 am CST on January 9. Starting time(s) for the annual meeting are to be decided on the board’s io group.

Many details need to be worked out prior to the annual meeting, and these include (but are not necessarily limited to):

- clear meeting attendance information
- calendar approval methods and procedures
- presentation and voting of proposals
- elections and voting methods
- ride managers/delegates attendance

An Annual Meeting Committee was formed, with Sandra Wright as Chair, and also including Nicole, Deb, Jen, Bruce, Bill, and others as interested.

Announcements: There were none.

Adjournment: The meeting adjourned at 2:12 pm CST upon motion of Tony and second by Kim.

Advertising in the UMECRA Newsletter

Rates depend on the size of your ad and how many times you wish to run it:

Ad Rates for Newsletter	1 time	2-3 times	4-8 times	9-10 times	the year
Classified 10 lines * \$.60 extra per line	\$6.00				
Business Cards	\$8.50	\$6.80 ea.	\$5.95 ea.	\$5.50 ea.	\$51.00
Quarter Page	\$20.00	\$16.00 ea.	\$14.00 ea.	\$13.00 ea.	\$120.00
Half Page	\$25.00	\$20.00 ea.	\$17.50 ea.	\$16.25 ea.	\$150.00
Full Page	\$45.00	\$36.00 ea.	\$31.50 ea.	\$29.25 ea.	\$270.00

*Line = (65 Characters per line including spaces)



Happy Holidays to you and yours!!!

NOMINATIONS FOR OPEN POSTIONS for 2021

UMECRA has the following positions open for 2021:

Vice President	Treasurer	Secretary
Illinois Representative	Michigan Representative	Two (2) Directors At-Large

If you are interested in running for one of these positions, please submit your nomination and a short biography to the newsletter editor at UMECRANews@gmail.com and copy UMECRA's President, Jon Wagner at jwagner288@wi.rr.com. We will publish the bios in the upcoming newsletter.

To date the following people have submitted their nominations:

Secretary

My name is Janet Sarver and I would like to be considered for the position of UMECRA Secretary. I started riding competitive rides in 1993-1995 as a college student, took a break to raise my children, and now have competed every year from 2009-present. I have experience in competitive, LD and endurance riding events. I enjoy being a mentor to new riders and volunteering a rides and clinics. Last year, I was asked to be a co-ride manager of MnDRA1. We were able to have a successful ride in late August (despite Covid) and are already planning for May 2021.

I am interested in the position of UMECRA Secretary because I would like to give back to this sport that has given me so much over the years. I believe the following skills will help me in this position:

- I am proficient in using word processing software and computers, which I use daily in my job as a mental health case manager.
- I am a fast typist and have excellent writing and grammar skills.
- I have served on professional committees, presented in front of groups, and created reports for legal hearings.
- I am organized and able to grasp new information and often have to meet deadlines.
- I am able to travel to all board meetings or participate by Internet if needed.
- I have a flexible schedule on evenings and weekends.

Thank you for your consideration of my application. Please feel free to contact me with any questions that you have.

Treasurer

Hi UMECRA members!

I am writing this to express my interest to be the UMECRA Treasurer and member of the Executive Board. I believe my professional and personal experience have the qualifications necessary to fulfill the duties of this important position. While I haven't the same tenure in the sport as many of our members, I have stepped up from the beginning to give back to the sport I've grown to love. I first joined AERC and UMECRA in 2014 and competed in a handful of rides. In 2015, not only did I become co-manager of a ride that I've now managed for the last 5 years, but I also co-founded the Green Bean Endurance Challenge program which has now become an AERC recognized program with approximately 350 members annually. I am also a member of the AERC Membership committee. I have a bachelor's degree in Accounting and over 15 years of corporate and city accounting experience. For the last 10 years, I have worked as an IT Business Analyst supporting a large corporation's financial systems in which I wear several hats – software developer, database analyst, customer support, and project manager.

I have a wide range of technical skills including:

- * advanced Excel, Word, PowerPoint, and Publisher skills including macro development
- * database and data analyst skills including Oracle SQL Developer and Access

* website development including creating online forms, charts, tables, secure access, domain registration, etc.

* QuickBooks/Peachtree/Quicken/Baan/Oracle and other ERP and Accounting system experience.

I developed the entire infrastructure (website, forms, databases, reports, etc.) to support the Green Bean Endurance Challenge program. In doing so, I receive approximately 2,500 lines of data throughout the season, compile it, and display it for members to view online. Simply stated, I like to figure out ways to improve processes to make it more accurate and more efficient. One of my early goals for UMECRA is to develop a way in which to receive forms and payments online while also remaining flexible to the needs of all members.

I was appointed as the interim treasurer by the UMECRA Board in March of this year after the Treasurer/Secretary positions were split. During this time, I have fully transitioned into the role and began sending invoices to ride managers, sales receipts for incoming money received, and detailed reports to help the Board with its budgeting decisions. If elected, I look forward to serving as your Treasurer for many years to come.

Thank you for your consideration! Deb Moe

Director at Large

Hey UMECRA! I'm Peggy Pasillas, current Director at Large and candidate for Director at Large. I have been actively involved in our sport and UMECRA since 2008 when I did my first ride and caught the Endurance bug! Since that time, I have been the UMECRA newsletter editor, on the Board of Directors and have hosted multiple clinics and mock rides (with lots of help from other experienced riders). I'm an experienced ride manager, have mentored Juniors, who are now mentoring others, and had the pleasure of introducing this sport to my 2 granddaughters, who love it as much as I do! I truly believe that if you love this sport, you need to give back to it if you want it to thrive. That's why I would like to continue to serve the UMECRA community as a Director at Large and am asking for your vote.

Thank you! Peggy Pasillas

WHAT IS RIDER OPTION???

I really wish we were all going to get together this winter. There may be a half a year that we go without seeing each other. So looking forward to getting vaccinated!!! We do the horses—now we will have to have ourselves vaccinated too.

This thought reminds me of some literature I perused recently regarding Equine Influenza Virus (EIV). It is well known that the vaccine used on our horses protects against many different strains of Influenza viruses. That means there are many different variations of the viruses that cause Influenza. Just as there are many different breeds of horses, they are still horses, so there are several different strains of the same influenza virus. They are always mutating or changing and some are getting more virulent (disease causing). Because of this increase in virulence and because of the amount of communing we do in this sport especially; it is suggested that we booster our Influenza vaccine every 6 months. This is nothing new to those of you competing in the FEI competitions as their vaccine requirements require horses competing in FEI sanctioned events be boosted every 6 months.

Our ride season has been a 'mutation' also, changed because of a life-threatening disease to humans this time. I have vetted some rides with many of our faithful competitor teams of horse and rider social distancing on the trails. There have been some new competitors also perhaps because of the disease resistance of our sport—social distancing, out in the open spaces, and rules to promote a healthy atmosphere.

I have noticed the desire of some riders to use the option of removing themselves and their horse from competition during a ride which is called 'Rider Option'. So, I think that this procedure needs to be defined some. It is not defined in the AERC rules but the Rider Option procedure for removing oneself from competition is defined in "Guidelines for Control Judges and Treatment Veterinarians at AERC Endurance Competitions".

The defined pull codes are L-lame, M-metabolic, OT-overtime, SF-surface factors (cuts, scraps, tack galls and sore back), DQ-disqualifications (breaking the general rules of competition-unruly horse, abusing ride management), RO-Rider Option, Rider Option-L (lame), Rider Option-M (metabolic).

The Rider Option pull code “is appropriate when the horse has satisfactorily passed a control check, but for various reasons the rider chooses to withdraw from further competition.” Guidelines for Veterinarians... pg.25.

Let’s go through some descriptions of the appropriate use of the Rider Option pull code.

Rider Option-L. A horse rider team comes into a vet check and the horse is judged ‘fit to continue’. It passes all the parameters of pulse, metabolics, and soundness

but the rider feels the horse is just not right going down the trail and she/he feels the horse is off somewhere and doesn’t want to run the risk of exacerbating an injury to a lameness. The owner may then use the option to pull themselves from the ride under the Rider Option-L code.

Rider Option-M. A horse has been judged at a vet check to be ‘fit to continue’, but in the riders mind the horse is “just not right”. The rider may not like how the horse is acting. It may not be eating well or drinking as much as the rider wants. Since the horse was judged ‘fit to continue’ by the veterinarian the person responsible may use the Rider Option-M code to withdraw from competition.

Rider Option. When a rider just doesn’t want to continue in competition, the horse is fine and ‘fit to continue’ as determined by the veterinarian, but maybe the rider is not capable of continuing. They may use the Rider Option code to pull themselves.

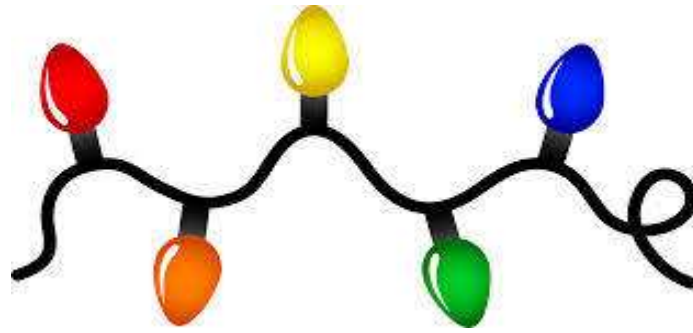
Please note that in all cases the horse has been judged to be ‘fit to continue’ by the veterinarians. A rider may not make a decision to Rider Option pull unless the horse is ‘fit to continue’. When it is said that the pull code is used, it means that the rider has used the right or option to withdraw from competition, or pull themselves, but the annotation or code used to describe the reason for the pull is Rider Option.

Scenario One: Horse/Rider team come in off the trail, they go right up to the veterinarian and announce that they are using Rider Option to pull themselves. The horse must first make pulse parameter, trot out sound, and be metabolically stable all within 30 minutes and be judged ‘fit to continue’. Then the rider can pull themselves using the Rider Option code. Whether he/she uses RO, RO-L or RO-M is up to the situation with the horse and rider.

Scenario two: Horse/Rider team starts the next loop of their ride. He/she stops at 1 mile or 2 miles or 5 miles and doesn’t go any further. The distance is not important but the fact that they went out on trail and started the next loop is significant. The rider wants to use Rider Option to pull themselves from the ride. The horse must be examined and judged ‘fit to continue’ by a ride judge then the rider may pull her/him-self using whatever Rider Option code they want. If the rider is incapable of going on-RO, if the rider thinks the horse isn’t traveling right the Rider Option-L, or if the rider thinks the horse is just not right metabolically then the Rider Option-M would be used.

“A horse that does not meet the criteria of ‘fit to continue’ is ineligible for any Rider option, Rider Option-L or Rider Option-M code, regardless of the circumstances.” Guidelines for Control Judges and Treatment Veterinarians at AERC Endurance Competitions. pg.25

Wes Elford, DVM



ANNUAL MEETING – Mark your calendars for JANUARY 23, 2021

The meeting will be held virtually this year. Watch the UMECRA Website (www.umecra.com) for details. An all member email will be sent out with information as well.



Time to renew your membership! Please complete the form below or you can download a clean copy off the UMECRA website. Sent it to:

UMECRA c/o Deb Moe
2632 County Road G
Emerald WI 54013

For Office Use Only:
 Date Rec'd _____
 Chk # or Cash (\$) _____
 Amount \$ _____
 DB entered? _____
 Date deposited _____

UMECRA



UPPER MIDWEST ENDURANCE AND
 COMPETITIVE RIDE ASSOCIATION
 MEMBERSHIP FORM
 Membership year: _____

CIRCLE ONE:

Single \$ 25 Family* \$35 - electronic newsletter
 Single Junior - \$10 – Electronic newsletter

If you do WANT a hard copy of the newsletter sent to you- please check this box and add \$10

If you WANT a hard copy of the Ride book sent to you- please check this box and add \$10

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

Ride book is available for free by downloading the PDF file at www.umecra.com on the schedule page

Check one: RENEWAL NEW MEMBERSHIP

*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:

Deb Moe - Treasurer
 2632 County Road G
 Emerald, WI 54013

Reducing Stress by Creating Positive Connections

Food rewards can help teach horses to accept potentially unpleasant veterinary procedures. When possible, introduce horses to these procedures in low-stress settings, using positive stimuli, such as:

- Teaching the horse to take oral medications by first practicing with molasses or applesauce in a clean dosing syringe.
- Teaching the horse to accept injections by pinching a fold of skin on his neck while offering him a treat.

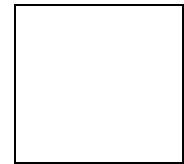
Ideally, owners would introduce their horses to vets, farriers, and other professionals before needing their help. When the vet or farrier come out for another horse, have them give the young horses a treat or a scratch, so the horse doesn't learn bad things happen when seeing and smelling the vet or farrier.

Incorporating rewards into all your handling techniques, not just vet and farrier procedure prep can be very useful. It can be easy to forget to give the horse a reward often enough for doing what we want or ask him to do. "Not just 'good boy,' but things that are truly positive for the horse, such as food treats or wither scratching. This does not, however, mean you need to allow 'mugging.' Verbal praise might not mean much to the horse, unless it's been associated with concrete rewards in the past.

Additionally, "working smarter not harder" might pay off when performing tasks that are uncomfortable or annoying for the horse. It's a good idea to have hay accessible, for example, when treating scratches or soaking hoof abscesses. If there's an easy way to do something, and it causes no harm to -anyone, then pick the easy way.

"Making treatments mundane translates to safer, less stressful experiences. Most routine veterinary and farrier care is only mildly unpleasant, evidenced by the large number of horses that are indifferent when given an injection or a hoof is trimmed," says Robin Foster, PhD, CAAB, CHBC, research professor at the University of Puget Sound, in Tacoma, Washington. "Reducing the horse's distress—and increasing human safety—requires addressing the source of anxiety immediately and directly using low-stress positive behavior modification training techniques. Vet and farrier visits are infrequent, so training must be set up between appointments. The goal of the training is to change the way the horse feels, so they are relaxed during routine health care procedures."

It doesn't matter what training paradigm you're using if you follow the horse's emotional states. Pay attention to your horse's eyes, ears, and facial expressions. They will let you know if they are feeling stressed or anxious. The more you do to prepare your horses for those potentially stressful situations, the less stressful they will feel and the safer the situation will be for your horse, your vet or farrier and yourself!



Deadline for Next Newsletter:
 5th of each month Send
 news to:
umecranews@gmail.com



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