

UPPER MIDWEST ENDURANCE AND COMPETITIVE RIDES ASSOCIATION



Convention!!!!

Okay folks – time to get those
reservations in!

When: January 19-21, 2024
Where: Gladstone, Michigan -
Terrace Bay Hotel
7124 P Rd, Gladstone, MI
49837

Everyone is invited to come to the 2024 UMECRA convention in Gladstone, Michigan (near Escanaba). You don't need to be getting an award to attend! Our hosts will be the Great Lakes Distance Riding Association (GLDRA) at the beautiful Terrace Bay Hotel. There will be AHDRA awards on Friday night, speakers, member meeting and banquet on Saturday, a silent auction and of course, awards!

Use the code **UMECRA** when calling or registering online for our special room rate.

Banquet registration form is included at the end of the newsletter.

[Terrace Bay Hotel Link](#)

Or call 906-786-7554

**Don't forget to bring something
for the silent auction! Get**

creative! Baskets of goodies, books, homemade items, new and used tack and clothing are just a few ideas. Let's have some fun with this!

Do you have questions regarding the silent auction? Contact Diane Meinders at 616.706.6478 or email Diane.Meinders@Trace3.com

**The UMECRA Annual Meeting
will be held on Saturday, January
20, 2024 during the Annual
Convention.**

Ride Manager Delegate Selection – UMECRA By-laws ARTICLE III NOTICE OF MEETINGS, QUORUMS & VOTING

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 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 members. 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 cancellation occurred for good cause shown, shall retain voting rights for the next Annual Meeting. (1/27/18)

Ride managers – please make sure you send your proxies to UMECRA Secretary, Janet Sarver, before the Annual Meeting is held. Use this link to submit your list of voting delegates <https://payumecra.com/ridemanagers>

Convention Speakers!

We have 2 excellent speakers for this years convention. Robin Seymour and Christina Keim. Robin will present on the benefits of Magnawave therapy for your horse, and Christina will be talking about improving the quality of relationship and connection between horse and rider through adherence to classical principles. Please see their bios below....

Robin Seymour
16196 V.25 Rd
Rapid River, MI
(906) 250-6977

A little about myself.

I am a retired elementary school teacher. I worked for the same school district, in a K-12 building, for over 33 years. I taught many grade levels, with 16 years in 3rd grade, 5 in Junior High Science, and the last ten years in kindergarten. I absolutely loved teaching. I've always had a passion for horses and have owned them most of my life. About 6 years ago, a former student, who was about to go into her first year of college in equine science, was looking for a side job while she was in school. I suggested equine massage, knowing that was something she would be interested in. I decided to join her, and together, we completed our training in Equine Sports Massage. At the massage training, I was introduced to several other modalities for equine therapy. One of those was Magnawave PEMF (Pulsed Electro-magnetic Field). I did not think too much about it at the time, as I was still teaching full time,

and still trying to get a handle on the massage aspect of equine therapy. A year later, I enrolled in a course for Masterson Method and at that training, I was teamed up with a gal that had just purchased a Pulse PEMF machine. I picked her brain all weekend, and she offered to come to my area, to introduce PEMF, and see how much interest we would get. It was a huge hit. I spent the next six months researching the benefits, different companies, cost, training, and narrowed it down to the company Magnawave, based out of Louisville, Kentucky.

Magnawave PEMF is a pulsed electro-magnetic frequency delivered through a coil placed on the body that helps 'recharge' unhealthy cells with improved oxygenation and circulation, returning them to normal or improved function. Very simply, PEMF helps to reduce pain and inflammation, helps the body to perform optimally, and speeds healing, without drugs or adverse side effects.

I often use a combination of massage and PEMF. Using my hands, I can find areas of tension or sensitivity or restriction, and I will work to improve those areas using massage. I can then use the Magnawave machine, by placing a coil or other attachment over the body to confirm those areas, or sometimes find other areas that may have issues. I then focus on those areas to help bring them back to normal or at least get them started. Magnawave helps reduce inflammation, increase oxygenation and improve circulation, enhance stamina and strength, increase range of motion, help recover from tendon, ligament, bone and muscle injury faster, relieve pain from arthritis and other degenerative conditions, speed the healing process of wounds and post-op procedures, and helps to utilize nutrition and supplements, just to name a few.

I have been a Certified Magnawave Practitioner for going on four years. I travel the U.P. doing massage and Magnawave, going from barn to barn, work in dog kennels with the PEMF, and work one day a week offering Magnawave sessions in a chiropractor's office for people. I truly believe PEMF is a must for all people and animals, whether it is for healing or maintenance, all will benefit. I have seen amazing results and love to share it with everyone.

Please note Christina Keim will be presenting virtually.

Christina Keim is an avid and accomplished professional equestrian with competitive results in the disciplines of hunter seat, dressage, eventing, jumpers, and competitive trail. She has learned about many of these disciplines by listening to her horses and determining which sport they would be best at, a practice that has opened many new opportunities and experiences throughout her career. She is a USDF "L" program graduate and Bronze Medalist, as well as a USEF "R" Connemara judge. For nearly two decades, she was the head coach of a top IHSA hunter seat team in northern New England; today, she serves as the Managing Director of the Athletic Equestrian League.

In 2015, Christina founded Cold Moon Farm, LLC, a working horse farm dedicated to promoting sustainable living, conservation, and the highest standards of compassionate horsemanship. She offers horsemanship education and horseback riding instruction to all levels of rider in the disciplines of balanced and hunter seat, focusing particularly on improving the quality of relationship and connection between horse and rider through adherence to classical principles.

An award-winning narrative journalist and travel writer, Christina has written extensively on many equestrian-related topics. With Sally Batton, she is the co-author of *The Athletic Equestrian* (2022, Trafalgar Square Publishing) and the forthcoming *Equicize: Everyday Exercises for Everyday Riders* (2024, Trafalgar Square Publishing). She is currently hard at work on her next book project for Trafalgar Square-- look for it on shelves in 2025!

Christina Keim, M. Ed., M.F.A.
Principal Horseman and Lead Facilitator
Cold Moon Farm, LLC.
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603-617-9488
christinakeim.com
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<https://straffordtrailriders.com/>

Board Offices Up for Election in January

President: ((a) To be eligible to be elected, a nominee for President: (1/19/19)

1. A current UMECRA Ride Manager or former UMECRA Ride Manager;

2. Who has been a UMECRA Ride Manager during at least three (3) seasons in the past five (5) seasons, or who has been a Delegate in the preceding two (2) years. (1/25/09)

Secretary (must be a current UMECRA member)

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)

Nominations can come from the convention floor as well as in advance. If you are interested in running for one of these positions, please write a short paragraph about your interest and email it to Janet Sarver, UMECRA Secretary at JSarver662@gmail.com by January 16, 2024.

Riders Choice Nominations Needed

It is time to make your nominations for this year's Rider's Choice Award. This is a very special award that honors our equine partners in this sport and is voted on by members at the UMECRA Convention in January.

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

- 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, the nominator admires and feels is a superior representative of the "Distance Horse"

Please write up a detailed description of the horse's accomplishments and the reasons why you are nominating the horse for this award. Send them to Janet Sarver, UMECRA Secretary at

Open Rider Representatives Positions

Do you want a voice on the UMECRA Board?
Are there issues or topics that you are passionate
about? Consider being a Rider Representative!

There are 4 Rider Representative positions open for a 2 -year term starting in 2024. This is a great position for those who want to serve as a connection between riders and the Board. There are three board meetings (March, November, January) and discussions over email through the year.

- A Rider Representative must be a 2+ year UMECRA member at least 18 years of age who has been elected to serve the on the Board of Directors by individual and family members. They are also delegates to the annual and special meeting(s).

- Ride managers are **not** eligible to be elected as Rider Representatives.

- Interested members need to create a write up with a description of who they are and why they would like to represent their fellow distance riders. You can nominate yourself or someone else.

- All nominations need to be sent to Janet Sarver, UMECRA Secretary at JSarver662@gmail.com no later than **December 20, 2023**. These will be published in the January newsletter. Elections will be held online in early January (information to come later).

Are you getting a UMECRA award but not able to attend Convention? Please ask a friend to pick up your award for you! Awards will only be mailed at the **recipients** expense.

For Office Use Only:

Date Rec'd _____

Chk # or Cash (\$) _____

Amount \$ _____

DB entered? _____

Date deposited _____

UMECRA



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UPPER MIDWEST ENDURANCE AND COMPETITIVE RIDE ASSOCIATION MEMBERSHIP FORM

Membership year: _____

SELECT ONE:

RENEWAL

NEW MEMBERSHIP

SELECT MEMBERSHIP TYPE:

Family \$45

Single \$35

Junior \$10

SELECT MEDIA PREFERENCE:

Electronic Newsletter - \$0

Mailed Newsletter - \$10

Electronic Ride Book - \$0

Mailed Ride Book - \$10

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

*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 below.

Date: _____

PLEASE PRINT CLEARLY and LEGIBLY!

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: _____

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

Please mail completed form along with check made out to UMECRA to:

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

UMECRA 2023 Convention Schedule and Registration
Friday, January 19 - Sunday, January 21, 2023
Terrace Bay Hotel

7124 P Rd, Gladstone, MI 49837

Friday, January 19

3:00 pm - Registration Opens (Near bar area in the main ballroom)

6:30 pm - Registration Closes for the night

6:30 pm - AHDRA Meet & Greet w/ Appetizers (main ballroom), followed by Social Hour and Games (open to everyone)

Saturday, January 20

7:00 am – UMECRA Board Meeting (Location TBD)

9:00 am – Robin Seymour “MagnaWave PEMF (Pulsed Electro-Magnetic Field) Use in Horses and More” Presentation (Main Ballroom)

10:15 am – 15-minute Break

10:30 am – Virtual Presentation in Main Ballroom by Christina Keim

12:00 Noon – Lunch Break

1:15 pm to 4:15 pm – UMECRA Annual Meeting

5:00-6:00 pm – Happy Hour and Socializing

6:00 pm – Dinner in Main Ballroom

Approx 7:00 pm – UMECRA Awards followed by Social Hour

Sunday, January 21

7:30 – 10:00 am – AHDRA Annual Meeting

Banquet Buffet Reservations:

Buffet includes: Beef Tenderloin, Herb Roasted Chicken, Tavern Mac N Cheese, Mixed Green Salad, Garlic Parmesan Green Beans and Assorted Dessert Bar

Meal Selection	Qty	Subtotal	Names
# Adult Meals (\$34)			
# Child Meals (ages 4-12) \$16			

Dinner Buffet Total _____

Children 3 and younger are free for the dinner buffet.

BOXED LUNCHESES for Saturday - \$22/each includes: Sandwich or Salad from below, soda or bottled water, house made vegetable chips, chef’s choice dessert.

Meal Selection	Qty	Subtotal	Names
Hot Beef Sandwich			
Chicken Casaer Salad			

Box Lunch Total _____

- Hot beef sandwich – shaved sirloin, pepper jack cheese, sauteed onions on a ciabatta roll
- Chicken Casaer Salad – chopped romaine, asiago cheese, tomato, crouton, Caesar dressing, chili flakes

+++++

Attending convention but not attending the banquet? Members not purchasing a banquet meal and who attend the morning talk and/or afternoon meeting will be assessed a \$10/member meeting fee to help cover venue expenses.

Convention Only	Qty	Subtotal	Names

Total of Dinner, Box Lunch, Convention Fees \$ _____

RESERVATIONS ARE DUE BY JANUARY 10TH - refunds will not be given and late meals requests will not be accepted

Electronic registration and payment available on <https://payumecra.com/fees>

Paying by check? Please mail this form with a check made out to UMECRA to:

UMECRA c/o Rebecca K. Grams
 1055 N. Kings Hwy Luther, MI 49656
 Call: 616 430 7804 or Email: beckeg@aol.com

UMECRA Newsletter
 c/o Peggy Pasillas
 9928 Rich Valley Blvd
 Inver Grove Hgts, MN 55077
www.umecra.com

Deadline for Next Newsletter:
 10th of each month
 Send news to:
umecranews@gmail.com



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