

UPPER MIDWEST ENDURANCE AND COMPETITIVE RIDES ASSOCIATION



Pull out your calendars! 2014 Ride Schedule

Apr 12-13	Brighton Competitive Trails Spring	Howell, MI
May 3-4	MnDRA1	Orrock, MN
May 3-4	White River Spring	Hesperia, MI
May 3-4	Kettles & Bits	New Prospect, WI
May 10-11	Glacier Trails	Palmyra, WI
May 17-18	SISU on the Border	St Croix Falls, WI
May 24-25	Grand Island	Rapid River, MI
May 30, Jun 1	Endure	Chanderville, IL
May 31, Jun 1	Maplewood West	Pelican Rapids, MN
Jun 7-8	ApDRA	Palmyra, WI
Jun 14-15	White River Summer	Hesperia, MI
Jun 13-15	SE Minnesota	Forestville, MN
Jun 21-22	Hopkins Creek	Manton, MN
Jun 21-22	Dead Dog Creek	Kinmundy, IL
Jun 28-29	AHDRAI My Backyard	Wyanet, IL
Jul 4-5	Endless Valley	Spring Green, WI
Jul 5-6	AHAM	Augusta, MI
Jul 12-13	Mosquito Run	Rogers, MN
Jul 19-20	Grand Island North	Limestone, MI
Jul 26-27	Wildcat	Palmyra, WI
Aug 3	Shore to Shore Warmup	Oscoda, MI
Aug 4-8	Shore to Shore	L Huron to L Michigan, MI
Aug 9	Shore to Shore Cool Down	Empire, MI
Aug 9-10	Louise Riedel Memorial	Arkdale, WI
Aug 16-17	Thistle Down Run	Frazee, MN
Aug 16-17	Rock River Charity Ride	Utica, IL
Aug 23-24	Northern Highland	Spooner, WI
Aug 30, Sep 1	White River Fall	Hesperia, MI
Sep 6-7	Charity Cup	Pillager, MN
Sep 6-7	Keweenaw	Lake Linden, MI
Sep 6-7	Lincoln Trail	Kinmundy, IL
Sep 12-14	Colorama	Greenbrush, WI
Sep 13-14	Tin Cup Springs	Luther, MI
Sep 20-21	Run for the Ridge	Fairfax, MN
Sep 27-28	Pine Martin Run	Nahma Junction,

Oct 2-5	DRAWarama	Palmyra, WI
Oct 11-12	Iron Oak	Arkdale, WI
Oct 11-12	Oak Leaf Run	Hamilton, MI
Oct 17-19	Point Chaser	Wabasha, MN
Oct 25-26	AHDRA III – Big River	Keithsburg, IL

Ride Managers – please review the dates and location of your rides. Contact Peggy Pasillas if any corrections are needed.

Attention – Attention – Attention!!!

Brushy Creek Distance Scheduled for April 26 & 27 has been cancelled due to a conflict in the park with another event!

Hay Riders!

Pay attention to ride flyers -
There are extra rules at some rides this year:
mandatory helmets for all – fines and/or DQ for
unleashed dogs – no stallions -
Read ride flyers before leaving home!

Applied Common Sense®

Sponsors of the UMECRA Top 10 Mileage Award

Want to request a donation for trail improvements?

There is a donation form that needs to be used for ALL requests for trail grants, Expo money, etc. The form can be obtained by contacting Jill Feller at: jfeller@nconnect.net or by regular mail at: Jill Feller, N9280 Cty Road TW, Mayville, WI 53050.



Letter from the President....

Novice Rides and Introductory Rides

There has been a rule change in the sanctioning requirements area of the UMECRA rules – and it calls for some clarification.

NOVICE rides have been run in UMECRA for a very long time. They are no longer than 15 miles long and are run using competitive rules. If you are a UMECRA member the miles you ride in these events count toward your horse's miles and your rider miles. They are fully sanctioned by UMECRA and there are very nice year end awards sponsored by Purina if you meet the qualifications. Many rides have these Novice divisions and it encourages new riders to try out the sport. If you mentor a novice group and are an experienced rider, please fill out the ride entry form, and vet through as normal. You are then officially entered in the novice ride for miles only. It is often helpful to have the experienced person vet through the completion exam with the group they mentor. If you are a Novice rider, don't be surprised by an experienced rider starting their new horses in Novice ride.

INTRODUCTORY Rides are something AERC started a few years ago. There are a few Intro rides in our region. They are run with LD rules. These rides do not count for horse or rider mileage for UMECRA or AERC. They are sanctioned through both UMECRA and AERC. If a rider wishes to try and LD-type ride this is your opportunity.

Among the reasons for not recognizing mileage for INTRODUCTORY rides is that AERC does not do this and that UMECRA has put great effort into building a very successful NOVICE program. We know it works. Riders and horses learn how to pace themselves and take care of themselves on the trail with the help of mentors. Riding in groups for competitive is very reassuring for many riders and horses.

FUN rides are no longer recognized in UMECRA.

Besides we all should be having fun on the trails, right? Many thanks and enjoy getting ready for ride season! **-Theresa**



Want to advertise in the UMECRA newsletter?

Contact the editor for rates at: UMECRAnews@gmail.com or call 651-353-7959. We can handle most common formats, such as Word, .pdf, or .jpg. The deadline for each issue is the last day of the previous month – newsletters are generally mailed by the 15th.

Peggy Pasillas, UMECRA Newsletter
9928 Rich Valley Blvd
Inver Grove Heights, MN 55077
Checks should be made payable to UMECRA.



AERC Update – Dr. Wes Elford

I just left Atlanta after having been at the AERC convention for 4 days. It was probably the most interesting and meaningful convention that I had attended for some time. I attended the FEI veterinary course for 1.5 days; Wed 8 am till 6 pm, and then Thurs 8 am till 10:30 am. Our attendance was then transferred to the AERC continuing education sessions that were attended by 60-70 distance ride veterinarians. I get a real thrill out of learning vet med. Most of the lectures contained stuff that I could use in my everyday practice also.

The lunch breaks were taken up by attendance of the AERC Veterinary Committee. So we were totally occupied by distance veterinary issues. One of the major things that came out of this committee meeting was a motion to bring before the BoD the idea of having the approval of the use of omeprazole (Ulcerguard) during an AERC ride. An overwhelming majority of us voted to approve the use of omeprazole for ulcers. Now the BoD needs to remove Ulcerguard from the prohibited substance list. This was a recommendation to allow the use of the lower dose of 1 mg per pound which is considered the preventative dose not the treatment dose. This has been voted on but the drug will not be allowed until the BoD removes it from the prohibited substances list.

The major issue brought to the BoD by the vet committee, the Welfare committee and the Research committee was a package of welfare of the horse reforms in the form of a motion that contains quite a few rule additions.

Before I mention these issues I share with you a statement from the American Veterinary Medical Association regarding welfare issues of our animals. *“People are more sympathetic to the view that animals are not “things” but sentient creatures whose interests are worthy of equal consideration.”* Along with this come a paper written and published on the Editorial page of the Equine Veterinary Journal which is entitled “When does Use become Abuse” In other words when does what we have our pets do for and with us become uncomfortable to our horses and causes “unnecessary discomfort” and even pain. I don’t personally think that any of us intentionally abuse our horses by doing distance riding and it is the farthest thought from our minds. I bring these thoughts forward because these are the ideas that bring forward out need to protect our horses from even the perception and certainly from actual challenges to their welfare. We as vets take this seriously, even to the point of alienating ourselves; we are speaking and standing up for the horse, because it cannot speak for itself. These thoughts lead us to the afore mentioned motion containing the rule additions that was presented to the BoD of AERC.

1. Initial triage and treatment availability at all rides, including intravenous therapy. It is very well known that early treatment of sick endurance horses manifesting anorexia, colic, dehydration, high heart rate, etc. will most of the time cause the horses to recover and get better without further treatment.
2. Thirty minutes to meet recovery pulse at the finish line, with exceptions where needed for rides with finish lines far away from final check points. This criterion is present all over the world and makes our rides truly a ‘fit to continue’ protocol as this is the way we have to ride all thru the ride. We only have 30 minutes to present for pulse at all vet checks. Also LD already has this as a requirement for completion.
3. Recover pulse rate lowered from 68 suggested to 64. There is a great amount of evidence that making the heart rate lower absolutely reduces the number of horses treated at endurance

rides. (personal communication with Marlene Fuhr DVM)

4. Horses must be 6 years to start a 100 mile ride. It is very evident to us that Arabs continue to grow and mature until 5-6 years of age. Many experts include the rest of the breeds in that category also. So to expect a horse to go thru the work to condition for a 100 in the growing years seems unreasonable and counter to good welfare of the horse.
5. Horses shall have body condition scores of not less than 3.0 and not greater than 8.0 to start an endurance ride. Information gleaned from Tevis and published by Dr. Susan Garlinghouse shows that the completion rate of horses with BCS of 2.5 or lower is very low. All of us know what happens to the pudgy horses that come to do our Novice rides. I do, because I have to treat many of them.
6. Exams on all equines by a control judge before then leave the ride site, but not sooner than two hours from when the cross the finish line. It has been seen that many of the horses that become sick at rides have passed the completion criteria and have been certified for completion. But for some reason they do not recover fully but continue to dehydrate and become colicky and sick. This rule is to try to prevent these horses from falling between the cracks. When we initially think about this rule, as ride vets, we cringe. A lot of us want to be going ASAP after the finish of a ride so we can get home. However, after thinking of the logistics of this, usually the 50 mile endurance rides are run on Saturday and we are going to be around anyway to vet in Sunday’s horses or to finish betting out comp horses. For those rides that have a Sunday 50 mile endurance ride it will impact that vet sticking around a little longer for a 50 mile ride that starts at 6 am. The vet could potentially have to be around until 8 pm. Not a welcome proposition, but if it prevents the death of one horse it will be worth it.
7. Standardized control judge ride cards should be used nationally, with sections added for BCS and graphs for each quadrant of the gastrointestinal examinations. It might be hard for some of us to imagine that ride cards are not used at some rides but it does occur. The ability to keep track of the physical exam findings on a horse at any one time and comparatively throughout the ride is very difficult. The general idea to rules of

health and calories for added body condition or fuel for performance.”

Vineyard says the fiber in beet pulp also absorbs and holds water well, making soaked beet pulp an efficient way to increase a horse’s water consumption.

2. What types of horses might benefit from consuming beet pulp?

Beet pulp can be incorporated in the diets of horses with many different needs. Both nutritionists say it can be used as:

- a. A fiber source for horses with poor teeth. “Soaked beet pulp makes a good forage substitute because it is easier to chew than long-stem hay,” Vineyard says.
- b. A forage extender during hay shortages.
- c. A digestive health aid for horses experiencing digestive upset.
- d. A method of adding body condition to a hard keeper. “Replacing an equal amount (in weight) of hay with beet pulp will result in weight gain due to its higher calorie content,” Vineyard says.
- e. A good feed ingredient for horses sensitive to sugar or starch (e.g., insulin-resistant, or IR, horses). “Beet pulp is relatively low in sugar and starch and has a low glycemic index,” she says, “meaning there is only a small rise in blood glucose following a meal.”

3. How do you know what amount of beet pulp to feed? How much can I substitute for other feedstuffs?

The amount you feed depends on its purpose in the horse’s diet (whether you’re supplementing or replacing grain and/or forage). Janicki notes that researchers have safely fed up to 55% of a horse’s total ration in beet pulp—that’s equivalent to approximately 12 pounds of dry beet pulp per day for a 1,100-pound horse!

“However, care should be taken when feeding more than 2-3 pounds/day of beet pulp that the overall nutrient balance of the diet is not disrupted due to some of beet pulp’s nutritional deficits (we’ll describe these in a bit),” Vineyard cautions.

Regardless the amount you feed, always weigh it first. Introduce beet pulp into the diet slowly, Janicki says, and increase the amount gradually depending on the individual horse and desired body condition.

4. Does it matter whether you feed shredded or pelleted beet pulp?

The two forms of beet pulp on the market are shredded (available with or without molasses) and pelleted

(typically containing a small amount of molasses to help bind the particles). Both forms are safe for horses, but the shreds tend to soak up water faster than pellets, Vineyard says.

“Molasses content may be a decisive factor in choosing the form of beet pulp to feed, especially with horses needing a low-sugar diet (as with IR) or a low-potassium diet (e.g., horses with hyperkalemic periodic paralysis or HYPP),” Janicki says.

5. Must beet pulp be mixed with other feeds?

“Beet pulp can be treated as any other forage ingredient,” Vineyard says. “It can be fed alone or along with the grain ration, depending on what makes the most sense for a particular horse and management situation.” Janicki says it’s palatable enough, however, that most horses consume it readily without additives.

6. What if I’m trying to add beet pulp to my horse’s diet and he doesn’t want to eat it?

If your horse is a picky eater, you can soak his beet pulp or mix it dry with his grain or with a small amount of oil, such as corn or soybean oil, Janicki says.

Vineyard suggests that when introducing beet pulp for the first time, do so in small quantities. You might also consider purchasing a molasses-added (“molassed”) variety.

“The molasses application rate is typically less than 5% and is added to increase the palatability of the beet pulp shreds while reducing dust content,” Vineyard says. “The addition of molasses will increase the overall sugar content of the beet pulp by only approximately 2%; therefore, adding the molasses does not result in a great increase in overall sugar intake. Adding molasses to dried beet pulp shreds increases the palatability and helps to stimulate saliva production when the horse consumes it, which makes it a good choice for picky eaters. However, if a horse has true sugar/starch sensitivities, the nonmolassed variety of beet pulp would be a better choice.”

7. Why do some people soak beet pulp? What’s the best approach?

“There is a long-standing myth that beet pulp must be soaked prior to feeding to prevent choke (esophageal obstruction),” Janicki says. “However, horses can choke on any type or form of feed if they eat too fast—beet pulp itself will not cause a horse to choke.”

Case in point: Feed companies include beet pulp in many grain formulations that do not require soaking prior to consumption.

Vineyard, on the other hand, is more inclined to soak beet pulp to reduce the risk of choke and improve the feedstuff's palatability: "Despite the fact that some horses seem to tolerate dry beet pulp with no complications, I always recommend that plain beet pulp be soaked if more than 1-2 pounds are fed in a meal. The amount of water to add and length of time to soak beet pulp is dependent on several factors; some horses prefer less water, while some like it soupy."

Measure your mixture at a ratio of two parts cool or warm water to one part beet pulp in a bucket or large container, Janicki suggests. Then soak the beet pulp until it absorbs the liquid—usually somewhere from 15 minutes to a couple of hours. (Remember that shreds soak faster than pellets.)

"The length of time to soak will depend on the specific type of beet pulp, climate, management routine, etc.," Vineyard says. "Beet pulp only needs to be soaked long enough for it to become soft."

8. What's the best way to tell if soaked beet pulp is spoiled?

"The amount of time it takes for beet pulp to start to mold is dependent on the environmental conditions and amount being soaked, and the best method to determine this is by smell," Janicki says. Throw away any moldy, fermented, or sour-smelling beet pulp.

"Soaked beet pulp can sit in a cooler environment for 12 or more hours with little risk of spoilage," Vineyard explains. "However, spoilage could easily occur during this time frame in a hot/humid environment."

9. What are the best ways to work with soaked beet pulp during cold and hot temperature extremes?

Soaking beet pulp can prove troublesome during winter months in freezing temperatures. The first solution is not to store the soaked beet pulp container on the ground. "Usually the coldest temperatures are found lower to the ground, and elevating it might prevent it from freezing," Janicki says. Also, the pulp absorbs warm water more quickly than cold, so if possible add warm water to the mix to expedite soaking time and reduce chances of freezing, she says.

In summer months, on the other hand, soak and store beet pulp in a cool, dry location inaccessible to horses, such as a feed room. To help keep it safe from insects and rodents, find a way to cover the container that still allows for air movement while soaking (e.g., using a hand towel or a flymask).

In weather extremes Vineyard suggests feeding smaller quantities without soaking or waiting until just before feeding to add water to the shredded form.

"Alternatively, there are commercial feeds that contain a large proportion of beet pulp and do not need to be soaked before feeding," she says.

10. Are there any negative effects to feeding beet pulp?

Drawbacks of feeding beet pulp, according to Janicki and Vineyard, include:

- An increased risk of choke when fed dry and in large amounts; and nutrient imbalances when feeding large amounts of plain beet pulp without adjusting the rest of the diet accordingly.
- If it contains molasses: High levels of potassium for HYPP horses; High nonstructural carbohydrate levels for those horses needing a low-sugar/starch diet;

11. Do I need to balance beet pulp with other cereal grains?

Although beet pulp is a valuable feed ingredient, it falls short in several areas as a "standalone" feed, Vineyard says.

For instance, beet pulp contains, on average, 10% crude protein. "This should be taken into consideration when balancing the total diet for protein, especially in young, growing horses when specific amino acids, such as lysine, are required for proper growth and development," Janicki says. Vineyard suggests ensuring additional sources of high-quality protein are available to growing and performing horses.

Further, beet pulp's calcium to phosphorus ratio is 10:1 (the recommended ratio is 2:1). "If the low phosphorus content of beet pulp is not accounted for, developmental and other serious problems can occur," Vineyard says, especially in growing animals. To keep the optimal ratio, Janicki says owners must feed beet pulp with grains or provide a supplemental source of phosphorus in the diet. She says you also need to add such a phosphorus source if you feed beet pulp along with legume hay (such as alfalfa), which has higher calcium levels than grass forages. A hay analysis will help you determine nutrient content, and an equine nutritionist can advise you on balancing your horse's ration.

Finally, Vineyard says beet pulp is a poor source of trace minerals and contains low levels of antioxidant vitamins A and E. "In a diet that contains a significant proportion of beet pulp (more than 2-3 pounds per day), having a ration analysis performed will help determine the best way to balance the overall diet," she says.





The popularity of yoga has spurred the growth of yoga geared toward specific sports activities, such as tennis and running. Horseback riding is no exception. Whether you ride to compete or simply for pleasure, your balance and comfort in the saddle can be improved by practicing a few yoga postures and simple breathing techniques.

Good posture is essential while horseback riding, and the regular practice of yoga promotes good posture. In the saddle, the back should be straight but not stiff, and there should be a natural curvature in the lower spine.

Downward Facing Dog is central to many styles of yoga because it elongates the spine, which encourages good posture. To begin, come to your hands and knees on a yoga mat. Bring your hands forward about 3 to 4 inches, tuck your toes under and press your hips toward the ceiling, bringing the body into a V-shape. As you press your hands firmly into the mat and work on moving your heels toward the floor (they may not reach in the beginning), you should feel your back muscles and hamstrings stretch and lengthen. Hold the pose for 5 to 10 deep breaths and then return to hands and knees. Repeat this exercise at least five times to increase suppleness in the spine.

Riding horses puts a lot of strain on the hip flexors from the action of straddling a saddle and balancing there for long periods. Regular stretching of the hip flexors will make riding more comfortable, and it will also allow a deeper, thus safer, seat. Equestrians can practice Bound Angle Pose to open and stretch the hips. To move into this posture, sit on your mat and bring the soles of your feet together allowing your bent knees to gently fall out to the sides. Do not force the stretch, but rather, let gravity take over as your knees move toward the floor. If you want a deeper stretch you can slowly fold your upper body forward over the soles of your feet. Be sure to stop when you feel sensation in your hips. Hold this pose for 30 seconds to 2 minutes, remembering to focus on your breath.

There are many yoga postures for stretching the shoulders, but one that is particularly beneficial to equestrians is the pose called Wide-Legged Forward Bend with hands clasped behind the back, also known as Prasarita Padottanasana C. This posture will not only provide an excellent stretch for the shoulders, it will also stretch the hamstrings, which tend to get short and tight from riding. Begin by standing sideways on your mat with your legs extended into a wide stance, making sure that your feet are parallel to each other. From here, clasp your hands behind your back and take a deep inhale. Exhale as you

fold forward bringing your head toward the floor. If it is accessible, you can extend your hands further over your head for a more intense stretch in the shoulders. Hold this posture for 5 to 10 breaths.

Breath is vital to the practice of yoga. Focusing on the breath while practicing yoga helps to center and calm the mind – qualities that are also important when riding a horse. Simply remind yourself to return to your breath when your mind begins to wander. With practice, focusing on your breath will become second nature on the mat and on your horse.



Interested in how to build low impact, low maintenance trails in your local area? Here is your opportunity!

AERC Trail Master Course

The Duluth Area Horse Trail Alliance will be hosting a Trail Master course under instructor Mike Riter. The dates of the course will be June 21-24. It will be 4 days with classroom in the morning and out on the trails in the afternoon. We will be using the trails leading out from the Spirit Mountain Recreation Area. We need to have attendees to fill our minimum so please if you are interested in developing and maintaining equestrian trails this would be a great opportunity. We have to have our paperwork in by March 31st so let us know ASAP. Please contact Candy Barbo at candy.barbo@gmail.com or at [218-349-9606](tel:218-349-9606).



UMECRA



PERSEVERE

UPPER MIDWEST
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

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:

*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.

PRINT CLEARLY

Date: _____ **UMECRA MEMBERSHIP NUMBER(S):** _____

Names: _____

Address: _____

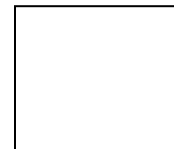
City, State, Zip: _____

Phone number (s): _____

Email: _____

Please mail completed form along with **check made out to UMECRA** to:
Jill Feller
UMECRA Secretary/Treasurer
N9280 County Road TW
Mayville, WI 53050

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



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



PRESIDENT
Theresa Meyer
3028 181st Ave NW
Cedar MN 55011
763-753-5236
tmeyer@tpt.org

VICE PRESIDENT
Tony Troyer
867 N 45th Road
Earlville, IL 60518
815.539.7375
il4aerc@aol.com

SECRETARY/TREASURER
Jill Feller
N9280 Cty Hwy TW
Mayville, WI 53050
920-948-9502 (cell) or 920-387-5732
jfeller@nconnect.net

POINTS KEEPER
Robin Schadt
7342 W 115th Street
Worth, IL 60482
708.280.8241 robinschadt@aol.com

REGIONAL DIRECTORS
ILLINOIS
Sarah Mower
526 S Fair
Olney, IL 62450
618.868.2999
dammitthunder@yahoo.com

MICHIGAN
Wayne Gastfield
723 N. Warner
Fremont, MI 49412
616-924-2605

MINNESOTA
Dianne Schmidt
319 Summerfield Dr NE
Eyota, MN 55934
507-282-7333

WISCONSIN
John Wagner
W359 N 8280 Brown
Street
Oconomowoc, WI 53066
262.844.4115
jjwagner288@wi.rr.com

AERC REGIONAL REPS
Connie Caudill – Ride
Sanctioning
812-967-5973
Sue Keith
812-949-1629

SANCTIONING
COORDINATOR
Jill Feller
N9280 Cty Hwy TW
Mayville, WI 53050
920.948.9502
robertcrispin@netscape.net

NEWSLETTER EDITOR
Peggy Pasillas
9928 Rich Valley Blvd
Inver Grove Hgts MN 55077
651-450-7959
peggy@pasillas.net
UMECRAnews@gmail.com

DIRECTORS AT LARGE
Barb Kurti
319 Quincy St SW
Grandville, MI 49418
616.896.6798
silverheartsfarm@yahoo.com
Bill Suskey
5605 W Pine Lane
Mequon, WI 53092
262.242.9402
hellsbellsfarm@gmail.com

VETERINARY REP
Olivia Rudulphi,
281 Ruby Road
Noble, IL 62868
618.752.7181
Wineglassfarm1@yahoo.com

WEBSITE EDITOR
Nicole Mauser- Storer
201 S Cameron Lane
Bartonville, IL 61607
309.697.5591
n.mauserstorer@huskers.unl.edu

RIDER REPS
Max Bernsdorf
N5630 Hwy 42
Kewauee, WI 54216
920-388-3128
miranch@hotmail.com

Elizabeth Laurie
15215 60th Street
Plymouth, MN 55446
612.559.1030
ealaurie@mac.com

Bonnie Mielke
562 W34264 Piper Rd
North Prairie WI 53153
262-392-9369
bonniemielke@hotmail.com

Joslyn Seefeldt
5738 Klug Road
Milton, WI 53563
608.774.7490
joslynsfiberfarm@aol.com