

December 2014

UPPER MIDWEST ENDURANCE AND COMPETITIVE RIDES ASSOCIATION



KS Massage and Bodywork



Kathi Soukup NCTMB, LMT

Equine - Canine - Human
Massage - Acupressure - Tui Na - MFR - Bodywork

815-541-0308

www.ks-massageandbodywork.com

From the President:

Convention 2015 in Clare, Michigan!

I believe this Convention on January 16-18 will be the first ever UMECRA convention in Michigan.

We hope you'll make the trip whether it's an hour, or several hours. Dr. Hal Schott from Michigan State will be the featured speaker on Saturday morning. We'll have a session on the new Endurance & LD ride card, a session on rules where you can ask questions of vets and our UMECRA board members and other ride managers. There will also be the popular silent auction with proceeds going to the UMECRA Scholarship Fund, Trails Fund and International Competitions Fund.

And of course the Banquet and awards presentation honoring all the prize winners from 2014. AHDR will provide Friday night entertainment with a skit competition. Do you have your ideas submitted to your group? MnDRA, DRAW, AHDR, GLDR, and MDDA.

Can't wait to see everyone!
Theresa Meyer

Important: Ride Managers

Please be sure to send your ride voting proxies to Jill Feller. Each ride gets one voting proxy for each day that the ride was held (a two-day ride gets two proxies, one-day ride gets one, etc.). You can send an email (jfeller@nconnect.net) or call (920.948.9502). Proxies must be received before the start of the annual meeting on January 17th.

UMECRA BANQUET:

January 16th, 17, 18th 2015.

Doherty Hotel

989-386-3441

www.dohertyhotel.com

Room options per night:

88.00 for 2 full sized beds

95.00 for 2 queen beds or 1 king

110.00 2 queen, fireplace, wet bar, and frig.

140.00 King bed, Jacuzzi, fireplace, wet bar and frig

Plus tax. Mention the UMECRA banquet.

Make reservations by January 2nd 2015 to guarantee rate.

Dinner information and sign-up coming soon.

-Food and Cash bar from AHDRA

Saturday:

7:00AM BOD meeting- in conference room to be determined

7:45-10:00 registration and silent auction drop off south entrance by banquet rooms

8:30-9:45 Speaker/VET panel with three vets and moderator, think of your questions now- main banquet room

9:45-11:45 Dr. Hal Schott discussing distance horse issues- main banquet room

12:00-1:00 Lunch, on your own, great restaurant and bar on facility, and many restaurants adjacent to hotel

1:00-4:00 Annual UMECRA meeting- main banquet room

4:00-5:30- drop off of silent auction

5:30-6:00 cocktails in banquet room

6:00 buffet dinner in banquet room

7:00-9:00 UMECRA awards

9:00-12:00 Entertainment

Sunday:

7:00AM AHDRA annual meeting- main conference room

8:30 GLDRA BOD meeting room to be determined

10:00-11:30 Annual GLDRA meeting-banquet room at back of restaurant

11:30 GLDRA Brunch in banquet room at back of restaurant

12:30-2:00 awards GLDRA

- This is tentative, slight time changes may occur



SPECIAL AWARDS!

Nominations are being sought for a new award for Ride Managers and Vets named The Dr. Beecher Shining Light Award. The form is on the UMECRA website under the Awards tab and will – like the Hall of Fame nomination be voted on at the November board meeting. Qualities we are looking for this award might include: being organized, helpful and honest, a sense of fairness, knowledge of the sport, consistency, able to educate and able to delegate, the candidate should mentor others and be able to can deal with a crisis. This will be given out at the annual banquet. A specific form is used for this award -

http://www.umecra.com/AwardForms/UMECRA_RM VetAward.pdf

The award form should be sent or emailed to Jill Feller at jfeller@nconnect.net

Nominations are also being taken for the UMECRA Hall of Fame. Those being nominated must have made a significant contribution to UMECRA and should include extraordinary volunteerism given to the organization. There are no requirements that the nominees must be a rider or ride manager. More information can be found at http://www.umecra.com/AwardForms/UMECRA_HallofFame.pdf Past winners have been: Louise Riedel, Dr. Bob Beecher, Grace Ramsey, Joanne Gernant, Wayne Gastfield, Bob Mielke, Dr. Dean Peterson, Jan Worthington, Ruth Stewart and Maxine Bernsdorf.

Don't forget to nominate for the Charles Phillips Versatility Award - for information on eligibility and the nomination form, go to:

http://www.umecra.com/AwardForms/Versatility_Award.pdf The award is sponsored by GLDRA if you and your horse are eligible.

***Merry
Christmas!***

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 nominated a horse for this honor are as follow:

1. A horse that has shown superior ability in it 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 reasons, 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. 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:

Cathy Cook, 1249 Maple Grove,
Carsonville, MI 48419

#####

Items that will be voted on at the January annual meeting:

- * Protest process
 - o A motion was made and seconded to improve the current protest process. A discussion followed regarding the length of the process and if emails should be allowed. The Protest Process passed with one small change on sending the protest letter via registered mail at the beginning of the process. The new process is in this email as a separate attachment.
- * Blind horses at rides
 - o A member asked if the blind horse rule could be changed to allow partial sighted horses to compete. Motion below passed.
 - o 3. Veterinary Requirements G

A final decision allowing unsighted or partially sighted equines to compete shall be made on a case by case basis by the control judge at each event. Riders of vision impaired blind equines should contact the ride manager prior to entry for approval (2013).
- * UMECRA rules proposal(s):
 - o General Rules
 - * 4. Rider Requirements
 - * F. Horses must not be under the influence of drugs, medication or stimulants, except those allowed by AERC, and may be subject to drug analysis while entered in the ride (See AERC Rule 13 and its Appendixes for allowed and prohibited substances and treatments.)
- * Sanctioning Coordinator:
 - o ARTICLE V- OFFICERS

* B. Sanctioning Coordinator will work with the AERC Sanctioning Director to sanction and coordinate scheduling recommendations to the Board for UMECRA rides and shall edit and coordinate publishing of the yearly UMECRA ride book. The sanctioning coordinator must be a current Delegate or UMECRA member who has been a ride manager within the past 5 years.

* Quorum increase for meeting:

o This is the proposal that passed the November meeting, but will likely be reworded at the January AM board meeting.

* NOTICE OF MEETING:

* Section 5. QUORUM. The presence in person of twenty (20) rides that are represented by ride managers as are listed on the sanctioning forms, or a majority, whichever is the lesser amount, of the delegates to a meeting shall constitute a quorum for the transaction of business. In the absence of a quorum any meeting may be adjourned from time to time. 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 his absence, the vice president, or in their absence any other person designated from time to time by a majority of the Board of Directors, shall preside at all Annual or Special meetings.

* Remove the convention corridor and move the convention within the four states:

o A discussion was held to remove the corridor and then move the convention to each of four states.

o A motion was made and seconded to remove the corridor and move the convention to each of four states beginning with MI in 2015, WI in 2016, MN in 2017 and IL in 2018. If any state elects not to host the convention in their designated year, the next state on the list will do the convention.

+++++

Lacey's Game

I am sad to say, but I had to put my horse that has been with me all of his 15 years of life, down due to deteriorating health issues.

I have lots of memories with him from the over 6000 lifetime carrier miles, to the various awards he has earned.

He went from a unruly youngster to a great trainer of distance riding to my two daughters and their young horses. He took us through years of miles together that Rachael, Whitney, and I will share forever.

I have had the chance over the 12 years of riding with him to ride with many wonderful friends. Thanks friends!
Game you will be missed. Thanks for all you have endured my friend, God bless.

+++++

Fats in Your Horse's Diet

By Karen Briggs Aug 9, 2014
www.thehorse.com

Horses easily metabolize fat despite the fact that their digestive systems (best adapted for the processing of fiber) didn't really evolve to deal with it.

If there's a nutritional buzzword for the 21st century, it's fat. We humans still might not understand fully the differences between saturated and unsaturated fats, let alone "good" cholesterol and "bad" cholesterol—but we all know how to count our fat grams! While we struggle to keep our diets as low-fat as possible, fat has a different focus when it comes to the horse ... because only in recent years have we recognized the value of raising the fat levels in an equine athlete's diet.

Of course, the average human diet (at least in North America) contains far more than the maximum 30% fat recommended for good health.

In contrast, the horse's natural diet contains little fat. While this leaves the horse at low risk for cardiovascular clogging, it does mean that, traditionally, carbohydrates have been considered the obvious and "natural" energy source for performance horses, and fat has rarely been considered beyond that little splash of corn oil that's considered good for a shiny coat. Only in the past couple of decades have we begun to realize that fat is also a valuable energy source—one with many advantages.

High-fat diets (anything over and above the 2% to 3.5% supplied by a standard grain-plus-forage diet) provide several perks, most notably in terms of energy production for high-level equine performance. Pound for pound, fat supplies almost two and a half times as much energy as the equivalent weight of carbohydrates or starches (traditionally supplied by grains such as oats, corn, or barley). If you wish to supply more energy to your horse without significantly increasing his overall feed intake, supplementing the fat in his diet can be an excellent way to accomplish that.

Also, horses easily metabolize fat despite the fact that their digestive systems (best adapted for the processing of fiber) didn't really evolve to deal with it. Studies have shown that as much as 20% overall fat in the diet is well tolerated by horses, with no ill effects noted. Indeed, fat might be easier for horses to digest than carbohydrates. It has been demonstrated that a fat-supplemented diet, unlike a high-carbohydrate diet, has no effect on the pH of the cecum (and thus no detrimental effect on the beneficial microflora inhabiting the large intestine). Fat appears to be absorbed almost exclusively in the small intestine.

Another interesting fat digestion fact is that horses can use fats well despite having no gallbladder. In most mammals the gall bladder excretes bile and salts to help break down fats, but in horses the liver seems to take over that function, with no fat digestion problems that research has been able to identify.

Fat-supplemented diets also have been shown to decrease the amount of energy used for heat production in the horse's body. This decreases the horse's heat load and increases the amount of energy available for physical activity. In one study, where horses ate a fat-supplemented diet, the horse's total body heat production decreased by 14%, and the diet had no effect on the amount of energy needed for maintenance metabolism, therefore leaving more energy available for performance requirements (or for energy storage in the form of glycogen or fat). The end result was that more than 60% greater energy was available for physical activity (regardless of what the ambient temperature was or how skinny or plump the horse was at the time).

Some of the most compelling research behind fat demonstrates a fat-supplemented diet's benefits for high-performance horses (in sports such as three-day eventing, racing, polo, endurance racing, and cutting). But to understand how fat acts as a performance enhancer, we first have to understand some exercise physiology basics. We'll discuss this in an upcoming article.

ABOUT THE AUTHOR

Karen Briggs

Karen Briggs is the author of six books, including the recently updated *Understanding Equine Nutrition* as well as *Understanding The Pony*, both published by Eclipse Press. She's written a few thousand articles on subjects ranging from guttural pouch infections to how to compost your manure. She is also a Canadian certified riding coach, an equine nutritionist, and works in media relations for the harness racing industry. She lives with her band of off-the-track Thoroughbreds on a farm near Guelph, Ontario, and dabbles in eventing.



UMECRA



PERSEVERE

UPPER MIDWEST ENDURANCE AND
COMPETITIVE RIDE ASSOCIATION

MEMBERSHIP FORM

Membership year: 2015

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:

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.

PRINT CLEARLY

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 and check made out to UMECRA to: Jill Feller, N9280 Cty Hwy 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