

THE HORSE'S MOUTH

JULY 2015

MI-SHO Announcements

MI-SHO WEB PAGE: A WEALTH OF INFORMATION

The MI-SHO web page has lots of helpful information for you. Have you checked it out? midilsporthorseorg.com

You will find the **Calendar of Events** page listing all MI-SHO recognized shows as well as local events and clinics.

Check out the **Forms and Documents** page: The Rulebook is there for all your show division/EOY point questions. The Grant Application and Eventing Reporting Forms are there. Did you know that all the dressage tests are listed?

The **Points** page is updated approximately a month after each show. Make sure you check your points regularly and let the point secretary know if you think there is something missing. But be patient our secretary is a volunteer.

Helpful Resources page has lists and links to local trainers, barns, tack stores, trailer sales, vets, farriers and animal chiropractors in our area. There is also links to all the national equine federations/associations.

Don't forget to check us out on facebook!

GRANT PROGRAM

Yes we still have grant money available. Any current MISHO member is eligible for \$50 toward any clinic in which they are riding. Your only requirement is to volunteer 2 hours at any not-for profit organization and write an article for this newsletter about what you learned.

See the **Grant Program** page for further details and a grant application.

MI-SHO BOARD MEMBERS ANNOUNCED

The MI-SHO Board would like to welcome our newest board members: Deborah Musel and Cara Van Leuven. Welcome aboard ladies. We're so glad you joined us.

Looking for a fun group to enjoy your passion for horses with. The MI-SHO board meets monthly to discuss the future of MI-SHO and plan events and activities. We still need more board members. Join us!

Junior MI-SHO members: looking for a way to plump up your college applications. Become a Junior Board member and help shape the future of MI-SHO

Contact any current board member for details.



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My AEC Adventure

By Julie Simmons

Compete at the national championships? Really? ME?

When I started eventing in 2012 after many years in the hunter/jumper ring, I never really thought about where I wanted to go with my new discipline. I just knew I loved it, especially the thrill of Cross Country! However, my young horse Rain (Pray for Rain) really rose to the occasion at every horse trial, so in 2014 I was presented with this question.

Rain, a 2007 Percheron/Thoroughbred gelding, joined the family in 2011 as a 4 year old. Blue Sidebottom, his breeder, had worked with him on the ground and she sent him to a Western rider for saddle training right before his 4th birthday. He had been ridden for 30 days in a round pen when I went to see him. I fell in love immediately and took him home in mid-June. Throughout the rest of 2011 we worked on basic training, including hauling him over for weekly lessons with Cortland Hendrick. In 2012 we started with a dressage show and some low level horse trials, including a win in the Starter division at Dunnabeck Horse Trials in September. In 2013 we moved up to Beginner Novice, where the jumps are 2'7". To my surprise and delight, Rain won at the USEA recognized Queeny Park Horse trials in his first BN attempt. He also placed fifth at Catalpa Corner HT (Iowa). At Catalpa our score was 2 points higher than he deserved because I

forgot to circle at the correct place in the dressage test. Whoops!

Our 2014 season started with a bang – we won our division at Penny Oaks Horse Trials (Indiana), Queeny Park Horse Trials, and Hunter

Oaks Horse Trials (Illinois). With the wins at Penny Oaks and Queeny, we qualified for the 2014 American Eventing Championships (AEC's). Initially I thought, the venue is too far away... Texas Rose Horse Park in Tyler, Texas is over 10 hours of driving time ... I am not sure I have enough vacation days for the trip... My little rig probably shouldn't go that far... it's going to be expensive... But after a lot of deliberating, I decided, why not? I can make this work! I hooked up with my friend Jill Wagenknecht and we decided to make the trip together. I entered the Beginner Novice – Horse division, paid my entry fee and held my breath.

On Wednesday morning, September 25, I loaded up Rain and all my gear and drove over to Jill's family's Horseplay Ranch in Cedar Hill, MO. We transferred everything to Jill's rig and Rain eagerly hopped onto Jill's trailer with Eowyn, Jill's Irish Sport Horse mare. We drove toward our overnight destination: Salem Equestrian Center in Little Rock, Arkansas. We had one blown out trailer tire on the way, but between Jill, me, and a good Samaritan who stopped to help, we were back on the road after a 20 minute delay. Rain and Eowyn enjoyed their stay in sandy paddocks at Salem Equestrian Center, which was quite a bit nicer than the Days Inn where Jill and I slept!

Thursday morning we loaded up and hit the road for the 4 hour haul from Little Rock to the Texas Rose Horse Park. It was an absolutely beautiful drive through Northeast Texas. Around lunch time we arrived! The AEC's is special because they have Advanced level competitors – horse and rider pairs that you'd see at Rolex – all the way down the levels to Beginner Novice pairs like Rain and me. They also have fun social events and a bunch of vendors. The show has a much bigger feeling than the USEA recognized events I had done to date.



Rain loved his 12x12 stall in the Rose barn. After getting settled in, we practiced our dressage with Brad Hall, our coach for the weekend. Rain did well and I was feeling confident for the next day. I was hoping to beat my best dressage score which was a 31.5 from Hunter Oaks.

Friday, I carefully braided Rain, got tacked up and dressed up and headed out for our dressage test. Rain was cooperative as always but seemed a little distracted in the warm up arena and called out for Eowyn whenever I gave him a break. I got him going and we headed in for our test. The test was going very well until the first canter circle, where Rain got a little light in the bridle and whinnied. I got him re-focused as the test continued. He behaved beautifully until our next canter circle where he called out again. Dang it! But I asked him for his attention again and we finished a pretty good test. I was a little disappointed... not that I could blame him for being in love with the beautiful mare Eowyn... but I didn't think our score would be good enough with those two mistakes. Later, I collected my score sheet and was pleased to see a 31! Our lovesick calling was noted as "a slight loss of connection" with good scores for most of the other movements. I had met my goal and we sat in a tie for 12th place, out of 24, going into cross country.

Saturday – Cross country day! We had walked the course a couple of times and I was confident that Rain would do great. There were 2 water complexes and some jumps on hills as well as a down bank at fence 12. Down banks always make me nervous – maybe it's my hunter princess roots – but I worry that I will get popped out of the tack and fall off! I wanted to get closest to optimum time so I would break the tie with the other person in 12th place. I geared him up and headed out to warmup. Rain warmed up really well and I was feeling confident. I went into the start box and as the starter counted down from 5, I hit start on my watch. ARGH! The watch malfunctioned! The starter said

"4,3,2,1,Go, have a great ride." I shrugged and thought, well, I'll just keep a steady, forward pace and we'll see how we end up. Rain easily and confidently answered all of the questions on course and I smiled all the way around. I stayed on after the down bank! YES! We cruised through the finish flags and I felt so much joy. I am so lucky to have such an awesome partner! He is so reliable and so FUN! Whew. The competitive side of me also hoped we didn't have any time faults, but I had no way of knowing that until they posted the scores on StartBox. Rain got lots of treats and a bath. Later I found out that we did, indeed, make it within the time allowed and I moved up to 10th place.

Sunday – Stadium day: the Beginner Novice-Horse division went first and started early. I braided Rain again and got dressed and tacked up. I have the most experience with arena jumping due to my years in the hunter-jumper rings, but I really, really wanted a clear round. Rain was still whinnying for Eowyn during warm up, but he was cooperative although he seemed a little less perky than the previous





days. No surprise after such a long week of travel and work! I hoped all of our practice over gymnastics and courses would help him jump clean. When we went in for our round, it was so much fun to hear our names announced with “from Edwardsville, Illinois.” I focused on riding one fence at a time and tried to keep a good canter all the way through the course and Rain didn’t disappoint. We had a clear round! I felt so much relief and a sense of accomplishment as I collected my completion medal. Then I watched the rest of the competitors jump. Some had rails down but I wasn’t sure how tight scores were. I knew I had moved up in the placings. When they started awarding ribbons at 12th place I kept waiting and waiting. They finally called Rain’s name for 7th place – just out of the money! We had moved up three places with our clean stadium round. I was thrilled to collect my big ribbon and to have our picture taken. Rain seemed to like the victory gallop and he especially enjoyed the treats when we got back to his stall. I was so happy to have

finished on our dressage score, in 7th place in the professional division in our first AEC competition. The winner of my division had the lowest score of the show – a 20! Another had ridden at Rolex in years past, so I was very proud of us.

The road trip home was extra fun because Jill and Eowyn won the Beginner Novice-Amateur division on their dressage score. Jill took home a ton of prizes and we smiled all the way back to Missouri via Arkansas.

I truly enjoyed my AEC experience and I’d LOVE to go again! It was awesome to be competing at the same show as Buck Davidson and Lainey Ashker. The venue was gorgeous, the weather was perfect, and I was so happy with Rain’s performance. The bonus points we earned at the AEC’s contributed to my 4th place in the national standings for Beginner Novice – Adult Rider at year end. Thanks Rain!

Go eventing!



Notes from the Show Secretary:

I'm working hard on calculating the points for the first shows of the year. They should be posted on our web site soon. Please check for your points and let me know if I missed you. With over 100 members and many new faces joining MI-SHO, it's easy for me to miss someone. Let me know the show you attended and I'll get the results updated. There is a detailed spread sheet attached to the points page that gives you a point break down by rider and division for each show.

New this year: for classes with only 1 or 2 riders you will earn half points. Be careful if you are a beginner or limit rider. Those blue ribbons still count towards your division eligibility. If you ride by yourself in a class you could be making yourself ineligible to compete in that division next season.

Did you know that mini medal classes count towards your equitation award? Just ride in the class at the same height as your divisions!

Eventers: You must let me know what competition you are riding in. Since the events do not register their shows or send me results, I rely on you to let me know when you are competing. Remember, just because you didn't ribbon doesn't mean you are not earning points. You earn 3 points for a double clear cross country round and you will earn 1 point for each starter in front of whom you finish. You must complete the competition in order to earn these points.

If you ever have any questions about divisions, classes, eligibility, or your points, contact the MI-SHO Show Secretary at midilsporthorseorg@gmail.com



COMPETITION EVALUATION

The MI-SHO web page has a competition evaluation form on the resource page. If you see something at a MI-SHO recognized show that needs improvement or has caused you concern, please use this form to let us know. We will pass your concerns on to our show hosts anonymously. Believe me your safety and pleasurable experience is their #1 concern!

WESTERN DRESSAGE

By Jennifer M. Keeler for the WDAA; Published with permission from WDAA

What is western dressage?

When most equestrians think of "dressage", they envision the graceful harmony of beautiful horses with riders clad in top hats and tails, dancing together through musical freestyles in an Olympic stadium. But now, an increasing number of competitors entering dressage arenas will be wearing Western hats and boots with their horses outfitted in stock saddles. What's going on?

"Western dressage" may be the hottest new discipline in equestrian sport, but it's based on concepts which are centuries old. Commonly translated from a French term meaning "training" of horses, some principles of classical dressage date back to ancient Greece. Today, in addition to modern dressage competition, these principles continue to be

widely applauded as a foundation of training for horses competing in almost every sport; some disciplines such as combined driving and eventing even include dressage as part of their multi-phase competitions.

Now these dressage principles are finding a new niche in the Western horse world, combined with influences from western horsemanship masters such as Ray Hunt, Tom Dorrance, and Spanish vaqueros. "Obviously, the sport of dressage isn't new, but western dressage presents it in a new way that works for western riders," explained AnnMarie Brockhouse, a long-time amateur western competitor who

now is an enthusiastic western dressage fan and cofounder of a Minnesota western dressage rider group. She noted that just as eventing and driving have adapted dressage tests to reflect the needs of those individual disciplines, western dressage is made to order for western-type horses. "Compared to horses competing in modern dressage, our western mounts aren't built the same, don't move the same, and don't have the same purpose," Brockhouse continued. "Our goal isn't Grand Prix dressage at the Olympics - it's a western horse performing as well as he can in his own arena."

Despite the obvious differences in dress and saddlery, the worlds of modern dressage and western dressage are not as far apart as they may seem at first. "There are probably more similarities than differences, as many of the concepts are the same: progressive, correct, systematic training, with one step building onto the next, building the horse physically and mentally for a performance goal," noted Brockhouse. "We're looking for all the same qualities: we want our horses to be supple, have self-carriage, be light in the bridle, and happy in their work, all while recognizing that our horses will have a different purpose, whether it be out on the trail, working cattle, running barrels, or performing in a show ring." WDAA founding member Cliff Swanson agreed. "We add a western spin to it, focusing more on what a western horse would be expected to do," he said. "The biggest difference is that we're looking for softer contacts and less forward gaits. For instance, we use 'jog' instead of 'trot' - you still have impulsion, but it's just not as forward. The movements produce qualities that are useful for a stock horse."

In response to growing interest in the idea of western dressage, the Western



Rachel Ory riding Level 3 Test 1 at the WDAA World Show in Tulsa OK

Dressage Association of America, or WDAA, was founded in July of 2010, and registered as a non-profit organization five months later. Brockhouse came on board as a staff member, working tirelessly with an impressive lineup of industry experts comprising the all-volunteer WDAA Board of Directors. In just a few short years, the WDAA has grown from a simple concept born of discussions among trainers to encompass nearly two thousand members (a number which increases daily), a growing network of state and international partners, and a new affiliation with the United States Equestrian Federation (USEF).

Above all, the WDAA is dedicated to educating horsemen about western dressage, and Brockhouse believes this search for knowledge is fueling the growing excitement among riders. "I think riders, like me, are more open now to new ideas than in the past and are seeking to educate themselves about correct training," she said. "There's a growing movement that there should be more to our sport than just 30, 60, or 90 days of training and then go in the show ring with a 'finished product'. Riders want to do better by their horses, so I think that's a big part of the appeal of western dressage: it's a very logical progression of training that's going to help develop my relationship with my horse and also enable him to be a better athlete. Western dressage applies to all horses and everyone from grassroots riders to professional trainers and is a proven training platform regardless of what the ultimate goal for a horse may be."

These sentiments about western dressage are summarized in WDAA's slogan: *It's About the Journey*. "Working with horses is a lifetime of growth and learning," noted Brockhouse. "With western dressage

concepts, fans appreciate the progression their horses make physically, their mental growth, the maturity that develops, and the relationship that blossoms between horse and rider. Once horsemen realize the benefits, they want that ride, that special partnership, and to share that experience along the way, all while preserving a wonderful western heritage."

For more information about how you can enjoy western dressage and become a part of the Western Dressage Association of America (WDAA), visit www.westerndressageassociation.org. Also, follow WDAA on Facebook! www.facebook.com/WesternDressageAssociationAmerica





2015

SHOW SCHEDULE

Check the MI-SHO Web page for updated Show Schedules. Shows could be added throughout the year!



March

APRIL

11 – Dublin Farm H/J Show
25-26 – Ridgefield H/J Show
24-26 ROLEX 3 Day Event

MAY

2 – Dublin Farm H/J Show
2-3 - Penny Oaks HT

9 – Meghan O'Donoghue Clinic

9 – ~~Grand Paradise Ranch Dressage/Hunter show~~ to be rescheduled

16 – ~~Cornerstone H/J Show~~ Cnx
17 - Phancy Pharm H/J Show
22-24 - Mays Daze HT
30-31 – Ridgefield H/J Show

JUNE

6 - Brier Bank Dressage Show
13 – East Lake Farm H/J Show
13- Grand Paradise Dressage
13-14 – Queenie Park HT
20 – Devinwood Farm Dressage/Hunter Show
21 – Phancy Pharm H/J Show

JULY

11 – ~~Cornerstone H/J Show~~ Cnx
18 – Phancy Pharm H/J Show
18 – Dublin Farm H/J Show
18- 19 – Hunter Oaks HT

AUGUST

1 – Brier Bank Dressage Show
1-2 – Catalpa HT
8 – Phancy Pharm H/J Show
15– Avalon Farm Dressage/Jumper show

22-23—Kirkwood Show

SEPTEMBER

12-13 – Dunnabeck HT
19-20 – Ridgefield H/J Show

26 – MISHO Annual Show

27 – Phancy Pharm H/J Show

OCTOBER

3 – ~~Cornerstone H/J Show~~ Cnx
4 – QP Mini Event
10 – Dublin Farm H/J Show
9-11 Heritage Park HT
31 - Devinwood Farm H/J/Dressage Show

MEGHAN O'DONOGHUE CLINIC by Kaitlyn Nance

As I walked into the arena, being the first to ride in the Meghan O'Donoghue clinic, I was just glad that Rolie, my 7 year old paint/thoroughbred, was not acting crazy. Little did I know how much I would learn in the hour I was in the ring. In just a matter of minutes of me warming up, Meghan was able to identify what she wanted to focus on. She saw that my corners/turns were sloppy and unbalanced. Immediately she started instructing me on how I could improve. I began on a circle at the walk, learning how to keep my horse straight and balanced while still circling. After my horse and I got it down we went on to the trot, then canter. Next, we moved onto jumping. I was able to feel what a difference a balanced turn made in my jump course. It really made all the difference in the world. I loved how Meghan wouldn't let us move on until we completed the instruction properly. One of the exercises we did required me to be able to lengthen and shorten my horses stride. I really liked this exercise because it required me to have better control of my horse. I am so glad I was able to ride in this clinic.

Thank you so much to MISHO for this opportunity. I am excited to begin applying these techniques to my ride every day. I know that in just a matter of time my turns will have improved greatly and become more balanced. I am also excited to begin incorporating the lengthening and shortening exercise into my rides and cannot wait to see how the control will help in a show when the line is set at a weird distance..

Kaitlyn received a MISHO Grant for the Meghan O'Donoghue Clinic



Monitoring Your Horses Temperature

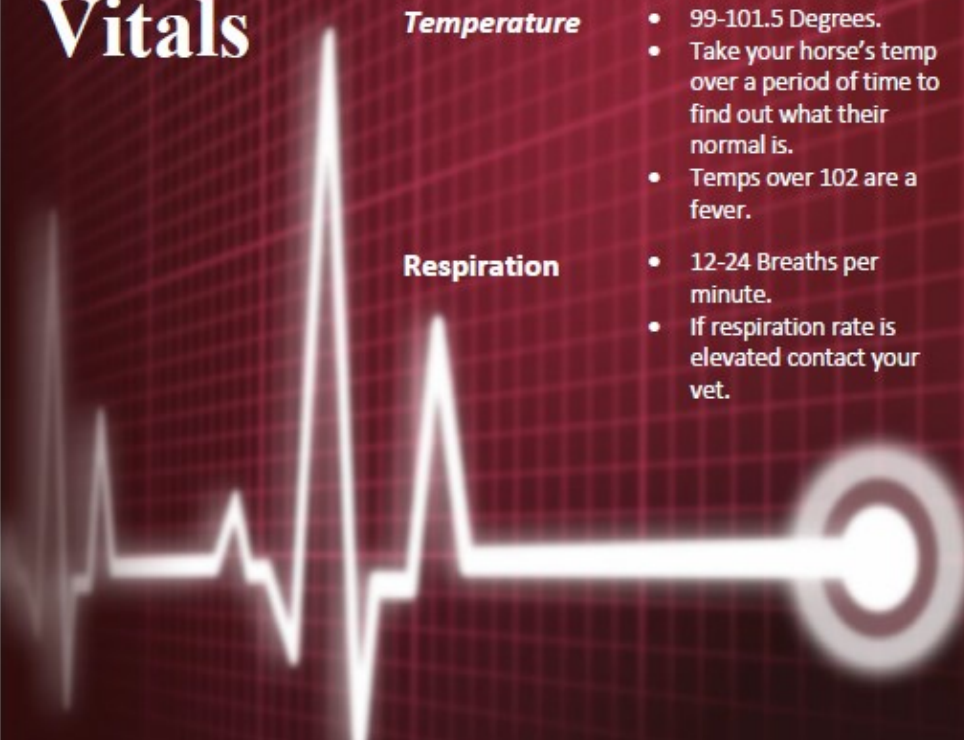
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With the recent news of EHV-1 cases at Mid-Rivers Equine Centre and others around the state we encourage horse owners to monitor their horses' vital signs. Should a horse have a temperature (102 or greater) please contact your veterinarian immediately. Those monitoring their

horses' temperatures should take them twice a day.


It is important to point out that a fever, in this case, may be short lived and may come back. It may quickly spike and then come back down. This is still cause for concern and your veterinarian should be contacted.

Know the Vitals



<i>Vital</i>	<i>Normal</i>	<i>How To</i>
Heart Rate	<ul style="list-style-type: none"> • 30-48 Beats per minute. • Over 60 call veterinarian. 	<ul style="list-style-type: none"> • Place Stethoscope on the left side just inside the horse's elbow. Push the stethoscope head forward and upward to get the most accurate reading.
Temperature	<ul style="list-style-type: none"> • 99-101.5 Degrees. • Take your horse's temp over a period of time to find out what their normal is. • Temps over 102 are a fever. 	<ul style="list-style-type: none"> • Insert rectal thermometer at a slightly upward angle. Be sure to use a lubricant and leave in rectum for 3 minutes.
Respiration	<ul style="list-style-type: none"> • 12-24 Breaths per minute. • If respiration rate is elevated contact your vet. 	<ul style="list-style-type: none"> • Count the inhales by watching the belly expand.

MidRiversEquine.com





Equine Herpesvirus Type 1 (Rhino) - EVH-1

We've all heard about the "outbreaks" of EVH-1 and the quarantines that result. What is it and what is your risk?

EVH-1 is a virus that causes an upper respiratory infection in young horses and abortion in pregnant mares. It can also cause a severe neurological disease that affects the horse's brain and spinal cord and may result in paralysis and death. In rare instances, adult horses experience the respiratory form of EHV-1 and then develop the neurological form of the disease.

EVH-1 is spread primarily through coughing and sneezing. The virus doesn't live long in the environment, but transmission via coughing or sneezing can occur over a distance of up to 35 feet. Direct contact with infected horses as well as contaminated feed, equipment, clothing and tack can also spread the disease. The EVH-1 virus is easily killed by disinfectants. Cleaning with one part bleach to nine parts water is very effective.

The biggest problem with EHV-1 is that once horses have been infected they can become latent carriers of the virus for the rest of their life. Most horses have been exposed early in life and in instances of high stress they may shed high levels of the virus and become a risk to themselves and other horses. The intermittent shedding by carrier horses is thought to be the source of sporadic outbreaks of the disease.

Symptoms include a fever of 102-104,

coughing, depression, going off feed, and nasal discharge. Early detection of a fever could lead to an early diagnosis that will allow treatment to commence promptly. Diagnosis is made through a nasal swab.

According to Mid-Rivers Equine, "One fact is becoming very clear. Patients that vaccinate twice a year with the Rhino/Flu vaccine appear to have better protection from developing typical clinical signs of infection and a significantly reduced incidence of shedding high levels of the EHV-1 virus." Please contact

your vet to discuss what is right for your horses.

See American Assoc of Equine Practitioners for more info <http://aaep.org/info/horse-health?publication=754>

BIOSECURITY TIPS FOR EQUESTRIAN EVENTS: HOW TO PROTECT YOUR HORSE!

- MONITOR YOUR HORSE'S TEMPERATURE TWICE DAILY when at competitions and notify a veterinarian if your horse has a temperature greater than 101.5°F
- Report any horses showing neurologic symptoms, nasal discharge, cough or diarrhea to the horse show veterinarian
- LIMIT NOSE TO NOSE CONTACT with other horses
- AVOID SHARING water hoses, water buckets, feed tubs, stall cleaning equipment and even tack with other horses
- Avoid using stalls not properly cleaned between horses
- WASH YOUR HANDS FREQUENTLY
- VACCINATE your horse every 3-6 months for Flu/Rhino (Equine Influenza Virus & Equine Herpesvirus) if they are traveling, competing or exposed to new horses
- HAVE AN ACTION PLAN ready for horses returning from competitions. Be ready to effectively isolate these horses on your farm
- DISINFECT ALL TRAILERS/VANS after transporting horses from shows or events
- ISOLATE ALL NEW INTRODUCTIONS TO YOUR FARM FOR 21 DAYS AFTER ARRIVAL and monitor for fever, nasal discharge, cough or diarrhea. This is a good policy to protect your farm from ANY infectious disease.

Contact the MU VMTH Equine Clinic (573-882-3513) for further information regarding infectious diseases that may pose a risk to your horse.

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