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THE HORSE'S MAINE & NH

Maine *and* NH's Own Equestrian Newspaper

September 2019

\$2.00



Photo By: Robyn Cuffey

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CONFORMATION AND TRIMMING

- Century Club Ride!
- Bridging the Gap in Veterinary Medicine
- Riding for a Cause
- Recognition of Executive Director

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Sebastcook Riding Club 2019 Dressage Show

by: Barb Humphrey

Intro A	
Masha Faulkner and Coco Chanel	65%
Cathy Corey and Gunner	50.65%
Intro A Re-Ride	
Masha Faulkner and Coco Chanel	59.06%
Intro B	
Cathy Corey and Gunner	56.56%
Intro C	
Elisha Hardy and Noah	73%
Trista Jensen and Tobias	58%
Intro C RE-Ride	
Elisha Hardy and Noah	68.75%
Training I	
Phoebe Keller and Sherman	73.85%
Debbie Faulkner and Mocha Jo	65%
Cheryl Peaslee and Noah's too Flashy	63.85%
Ashley Roy and Larimer Street	61.15%
Training I Re-Ride	
Debbie Faulkner and Mocha Jo	61.15%

Training II	
Phoebe Keller and Sherman	68.97%
Cheryl Peaslee and Noah's too Flashy	66.20%
Ashley Roy and Larimer Street	63.10%
Training III	
Emily Dill and Kate	58.62%
Rachel Thompson and Pippin	El.
Training III Re-Ride	
Rachel Thompson and Pippin	65.52%
Emily Dill and Kate	63.79%
1ST Level Test III	
Erin Luck and Dandy Lion	68.06%
2nd Level Test I	
Erin Luck and Dandy Lion	68.38%
Phoebe Keller and Scooby Do	67.84%
2nd Level Test III	
Phoebe Keller and Scooby Do	66.31%



Phoebe Keller on Sherman



Cheryl Peasley on Noah's Too Flashy



Deb Faulkner on Mocha Jo



Elisha Hardy on Noah



Cathy Corey on Gunner



Ashley Roy on Larimer St.



Trisha Jensen on Tobias



Rachel Thompson on Pippin



Phoebe Keller on Scooby Do



Masha Faulkner on Coco Chanel

Show Results



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Erin Luck on Dandy Lion



Emily Dill on Kate

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A monthly newspaper for, by, and about Maine and NH residents, we encourage everyone to submit news from their association, barn, clinic, or show at no charge.

Opinions expressed herein are those of the authors and do not necessarily express the opinions of *The Horse's Maine & NH, LLC*. We cannot check the accuracy of all ads and make no claims or guarantees concerning them.

Deadline is the tenth of each month. Email articles, ads, photos, and calendar dates to editor@horsesmaineandnh.com, for inclusion in the next month's paper. *The Horse's Maine & NH, LLC* reserves the right to edit material for length and clarity, and might not print all material.

Photographs are welcome and can be black & white or color. Email photographs to editor@horsesmaineandnh.com.

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Our goal is to bring the news to the local equestrian community. We are dedicated to providing quality articles and exceptional customer service to our advertisers and readers.

ON THE COVER



Photo By: Robyn Cuffey

On The Cover:

Jean Murphy-Ashton from Parsonsfield ME. riding Gunner a 24-year-old Quarter Horse/Arab cross owned by Brandi Raymond from Standish, ME. Jean at age 76 performed her Century Club ride at the Southern Maine Dressage August schooling show at the Hollis Equestrian Park. Jean rode First Level Test 2 aboard Gunner and was most grateful to Brandi Raymond for the use of Gunner.

Jean and her regular mount a Friesian named Geartsje Fan't Reidfjild are regular competitors at the SMDA's shows. Jean is truly a great inspiration to us all and all of the staff at The Horse's Maine and NH congratulate her and Gunner for a ride well executed.

For more information on the Century Club and the significance of this historic ride see page 22.

Article Submission Guidelines

Submitting articles to *The Horse's Maine & NH* is easy - email your articles and photos to editor@horsesmaineandnh.com. Articles must be news; news about your group or your barn, and events that have happened. You can mention future events, but they cannot be advertised in articles.

We do *not* allow:

- Web addresses in the articles, such as "For our news, go to www..." We publish a newspaper, not a listing of web addresses.
- Pictures that display someone on a horse without a helmet, or at least a cowboy hat or derby (which we always assume has a helmet underneath).

Please email or mail calendar dates. We cannot take calendar dates over the phone. Due to space limitations, we do not include camp dates in the calendar.

Feature articles and cover photos should be by or about Maine or NH residents. We love seeing submissions from new writers and photographers!

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Windham Delegation of Riding To The Top

Recognizes Executive Director

by: Susan E. Cole

Windham, Maine: Windham Delegation members, Senator Bill Diamond, and Representatives Mark Bryant and Patrick Corey, recognized Sarah Bronson, Executive Director of Riding to The Top ("RTT") with a State proclamation at RTT's Board of Directors meeting in July. Representative Mark Bryant read the proclamation which states:

"Be it known to all, that We, the Members of the Senate and the House of Representatives join in recognizing Sarah Bronson, of Windham, Executive Director of Riding To The Top Therapeutic Riding Center. who has received the 2019 Region1 PATH International Credentialed Professional of the Year Award for making the center a leader in providing equine-assisted activities and therapies to individuals with a wide range of physical, mental and behavioral challenges. We extend our congratulations and best wishes; And be it ordered that this official expression of sentiment be sent forthwith on behalf of the 129th Legislature and the people of the State of Maine"

The delegation thanked Sarah for all that she has done and continues to do and noted " We are very proud of Sarah and what she represents. We realize that her main goal is not to seek recognition for herself but to shine a light on Riding To The Top, equine assisted activities and therapies and the health and wellness of people in our community." Gary Plummer, former State Representative and State Senator, and a current RTT Board member noted that this was a very rare and special recognition – and well deserved, "The first time I met Sarah it was very obvious to me that she was a "go-getter" and a very special person."

In April, Sarah Bronson, was awarded the 2019 Region 1 PATH Intl. Credentialed Professional of the Year, which automatically enters her to be considered for PATH Intl.'s larger international award where all regional and international winners compete. The winner will be announced at PATH Intl.'s Annual Conference in Denver, CO this November.



Proclamation



Left to Right,
Representative Patrick Corey, Senator Bill Diamond, Paxton, Sarah Bronson, Representative Mark Bryant

Association

Ride Safely - ECTRA

by: Louise Lester

There are probably as many reasons that we competitive trail riders ride our horses at ECTRA events as there are riders. However, one of them for all of us is to enjoy the day and get home safely with a healthy horse. It's a fact that riders and horses have to be conditioned appropriately to end the day well whether we are in the top 10 or not.

One of the "wild cards" involved with this end result is what happens on trail beyond our personal control. What happens between the start of the ride, and the end of it, is dependent on what happens around us, whether it be from the trail itself, the people, animals, the vehicles we encounter, or the weather.

The one part of this that can be controlled is the people. If we conduct ourselves and our horses in a meaningful way we can hopefully avoid accidents and incidents during a ride. Trail etiquette is what we all should be using so that we and our fellow competitors stay safe and healthy. Those little things we can do to help each other are beneficial to everyone. I guess I'll resort to the "Golden Rule" and just say that if you would not want someone to influence your ride in some way then you should not do it to them.

There have been many times when people have been kind to me like waiting until I'm mounted, waiting until my horse has gotten his fill at a water tank, giving me a lead over a scary obstacle which my horse didn't like, taking the time to make sure I was OK after I'd fallen off, and many more examples. Likewise there have been times I could have strangled someone for disregarding my situation and not helping me. I realize that people get "race brain" and their horses do too at times, but everyone should be aware of their influence on others.

My safety suggestion: Keep your attention to what you are doing and not day dream your way down the trail. Be helpful if you can and communicate with the riders around you what your intentions are.

NHHC News--

Ashuelot Rail Trail Plan Update

Ashuelot Rail Trail Plan....Now posted on the SWRPC website is material gathered from public input and other contents for the Plan. I would suggest looking at all, but please look at the Maps, Trails Condition, etc.

Each of these items is available now at the project website:
<http://www.swrpc.org/plan-for-ashuelot-rail-trail>

After reading the material below, please let NHHC know if you have any comments to bring to the table.

Members of Monadnock Happy Trails Assoc. (MHTA) and NHHC are seated on the Advisory Committee. We are looking for anyone from the equine community to become club members and want to volunteer to attend meetings and familiarize themselves with a specific local project.

We need a bigger local pool to draw from for local plans, so we can work around work schedules and be visible at meetings.

Please contact:
nhhctrails@aol.com

Laura, an MHTA & NHHC member wants to make you aware of a Swanzy Project for the Rail Trail that will include improving the trail for better access. This will be paid for primarily through a grant which comes from the Transportation Alternatives Program and \$150,000 will be from local contribution.

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Prime Time Riders - July

by: Joan Sam Morrison

Although a small turnout for the July meet, the members learned more about communicating with their horse, and had a fun time.

Members rode either two Western Dressage tests, or 2 USDF dressage tests. They were scored and received constructive comments.

They then rode through a Pas de Deux ride performing and perfecting various gymnastic movements and designs. They learned to control their horse's pace, gait and shapes of figures.

Finally they played a game. It is similar to the egg and spoon contest, but this time balancing a tennis ball on a racket, as they rode around obstacles.

We look forward to a presentation of the Harmony Horsemanship, with Asa Woodman, in October.

Asa has trained with Lindsey Partridge of Canada.

This will be followed by a presentation of Equine Sport Therapy, in November, with Joanne Wilson, of the Wilson-Meagher sports massage method.

New members are always welcome!

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Balanced Hooves for Balanced Horses: Conformation and Trimming

by: Dr. Alexandra Carlson

Plough horse, performance horse or pasture ornament, no matter the role your horse plays they all depend on the people in their life to pay attention to their wellbeing. The age old adage of "no hoof, no horse" says it best in describing the importance of the equine foot in keeping your horse up and going. Although multiple ideologies exist for how to care for feet, one thing that can be agreed on is without proper care and attention hooves go out of balance, resulting in an unbalanced horse. The following information is intended to highlight the role of hoof biomechanics in disease and lameness as well as provide descriptions of available options in addressing conditions of the hoof.

Hoof evaluation starts with simple observation. How a hoof looks – the shape, firmness, grooves – tells a lot about the environment a horse has been in and stresses they have overcome. Like the rings of a tree revealing its age, the grooves on your horse's hooves reflect an event or change in your horse's life that occurred at the time the groove was formed. Often referred to as fever rings, the grooves result from decreased blood supply or nutrition as a result of environmental stress, diet change or systemic inflammation/illness. Grooves apparent on only one or two hooves are indicative of stressors limited to the specific hoof, such as a laminitic episode.

Evaluation continues with the angle of the hoof wall and the coronary band. The common rule of thumb is for the angle of the hoof to match that of the pastern when your horse stands square. Specific recommended measurements for the degree of the angle range from 50 to 55 degrees dependent on front versus hind feet and on your horse's breed. Hooves angled more upright/club foot or acutely angled (long-toe-low-heel) create strain on the soft tissue structures and predispose horses to injury. However, determining the ideal angle for your horse relies on taking into account the overall conformation and level of work expected.

A horse with an upright hoof tends to grow more heel than toe. Clubfoot specifically involves a component of congenital or developmental flexural deformity resulting in increased heel growth compared to toe. Depending on the severity of a clubfoot, conservative management of hoof trimming aimed at lowering the heels may be insufficient. Correction of flexural deformities in immature horses involves the use of heel or toe wedges to adjust the alignment of the bones and stretch out the deep digital flexor tendon. Addressing clubfoot in adult horses relies heavily on therapeutic farriery aimed at promoting weight bearing on the entire solar (bottom) surface and hoof wall. The more severe cases benefit from radiographic guidance to help determine how much the heels can be lowered and the need to help compensate for the shortened tendon structures by wedging up the heels with or without additional pad support. Whether the hoof is just a little more upright or clubfoot from a flexural deformity, horses with a higher heel benefit from more frequent trims (4 week schedule).

In contrast to the upright hoof is one with more of an acute angle often termed long-toe-low heel. In some disciplines focused on speed, the long-toe-low-heel conformation has been believed to increase stride length and theoretically improve speed. However, this conformation places increased strain on the flexor tendons and predisposes horses to soft tissue injuries, laminitis and navicular syndrome. During normal hoof placement, the hoof should land flat or slightly heel first to absorb the initial shock through the caudal (back) soft tissue structures. Long-toe-low-heel horses have a greater tendency to land toe-first. The difference in placement may be directly related to the conformation or due to anticipation of heel pain associated with the conformation. In either case, the toe-first placement results in increased strain on the heel and soft tissue structures with an abrupt strain on the flexor tendon in particular. Over time the increased strain predisposes long-toe-low-heel horses to further heel pain, increased damage to the navicular bone, pain in the deep digital flexor tendon and potential development of suspensory ligament desmitis.

In addition to the strain placed on the tendons, ligaments and bones, the long-toe-low-heel horse must overcome a longer breakover point when lifting their hoof off the ground. Breakover is the last weight-bearing aspect of the hoof to leave the ground. A long-toe increases breakover and prolongs the time the hoof remains on the ground. In the case of forefeet, this predisposes horses to interference from the hind limb and may result in increased frequency of throwing front shoes. Long-toe-low-heel in the hind feet places strain not only on the distal (lower) limb but also the muscles higher up, contributing to back and hindquarter pain. Corrective trimming, with or without shoeing, aimed at reducing the toe, setting the breakover point closer to the center of rotation and bringing the heels back (as often times they are "underrun"), reduces the strain on the flexor tendons and sets the hoof up for a cleaner take-off.

Routine radiographs (x-rays) are not only helpful to diagnose a disease state, but also beneficial for routine trimming and shoeing. While evaluation of the external hoof can be informative, the interior does not always match the exterior. The most accurate measurements for hoof balance come from radiographs taken prior to trimming. Lateral radiographs (images taken from the side), provide information on the position of the coffin bone within the hoof and the alignment of the bone with those above it. Ideally, the solar margin (bottom aspect of the coffin bone) should be 2-10 degrees to the ground. A negative angle places increased stress on the deep digital flexor tendon and navicular bone. And increased angle places increased stress on the tip of the coffin bone and the structures that attach it to the hoof. Knowing the internal structures provides a more accurate guide for trimming the external structures. Additionally, the lateral radiograph provides farriers with how much sole they have to work

with. A horse with too little sole is often quick to become foot sore and should be trimmed more conservatively.

Dorsal radiographs (images taken from the front of the hoof) help determine the presence or extent of a medial/lateral (side to side) imbalance. Medial/lateral imbalances place increased strain on one side of the limb over the other, increasing the risk of injury to ligaments (such as the suspensory branches). It is not uncommon for one side of the hoof to grow more than the other. Usually the result is the presence of flares on the faster growing side. As long as the imbalance is solely related to hoof growth, it can be managed with routine trimming. Dorsal radiographs help to determine if there is a component of conformational imbalance by evaluating the joint spaces. Asymmetry of the joint spaces suggest the imbalance is related to conformation. As with clubfoot, just trimming off the area of more growth can lead to increased risk of injury due to the change in weight bearing surface. Conformational imbalances should be addressed based on the individual hoof and the factors contributing to the imbalance.

Radiographs taken at every trimming, while ideal, would be impractical. The external evaluation of a horse's hoof goes a long way in guiding a farrier's trim. However, taking survey radiographs of a new horse, changing from barefoot to shoes or vice versa, or changing the environment in which your horse lives can greatly benefit your horse by providing your veterinarian and farrier with the most accurate information to work with. While the clinical picture of the horse is the most important factor in decision making, the additional information gleaned from radiographs can go a long way in guiding the direction of trimming and shoeing.

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Association

CMDA Dressage Schooling Show and Two-Phase Sat. August 3, 2019

Judge: Patti Swan

INTRODUCTORY LEVEL - TEST A

69.38% 1st Isar Sarah Sweet
67.50% 2nd Fionna Nicole Shipp
65.94% 3rd Hot N I Know It Patricia Varnum

INTRODUCTORY LEVEL - TEST B

68.44% 1st Isar Sarah Sweet
67.50% 2nd Hot N I Know It Patricia Varnum
65.63% 3rd Life of Reilly Alyssa Vieira

65.00% 4th Fionna Nicole Shipp

INTRODUCTORY LEVEL - TEST C

71.50% 1st What's The Reason Joanne Spiers
69.50% 2nd Hot N I Know It Patricia Varnum
66.75% 3rd Echo Tillia Meinersmann
66.25% 4th Life of Reilly Alyssa Vieira
65.25% 5th Otis Annie Burke

TRAINING LEVEL - TEST 1

72.69% 1st DaVinci Wadean Chadwick
71.73% 2nd Oz Ruby Slippers Elia Boulette
70.96% 3rd What's The Reason Joanne Spiers
70.38% 4th Zantastic Two Eyes Danya Cummings

66.15% 5th Otis Annie Burke

62.50% 6th Lets Go Impressum Linda Hitchborn

TRAINING LEVEL - TEST 2

73.62% 1st DaVinci Wadean Chadwick
71.21% 2nd Zantastic Two Eyes Danya Cummings

64.14% 3rd Lets Go Impressum Linda Hitchborn

BEGINNER NOVICE (USEA BN TEST A)

29.44 1st Otis Sophia Miller
33.06 2nd L'Grand Dancer Ava Sprowl
33.33 3rd Cajun Way Abby Gardner

ADVANCED ELEMENTARY

(USEA BN TEST A)

29.72 HC Power Punch Michelle Morgan

ELEMENTARY LEVEL (USDF INTRO TEST C)

29.25 1st Nachu Peakin Xavier Cummings

35.75 2nd Jimmy Neutron Danielle Moody

INTRODUCTORY LEVEL (USDF INTRO TEST B)

26.87 1st Who's Your Pony Sarah Varney

29.69 2nd Echo Tillia Meinersmann

32.81 3rd Oz Ruby Slippers Alexandria Moody

TRAINING LEVEL - TEST 3

66.03% 1st Oz Ruby Slippers Elia Boulette

65.00% 2nd Nachu Peakin Xavier Cummings

61.03% 3rd Pippin d'Esprit Rachael Thompson

FIRST LEVEL - TEST 1

63.62% 1st Sherman Phoebe Keliher

FIRST LEVEL - TEST 2

65.57% 1st Kennebec Avery Nina Roth-Wells

64.71% 2nd Sherman Phoebe Keliher

FIRST LEVEL - TEST 3

67.22% 1st Dandyllion Erin Luck

61.11% 2nd Kennebec Avery Nina Roth-Wells

INTERMEDIATE A

73.82% 1st View From Katahdin Nicole Pollock

SECOND LEVEL TEST 1

70.00% 1st Scooby Doo Phoebe Keliher

66.35% 2nd Dynastie Carol Poulin-Taylor

63.65% 3rd Dandyllion Erin Luck

61.49% 4th Ocatvius Ann Grenier

SECOND LEVEL TEST 2

66.95% 1st Dynastie Carol Poulin-Taylor

SECOND LEVEL TEST 3

67.50% 1st Scooby Doo Phoebe Keliher

THIRD LEVEL - TEST 1

68.78% 1st Cracker Jax Phoebe Keliher

Infinity 2-Phase & Dressage Show MeCTA Show Results

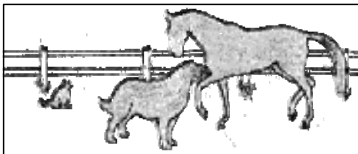
Name	Horse	Dressage	Stadium	Final
<u>Advanced Elementary Senior</u>				
1. Beth Ruksznis	Staurolite	26.39	8pts	24.39
<u>Elementary Senior</u>				
E. Madison Bangs	Chasse Leap	36.50	Elim	Elim
Elementary Junior				
1. Rebecca Thomas	Kazoozles	31.50	0pts	31.50
2. Trinity McCabe	Rustic Remedy	37.00	0pts	37.00
<u>Introductory Senior</u>				
1. Angie Clukey	Shagraan	34.06	0pts	34.06
2. Nicole Schobel	Sunchaser	37.50	0pts	37.50
3. Hannah Rothlauf	Happily Ever After	38.13	0pts	38.13
<u>Introductory Junior</u>				
1. Rebecca Thomas	Al Capony	30.94	0pts	30.94
2. Reece McCarty	YOLO	39.38	0pts	39.38
3. Caleb Schobel	Punkin Spice	39.69	0pts	39.69
4. Caleb Schobel	Mystery	43.13	8pts	51.13
E Mazie Peach	Unique Streak	37.81	Elim	Elim

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Contributor

Riding for a Cause

by: Airal Doubleday

It is better to give than to receive. Giving helps us increase our social connections, and makes us view our resources differently. However, it also makes us happy, and creates lasting relationships. Equine lovers are no exception. In fact, horse lovers tend to be both generous and empathetic.

At The Horse's Maine and NH, fall is a favorite riding season. If you are looking for a way to enjoy cooler temperatures and meet other horse lovers, adding a charitable component is the trifecta of fabulous.

Almost everyone knows of a warrior, a family member or friend, who has been affected by cancer.

September 7-8, 2019- Apple Hill Stables, LLC is hosting a professional RODEO in Levant, Maine. The Northern Light Champion the Cure Challenge is shaping up to be an unforgettable event. Enjoy music, food, drinks and lots of unscripted pro rodeo riding. This charity rodeo includes bareback bronc riding, saddle bronc riding, bull riding, calf roping, team roping, steer wrestling, and plenty of barrel racing. You'll enjoy an exciting event, and help cancer patients fight for a cure. Applehillstablesllc.com

On October 5, 2019-Esprit Equestrian Center invites you to their CMDA KUR FOR THE CURE. The event is to benefit

The Dempsey Center, whose mission is to make life better for people managing cancer. Patrick Dempsey (yes, McDreamy on Grey's Anatomy) founded The Dempsey Center in Lewiston, Maine in 2008. It was Dempsey's goal to give back to the community where he grew up. Since 2009 Dempsey has returned to Maine in the fall, often participating in various fundraising events. Whether you are new to the world of Dressage, or a season competitor, the Central Maine Dressage Association is a trusted resource. You can visit them at the event or on Facebook (Central Maine Dressage Assoc). To sign up for the KUR email:espirtec@aol.com. We cannot guarantee you meet Patrick Dempsey, but we can't guarantee you won't either.

October 12, 2019-Northern Light Health Foundation. Are you ready for a challenge? You can select from either a 5 or 10 mile trail ride to raise money for local cancer research. Bring your horse and smile knowing that you are supporting a great cause. Participants can ride independently or as part of a team. There are also sponsorship opportunities. Ctcchallenge.org. 99 White Road, Corinna, Maine.

Perhaps the path to curing cancer is paved with hoof prints. Until then, may our generosity and love of all things Equine offer inspiration and comfort to others.



Photo Credit:

Daniel Murphy Photography

SELL, SHOWCASE AND SHARE at EQUINE AFFAIRE:

Reserve your sale and exhibit stalls today!

LONDON, OH, August 8, 2019 – At Equine Affaire, you never know what you might find to bring home with you, from souvenirs to tack to a horse of your very own. In addition to offering the east coast's largest horse-related trade show, Equine Affaire provides stalls and exhibits to showcase equine businesses and facilities, adoptable horses and horses for sale. On November 7-10, 2019, bring your own sale horses or come prepared to shop for your dream horse during Equine Affaire at the Eastern States Exposition in West Springfield, Massachusetts.

With tens of thousands of horse people in attendance, there's no better place or opportunity to sell your horse than Equine Affaire. For \$150, rent your own 10 x 10 inline stall in C-Barn to exhibit your sale horse. Each sale stall rental includes a "for sale" sign to post on the stall, a free listing on equineaffaire.com before the event, and two 4-day adult tickets (\$100 value!). Tack stalls are also available for \$100 each. Prospective sellers must commit to exhibiting at least two days of the event, but if your horse is sold early, another horse may be substituted. Potential buyers, aged 19 and over, may test ride at the event with the proper releases.

If you don't have a horse for sale, showcase your breeding farm, horseback riding facility or other equine business with a Horse & Farm stall. Horse & Farm stalls cost \$150 for one 10 x 10 in line stall in C-barn, \$175 for an end stall on the outer aisle of the barn or \$200 for an end stall on the main center aisle of the barn. Horse & Farm exhibitors should commit to exhibiting for at least three days. Each Horse & Farm stall rental includes a one-line listing of the stall number, farm name, horse breed and phone number (or website) before the event on equineaffaire.com and at the event in the official event program. To secure your listings, the Equine Affaire office must receive all applications and payment by 9/15. Stall rentals also include two 4-day adult tickets, and tack stalls are available for \$100 each. If you're interested

in representing your breed at Equine Affaire, ask the Equine Affaire office how you can get involved with the Breed Pavilion!

The Horse & Farm exhibits at Equine Affaire are also home to the Adoption Affaire, a new event this year featuring adoptable horses. Rescues, bring your healthy, trained adoptable horses of any age, breed and background to Equine Affaire, and help them find their forever homes. Adopters may apply to adopt on the spot.

For stall rentals, questions and other inquiries, contact Karin Brennan by phone at (740) 845-0085 ext. 112 or email kbrennan@equineaffaire.com. Find additional event details, schedules and a whole lot more online at equineaffaire.com.

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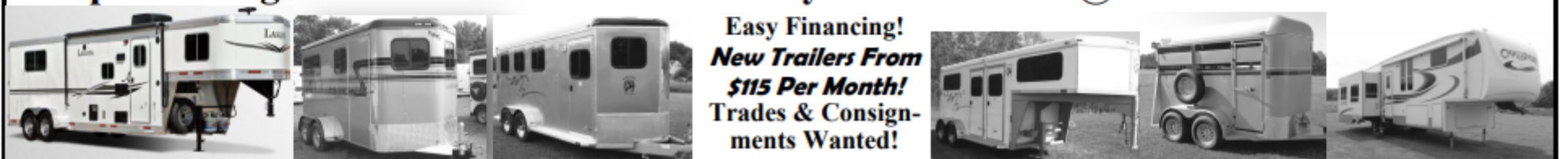
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MHA News, Notes, and Nickers

"Scenes from 2019 MeHJA Summer Classic, photos courtesy of: Pic-Chick"

by: by Dollie Hutchins, MHA Administrator

With an extremely busy May and June pleasure show schedule, the MHA pleasure circuit took a bit of a break with only one offering during July, the Ossipee Valley Fair Show on July 14th. This year's



show ring sported a brand new surface. Like previous MHA shows, this show had exhibitors new to showing as well as new combinations 'testing the waters'. The Way You Move and Jessica Paquette won the MHA Medallion Pleasure and MHA Western Pleasure classes. Hanah Couture was busy showing her own Radical Diamond to the second in MHA Pleasure Western and also showed Anne Kozloff's Sweet Talkin Elle. Elle topped the MHA English Pleasure class. No one was any happier than Kelsey King (other than maybe her mom) as she won the Open Halter Horse and Pony Championship with her mini, Jingles.

On the hunter circuit, this year's edition of the Maine Hunter Jumper Summer Classic was held Sunday, July 7, at the Hollis Equestrian Park. With the weather not quite as hot as it had been, there was a very good turnout and lots of competition in many well-filled divisions. Entries from the Hoffman's Living Wells Farm took the top two spots in Hunter Pleasure Horse with the blue going home with Eagle shown by Jennifer Pickering and the red going to Luke with Krista Odess in the saddle. The Lead Liners are always adorable. Maybe She's Born With It and Kyla Bartlett won the Lead Line Pleasure class while Chloe Cole aboard Kozette won the Lead Line Equitation.

Moving on to slightly older exhibitors, stablemates Malina Hoffman and Selena Sola swapped the top ribbons in



the Walk-Trot classes. The equitation blue belonged to Malina riding Charlie while Selina's new mount Blue won the pleasure class. With double digit entries and three different mounts winning a class in the division, the Easy Does It competition was wide open. The winner of the Stake class, Slow Motion shown by Hailey Mariano emerged as the Show Champion by winning the stake and pinning third in the qualifier. The Reserve Championship belonged to Cruiser shown by Hannah Normand for

Lucky Clover Stables with her seconds in the under saddle and stake classes plus a sixth in the first over fences class. Under the direction of Sarah Shraiberg Lily and Morgan Frey won the first over fences class. Hat Trick and Katarina Hoffman from Living Wells Farm topped the under saddle class.

The Schooling Hunter Division was another very well-filled division. This time, Kate Austin aboard Rebecca Chernin's Silhouette dominated with wins under saddle and in the stake plus a second in the first over fences class to be named Champions. From High Standard Stable, Courtney Guertin and Jamila showed great consistency to earn the Reserve Championship with thirds in both over fences classes and a second under saddle. From Avalon Meadows, Lily with Morgan Frey aboard picked up the blue in the first over fences class.

A new and unique feature of the MeHJA Summer Classic was holding the 2'3" Hunter Derby on HEP's outside hunter course. When I showed hunters in the late 1960s into the early 1970s, the show hunter courses were in a natural field and featured jumps and terrain more like the



cross country fences of today – a real stone wall, ditch, a coop jump, a snake fence, wagon axle, poles lashed between trees, logs and so forth. HEP's is in a similar vein and added lots of interest to the two-phase competition. Kayla Lovejoy's pony, Christmas, won the the class with Captain Morgan piloted by Anna Smith coming in second for Anne Kozloff. Third was the Thoroughbred, Appealing Promise and Julia House while fourth belonged to another Thoroughbred, Artesania and her human, Samantha Beckwith. Jessie Schnell and Shake Me Like a Monkey were fifth with Kaitlynn Pouliot and her new partner Dream Girl pinning sixth.



By the time this article is read, Kane Country's Seacoast Classic and Acton Fair will have closed out the 2019 MHA

hunter circuit. Pleasure show folks will have enjoyed the Maine Morgan Breeders' Cup Benefit, the Pine Tree Sizzler, the Highview Shows and will have finished the year with the ASAM Spectacular in Deerfield. I'll be scurrying to finish scoring, recording and publishing points.

MHA wishes all its members competing in the Downeast Medal Finals, the NEHC Equitation Finals, the Morgan Grand National Finals (and any other Finals I've missed) to have great rides, meet your personal goals and enjoy the moment.

Association

Is your group listed in the paper?

If not, send an email to editor@horsesmaineandnh.com and we will include it.

And PLEASE check your listing.

If you see anything that needs changing or updating, let us know.

We want to keep your listing as up-to-date as possible!



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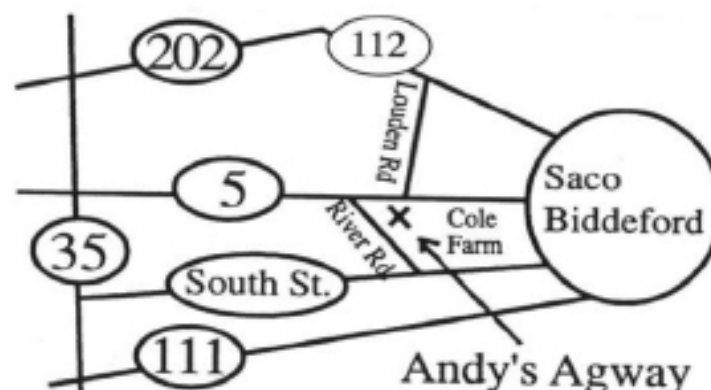
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Local Stable News

August Riverview Farm Update

by: Jojean Keller

Ground work lessons continue with actual horses now! We are having a great time enhancing our lunge line skills and increasing our horses' responsiveness! We've had a couple of Drill Team practices. It's great to see their quick process in learning patterns and working as a team with another horse and rider. The series of practices will culminate in a presentation toward the end of August with special music and colorful attire. (photos Drill 1-4)



We've also had a clinic with Kelly O'Brien of Thunder K Enterprises. We had an interesting and productive morning session with groundwork in bridles, learning several different techniques to enhance our horses' abilities to collect on the ground that prepared us for afternoon work on horseback.



We are beginning our evening social rides, geared for our older riders. It's a great chance to interact on horseback and practice our skills in a relaxed environment.

Of course, the horses are enjoying the long, warm days and, of course, the hay!

Healing Hearts Update



We are pleased to report that our special Maverick has found a forever home with Karen Swasey Jones. He will remain right at Riverview Farm where he can continue to interact with his special herd. He loves being around people. Karen is happy to give him all the attention he wants!



September Riverview Farm Update

by: Jojean Keller

It's been another busy month at Riverview Farm, although the hot weather has been a consistent challenge!

We've had a summer horse camp with a great group of riders, who have participated in the care and feeding of the horses and the cleanup detail as well. They've also enjoyed tie-dyeing, crafts and fun interactions with other horse lovers.



Riders of all ages are happily participating in lessons on their favorite horses. Lessons are keeping our 4 knowledgeable and enthusiastic trainers very busy!

Two of our riders participated in the Topsham Fair 4H Horse Show. Jordyn Maloy and Alexis Marie and their horses, Peppy and Suti had a successful show. Peppy was exceptional carrying the flag in Jordyn's Horse Handedness class. (Photos Alexis and Jordyn)



It's almost time for the Riverview Farm Open House held the end of August! The fence painting crew is busy making sure the fences are stunningly white. Plans are underway for food sales, vendors and activities such as face painting and pony rides. In addition, the Drill Team has been practicing weekly for its demonstration at the Open House. (Drill 1 - 3 Photos).



Hope you're having an equally fun and busy August!



Did you forget to add an event to the 2019 calendar?

***Is your group planning their
2020 calendar?***

Send us your dates!

***The Horse's Maine & NH* is STILL the best way
to reach the
Maine and NH
equestrian communities.**

Email entries to editor@horsesmaineandnh.com.
Include the date, type of show/event, location (city/state/stable),
one contact number, and one email address.



Shelby Gammon and Dually, Emma-Leigha Sweetser and Peppy, Toni Vailincourt, Charlie Vailincourt, Sarah Arsenault and Bentley, Emma Vining and Gunner, Mia Willingham and Waylon, Aiden Obert and Dash, Shaynah Seames and Zeus, Grace Willingham and Dallas, Carianne Croaket and Layla, Mindy Sweetser and Apollo, Tess Ryan, Aislyn Obert and Gabe, Roxanne Vining and Picasso

The first weekend in August is always an exciting time in Andover, Maine. It is Old Home Days weekend. Of the many exciting activities that happen in our small town,

Ellis River Riders doesn't disappoint. They participated in the parade on Saturday morning, and had a double game show too. The first game show took place Saturday night under the lights, followed by a day game show on Sunday.

We were so happy to have so many youth riders participate in the weekend festivities. Many were 4H members that came to play, and had so much fun, decided to become members!

If you missed out, don't dismay! We have plenty of fall events planned including a game show on September 1st, open show September 14th, and our annual Cowboy Cookout trail ride on September 15th. In October we have our 5th and final Versatility Trail Challenge on the 5th, Fun Show on the 12th, and Halloween Trail Ride on the 20th.

Check out our Facebook page and click the "Events" tab for more information, or just browse our page and enjoy our posts and photos!



Aidan Obert on Dash, Aislyn Obert on Gabe, Paige Gammon on Dually, Kathi Kyes on Lena, Christina French, Roxanne Vining, Matthew Vining, Rylie Fori, Spencer Vining, Emma Vining, and Jailinn Fortin



Mary Thacker Leading
Hannah Thacker on Minnie



Lexi Arsenault and Zeus

H2O Benefits for Human & Equine

By Horses Maine & NH Staff

We all know how important it is to drink-water considering our bodies are 60% water. Water consumption improves our physical performance, improve energy levels and brain function, prevent headaches, relieve

constipation, help treat kidney stones and prevent hangovers. But, it's equally as important for your horse to have fresh, clean water on a regular basis. The average horse will intake 5 to 10 gallons of fresh water per day. Just like humans, different horses crave or need different water amount intakes. A horse deprived of feed but supplied with drinking water is capable of surviving 20-25 days.

Horse Needs?

Water is necessary to avoid colic, dehydration and death. Clean fresh water is a necessity so cleaning buckets and water tubs is important. Slim and algae buildup needs to be removed

on a regular basis and fresh clean water used. It's important not to keep adding to the bucket hanging on the wall but empty the bucket and refill.

Consumption is a concern:

Providing water to a horse is a necessity but you can't force them to actually drink they will only do what they have decided to do. Intake by a horse is an immense concern and could be the early signs of an onset of colic impaction, dehydration and other life-threatening ailments.

Consumption per day:

A horse deprived of water may only live up to 3 to 6 days. The average horse drinks 5-10 gallons per day. Larger horses vs. a pony will consume less. Diet will also affect their drinking pattern. Horses grazing on green pasture will drink less water than those faced with a pile of hay.

Working Horses need more:

Working horses may require more than their sedentary field companions, especially if they sweat.





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CALENDAR OF EVENTS

SEPTEMBER 2019

1	Dressage Show	Life's A Ride Dressage Schooling Show in Saco, ME, SMDA affiliated, contact Cassi at 207-890-2606 or cassandrajmartin@yahoo.com
1	Gymkhana	Gymkhana, 9am at Ellis River Riders, Andover, ME. Contact Jessi Fortin, shows@ellisriverriders.com
1	Gymkhana	Gymkhana located at Oakrise Farm in Goffstown, NH. 603-391-5326 or email secretary@oakrisefarm.com
6-10	Clinic	Clinic and individual sessions with Bryan and Luke Neubert at Piper Ridge Farm, ME, contact 207-793-4101
7	Mounted Meet	Primtime Riders mounted meet at Welcome Home Farm, Greene, ME, contact wlcmlive.com or jretelle@bates.edu
7-8	Clinic	Connecting With Horses Clinic at Totavi Equine Center in Portsmouth, NH. Contact Danna-Lea at 207-475-6550
7-8	Charity Rodeo	Purchase tickets online, at Gass Horse Supply, or Apple Hill Stables office, roder at Apple Hill Stables, Levant, ME, contact info@applehillstablesllc.com
7-8	Rodeo	7-8 Rodeo International Professional Rodeo Charity to support the Northern Light Champion the Cure Challenge. Music, food, drinks, Ticket information contact info@applehillstablesllc.com or Gass horse supply located in Orono, Me. Or Apple Hill Stables 207-745-2542
8	Horse Show	Tri-County Horsemen open show, Union Fairgrounds in Union, ME, contact Marilyn at 207-594-4039 or marilynsmith@roadrunner.com
8	Dressage Show	Scarlet Day Farm Dressage Schooling show, Gray ME, SMDA affiliated, contact Alicia at apeterstorrey@gmail.com or 207-322-6256
8	Horse Show	Cheshire Fair Horse Show Series located at Cheshire Fairgrounds in Swanzey, NH. For information and questions contact judy@cheshirehorse.com.
8	Dressage Show	Dressage Show located at Oakrise Farm in Goffstown, NH offers USDF, USEA classes and Western Dressage. Contact 603-391-5326 or secretary@oakrisefarm.com
12-18	Drive-Ride	Shelburne Farms Drive/Meach Cove Drive-Ride, located in Shelburne, VT. Sponsored by GSCAn. Contact Jean Harvey 603-667-1880 or jeanharvey@SaltAccounting.com Pre-Registration required.
13-15	Hunter/Jumper Show	Downeast Medal Finals at Skowhegan Fairgrounds in Skowhegan, ME, Warm-up day Sept 12, contact Ginger Albert at ginger@downeastmedalfinals.com
14	Driving Derby	Maine Driving Club, Derby at Spurwink Farm in Cape Elizabeth, ME, contact Barbara at bechadwick1@gmail.com
14	Open Show	Open Show at Ellis River Riders, Andover, ME. Contact Jessi Fortin, shows@ellisriverriders.com

15	Dressage Show	SMDA Dressage Schooling Show at Hollis Equestrian Park, Hollis ME, judge Laura Mitchell, contact Maggie Roy at 207-400-4629 or maggie.s.roy@gmail.com
15	Open Equitation Show	Waldo County Riding & Driving Club, fifty-six classes plus six championship \$ classes. New show bill includes several minis classes! 190 Lincolnville Ave, Belfast, ME. Judge Cohne Goodwin. Contact wcrdc@yahoo.com
15	SRC Trail Ride	Sebastcook Riding Club trail ride at 10:00am and potluck lunch in Fairfield, ME. Contact Pat McCollor at patmcc1@gmail.com or 207-872-5301
15	Dressage Show	Esprit Equestrian Center Dressage Schooling Show and 2-Phase, Esprit Equestrian Center, Durham, ME; Intro thru FEI, Western Dressage, Intro thru Prelim Combined Divisions. Secretary Elizabeth Owens, lautrecslizbeth@gmail.com, 207-504-1232
15	Open Show	Open Show Series located at Oakrise Farm in Goffstown, NH. English and Western Divisions for Riders of all levels. 603-391-5326 or email secretary@oakrisefarm.com
15	Cowboy Cookout Ride	Lunch provided along the trail. Contact Tim Tobin for details @ 774-212-0074
21	Event Series	Event Series located at Green Acres Farm in Madbury, NH. Contact 603-978-4551 or event4fun@aol.com
21-22	Clinic	Horsemanship clinic with Olympic gold medalist Melanie Smith-Taylor located at Hemphill's Horses, Feed 7 Saddlery located in North Vassalboro, ME. For information go to Facebook or contact 207-872-7964
22	Gymkhana	Gymkhana located at Oakrise Farm in Goffstown, NH. 603-391-5326 or email secretary@oakrisefarm.com
28	Trail Challenge	Sebastcook Riding Club Trail Challenge competition with cash prizes. Judge Sarah Gilman. Contact Pat McCollor at patmcc1@gmail.com or 207-872-5301. Rt. 100 Clinton, ME
28-29	Clinic	Centered Riding/Horse Training Clinic, at Welcome Home Farm in Greene, ME, contact Sam Morrison at 207-946-5045 or wlcmlive.com
28-29	Horse Trials	UNH Fall USEA Horse Trials BN-P at UNH in Durham, NH, contact Christina Keim at christina.keim@unh.edu or 603-862-1174
29	Dressage Show	Dressage Show located at Oakrise Farm in Goffstown, NH offers USDF, USEA classes and Western Dressage. Contact 603-391-5326 or secretary@oakrisefarm.com
29	AHS Youth Show	Judge: Teresa Adkins, at Apple Hill Stables, Levant, ME, contact info@applehillstablesllc.com

OCTOBER 2019		
4-6	Clinic	Connecting With Horses Clinic at Serendipity Stables in Glenburn, ME. Contact Val at VRich1118@aol.com
5	Dressage Show	Central Maine Dressage Kur For A Cure Dressage Schooling Show, to benefit The Dempsey Center, Esprit Equestrian Center, Durham, ME; Intro thru FEI, Western Dressage; Secretary Elizabeth Owens, lautrecslizbeth@gmail.com, 207-504-1232
5	Versatility Trail Challenge	Versatility Trail Challenge, 9am at Ellis River Riders, Andover, ME. Contact Shaynah Seames, brlr97@gmail.com
5	Event Series	Event Series located at Green Acres Farm in Madbury, NH. Contact 603-978-4551 or event4fun@aol.com
5	Kur	CMDA Kur for a Cure to benefit the Dempsey Ctr. Making life better for people managing the impact of cancer located at Esprit Equestrian Ctr. Durham ME Judge Paula Foote “r”. Contact Carol Poulin Taylor at espritec@aol.com.
5-7	Competitive Trail Ride	ECTRA 10/25/30/50/80 miles, contact Linda Jack 207-739-9831, daffyjoe52@gmail.com
6	Hunter Show	MHA: 5th Annual Jump 4 A Cure Festival Class B Hunter/Jumper at Sassy Strides Equestrian, Lisbon, ME, contact Renae Samay at 207-514-6626 or nejumpersassociation@gmail.com
6	Gymkhana	Gymkhana located at Oakrise Farm in Goffstown, NH. 603-391-5326 or email secretary@oakrisefarm.com
12	Arena Driving Trial	Maine Driving Club, Arena Driving Trial at Pen-Beth Farm in Harrison, ME, contact Liz Happel or Barbara Chadwick at adt@penbethfarm.com
12	Clinic	Primetime Riders clinic with Asa Woodman - Harmony Horsemanship at Welcome Home Farm, Greene, ME, contact Sam Morrison at wlcmlhome@live.com or Julie Retells at jretelle@bates.edu
12	Fun Show	Fun Show, 9am at Ellis River Riders, Andover, ME. Contact Jessi Fortin, shows@ellisriverriders.com
12	Trail Ride	Champion the Cure Challenge Trail Ride with a 5 or 10 mile trail ride. Located in Corinna Maine, Sponsored by the northern Light Eastern Maine medical Center. To register today go to ctchallenge.org.
13	Trail Outing	Seavey Memorial/Water Works Outing located in Auburn, NH sponsored by Granite State Carriage Association. Contact Eric & Linda Wilking 603-731-0513 or eewls@gmail.com
13	Open Show	Open Show Series located at Oakrise Farm in Goffstown, NH, English and Western Divisions for Riders of all levels. 603-391-5326 or email secretary@oakrisefarm.com
19	Jumper Show	UNH Schooling Jumper Show Ground Poles-3'3" at UNH in Durham, NH, contact Christina Keim at christina.keim@unh.edu or 603-862-1174
19	12th Annual Tripple B	Boots, Band and BBQ for more information contact: Riding to the Top Therapeutic Riding Center, Windham, ME @ 207-892-2813
19-20	Clinic	Centered Riding/Horse Training Clinic, at Welcome Home Farm in Greene, ME, contact Sam Morrison at 207-946-5045 or wlcmlhome@live.com
20	Dressage Show	Life's A Ride Dressage Schooling Show in Saco, ME, SMDA affiliated, contact Cassi at 207-890-2606 or cassandrajmartin@yahoo.com
20	Trail Outing	Branch Hill Farm Day Outing, located in Milton Mills, NH sponsored by Granite State Carriage Association. Contact Cindy Schlener 978-928-9906 or cindy.schlener@charter.net
20	Halloween Trail Ride	Following the ride will be serving lunch and the a costume class. Please contact Tim Tobins for details @ 774-212-0074
27	Awards Banquet	Seabasticook Riding Club awards banquet with prizes, raffles, pot luck dinner. Pace Hall in Skowhegan, ME. Contact Pat McCollor at pmcc1@gmail.com or 207-872-5301

NOVEMBER 2019

16-17	Clinic	Centered Riding/Horse Training Clinic, at Welcome Home Farm in Greene, ME, contact Sam Morrison at 207-946-5045 or wlcmlhome@live.com
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DECEMBER 2019

7	Jumper Show	UNH Schooling Jumper Show Ground Poles-3'3" at UNH in Durham, NH, contact Christina Keim at christina.keim@unh.edu or 603-862-1174
15	Annual Gathering	Primetime Riders Christmas Gathering at Welcome Home Farm, Greene, ME, contact Sam Morrison at wlcmlhome@live.com or Julie Retells at jretelle@bates.edu

Association

CMDA Show Results

Judge: Patti Swan

CMDA Dressage Schooling Show and Two-Phase
Saturday, August 3, 2019
Judge: Patti Swan

INTRODUCTORY LEVEL - TEST A
69.38% 1st Isar Sarah Sweet
67.50% 2nd Fionna Nicole Shipp
65.94% 3rd Hot N I Know It Patricia Varnum
INTRODUCTORY LEVEL - TEST B
68.44% 1st Isar Sarah Sweet
67.50% 2nd Hot N I Know It Patricia Varnum
65.63% 3rd Life of Reilly Alyssa Vieira
65.00% 4th Fionna Nicole Shipp
INTRODUCTORY LEVEL - TEST C
71.50% 1st What's The Reason Joanne Spiers
69.50% 2nd Hot N I Know It Patricia Varnum
66.75% 3rd Echo Tillia Meinersmann
66.25% 4th Life of Reilly Alyssa Vieira
65.25% 5th Otis Annie Burke
TRAINING LEVEL - TEST 1
72.69% 1st DaVinci Wadean Chadwick
71.73% 2nd Oz Ruby Slippers Elia Boulette
70.96% 3rd What's The Reason Joanne Spiers
70.38% 4th Zantastic Two Eyes Danya Cummings
66.15% 5th Otis Annie Burke
62.50% 6th Lets Go Impressum Linda Hitchborn
TRAINING LEVEL - TEST 2
73.62% 1st DaVinci Wadean Chadwick
71.21% 2nd Zantastic Two Eyes Danya Cummings
64.14% 3rd Lets Go Impressum Linda Hitchborn
BEGINNER NOVICE
(USEA BN TEST A)
29.44 1st Otis Sophia Miller
33.06 2nd L'Grand Dancer Ava Sprowl
33.33 3rd Cajun Way Abby Gardner
ADVANCED ELEMENTARY
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29.72 HC Power Punch Michelle

Morgan
ELEMENTARY LEVEL
(USDF INTRO TEST C)
29.25 1st Nachu Peakin Xavier Cummings
35.75 2nd Jimmy Neutron Danielle Moody
INTRODUCTORY LEVEL
(USDF INTRO TEST B)
26.87 1st Who's Your Pony Sarah Varney
29.69 2nd Echo Tilia Meinersmann
32.81 3rd Oz Ruby Slippers Alexandria Moody
TRAINING LEVEL - TEST 3
66.03% 1st Oz Ruby Slippers Elia Boulette
65.00% 2nd Nachu Peakin Xavier Cummings
61.03% 3rd Pippin d'Esprit Rachael Thompson
FIRST LEVEL - TEST 1
63.62% 1st Sherman Phoebe Keliher
FIRST LEVEL - TEST 2
65.57% 1st Kennebec Avery Nina Roth-Wells
64.71% 2nd Sherman Phoebe Keliher
FIRST LEVEL - TEST 3
67.22% 1st Dandylion Erin Luck
61.11% 2nd Kennebec Avery Nina Roth-Wells
INTERMEDIATE A
73.82% 1st View From Katahdin Nicole Pollock
SECOND LEVEL TEST 1
70.00% 1st Scooby Doo Phoebe Keliher
66.35% 2nd Dynastie Carol Poulin-Taylor
63.65% 3rd Dandylion Erin Luck
61.49% 4th Ocatvius Ann Grenier
SECOND LEVEL TEST 2
66.95% 1st Dynastie Carol Poulin-Taylor
SECOND LEVEL TEST 3
67.50% 1st Scooby Doo Phoebe Keliher
THIRD LEVEL - TEST 1
68.78% 1st Cracker Jax Phoebe Keliher

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Bridging the Gap in Veterinary Medicine

By Caitlin Daly, DVM, CVA, CVMMP

He gives me that look. You know the one I'm talking about. The I'm-having-a-really-bad-day-so-your-ride-is-going-to-be-worthless look. I questioned whether he had given it to me the other day. I shake my head, give him a scratch and decide to try to ride anyway. Nothing went as planned. He cantered in place when I wanted him to trot. Reared when I wanted him to walk. Couldn't pick up the correct lead to save his life. Why did I think this was a good idea? He hadn't really been himself lately. The goofy, silly, attention seeker was often greeting me with ears back and a tense eye. I could tell Ozzy wasn't happy.

This is where the story ends for many horse owners sharing this experience, but what if I told you there was more to the story? Alternative veterinary medicine, including acupuncture and spinal manipulation, can help bridge the gap between the limitations of conventional medicine and our goals. To help you understand how they work let me tell you about two horses: Ozzy and Guthrie.

In traditional Chinese medicine, the personality traits and behavioral tendencies of humans and animals can be partitioned into five distinct elements; fire, earth, metal, water and wood. The constitution of an individual is made up of one or two elements. Understanding a horse's constitution is important because it gives us an inside look at their temperament and motivations. It also provides insight into the injuries, illnesses or imbalances to which they may be prone. Ozzy, a 17 year old OTTB gelding is a wood constitution- he is friendly, athletic and likes to work. Ozzy hates being in the back of the pack and does best when challenged with new things. When he is unbalanced, he shows signs of anger and irritation (pawing, head shaking, etc) as we experienced during our ride. Wood horses are also more likely to experience problems with their eyes, feet, tendons and ligaments.

Imagine the flow of traffic up and down 95 at the Maine/New Hampshire line. On good days, traffic moves quickly and the ride is enjoyable. On others, you get stuck behind a herd of tourist or a car accident. Sitting in blocked traffic is uncomfortable, both mentally and physically. Energy within the body, also known as "Qi", moves in similar way to cars on the freeway. The difference being that it occurs along channels known as meridians. Blockage of Qi is called stagnation and can occur anywhere in the body resulting in pain. For example if stagnation occurs around the hip, you will notice soreness or pain in that area. If it occurs within the mind you will see behavioral signs such as anger, aggression, anxiety, or self mutilation. Illness, lameness, emotional stress, and work load can all lead to stagnation of Qi.

Ozzy and I ended our ride and returned to the barn for some acupuncture to clear the stagnation that was causing his anger. Less than 10 needles later, a softer look to his eye and some licking and chewing told me what he was unable to say with words- it was working. The next morning I was greeted by a friendly sweet face and our ride was nearly perfect.

Acupuncture works by using small, sterile needles at specific points in the body along meridians. Every acupoint has a specific function. These points are used in conjunction to return energy flow and balance within the body by clearing

stagnation. In addition to dry needling, supplemental techniques are often used to increase stimulation and prolong the effect of acupuncture. These include electroacupuncture (a small electric current run between needles), moxibustion (burning of the herb Moxa at an acupoint), and aqua-acupuncture (injection of B12 or blood at an acupoint). After their first session, most horses show a positive response- usually within 24-48 hours. New patients, or old patients with a new problem, often require 3 to 4 sessions to resolve or improve upon a particular concern. Chinese herbal formulas are tailored to treat specific conditions and act like "daily acupuncture" bringing about a faster and more beneficial response to treatment.

Some horses are painful to watch- their bodies are rigid, eyes expressing their discomfort. Guthrie was one of those horses. His nose stuck straight out, his head looked like it was on crooked and he never stood square up front or behind. Guthrie's neck and back had the flexibility of concrete and he couldn't maintain a canter lead for more than a stride of two. All his owner wanted to do was enjoy some light riding a few days per week but at 12 years old, he was barely being ridden 3-4 times per year. Guthrie was a hot mess and we needed to get to the bottom of his discomfort and immobility.

Every single joint in the body should be able to move freely. When someone says something is "stuck" or "out" what they really mean is that the joint is unable to move in a particular direction. Spastic muscles, and tight tendons, ligaments and fascia hold the joint in a restricted position. Joints above and below must increase their mobility to maintain normal function and end up being the source of pain.

Motion palpation is a gentle technique used to determine range of motion and identify areas of restriction. Adjusting horses is done by applying a high velocity, low amplitude thrust direct in the plane of the joint. This causes a relaxation of the tissues surrounding the joint restoring normal range of motion. Techniques including Tui na, myofascial release and stretching soften and lengthen these structures maximizing the full benefit of spinal manipulation. Sessions can often start 2-3 weeks apart, decreasing to every 4-5 weeks and then as needed. Horses in regular work benefit greatly from routine adjustments.

Acupuncture and spinal manipulation were introduced into Guthrie's treatment plan when the beneficial effects of our conventional medicine approach reached a plateau. Initially he was treated every 2 weeks and received 3 months of a chinese herbal formula. The frequency of his sessions was reduced over time to include monthly spinal manipulation sessions and acupuncture as needed. These days Guthrie is a changed man. He moves comfortably around at the trot and canter with his mom happily riding him 4 days a week. If you're horse is struggling, acupuncture and spinal manipulation are worth a look. They might just be the tool you need to bridge the gap between where you are now and where you want to go.



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Mail to: Andrea Valliere, 879 Narragansett Trail, Buxton, ME 04093

Primetime Riders

Subscription Year:
Feb 2019 - Jan 2020

Membership form at: <http://laurajuraska.wixsite.com/primetimeriders>
A chapter group of Old People's Riding Club (OPRC)
*Members must be at least 21-years-old to join

Membership Fees include joining PTR and OPRC
New Members: \$40 • Returning Members: \$35

Please send completed form and check made out to Primetime Riders to
Linda Veblen, 935 Dutch Neck Road, Waldoboro, ME 04572






State of Maine Dressage Association

Membership forms available at: www.mainedressage.com
Subscription Year: Jan 2019 - Dec 2019

SMDA dues (include USDF dues)
Individual: \$40 • Junior: \$38 • Family: \$45
\$10 late fee for membership renewals after Jan 1

Please send completed application and check made out to SMDA to
Cindi Spear, 25 Tarbox Lane, Buxton, ME 04093





Standardbred Pleasure Horse Organization of Maine (SPHOME)

www.sphomaine.net

Dues: Individual \$20.00 Family \$25.00
Gift: Sponsor \$25.00 Trotter \$50.00 Pace Setter \$100 Blue Ribbon \$250
Subscription Year: April 2019 - March 2020

Please make check payable to SPHO ME and send to:
Denise Metayer, 43 Rumery Road, Lyman, ME 04002

Tri-County Horsemen, Inc.

Membership Application • www.tricountyhorsemen.com
Types of Membership are Family (\$30) and Individual (\$20)

Please include name, address, phone & email
list family members & age as of 12/1/12

Make check or money order payable to:
Tri-County Horsemen, Inc.
and send to:
Rosemary Feyler, 22 Barker Lane, Union, ME 04862, rosemary.feyler@maine.edu

Subscription year:
June 2019 - May 2020




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- Email editor@horsesmaineandnh.com for detailed information.

Waldo County Riding & Driving Club

Membership Application

Type of Membership are
Family (\$30) • Individual (\$25) • Additional Adult (\$15)
www.wcrdc.org/

Please attach paper listing family members (spouse and children under 19)
Children over 18 may be added as "Additional Adults"

Send with check or money order payable to Waldo County Riding & Driving Club to:
Avis S. Winchester, Sec., P.O. Box 752, Belfast, Maine 04915
call 338-1788 or email wcrdc@yahoo.com with any questions

Subscription Year:
June 2019 - May 2020

Association

State of Maine Dressage Association Hosts: Century Club Ride!

by: Susan Pendleton

Jean Murphy-Ashton became the latest member of the United States Dressage Foundation Century Club. This exclusive club has fewer than 400 members nationwide, and State of Maine Dressage Association (SMDA) is thrilled that one of our members has achieved this status.

The Century Club was established at the Dressage Foundation in 1996, at the suggestion of the late Dr. Max Gahwyler, noted dressage judge and clinician. The purpose of the Century Club is to honor senior dressage riders and horses that are still actively riding and competing. In order to become a member of the Century Club, the ages of the rider and horse must add up to 100 or more years! The team must also ride any level dressage test and be scored by a judge.

Jean Murphy-Ashton, age 76, is from Parsonsfield, ME. She performed her Century Club ride at SMDA's August schooling show at the Hollis Equestrian Park. She rode First Level Test 2 on Brandi Raymond's horse, Gunner, age 24.

When Jean entered the ring, spectators lined up along the rail to watch her ride. We watched the pair execute a well-ridden test, then gave her a good round of applause after her final salute. The judge came into the ring to present Jean with the beautiful black and gold Century Club ribbon. Jean was presented with a bouquet of flowers and Gunner received a bunch of carrots. We all celebrated with cake during a break before the show continued.

The Century Club is a major accomplishment, and SMDA is so proud to have one of our members achieve membership. We're grateful that our Maine dressage community embraces riders of all ages from children to seniors, and that equestrian sports and dressage competition can be a lifelong passion. And to Jean and Gunner – well done!

About the Rider: Jean Murphy-Ashton, age 76, is from Parsonsfield Maine. Jean has been for 60 years, but she didn't get

her first horse until she was in her 30's. Initially she focused on competitive trail riding, including 100-mile endurance rides. She also enjoyed fox hunts and did some eventing. As is common among event riders, she found the dressage portion of the competition less exciting than the fun cross country stuff! This changes when she attended An Evening of Dressage in Vermont. Jean notes "It was awe inspiring. There was this beautiful black horse going across the diagonal in a medium trot. I knew right then that was what I wanted to do." Jean's and her regular mount, the beautiful Friesian Geartsje Fan't Reidfjild, are regular competitors at SMDA's shows. Joining the Century Club has been a long-time goal for Jean, and she's most grateful to Brandi Raymond for the use of her horse, Gunner, to make this happen.

About the Horse: Gunner is a 24-year old Quarter Horse/Arab cross owned by Brandi Raymond of Standish, ME. Brandi rode Gunner as a child, and owned him from when he was 3 years old until he was 11. She evented him the first few years up to Beginner novice level, and rode dressage competing at First Level. They competed at USDF/USEF shows including UNH and GMHA. As Brandi grew taller and her riding skills advanced, she eventually sold Gunner to someone who would benefit from his patient and steady ways. As the years passed, Brandi lost track of Gunner but she never forgot him and often wondered how he was doing. It must have been fate when she found him again at a barn in the northern part of the state. At this point, Gunner was ready for retirement and Brandi made arrangements to bring him home. She notes: "He was my pony, and taught me so much. I'm so grateful to have him back with me for his senior years." Gunner is now enjoying a relaxed life teaching beginner students, hacking out on leisurely trail rides, and spending lazy afternoons peacefully grazing.



Photo By: Robyn Cuffey

State of Maine Dressage Association August Schooling Show

by: Susan Pendleton

State of Maine Dressage Association August Schooling Show

State of Maine Dressage Association (SMDA) held a schooling show on August 11, 2019 at the Hollis Equestrian Park. After a stretch of miserably hot weather, we were lucky to have a pleasant breeze and sunshine for our show day! We had a full day of rides ranging from Introductory through Fourth Level.

Our judge was Melanie Peabody (L). Melanie is from the Portland area, and a recent graduate of the USDF L program – it was great to have her with us for the day. Our Show Secretary was Kristine Brassard, and our Show Manager was Sandra Negus. A highlight of the show as Jean Murphy-Ashton's Century Club ride (see related article). Jean, age 76, rode Brandi Raymond's horse Gunner (age 24) to successfully complete their dressage test and join this exclusive club!

High Point ribbons were awarded to:

- Introductory Level: Samantha Fairfield riding Mr. Driftbar Two (71.250%)
- Adult Amateur, Training Level and up: Claire Decker riding WM Wizard (66.379%)
- Open, Training Level and up: Robyn Cuffey riding Dmitri (67.308%)

Scores:

- USDF Intro Level Test A – Adult Amateur: 1) Samantha Fairfield/Mr. Driftbar Two/62.813%; 2) Sarah Small/Kiwi/62.813%
- USDF Intro Level Test A – Junior: 1) Ashley DiBiase/Better Be Curious/65.000%
- USDF Intro Level Test B – Adult Amateur: 1) Samantha Fairfield/Mr. Driftbar Two/71.250%; 2) Sara Small/Kiwi/61.563%
- USDF Intro Level Test B – Junior: 1) Ashley DiBiase/Better Be Curious/66.875%; 2) Sophie Norton/60.938%
- USDF Intro Level Test C – Open: 1) Robyn Cuffey/Dmitri/67.750%; 2) Elizabeth Jewell/Gabriel/65.000%
- USDF Intro Level Test C – Junior: 1) Ashley DiBiase/Better Be Curious/67.250%
- Western Dressage Intro and Basic Level – Adult Amateur: 1) Lani Wicks-Reilly/Northern Dazzle/69.318%; 2) Lisa King/64.545%; 3) Lani Wicks-Reilly/Northern Dazzle/62.778%
- USEF Training Level Test 1 – Open:

- 1) Robyn Cuffey/Dmitri/ 67.308%; 2) Elizabeth Jewell/Jakob BTF/64.423%; 3) Elizabeth Jewell/Gabriel/64.038%; 4) Michele Whitmore/Concorde's Beauty Corona/62.115%
- USEF Training Level Test 1 – Adult Amateur: 1) Paula Rae/Irish Ceili Dancer/ 65.577%; 2) Kristen Gould/Maine Lee Valencia/62.308%; 3) Caitlyn Hall/One Shot Sid/60.769%
- USEF Training Level Test 1 – Junior: 1) Maddie Watt/Twisted Van Gogh/65.192%;
- USEF Training Level Test 2 – Open: 1) Elizabeth Jewell/Jakob BTF/65.000%; 2) Katrina Scarito/Lexicon/63.448%
- USEF Training Level Test 2 – Adult Amateur: 1) Kristen Gould/Maine Lee Valencia/63.966%; 2) Cheryl Peaslee/Noahs 2 Flashy/62.241%; 2) Caitlyn Hall/One Shot Sid/62.241% 3) Paula Rae/Irish Ceili Dancer/54.138%
- USEF Training Level Test 3 – Adult Amateur: 1) Cheryl Peaslee/Noahs 2 Flashy/59.828%
- USEF Training Level Test 3 – Junior: 1) Skylar Adjutant/Rose/64.655%
- USEF First Level Test 1 – Adult Amateur: 1) Claire Decker/WM Wizard/66.379%; Sonja Swanberg/Illana/59.483%
- USEF First Level Test 1 – Junior: 1) Skylar Adjutant/Rose/63.448%; 2) London Morin/DaVinci/56.034%; 3) London Morin/Laurel/ 52.758%
- USEF First Level Test 2 – Adult Amateur: 1) Jean Murphy-Ashton/Gunner/65.857%; 2) Claire Decker/WM Wizard/64.571%
- USEF First Level Test 2 – Junior: 1) Sarah Barter/Don Kongo/63.000%; 2) London Morin/DaVinci/61.142%; 3) Catherine Sullivan/Indigo/56.857%; 4) 56.714%; 5) London Morin/Laurel/ 56.857%
- USEF First Level Test 3 – Junior: 1) Sarah Barter/Don Kongo/63.056%; 3) Catherine Sullivan/Indigo/59.861%
- USEF Second Level – Adult Amateur: 1) Jean Murphy-Ashton/Geartsje/61.486%; 2) Chrissy Smith/Zoysha/60.405%
- USEF Second Level – Junior: 1) Morgan Tobin/The Big Bang/60.595%
- USEF Third Level – Adult Amateur: 1) Nancy Smith/KZ Aspen/54.730%
- USEF Fourth Level – Adult Amateur: 1) Milda Castner/Bretton/58.462%



Chrissy Smith



Nancy Smith

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Olympic Gold Medalist Melanie Smith-Taylor will be here with Robyn Miller for a Horsemanship Clinic!

\$200 to participate in the clinic.
\$100 deposit required.
Limited spaces available.

\$20 per day to audit.

October 5th and 6th



We'll have our favorite local band Killin' Time here on Saturday evening!
\$10 cover charge; free for 12 and under

On Sunday we will be holding a trail challenge on the hill!
Details to follow.

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Mousam Saddle and Harness Club

Ellis River Riders

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Maine Combined Training Association

State of Maine Dressage Association

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