

The Horse's Maine & NH, LLC  
360 Taylor Hill Road  
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# THE HORSE'S MAINE & NH



Maine *and* NH's Own Equestrian Newspaper

March 2020

\$2.00



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- PANDORO'S BOX
- CALENDAR OF EVENTS
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# Rescue Horses Available

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Justin is a 28-year-old gelding, who like so many of our population, arrived with very little information about his past.

At age 26 he was the only mustang in a large seizure of abused horses in New York. After physical healing he was sent to us.

From his brand we were able to determine his age and with the help of the BLM trace his origin to the Shawave Mountains HMA.

Captured in 1995, he was titled in 1996. The years between then and 2018 are completely lost.

Although we see a highly traumatized little horse, afraid and reactive to every movement or sound, we also see moments of good manners and attempts to trust.

It isn't hard to fall in love with Justin. Working with him has brought out the best in us as well. Jointly we are learning patience, trust, respect and understanding.

Justin would do well in a home with a patient and kind care giver who will build a necessary bond and further his journey. He would also make a great companion to a gentle mare or gelding.

More about Justin on request. For information about sponsoring or adopting Justin or another mustang, visit Ever After Mustang's website.



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## Pandora's Box

by: Editorial Staff

Pests. How many times have I thanked Pandora for opening that box and releasing those bugs? Humans call them "pests". This nickname is deserved, as insects can be pesky! Once the warm weather returns (or even a warm day) a host of winged wonders come out to annoy us and our animals. The war to manage insects of varieties begins.

Live all of earth's creatures, pests need a habitat. In addition, they need shelter, food and water. Managing insects begins first identifying their habitat. By controlling the habitat, we can minimize invasive insects.

*"If all mankind were to disappear, the world would regenerate back to a rich state of equilibrium that existed ten-thousand years ago. If insects were to vanish, the environment would collapse into chaos." E.O. Wilson*

Insects serve many important environmental purposes. However, that doesn't make many of them any less troublesome in the barnyard. Agriculturalists know that insects are something we can all manage, so that humans can coexist with their pesky cousins.

### Organic material:

To manage insects in your barnyard, start by removing organic material that creates habitat and breeding grounds. Farms, barns and stables are notorious for hay, shavings, straw and manure. Insect heaven. These organic materials break down. Organic matter becomes mud, and will trap moisture. This points to the importance of keeping stalls clean and dry. Most horse owners remove manure and wet bedding at least once a day, if not more. Removing equine waste reduces the odors that attract flies. Tidy stalls also eliminated a warm, moist environment that flies seek out. Soiled stalls areas are

preferred area for insects to lay eggs.

Removing manure helps in two important ways.

Limited manure means limiting their food source, it also means undesirable breeding grounds. This routine task alone will help to decrease your flying pest problem.

If you aren't picking manure from your paddocks and smaller pastures, you should start. Dry manure isn't very exciting to insects. If removal isn't practical, spreading it to promote it to dry makes a tremendous difference. Larger acreage pastures experience a wonderful

side effect to manure spreading...the future growth of lush green grass for grazing. Not only will you save money on feed, your horse will thank you.

Simply raking or dragging your pastures on a regular basis will spread organic matter and stimulate grass growth.

Composting kitchen scraps is vastly popular, even in urban areas. Barnyard manure piles, are a similar principal, but more massive. Here the opposite applies. It's best to maintain compost (or manure) in a pile, rather than spreading it out. The pile will help to keep manure compact and increase the heat making it too hot for egg laying. For safety, you should never have your manure too close to your barn, and turning its contents aids in both break down and heat distribution.

With as much as my horses love their hay it's difficult to imagine leftovers. Yet, most barnyards are embellished with a very thin layer of uneaten hay. By cleaning up the left-over hay from your pastures, pens, and higher traffic areas you create a less interesting environment for insects. Mice too, but that's a story for another day. Hay creates an ideal situation for egg laying. In addition, the breaking down of the organic matter serve as a primary habitat for flies.



*Pandora's Box Continued pg:9*

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](mailto: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](mailto: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.

### Article Submission Guidelines

Submitting articles to *The Horse's Maine & NH* is easy - email your articles and photos to [editor@horsesmaineandnh.com](mailto: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.

If you are submitting photographs, we need to know who to give photo credit to. We need the highest resolution possible. 300DPI is best. Cover shots need to be 8" tall and 10" wide and standard images should be 3" tall x 5" wide. Vertical shots will only be used in rare instances.

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!

**While *Horse's Maine & NH* ALWAYS recommends wearing appropriate safety tested helmets, we will post pictures, in rare instances, without helmets. However, it is not our opinion of safe riding methods.**

**Please DO NOT ride without a helmet!**

Please email your news & dates

to

[editor@horsesmaineandnh.com](mailto:editor@horsesmaineandnh.com)

Any **Maine or NH** organization, or barn, is welcome to put their news into

*The Horse's Maine & NH* at no charge

*All submissions are printed, as space allows and may be edited for fit or clarity.*

### ON THE COVER



Ben & Bill are owned by Butch & Becky Durgin of Meadow Creek Farm, Sumner Maine. The Durgin's started wagon rides in 1997 in ME, NH, and VT. Their first team which have passed away Dick (35) and Bob (29), at that time he Dugin's purchased half brothers Ben and Bill as yearlings born 17 days apart and still together.

First step was weight building for the brothers, then senior horse Dick helped with their training. At 2 yo, the young team were introduced to farm class at local fairs. This exposed them to a lot of people, activity and noise, winning many ribbons The team started doing limited wagon rides to help Bob & Dick. At age 4, they were doing around 30 wagon rides a year.

Butch Durgin's dream was to own a team of Belgian horses offering wagon and sleigh rides all over New England and at fairs around Maine. Ben & Bill are loved by everyone (especially children) that meet them and they remember them the next time. All the kids that have ever ridden with Ben and Bill know them the next time they see them.

At the end of the ride, harnesses off, they look for treats. They get the treats that people bring, but their special treats are 2 homemade horse muffins each.

**Ben & Bill they will be doing wagon rides on March 21 & 22 celebrating Maine Maple Sunday, West Minot Sugar House, Minot ME.**



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# Standardbreds Need YOU!

by: Pamela Rhodes

Like all athletes, Standardbreds need a new job sometime in their lives. Many never make it to the races, or might suffer injuries, and most get slower as they age.

Any still racing at age 14 are required to retire, and with an average life span of 30 years, that means many more years of care. Some are fortunate to have owners who keep them, but many are not, and these Standardbreds need help transitioning to a new job and a new life.

Futures For Standardbreds (FFS), a 501(c)(3) is a tax exempt organization in southern Maine, has been retraining and placing Standardbreds in need since 2014, with 27 successful adoptions to date.

Any horse owner knows that it takes lots of hours and money to feed and care for a horse, in addition to this, we need to add many volunteers, and foster farms during retraining.

Sound interesting? Consider getting involved in this rewarding and fun endeavor!

Handle My Scandal suffered an injury and could no longer race, so her owner responsibly donated her to FFS and she became the star in a unique and very successful program created by Kate Roosa at Hideaway Acres.

Six youths were selected to work in her Institute for Equine Assisted Practices to help retrain this former harness racer while simultaneously learning about themselves.

They learned trust, independence, communication, compassion, and thoughtful leadership. This training benefitted both horse and student.

The students and Scandal enjoyed great success, and the mare was so well-liked that Kate adopted her! Today she continues in lessons, shows, and just having fun, and after patient training, Scandal now has a lovely canter!

Molly Kinney, one of the veteran trainers for FFS, wrote this comment after seeing Scandal's story on my Facebook page.

"Molly has been helping to rescue Standardbreds since she was in the fourth grade and has had one ever since. Who wouldn't want to get involved after reading her enthusiastic plea?!"

This story makes me proud...not only because they fell in love with this horse and adopted her, but it brought awareness of a breed to a whole

new group of people in a new barn..they wanted a sane-minded horse and they got one...she proved her value, which many of us know and have know about this breed...and yes, sometimes the canter can be a challenge to develop, but with a kind trainer and some skills, you can sneak it out of them. I would like to encourage all of the local barn owners to reach out to Futures For Standardbreds and offer up your barn community...have your capable students learn how to start a horse, have the parents groom and love on the horse...teach your students to network and find these horses homes. There are so many learning experiences by fostering these horses that everyone benefits. Do some ground work, liberty training, saddle work, teach the horse to canter with gymnastic cava that encourage the horse to canter...GET INVOLVED!"

Futures For Standardbreds graduates are enjoying a variety of activities with their new owners. Pictured are Handle My Scandal with students, Ivory Dream on the trail, Mr. Blakely driving BITLESS in Acadia National Park, and Just Ask Lester at a pleasure show. Standardbreds can do it all! Bionic Woman, a grumpy mare who failed as a trotter, ended up being a champion jumper winning several Grand Prix and third place in the Spruce Meadows Nations Cup in the late 1970s! Hideaway Acres, Photo Finish Farm, Gorham Equestrian Center, NEER North (in MA), and numerous private farms with excellent trainers like Molly have fostered, trained, and placed Standardbreds for FFS. The more people and barns that get involved, the more exposure and adoptions will result. Each horse brings its own special personality, and yes, problems.

These horses have a work ethic that always offers interesting challenges in retraining for pleasure disciplines. Camp sessions, 4H groups, Pony Club, private barns, and back yard owners can all be part of this much-needed, rewarding, and fun WIN-WIN ADVENTURE!

If you would like to know more about specific retraining for Standardbreds, and are considering taking part, please peruse our Web site at <https://www.futuresforstandardbreds.org> and contact us!



Just Ask Lester at a pleasure show



Handle My Scandal with students



Mr Blakely driving BITLESS in Acadia National Park



Ivory Dream on the trail



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## MSPHO 2020 News

### Maine Standardbred Pleasure Horse Organization

January 26, 2020 @ 1:00 PM

Awards Banquet held at Buxton Town Hall  
Ceremony and Lunch open to members and anyone who is interested in becoming a member or to learn more about Standardbred Pleasure Horses.

**CHANGE DATE TO: Saturday, April 18th**

Fun Day Show @ Hollis Equestrian Park  
Join us in preparing your horses for Show Season.  
Dressage instructors and demos along with an Obstacle course to help desensitize your horse with spring fever.

Save the Dates:

June 14, 2020 – Dressage Show  
September 2020 – World of Horses



# RiverView Update

by: Jojean Keller

**Affiliate**

Is it possible that the smell of spring is in the air? Is winter almost over or is it all just a way to distract us from reality? Oops, here comes winter again!

## Remembering Charlie

Charlie was an incredibly likeable 28 year old resident of Riverview with personality plus. Everyone visiting the farm looked in on Charlie or visited him in the round pen if he was turned out.

Here's what his owner, Corey had to say about Charlie:

“Charlie was a once in a lifetime horse with a love of peppermints, applesauce, coffee and anyone he could grab outside his stall!

I adopted Charlie from ReRun Thoroughbred Adoption in 1999. He was 6 months off the track where he was known as Bandland. I was a high school freshman and had him shipped from Kentucky without ever meeting him!

I fell in love with him immediately! Although I was supposed to retrain him, I think I may have learned more from him than he did from me!

Although he was a handful on the ground, he was a little lazy under saddle and always took care to make sure I stayed on. In 20 years I only had one emergency dismount and that was because of a broken stirrup.

Although he went to UMO with me, his ability to test the limits of co-op handlers meant his stay was a short one and he moved back home.

After a few more homes, he found his real home at Riverview where he was the happiest he'd ever been.”

I had the pleasure of photographing Charlie and Corey in Dec. He certainly showed the myriad sides of his personality then!

Charlie, we miss you! (Charlie Photos)



Remembering Charlie

## Tack Sale

In spring our thoughts turn to our spring tack sale. Saddle, bridle, halter, reins, lead lines, blankets, books, we'll have all this and more! Horse gear you need, think you need or just can't live without!

## Clinics

As we look forward to spring, we also look forward to all the activities of spring and summer, including but not limited to trail rides, lessons, grooming the pounds of winter fur off the soon to be sleek summer coats of the Riverview steeds.



## Healing Hearts



Tiveo Jameson is a 14 year old AQHA gelding who stands 14.3 hands. He is a very sweet guy with excellent manners and a favorite around the farm

Tineo is as safe as they come. If you are looking for a safe trail horse, here he is! He's absolutely bombproof on the trail.

He would excel as a youth horse or versatility challenge mount as well. He went through our obstacle course for the first time like he was out for a Sunday stroll never reacting to any of the challenges that would make another horse spook!

Although he is blind in one eye, don't worry. He can accomplish more with his one sighted eye than many horses with their two!



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### WHAT'S HAPPENING IN MAINE & NEW HAMPSHIRE?

Acknowledge your love of horses, farms, barns and people!

Any Maine or New Hampshire resident is welcome to send photos, stories, and poetry, as well as, birth, wedding, and graduation announcements to:

[editor@horsesmaineandnh.com](mailto:editor@horsesmaineandnh.com)

**Also, if you have a farm that you have updated, learned something new, or if you have tips and tricks to share:**

Please submit your photos, stories and other information you would like to have added to the Community Update:

WHAT'S HAPPENING IN MAINE & NEW HAMPSHIRE



# State of Maine Dressage Association

Annual Meeting and Awards Banquet

Affiliate

State of Maine Dressage Association (SMDA) held its Annual Meeting and Awards Banquet on Saturday night January 25, 2020. The banquet was held at our favorite venue, Duffy's in Old Orchard Beach, where we were able to spread out in the spacious banquet room. Over 50 people were in attendance, with everyone all grateful that this year it was only rain (instead of snow!)

After the social hour, we enjoyed a buffet dinner with lasagna, roast pork and fish. Brandi Raymond, SMDA President, chaired the annual meeting reviewing SMDA's financial report, highlights of the 2019 season, and plans for 2020. Our upcoming show season will be a busy one, with SMDA hosting three schooling shows and our annual USDF/USEF Recognized Show. We're also pleased to have a number of SMDA-affiliated shows listed with us including Life's a Ride, Standardbred Pleasure Horse Organization, and Scarlet Day Farm.

We reviewed plans for SMDA's Western Dressage Symposium with Ida Anderson Norris, which will be held on Sunday April 19 at River Winds Farm in Saco. Ida has recently obtained her Western Dressage Judge's license. The Symposium will be a fun and educational opportunity to learn more about this discipline, providing education and instruction on Western Dressage rules, expectations for gaits, and test movements.

After the Annual Meeting, Cindi Spear gave a presentation on dressage rules for dress, equipment and saddlery. "Daisy" the dressmaker dummy, modeled some examples of current fashions in dressage wear. Dressage rules are complex - there are requirements at different levels and frequent rule changes. The trend has been towards more color and ornamentation, and Cindi reviewed the rules and some do's and don'ts. This was a fun and informative presentation, including pop quiz questions rewarded with chocolate!

The Silent Auction was a success, bringing in several hundred dollars! Banquet attendees brought lots of great contributions, including a Back on Track saddle pad, horseshoe wine rack, horse treats, and other fun items.

SMDA's Awards Coordinator, Maggie Knowlton, selected some beautiful awards for us this year, including monogrammed saddle pads and coolers. It's always so much fun to see the smiles when our riders receive their ribbons and prizes and accept a round of applause recognizing their achievement.

Current SMDA members were given a copy of the 2020 Omnibus. The cover photo is Jean Murphy-Ashton, mounted on Brandi Raymond's horse Gunner. The pair rode a First Level Test at SMDA's August 2019 show to qualify for USDF's Century Club - a major achievement!

We're starting to gear up for the 2020 season, including the Western Dressage Symposium and our shows while waiting for spring. SMDA had a great year in 2019, and we're looking forward to the coming season!

## SMDA Year End Results:

### USDF Intro Junior/Young Rider

Champion: Ashley DiBiase and Better Be Curious (George)

### USDF Intro Adult Amateur

Champion: Cindi Spear and Ryleigh BTF  
Reserve: Sarah Small and Key To My Heart

### WDAA Intro/Basic Adult Amateur

Champion: Debra Harter and Impulsive Rita

### USEF Training Level Adult Amateur

Champion: Maggie Knowlton and All That N' More  
Reserve: Cheryl Peaslee and Noah's 2 Flashy  
3rd: Staci Yates and I'm True Blue

### USEF Training Level Open

Champion: Robyn Cuffey and Dimitri  
Reserve: Katrina Scarito and Lexicon

### USEF First Level Junior

Champion: Sarah Barter and Don Kongo  
Reserve: London Morin and Da'Vinci  
3rd: London Morin and Laurel

### USEF First Level Adult Amateur

Champion: Heather Delano and Destiny SCS  
Reserve: Cindi Spear and Cayden BTF

### USEF First Level Open

Champion: Brandi Raymond and In Short Order

### USEF Second Level Adult Amateur

Champion: Heather Delano and Destiny SCS  
Reserve: Chrissy Smith and Zoysa

### USEF Third Level Adult Amateur

Champion: Nancy Smith and KZ Aspen

### WDAA Level 1 and Above Adult Amateur

Champion: Debra Harter and Impulsive Rita

High Point Intro Jr: Ashley DiBiase  
High Point Intro Adult Amateur: Cindi Spear  
High Point Junior: Sarah Barter  
High Point Adult Amateur: Heather Delano  
High Point Open: Robyn Cuffey

Bronze Medal Recipients: Susan Pendelton, Susan Terry, Nancy Gauthier, Robyn Cuffey, Kristen Gould, Polly Shields, Jean Murphy-Ashton, Katrina Scarito

Silver Medal Recipients: Heather Delano

Volunteer of the Year: Kristen Gould



Cindi Spear - High Point AA



Photo Finish Farm Group



Vienna Farm Group



## Affiliate

### Maine Standard Pleasure Horse (SPHO)

Maine SPHO held their annual meeting and awards banquet this past January. Award recipients were Laura Rouleau for Volunteer of the Year. Gina McMachen with Kathy Kav for high score dressage and high Score Rookie horse. Brandi Raymond with Woodmore Fulatrix was the winner of 2 gait, showmanship and in hand champion as well as overall high point champion.

MSPHO will be starting a grant program to encourage Standardbred owners to pursue educational opportunities and events that get their horses out in public. More information and application forms can be found on our website.

Also note that the Fun Day has had to be rescheduled to April 18th instead of 19. Please make a note of this change. Hope to see you there on SATURDAY.



Brandi Raymond with Robyn Cuffey



Robyn Cuffey and Laura Rouleau



Gina

### Continued Pandora's Box pg:3

Horse owners with various sized paddocks report that confining your horses to a smaller area during the winter and early spring is helpful. Limiting pasture access will help to reduce the mud, and allow more of the pasture to grow grass and ground cover in the spring. Many stables coin this their "sacrifice area". The sacrifice area at any barnyard is allowed to become impossibly muddy, as in "put the mud bog derby to shame" muddy in favor of a greener result elsewhere. The good news is that the sacrificial area can b

Experts recommend building up a confined turnout area with 3-6 inches of gravel, depending on your topsoil. This will create a comfortable area for your horses (and for you) in the spring.

#### Water:

Eliminating "standing water" is the gold standard in insect prevention. Water is easily located through open streams, ponds, wetlands, or man-made areas like stock watering tanks, birdbath's, old tires and even buckets laying around holding water. Clean up and empty any areas that have standing water. Mosquitoes need stagnant water to breed. Mosquito larvae hatch in approximately 10 days. As a result, frequent dumping of water is helpful. When washing your horses outside, pick a grassy area away from the barn with good drainage.

#### Scattered feed, and human trash:

Take a hard look around your barnyard. Scattered feed, full rubbish pails, sweet spots from dumping juice, soda, milk or sugared coffee, are all areas to be mindful of. Be sure your storage containers are properly covered all the time. Covering feeds eliminates insect access. Empty and scrub your feed tubs on a regular basis. Left over feed supplements, or feed droppings are an easy meal for insects. Does your horse dunk hay like it's designer coffee and biscotti? Empty and rinse water buckets daily to create a proactive approach to indoor moisture. Check to be sure that all barnyard garbage

cans have tight fitting lids. Tight lids help to eliminate another food source for both insects predators. Scrub your garbage cans periodically to remove any stuck-on residue that might accumulate.

#### Predators:

Pests attract predators. They need shelter to protect themselves, and for nesting. Shelters can range from tress, to grass and shrubs. I find leaves that have blown into the barn, the building eaves, between barn walls/stall boards, and stacked up fencing make glorious predator hotels.

Keep the shrubs around your barn and home trimmed. Be sure the lawn is mowed and mow the pastures at least twice a year to cut the tall grass and weeds that grow. Raking areas where

the winged wonders. Bird and bat houses placed around your barn and provide unexpected support. A single barn swallow will consume roughly 60 insects per hour or 850 per day. That's 25,000 fewer insects per month that could have joined your summer equine fun. Collecting horse, dog or llama hair and leaving it in clumps will be gathered by the birds and used for nest building. I like to hang horse hair in an empty onion bag outdoors.

#### Bats thrive on nocturnal insect diets. A

single bat can eat up to 1000 mosquitos sized insects in an hour and will usually consume 6000-8000 insects each night. Though the bat doesn't just eat mosquitos they would prefer a little larger insect. Nonetheless, encouraging bats and birds



leaves have collected is also important. When you keep your outside landscape well-groomed it doesn't allow for insects to have a mansion to raise their families.

#### Speaking of Predators:

Insects have many natural predators that can help you with your battle against

is a natural approach to aid in insect control.

Bat and bird houses can be easily purchased through your local hardware

*Pandora's Box continued pg:12*



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# MeCTA - 2019 Year End Results

## MeCTA 2-Phase Results 2019

### Training Sr.

1. Audrey Bean-Bailey Wild Schoharie 10
2. Alanna Luther II Terazzo 9

### Training Jr.

1. Madison Blodgett Lycius Lydia 10

### Novice Sr.

1. Heather Madore Classic Kids Bonanza 10

### Novice Jr.

1. Madison Blodgett Molto Al Dente 28
2. Megan Warren A Shot Of Whiskey 20
3. Juliet Bolduc Chief Again 10
4. Megan Warren Uther Pendragon 9

### Beginner Novice Sr.

1. Andie Babcock Putter 10

### Beginner Novice Jr.

1. Sophia Miller Otis 79
2. Ava Sprowl L'Grande Dancer 66
3. Ellie McMahon King of Munster 37
4. Abby Gardner Cajun Way 26
5. Katherine Hart Zeppelin 25
6. Sophia Lichti Jolene 19

### Adv. Elementary Sr.

1. Andie Babcock Putter 10
1. Beth Ruksznis Staurolite 10
1. Heather Madore Obe 10
2. Audrey Bean-Bailey Malto Al Dente 9
2. Janet Schlenker Lucky Day 9

### Adv. Elementary Jr.

1. Shadow Darling Santee Cisco 29
2. Brooke Allen Moving Magic 18
3. Nataleann Gore September Dawn 10
3. Ellie McMahon King of Munster 10
4. Abby Gardner Puma 9

### Elementary Sr.

1. Danielle Moody Jimmy Neutron 59
2. Cassidy Manter Heav'n Sent This Model 20
3. Audrey Bean Bailey Jacks Paschal Spark 10



Andie Babcock, Beth Ruksznis, and Heather Madore - Two Phase Advanced Elementary Sr. Winners

3. Audrey Bean Bailey Kam 10
3. Audrey Bean Bailey Setting Sail 10
4. Janet Schlenker Lucky Day 9

### MeCTA 2-Phase Results 2019

#### Elementary Jr.

1. Xavier Cummings Nachu Peakin 59
2. Noora Hardy Autumn Breeze 45
3. Addison Clukey Teddy 37
4. Ellie McMahon Key Lime Pie 36
5. Rebecca Thomas Kazoozles 30

6. Trinity McCabe Rustic Remedy 16

#### Introductory Sr.

1. Nicole Schobel Sunchaser 37
2. Angie Clukey Shagraan 28
3. Rikki Babcock Peaky Blinders 20
4. Audrey Bean-Bailey Charm 10
5. Elizabeth Poulin BDF Celebration 9
6. Danielle Moody Jimmy Neutron 8

#### Introductory Jr.

1. Alexandria Moody Oz Ruby Slippers 38

2. Caleb Schobel Punkin Spice 35
  3. Rebecca Thomas Al Capony 28
  4. Abby Gardner Puma 19
  5. Miranda Gardella Feelin' Fritzalicious 17
  6. Caleb Schobel Sunchaser 10
- Tadpole Jr.  
1. Nataleann Gore Sullivan's Pride 10

## MeCTA 3-Phase Results

### Novice Sr.

1. Audrey Bean-Bailey Molto Al Dente 9
2. Melanie Harris Eire of Romance 8

### Novice Jr.

1. Juliet Bolduc Chief Again 10
1. Emily Shankar Zaynah 10
2. Megan Warren Uther Pendragon 9

### Beginner Novice Sr.

1. Heather Madore Classic Kids Bonanza 9
1. Melanie Harris Eire of Romance 9
2. Emily Clark Just Enough Bling 8


### Beginner Novice Jr.

1. Paige Gammon IM Speedy 24
2. Ellie McMahon King of Munster 22
3. Sophia Miller Otis 20
4. Ava Sprowl L'Grande Dancer 19
5. Mirabella Driscoll Lord of Detail 18
6. Madison Kane Strand of Gold 14

### Elementary Sr.

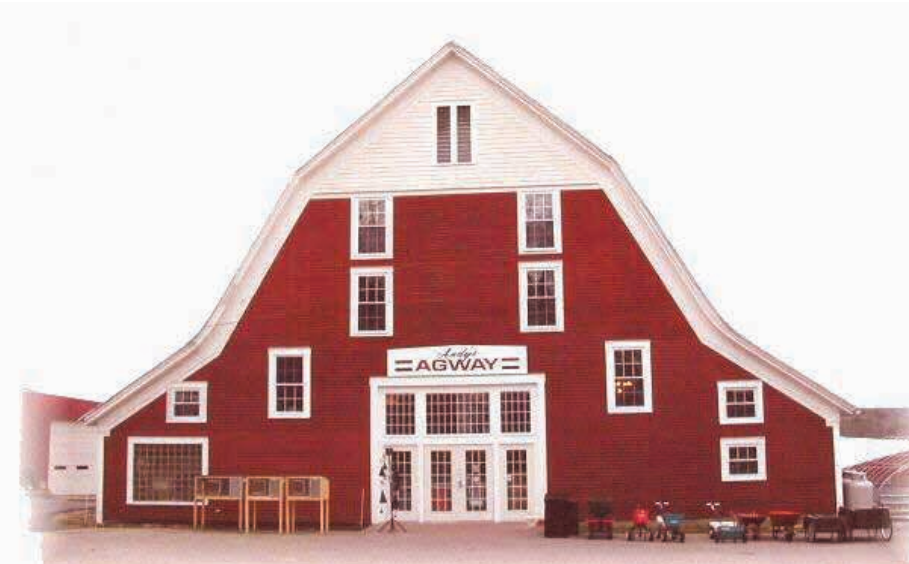
1. Amanda DeLuck Triunfo's Conquistador 20
2. Audrey Bean-Bailey Molto Al Dente 10
2. Audrey Bean-Bailey Jack's Paschal Spark 10
3. Emily Clark Just Enough Bling 9
3. Andie Babcock Putter 9
3. Beth Ruskniz Staurolite 9
3. Elizabeth Sanborn Kennebec Elegance 9
4. Andie Babcock Paco 8
5. Cassidy Manter Heav'n Sent This

MeCTA continued pg 11





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continued from page 11 MeCTA

Model 7

- 5. Janet Schlenker Lucky Day 7
- 6. Audrey Bean-Bailey Charm 6
- Elementary Jr.
- 1. Shadow Darling Santee Cisco 19
- 1. Addison Clukey Teddy 19
- 2. Xavier Cummings Monkey Business 16
- 3. Madison Blodget Bel Volto 9
- 4. Marion Easton Brooke 8
- 4. Madisson Higgins Misty 8
- 5. Breck Monseau Remy 7
- Intro Sr.
- 1. Elizabeth Sanborn Kennebec Elegance 10


- 1. Meg Black Northern Quest Diamond 10
- Intro Jr.
- 1. Noora Hardy Autumn Breeze 30
- 2. Caleb Schobel Punkin Spice 17
- Figure Trophy
- Sophia Miller, Otis – 29.5
- Moxie Trophy
- Elizabeth Sanborn, Kennebec Ellegance – 32.75
- Danny Trophy
- Amanda Deluck, Triunfo's Conquistador - 29



Elizabeth Sanborn - Winner of the Moxie Trophy



Addie Clukey - Three Phase Elementary Jr. Winner



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store or local roadside entrepreneur. Houses can be placed on your house, pole, barn, or in a tree. The best time to place them is by early April. This allows a new bird or bat plenty of time to build a nest and start a family. You might need to be patient with bats though. A new bat house can take up to two years before a bat family decides to set up house.

**Fly Parasites:**

Fly predators are gnat-sized wasps and are a wonderful biological control for flies. The wasps specifically target the developing (pupa) stages of manure breeding flies by laying their eggs inside the developing pupae of flies. When the eggs hatch, they feed on the developing flies and reduce the fly population. The good news for horses (and humans) is that predators are stingless, and nocturnal. They do not harm humans or animals.

**Fly Paper or Tape:**

Readily available on the market are many kinds of non-insecticidal traps and tapes. The old fashioned coiled up paper sticky tape you uncoil and attach to the ceiling. I know I've gotten my ponytail in it a time or two. Some may come in tubes which usually have an attractant helping the flies to seek out the trap. For your own sanity, be sure to place them where swishing tails or human hair can't reach them.



**Pesticide Free, Bait Jars and Bags:**

Similar to the sticky tape and dimensional tubes are bait jars and bags. They usually come in a bright color, and are easy to install. They feature a powder to mix with a required amount of water. The powder is a fly attractant and becomes very smelly. The plastic bags are throw away but the gallon jugs usually need to be emptied. Due to the number of flies they attract and the smell find a place away from your barn to use the jars and bags.

**Fly Masks, Sheets and Wraps:**

A direct way to provide protections from flies for your horse's face and ears are fly masks. Fly masks come in a variety of sizes, fits, and colors. The fly mask material and covers the ears and eyes. In addition, there are some without ear coverage, or styles that extend further down the nose. Trying various styles if the best way to find a great fit.

Sheets and leg wraps are also available for those horses that are sensitive to flies on their body. From solid colors to whimsical prints, there all kinds of varieties to choose from. Unfortunately some horses don't like keeping fly masks on. Or when they roll, masks end up sideways on their face. Check frequently to be sure the mask is still in the proper position. Be sure there is no rubbing, or chaffing. I also check them for fraying to prevent them getting caught on a fence or other object. Washing all the above on a regular basis to keep them clean and free of dirt and debris that accumulates over time.

**Fans:**

Circulating air makes it difficult for flies

to make their rounds in the barn and land on their host. Ceiling fans, portable fans and gigantic agricultural floor fans (you know the kind) can all help with flies. However, it's very important to use power cords made for agricultural use and clean the fans engine, and blades, on a regular basis. Built up dust can cause a fan to overheat. Overheated fans can create a safety problem. Be sure all cords can't be reached by a horse and are out of the way when horses are passing by.

**Additional pests:**

Insect and pest infestations also come in the form of ants, spiders, bees (hornets and wasps) and ticks. Some of these common pests are localized and easily contained. Still others are beyond our control. That is when you should consider a professional.

If adult flies of any species are present, most likely there are tens of thousands in their immature states developing into the next generation of irritation. Understanding the needs of insects will help us uninvite them to our properties.

**When All Else Fails Call A Professional:**

Stable, barn and horse owners know that pest control is labor intensive, and you must stay vigilant to "attempt" to stay on top of bug infestations. There comes a time when it would be beneficial to call a professional. We recently had the opportunity to speak with Ken Colpaert, owner and operator of Maine's Best Choice Pest Management in Ellsworth Maine. Ken has over 25 years of experience in the field of pest management. He has trained through Purdue University and Texas A&M, AIB and is an Associate Certified Entomologist. Ken services residential, commercial and farm/barn properties so he is familiar with the concerns and issues we all face in and around the barn. Ken took some time to help us understand just what steps need to be taken when we get overwhelmed. Pest problems vary greatly, but early action and consistent

preventive practices will minimize the threat to you and your horses.

Integrated Pest Management (IPM), is a plan that will utilize a variety of methods for the most effective way to control long term pest activity. IPM uses proper waste management, structural repair maintenance, biological, physical and mechanical control techniques and when needed, pesticide applications that are offered in green products. IMP's are key to managing any larger scale problems. Ken will provide you with a complete IMP strategy which included the following 4-step approach to obtain the desired results.

**STEP #1 – Inspection and Identification**

A thorough inspection of the property, both inside and outside needs to be performed in order to find the source(s) and level of infestation. This allows the professional to identify any types of pests, their activity level as well as entry points and conducive conditions for potential "food" harborage.

**STEP #2- Findings and Recommendations**

Clients will receive a detailed inspection report that provides all information on pest activity found during the inspection. The report identifies points of entry, pest identification as well as recommendations for the appropriate course of action to correct any negative findings.

**STEP #3 – Communication**

We will review all the findings and educate our clients on all aspects of pest management and recommendations. These will include: Regular observation, structural repairs, waste management, record keeping, temperature awareness and pest behavior monitoring.

**STEP #4 – Creation and Implementation of Custom IMP**

Tailored to fit your specific requirements based on facility style and area of concerns. We monitor results and adjust treatments as needed. Mechanical pest control includes physical implements such as fences, barriers, electric wires, traps or temperature control. Biological control uses beneficial insects that eat or parasitize the target pest. Biological insecticides derived from naturally occurring microorganisms, fungi and nematodes also fall into this category. In very serious cases, the use of spray equipment, installation of timed misters or bombs/tenting may be necessary. Synthetic pesticides are not your only option should you require a more intense treatment. Many newer pesticides are derived from plants or natural substances. It is pertinent that applications of pesticides are timed correctly and can reach their intended targets. Matching the application to the pest is critical.

**AN OUNCE OF PREVENTION**

by: Editorial Staff

**Spring shot time**

As the days get longer, warmer and sunnier we welcome shedding, and Spring Vaccination time. Vaccines should always be administered by a veterinarian.

Keep in mind to always discuss recommendations with your veterinarian before deciding what is best for your equine family members. Keep in mind a few things when talking to your veterinarian.

**Age:** Are you vaccinating a younger or older horse. Young horses ( under 5) are more susceptible to diseases like herpesvirus and West Nile virus than older horses.

**Lifestyle:** Do you have an older horse or retired? Do they stay pretty much at home or does their schedule include attending horse shows and events with multiple other horses? Do you have a lot of activity at your barn new horses coming and going? Intermingling greatly increases your horses' chances of getting diseases that spread from horse to horse.

**Location:** If your horse might be shipped to a different part of the country it's important to find out what vaccinations are suggested in those areas. All areas are different and disease is different from region to region.

**Recommended Core Vaccinations**

**Tetanus:**

Bacteria called Tetanus can be found almost everywhere, places like soil, rusty metal and animal feces, they form spores and lay dormant. The bacteria can survive in the environment for year and are resistant to boiling and freezing temperatures. If your horse gets a wound and is exposed to the dormant bacteria it penetrates the wound. The Bacteria will germinate and start the process of producing a neurotoxin. This toxin can easily infect a horse and causes violent muscle spasms, convulsions and death by asphyxia and can potentially be fatal.

The Tetanus vaccine is capable of giving your horse safe and reliable protection. If you horse has a wound and it's been over 6 months a booster is recommended. It's worth the cost just in case.

**Rabies:**

Rabies is a virus that attacks the central nervous system. Once in the horse it travels to the brain, where the disease progresses rapidly and is always fatal. This is not common in horses but some cases do surface on occasion. The virus is carried by infected wild animals who may bite a curious horse while outside.

The Rabies Vaccination is capable of giving your horse safe and reliable protection. Mortality rate is 100%.

**Eastern Equine Encephalitis/Western Equine Encephalitis (EEE and WEE):**

The most wonderful mosquito bite has built its reputation on the spreading of viruses such as EEE and WEE. When bitten by a carrier mosquito the virus attacks your horse's nervous system, triple EEE is the deadlier of the two. Risk of exposure

*Prevention continued pg 13*

Please email your horse news & event dates to [editor@horsesmaineandnh.com](mailto:editor@horsesmaineandnh.com) Any Maine or NH organization, or barn, is welcome to put their news into *The Horse's Maine & NH* at no charge. All submissions are printed, as space allows and may be edited for fit or clarity.



*Continued Prevention from pg:12*

varies from year to year with changes in the distribution of mosquitoes as well as the birds and rodents that serve as virus hosts. Mortality up to 90% for EEE and 50% for WEE.

Vaccination should take place once a year as long as the original vaccine and booster have already been given the previous year. Best time in the spring before the first hatching of mosquito season.

Vaccine is considered to be the best defense for EEE and WEE.

**West Nile Virus:**

Similar to the EEE and WEE West Nile Virus (WNV) is also spread via mosquitoes and causes inflammation of the central nervous system of the horse. Roughly one third of horses who contract the clinical signs of WNV infection die, those that do survive could have gait and behavior problems. Mortality rate is approximately 33%.

WNV vaccines are safe and effective. Annually vaccinate in the spring before mosquito hatching begins.

There are several other vaccines depending on your activity level with your horse that are classified as "risk based". Your veterinarian will be able to guide you through the maze of vaccinations and recommend what is needed to protect your horse.

**Strangles:**

Strangles is a highly contagious disease that can spread quickly from animal to animal. Strangles is one of the more common bacteria called *Streptococcus equi*. Called strangles due the strangled breathing sounds an effected horse makes.

There are vaccinations but they do not fully protect every horse. Mortality rate if very low but some fatalities do occur primarily from secondary pneumonia.

**Flu: Equine Influenza:**

Equine Influenza is one of the most common respiratory infections in horses. This vaccination is recommended for all horses that may come in contact with outside horses. If your horse stays home and lives isolated the risk is very small that they could contract Equine Influenza. There are several different kinds of vaccinations

on the market of which all are safe and effective.

**Equine Herpesvirus (Rhinopneumonitis):**

Classified as type 1 and type 4 cause flu symptoms coupled with a fever and respiratory symptoms. Nine different equine herpes viruses have been identified and numbered, but the focus is on EHV-1 and EHV-4 their result can be a serious disease in the horse. A vaccine is available for Equine Herpesvirus. It does not cover all strains, it is thought that the vaccine will lessen the disease, but not derail it. The mortality rate is low, if caught in the early stages.

Vaccination will help with the EHV but there is not a vaccine labeled as effective against the virus. It is rarely fatal but can cause abortion in mares.

**Potomac Horse Fever:**

Potomac Horse Fever was first described in areas surrounding the Potomac River Northwest of Washington, DC. Cases have emerged in many parts of the United States and currently is found in 40 US States.



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# CALENDAR OF EVENTS

## March 2020

8	<b>Horse Tack and Clothing Sale</b>	Burkeshire Stables will be hosting a tack and clothing sale. Sale starts at 10am. \$25 per table (bring your own). Wayne ME (207) 931-6024 for more information or to reserve your booth space.
21	<b>Navigator Clinic</b>	Maine Driving Club offering a Navigator Clinic with clinician Andy Marcoux located in Kensington, NH. contact Sondra Day 234-4762 or sriday@uninets.net
21 - 22	<b>Old House and Barn Expo</b>	Doubletree by Hilton, Manchester, NH Hosted by New Hampshire Preservation Alliance Have fun and learn from the experts at this unusual expo that helps old house and barn owners and enthusiasts with appropriate and affordable solutions.
28	<b>Annual Cabin Fever Reliever Sale</b>	The Tack Stop Anson, ME (207) 399-2810 or www.thetackstop.com

## April 2020

18	<b>Fun Day Show</b>	@ Hollis Equestrian Park Join us in preparing your horses for Show Season. Dressage instructors and demos along with an obstacle course to help desensitize your horse with spring fever. MaineStandardbred.com
18-20	<b>Parelli Clinic</b>	Parelli clinics with Avery Gauthier 3*Parelli Professional Level 2/3 Clinic 9:00-4:30, located at Ashland Farm in Falmouth ME. Contact Ashley @ agartland88@gmail.com or 207-590-8900.
24-26	<b>Parelli Clinic</b>	Parelli clinics with Avery Gauthier 3*Parelli Professional Level 2/3 Clinic 9:00-4:30, located at Ashland Farm in Falmouth ME. Contact Ashley @ agartland88@gmail.com or 207-590-8900.
25	<b>Biomechanics for Harmony</b>	Horse and Rider Biomechanics for Harmony public event by Healing hope Farm & Ancora Imparo Equine Center located in Boscawen NH.
26	<b>Long Horn Horse Show</b>	MHA sponsored by American Saddlebred Association of Maine, the 15th Long Horn Show held at Hollis Equestrian Park, Rte. 5 Hollis ME Variety of classes, disciplines and all breeds. Contact www.mainehorsesassoc.com

## May 2020

10	<b>Open Pleasure Show</b>	Open show sponsored by the Mousam Saddle and Harness Club, offering showmanship, trail, jumping, pleasure and equitation, W/T through adult, located in Kennebunk ME. Contact: Andrea Valliere @ 207-929-8445
17	<b>Games</b>	Games sponsored by the Mousam Saddle and Harness Club, offering poles, barrels and various others. Located in Kennebunk ME, Contact Andrea Valliere @ 207-929-8445
23-25	<b>Trail Ride</b>	Competitive Trail ride, ECTRA Sanctioned, located at the North Waterford Fairgrounds. 80,60,30,30,10, miles in N.Waterford, contact Louise Lester, PO Box 346, Raymond Me. 04071 or 207-894-8185 or louise1@maine.rr.com
31	<b>Ride and Drive</b>	Sponsored by the Maine Driving Club with Larry Poulin located in Litchfield, ME. contact Sondra Day 234-4762 or sriday@uninets.net
31	<b>Open Pleasure Show</b>	Open show sponsored by the Mousam Saddle and Harness Club, offering showmanship, trail, jumping, pleasure and equitation, W/T through adult, located in Kennebunk ME. Contact: Andrea Valliere @ 207-929-8445

## June 2020

6	<b>Drive and Trail Ride</b>	Sponsored by Granite State Carriage Association hosted by Leslie Baxter & Sandy Sims located in Bristol NH. Day outing. Contact: www.granitestatecarriage.org
13	<b>Clinic</b>	Newbie Green Event -Introduction to Driving Clinic sponsored by Granite State Carriage Association hosted by Eric & Linda Wilking located in Brentwood, NH. Contact: www.granitestatecarriage.org

## Continued June 2020

14	<b>Games</b>	Games sponsored by the Mousam Saddle and Harness Club, offering poles, barrels and various others. Located in Kennebunk ME, Contact Andrea Valliere @ 207-929-8445
19-21	<b>Downeast Horse Congress</b>	41st Downeast Horse Congress held at the Skowhegan Fairgrounds. Hunter division, ranch horse division, AMHA and ASHA pointed. Contact www.mainehors-esassoc.com
21	<b>Cheshire Fair Horse Show</b>	Cheshire Fair Grounds - For more info: Cheshirefair.org Judy@CheshireHorse.com
20	<b>Trail Ride</b>	Pleasure Trail Ride, S.M.A.R.T, sanctioned, benefit MSSPA rides 15, 10, or 5 miles located at the Waterford Fairgrounds, N Waterford Me. Contact: Louise Lester, PO Box 346, Raymond Me. 04071 or 207-894-8185 louise1@maine.rr.com
20	<b>Arena Driving Trials</b>	ADT sponsored by the Maine Driving Club located at the Windsor Fairgrounds contact Sondra Day 234-4762 or sriday@uninets.net
20-21	<b>Miniature Show</b>	Fun and Fancy Miniature Horse & Pony Show sponsored by Silver Spur Riding Club, Sidney ME. Driving pole bending, obstacle, carrot race, musical cones and timed obstacle challenge. Contact Tarie Sawyer on facebook or call 207-509-8682
27	Swap meet/flea market Rain date June 28.	Horse & carriage equipment, wagon rides, and BBQ sponsored by the Granite State Carriage Association hosted by Mary Jo Handley & Neil Harvey located in Deerfield, NH. Contact: www.granitestatecarriage.org

## July 2020

11	<b>Drive and Trail Ride. Rain date July 12.</b>	Loudon Roads & Woodland Trails sponsored by Granite State Carriage Association hosted by Sandy Sims & Leslie Baxter, located in Loudon, NH. Day outing. Contact: www.granitestatecarriage.org
12	<b>Cheshire Fair Horse Show</b>	Cheshire Fair Grounds - For more info: Cheshirefair.org Judy@CheshireHorse.com
16 - 19	<b>Multi-day Camping Outing Pre-registration required</b>	Look to the Mountains-Multi Day Camping Outing sponsored by Granite State Carriage Association hosted Cindy Schlenner located in Chocorua, NH. Contact: www.granitestatecarriage.org
25 -26	<b>Miniature Show</b>	Fun and Fancy Miniature Horse & Pony Show sponsored by Silver Spur Riding Club, Sidney ME. Driving pole bending, obstacle, carrot race, musical cones and timed obstacle challenge. Contact Tarie Sawyer on facebook or call 207-509-8682
26	<b>Pleasure Game Show</b>	Pleasure/game show sponsored by the Mousam Saddle and Harness Club, offering various games, showmanship, trail, jumping, pleasure and equitation. W/T through adult, located in Kennebunk, ME. Contact Andrea Valliere @207-929-8445

## August 2020

2	<b>Open Pleasure Show</b>	Open show sponsored by the Mousam Saddle and Harness Club, offering showmanship, trail, jumping, pleasure and equitation, W/T through adult, located in Kennebunk ME. Contact: Andrea Valliere @ 207-929-8445
9	<b>Drive and Trail Ride</b>	Rail Trail drive and ride at Potter Place, sponsored by Granite State Carriage Association hosted by Don & Faith Clendenen, located in Andover, NH. Day outing. Contact: www.granitestatecarriage.org



# CALENDAR OF EVENTS

## Continued August 2020

9	<b>Games</b>	Games sponsored by the Mousam Saddle and Harness Club, offering poles, barrels and various others. Located in Kennebunk ME, Contact Andrea Valliere @ 207-929-8445
15	<b>Driving Fun Day</b>	Sponsored by the Maine Driving Club located in Canton ME. contact Sondra Day 234-4762 or sriday@uninets.net
23	<b>Cheshire Fair Horse Show</b>	Cheshire Fair Grounds - For more info: Cheshirefair.org Judy@CheshireHorse.com
23	<b>Drive and Trail Ride</b>	Sambornton Pemi River drive and trail ride sponsored by the Granite State Carriage Association hosted by Don & Faith Clendenen located in Andover, NH. Day outing. Contact: www.granitestatecarriage.org

## September 2020

12	<b>Spurwink Farm Driving Derby</b>	Sponsored by the Maine Driving Club located at Spurwink Farm in Cape Elizabeth, ME. contact Sondra Day 234-4762 or sriday@uninets.net
13	<b>Cheshire Fair Horse Show</b>	Cheshire Fair Grounds - For more info: Cheshirefair.org Judy@CheshireHorse.com
13	<b>Fun Show</b>	Sponsored by the Mousam Saddle and Harness Club. Great fun end of the season show, located in Kennebunk, ME. Contact: Andrea Valliere @ 207-929-8445.

## Continued September 2020

10-16	<b>Multi Day Camping outing.</b> Pre-registration required.	<i>Meach Cove/Shelburne multi-day outing sponsored by the Granite State Carriage Association hosted by Jean Harvey located in Shelburne, VT. Contact: www.granitestatecarriage.org</i>
18 to 20	<b>Down East Medal Finals</b>	Please contact Ginger Albert ginger@downeastmedalfinals.com Location: Skowhegan Fairgrounds, ME
19	<b>Benefit Trail Ride</b>	Champion the Challenge trail ride, sponsored by Northern Light Eastern Maine Medical Center. Enjoy a fall trail ride in Maine while helping to fight cancer, 5 and 10 mile rides. Located in Corinna, Maine. Register today @ ctcchallenge.org

## October 2020

3	<b>Drive and Trail Ride</b>	<i>Branch Hill Farm drive and trail ride sponsored by Granite State Carriage Association hosted by Cindy Schlener located in Milton Mills, NH. NEHT - Affiliated Event. Contact: www.granitestatecarriage.org</i>
11	<b>Drive</b>	Seavey Memorial Drive Manchester Water Works sponsored by the Granite State Carriage Association sponsored by Eric & Linda Wilking located in Auburn, NH. Day outing. Contact: www.granitestatecarriage.org
17	<b>Arena Driving Trials</b>	ADT sponsored by Maine Driving Club located ant Pen-Beth Farm in Harrison, ME. contact Sondra Day 234-4762 or sriday@uninets.net

## November 2020

15	<b>GSCA Annual Planning Meeting</b>	Location: TBD
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## Commit

by: Virginia Shaw

So you're on your way! You have decided to commit to the equestrian journey. Lessons are rolling, and you are feeling great. Then BANG! Something happens. Perhaps, the horse you typically ride goes lame, your trainer doesn't seem like a good fit, or the best one, you fall and it's a scary one. Now what?

We are all aware that when we get on the back of a horse we are accepting the fact that anything can happen. We put a lot of faith in our trainer to protect us, our horse to behave, and ourselves. It requires the utmost focus and determination to become the riders we all desire to become.

Maybe all you want to do is be able to walk and trot around the ring safely; perhaps you want to perfect a barrel pattern; or maybe you want to jump a 1.40 jumper class clear. Whatever the goal may be you have to commit.

I love the saying, "You can't quit on a bad day. You can quit on a good day, but never a bad day."

I mean how true is that! How easy it would be to quit when everything goes awry? Super easy! I mean when your horse spooks, bucks, takes off, dumps you, it's super easy to leave the barn that



day and you're done! No looking back, sell it all, call you trainer and quit.

Your horse goes lame, needs 6 months off, DONE. You go to the biggest event, show, whatever it is you aspire to do and everything goes wrong, again DONE. Your mind races with all

the thoughts of embarrassment, how you weren't ready, you should have never exposed yourself to any of this, you aren't good enough to be out there against those riders, the footing was bad, your horse wasn't prepped right, the list can go on and on. But at the end of the day, you quit.

Who wins when you quit? No one. Not you, not your horse, no one. Let me let you in on a little secret.

**WE ARE NEVER READY!**

When it comes to life we are never ready! Most things in life don't happen to you, they happen for you. It's called experience. When you fail you learn. You can pick up the pieces and try again. Sometimes failing is painful and the time it takes to overcome it can be long and hard especially when your partner is a 1200lb animal whose rationalization skills are typically flight or fright.

What I can say, from experience, is that it is worth it. The moments of success, and most importantly fun, always outweigh the failures.

So here is my suggestion: COMMIT. Whatever the goal, whatever the dream, commit. Commit, knowing that it could be hard with some bumps along the way, but never give up on yourself and the goal you wish to achieve.

Happy Horsin'  
Virginia

Virginia Shaw is head trainer of Behind the Blue LLC. Follow us on Facebook or on our website:

www.btbequestrian.com



# Maine & NH Horse Organizations

## American Saddlebred Association of Maine

Regan Grant, Secretary  
207-432-7671  
momg23@metrocast.net  
www.mainesaddlebredhorse.com

## Arabian Horse Association, Inc. of Maine

Laurie Emery, BOD  
207-399-6511  
mvaemery@hciwireless.net  
www.maine-arabian.org

## Central Maine Dressage Association\*

Suzanne Crowell, Treasurer  
207-688-2268  
scrowel2@maine.rr.com  
www.mainedressagesociety.org

## Central Maine Team Penning Association

Meghan Farrell, Secretary  
207-592-1819  
www.cmtpa.com

## Cumberland County Riding Club

Lisa Bowe  
207-353-7826

## Dusty Boots 4-H Group

Terri Pierce  
207-779-6774  
tpierce385@gmail.com

## Eastern Maine Dressage Association

Rebecca Reed  
207-478-2097  
rebeccareed52@gmail.com  
www.mainedressagesociety.org

## Ellis River Riders\*

Kathi Kyes, President  
207-200-7115  
president@ellisriverriders.com  
www.ellisriverriders.com

## Farmer's Draft Horse, Mule & Pony Club

Darcy Winslow, Secretary  
207-583-2204  
belgian1@verizon.net  
www.farmersdraftclub.org

## Granite State Carriage Association

Jean Harvey, President  
603-667-1880  
jharvey@cli-usa.com  
www.granitestatecarriage.org

## Granite State Draft Horse & Pony Association

Marc McGinnis, Secretary  
gsdhpa@yahoo.com  
www.granitestatedraft.wixsite.com/club

## Granite State Morgan Horse Society

Cindy Harb, Treasurer  
603-382-8067  
cindyharb@gmail.com  
www.nhmorgans.com

## Highview Riding Club, Inc.

207-850-1773  
www.mainehorseassoc.com

## Hollis Area Equestrians

Beth Moody, President  
haehollis@gmail.com  
www.hollisareaequestrians.org

## Joy Valley Riders

207-568-3475  
joyvalleyriders@yahoo.com  
www.joyvalleyriders.com

## Maine Appaloosa Horse Club

Rosalind Clancy, Secretary  
207-504-1933  
diamondoakranch@ymail.com  
www.maineappaloosahorseclub.com

## Maine Barrel Racing Association

Jamie Leeman, President  
207-696-4036  
peppy22@beeline-online.net  
www.mainebarrelracing.com

## Maine Combined Training Association\*

Kris Nicola, President  
207-848-5310  
dr3ssag3@gmail.com  
www.maine-eventing.org

## Maine Cowboy Mounted Shooters\*

Bill Ledoux, President  
207-282-2821  
cowboybill@maine.rr.com  
www.maine-cowboymountedshooters.com

## Maine Dressage Society

Beth Brainerd, Vice President  
207-743-6546  
hbf@roadrunner.com  
www.mainedressagesociety.org

## Maine Driving Club\*

Paula Leavitt, Treasurer  
207-234-4537  
treasurer@mainedrivingclub.org  
www.mainedrivingclub.org

## Maine Farm Bureau

Penelope Jordan, President  
207-622-4111  
info@mainefarmbureau.com  
www.maine-farm-bureau.com

## Maine Farriers' Association

Susan Walker, President  
207-577-1345  
mainefarriers@gmail.com  
www.maine-farriers.vpweb.com

## Maine Horse Association

Dollie Hutchins, Treasurer  
207-850-1773  
stepntime@metrocast.net  
www.mainehorseassoc.com

## Maine Hunter/Jumper Association\*

Esther Goodrich-Puffer, Secretary  
207-698-1970  
mainehjassn@gmail.com  
www.mainehunterjumper.com

## Maine Morgan Horse Club, Inc.

Pamela Vose, Secretary  
memorgan2018@gmail.com  
https://sites.google.com/site/mainemorganclub/home

## Maine Mounted Search & Rescue Unit

Sharon, Lead Deputy Officer  
207-951-0526  
info@mainemountedsar.org  
www.mainemountedsar.org

## Maine National Barrel Horse Association District 03

Christina Waters District Director  
207-649-1058  
hrsense2@cs.com  
www.maine-nbha.com

## Maine Quarter Horse Association

Ricky Drew, President  
207-272-0082  
meqhanews@yahoo.com  
www.meqha.org

## Maine Trail Riders Association

Trudy Bickford, President  
207-720-0550  
trudybickford@mainetrailriders.com  
www.maine-trailriders.com

## Mousam Saddle & Harness Club\*

Andrea Valliere, Secretary  
207-929-8445  
mvalliere@roadrunner.com  
http://mousamsaddleandharnessclub.webs.com/

## N Bar H Riding Club

Linda Mattress, President  
nbarhrc@gmail.com  
http://www.nbarh.com/  
**New England 4-H Horse Program**  
Sherri Thornton  
207-474-9622  
herri.thornton@maine.edu

## New England Jumpers Association

Renae Samay  
207-514-6626  
nejumpersassociation@gmail.com  
www.nejumpersassociation.com

## NH Barrel Horse Association

Terri Foster, NH State Director  
sthld@aol.com  
http://www.nhnbha.com/

## NH Dressage & Eventing Association

Stefanie Rossetti, President  
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Steffanierossetti@gmail.com  
http://www.nhdea.org/

## New Hampshire Arabian Horse Association

Lurline Combs, Secretary  
603-627-8645  
lcombs1@comcast.net  
http://www.nharab.org/

## New Hampshire Gymkhana Horse Association

Shonoa Straw, President  
603-986-3371  
https://nh-gha.weebly.com/

## New Hampshire Horse & Trail Association

Jane Boucher, Secretary  
603-463-7924  
f5fy@aol.com  
http://www.nhhta.org/

## New Hampshire Horse Council

Diane Russell, President  
nhhorsecouncil@aol.com  
http://www.nhhorsecouncil.org/

## New Hampshire Hunter Jumper Association

Kim Romano  
secretary@nhhja.com  
http://www.nhhja.com/

## New Hampshire Quarter Horse Association

Victoria Leonard, Secretary  
vleonard@nhqha.com  
http://nhqha.com/

## North Country Riding Club

Amanda Sherburne, Secretary  
207-277-5029  
sherburne.amanda@gmail.com  
www.dexterridingclub.com

## Northeast Icelandic Horse Club

Ebba Meehan, Secretary  
neicelandicHorseclub@gmail.com  
www.neihc.com

## Northeast Miniature Horse Club

Virginia Gonsalves, Secretary  
508-822-3668  
gonsalves@newbedfordrehab.com  
http://www.northeastminis.info/

## Northern Maine Dressage Association

Michele Zambrano  
leibchon@hotmail.com

## PATH International

Sarah Bronson, Maine Chair  
207-892-2813  
sbronson@ridingtothetop.org  
https://www.pathintl.org/

## Pine & Spurs Riding Club

Shaun Bagley, President  
pineandspursridingclubme@yahoo.com  
https://pineandspursridingclub.yolasite.com/

## Prime Time Riders Adult Pony Club

Sam Morrison, President  
207-946-5045  
wlcmlhome@live.com

## Riding To The Top Therapeutic Riding Center

207-892-2813  
info@ridingtothetop.org  
www.ridingtothetop.org

## Sebasticook Riding Club

Pat McCollor  
207-872-5301  
patmcc1@gmail.com

## Silver Heels Riding Club

Stephanie Remick  
603-988-5632  
remick06@yahoo.com  
http://silverheelsridingclub.com/

## Silver Spur Riding Club

Jackie Kulik, Secretary  
www.silverspurmaine.com

## State of Maine Dressage Association\*

Cindi Spear  
blkthunderfriesians@yahoo.com  
www.mainedressage.com

## Standardbred Performance Society

Elizabeth Tewksbury  
stbperformance@live.com

## Standardbred Pleasure Horse Organ. of ME\*

Robyn Cuffey  
207-985-9144  
robbyn@sacoriver.net  
www.sphomaine.net

## Tiny Hooves Miniature Horse Club

Hayley Martin  
207-852-0445  
hayleyymi@yahoo.com

## Trail Riders of Today (TROT)

Sondra Day  
207-234-4762  
srdlay@uninet.net  
http://trot-md.org/

## Tri-County Horsemen\*

Rosemary Feyler, Treasurer  
207-785-6657  
rosemary.feyler@maine.edu  
http://www.tricountyhorsemen.com/

## US Pony Clubs, North East Region

Lucy Hunt, Region Secretary  
207-985-1801  
lbcheney@gmail.com  
northeast.ponyclub.org

## Waldo County Riding and Driving Club\*

Avis S. Winchester, Secretary  
207-338-1788  
wcrdc@yahoo.com

## Wentworth Hunt Club

Daun DeFrance  
603-479-8364  
info@wentworthhunt.org  
http://www.wentworthhunt.org/

## Western ME Dressage & Eventing Association

Beth Brainerd  
207-743-6546  
hbf@roadrunner.com  
www.mainedressagesociety.org

## White Mountain Riding Club

Vicki Herzog, Treasurer  
whitemountainridingclub@gmail.com  
http://www.whitemountainridingclub.org/

## Yankee Miniature Horse Club

Wanda Mullen  
TizWandaM@gmail.com  
http://yankeeminihorse.com/



***The Horse's Maine & NH***  
**is the official paper of the following affiliated groups:**

- |                                     |  |
|-------------------------------------|--|
| Central Maine Dressage Association  | Mousam Saddle and Harness Club           |
| Ellis River Riders                  | Primetime Riders                         |
| Maine Combined Training Association | State of Maine Dressage Association      |
| Maine Driving Club                  | Standardbred Pleasure Horse Organization |
| Maine Hunter/Jumper Association     | Tri-County Horsemen                      |
|                                     | Waldo County Riding & Driving Club       |

**AFFILIATION BENEFITS** Submit club news and advertisements to the paper each month - the benefits are huge!

- Free advertising! One free page of ad space per year, to use based on your needs.
- Save on costs! Print your news in the paper and stop mailing newsletters.
- Free classifieds ads for members.
- Discounted display ads for members.
- Free member subscriptions to *The Horse's Maine & NH*.
- Your club membership information printed in the paper.
- A guarantee your members will see your news and events published in the paper.
- Email [editor@horsesmaineandnh.com](mailto:editor@horsesmaineandnh.com) for detailed information.



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**Trail Riders of Today (TROT)**

Trot is primarily a trail riding club. It is loosely structured and club rides are arranged only through members volunteering to host a trail ride. For some hostesses this ride might be in their backyard, others may have to travel to another destination. Many include a meal, some are brown bag but all include some socializing after the ride. Some riders opt to have their miles on a given horse tracked and others do not. Some riders track their hours for all riding whether it be a club ride or otherwise and some do not. It is the rider's choice. On January 26, 2020 Trot held its annual banquet at Kosta's Restaurant in Brewer. The following members are enrolled in the mileage program and received awards. These are miles ridden on club rides only and on a given horse.



Donna Simonds

- Donna Simonds** and Telos 48.5 miles Bronze medal
- Amy Beem** and Ruthie 75 miles Bronze medal
- Sophia Ames** and Ruby 44.5 miles Bronze medal
- Paula Leavitt** and Bunny 90 miles Silver medal
- Amy Beem** and Ruthie 102.5 miles Silver medal
- Marcia Lizotte** and Mocha 150 miles Silver medal
- Barb Grindle** and FTL Quiet Thunder (Buddy) 161 miles Gold medal
- Marcia Lizotte** and Mocha 185 miles Gold medal

Junior medals are awarded to any junior riding in at least one ride. The following received a junior medal:

**Sharon Gray** and Shadow's Candyman 23 miles or 3 rides Bronze medal

TROT continued page 21



# Bits and Bytes

## Industry News

### NEW HAMPSHIRE FISH AND GAME NEWS & INFORMATION

Five Trails for People and Wildlife Workshops Scheduled for March & April: Register Today!

CONCORD, NH – Five all-new workshops have been scheduled for this spring based on the principles developed in the recent New Hampshire Fish and Game Department's publication Trails for People and Wildlife, <https://wildlife.state.nh.us/trails/> a guide for planning recreational trails that enables people to enjoy nature while also allowing wildlife to thrive.

The workshops will be held throughout the Granite State and will be hosted by partnering regional conservation organizations. Intended for landowners, conservation groups, and natural resource professionals.

The objective of Trails for People and Wildlife workshops is to help facilitate the placement of thoughtfully located networks of well-maintained trails that help people get outside while minimizing wildlife disturbance. While hiking, biking, and bird watching are just some of the ways people engage with their environment, these seemingly low-key activities can have a negative impact on wildlife by reducing their abundance, reproductive success, or even survival.

**Preregistration for Trails for People and Wildlife workshops is required and is first-come, firstserved.**

These free evening events are scheduled for the following dates in conjunction with local hosting partners:

**March 4, 2020:**  
UNH Cooperative Extension, Lancaster, NH – Workshop scheduled from 6:30 p.m. to 8:30 p.m. To preregister and for venue details please visit [tinyurl.com/UNHCEnorth](http://tinyurl.com/UNHCEnorth)

**March 19, 2020:**  
Lakes Region Conservation Trust, Center Harbor, NH – Workshop scheduled from 6:00 p.m. to 7:30 p.m. To

preregister and for venue details please email [lrct@lrct.org](mailto:lrct@lrct.org)

**March 24, 2020:**  
Southeast Land Trust, Greenland, NH – Workshop scheduled from 6:00 p.m. to 7:30 p.m. To preregister and for venue details please visit [tinyurl.com/SELTO Outreach](http://tinyurl.com/SELTO Outreach).  
March 25, 2020: Ausbon Sargent Land Preservation Trust, New London, NH – Workshop scheduled to begin at 6:30 p.m. To preregister and for venue details please email [kheath@ausbonsargent.org](mailto:kheath@ausbonsargent.org).

**April 7, 2020:**  
Milford Conservation Commission, Milford, NH – Workshop scheduled to begin at 7:00 p.m. To preregister and for venue details please email [conservation@milford.nh.gov](mailto:conservation@milford.nh.gov) "Understanding where sensitive habitats are located on your property, such as vernal pools, can make a huge difference," said Rachel Stevens, the New Hampshire Fish and Game Department's Wildlife Ecologist. "We want to help ensure that wildlife will be there for all of us to enjoy for years to come while providing trail builders with the resources needed to achieve their public access goals."

Trails for People and Wildlife can be downloaded and used by both private landowners and professionals to select locations for new trails and to determine where it is best to maintain, reroute, or decommission existing trails to optimize human experience and minimize wildlife impact.  
Visit: [www.wildnh.com/trails](http://www.wildnh.com/trails) to read and print the entire guide.

CONTACT:  
Rachel Stevens: (603) 778-0015  
Jim Oehler: (603) 271-2461

### MSPHO Grant

MSPHO Mission

The mission of the Maine Standardbred Pleasure Horse Organization is to encourage promotion of the Standardbred for pleasure riding and driving.

MSPHO serves its membership by supporting programs that further the responsible ownership of Standardbreds and encourages the use of these horses for non-racing purposes. We strive to educate the public about the breed's natural athletic ability, versatility and level-headed temperament.

Overview: MSPHO is an organization who recognizes Standardbreds with goals to making them popular. We support education and advancement of the sport by sponsoring horse shows and clinics.

We are always looking for opportunities to advance the Standardbred Horse in Dressage and in other Show Events in New England/Championship Events.

The amount of the award will depend on the availability of club funds and number of applications per calendar year.

Grant Information: The MSPHO Grant is designed to advance the Standardbred Horses and Rider in New England. This includes, but is not limited to, encouraging individual members to reach a higher performance goal, improving the abilities and education to the public.

Some Example of Goals that are considered included:

1. An individual rides or rider team looking to qualify for or participate in a special event or program, with an emphasis on promoting the Standardbred Horse in competition.

2. Clinics to improve general horse knowledge and care.

Rules and Guidelines:

1. The applicant must be a current MSPHO member.

2. The applicant must create a plan with scheduled event(s) that help the recipient or club reach a specific goal.

3. The applicant must complete the template provided and submit to the MSPHO board for evaluation.

4. The applicant must write a summary of the event and/or speak at the MSPHO Award Banquet regarding results. The applicant must be present a presentation (pictures) on their events and future goals.

The MSPHO grant committee evaluates and decides on the most compelling and worthy applications by April 1st.

Please contact:  
[laurarouleau@roadrunner.com](mailto:laurarouleau@roadrunner.com)  
for application form

### Maple Weekend for Maine and New Hampshire

State of Maine March: 22nd 2020 (always the 4th Sunday in March)  
State of New Hampshire's 25th Annual NH Maple Weekend will be March 21-22, 2020

If you're looking for great way to satisfy that sweet tooth and support your local farmer join in for a weekend of Maple tasting. Maple Sunday or Maple weekend is a long-standing tradition in both states. This is a time for maple producers to open their doors to the public and demonstrate the centuries-old craft of maple sugaring for a day or the weekend.



Parelli Clinics with  
Avery Gauthier  
3\* Parelli Professional

Level 2/3 Clinic: April 18-20th 9:00-4:30  
Level 3/4 Clinic: April 24-26th 9:00-4:30

Cost: \$650 for each clinic (includes stall and rider lunch)  
Overnight accommodations available for \$25 per night  
Auditors welcome at \$50 per day (bring your own chair)

Location: Ashland Farm, 75 Babbidge Road, Falmouth ME  
Contact: Ashley at [agartland88@gmail.com](mailto:agartland88@gmail.com) or (207)590-8900

Brook Ledge Farm  
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26 Woodledge Lane  
Thomaston, Maine 04861  
(207) 542-7307  
[brookledgefarm@icloud.com](mailto:brookledgefarm@icloud.com)  
[www.brookledgefarm.com](http://www.brookledgefarm.com)



# The Maine and New Hampshire Business Directory

An All-Inclusive Guide for All Things Equestrian

## Arenas



**Ray Labbe & Sons, Inc.**  
207-725-7336  
www.raylabbeandsons.com

### RIDING ARENAS

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TROT: Continued from pg 17

Sophia Ames, Lexi Furrow, Daveon Raven, and Delaney King

The pleasure program tracks all hours that a member rides in a given year. Plates are awarded for each 250 hour increment. The following members received plates for thier plaque.

Judy MacPheters 524.5 hours  
 Marcia Lizotte 578 hours  
 Amy Beem 2102.5 hours  
 Barb Grindle 2522.5 hours

**Without our ride hosts and hostesses we would have no club.**

We are grateful to our members who have donated precious time and resources to planning a ride for others to enjoy. You have shared the beautiful places that are familiar to you and are all deeply appreciated. The following received hostess awards.

Johnna Martinez, Amy Beem, Judy MacPheters, Paula Leavitt, Barb Grindle, Dianna McKay,



Sharon Gray, Marcia Lizotte, Melinda Bishop, Betty and Kurt Davis, Kris Nicola, Julie Eugley, Sondra Day

And a good time was had by all. Here's to many more miles in 2020!

**Maple Weekends**

by: Editorial Staff

State of Maine March: 22nd-2020  
 (always the 4th Sunday in March)  
 State of New Hampshire: 25th Annual NH Maple Weekend will be March 21-22, 2020

If you're looking for great way to satisfy that sweet tooth and support your local farmer join in for a weekend of Maple tasting. Maple Sunday or Maple weekend is a long-standing tradition in both states. This is a time for maple producers to open their doors to the public and demonstrate the centuries-old craft of maple sugaring for a day or the weekend.

Many of the Sugar Shacks offer educational demonstrations, Sugarbush tours, fun Family Activities and samplings of fresh syrup, maple candies and confections, coffee and doughnuts. Many locations offer pancake breakfasts, petting farms or horse-drawn rides. Come taste why pure Maine and New Hampshire Maple syrup has long been a delicious harbinger of spring.

**Maple Syrup has many health benefits:**

1. **Antioxidants:** Maple syrup contains a multitude of antioxidants. Antioxidants are only found in trace amounts in refined sugar and corn syrup, and even agave nectar can't provide equal amounts of antioxidants that maple syrup can. These antioxidants fight free radicals, which are cells that have been found to cause serious diseases. For maximum antioxidant benefit, select the darkest grade of maple syrup, rather than the light grades, which contain fewer of these important nutrients. Other sweeteners that are known to contain high amounts of antioxidants include molasses, raw honey and even brown sugar.

2. **Manganese and Zinc:** Maple syrup may not have as many nutrients as other naturally sweet foods, like fruit, but, it does provide valuable vitamins and minerals. Two of those are manganese and zinc, which play important roles in the body. Manganese helps with the

metabolism and absorption of nutrients, as well as with nervous system functions. Zinc influences the immune system,



helping to prevent illnesses and diseases. Although you can get these nutrients elsewhere, they're a nice added benefit of eating maple syrup in place of other sugars. Maple syrup also contains small amounts of other nutrients, like calcium, which makes it more beneficial than most processed sugars.

3. **Reduced Glucose Levels:** Maple syrup doesn't really lower glucose levels, but it does keep them lower than refined sugars. Refined sugars cause a spike in blood sugar, followed by a crash later. Over time, this cycle can lead to the development of diabetes. With Maple syrup the spike is lower and the crash is less intense. That doesn't mean that you should consume maple syrup in large quantities, but if you need something sweet it's better than refined sugar. Maple syrup also rated about 10 points lower on the Glycemic Index making it a proven healthier choice.

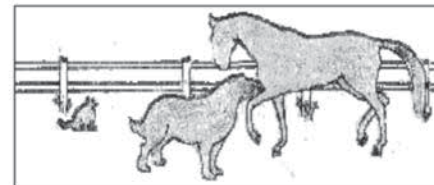
4. **Decreases Risk of Cancer:** maple syrup contains antioxidants that are known to fight radicals, which mean it can help to fight against cancer-causing cells. Chemicals like aspartame and Splenda have been linked to cancer, as this excessive sugar consumption in general. Maple syrup in large servings will not prevent cancer but it give you a healthier option for those who like sweeteners.

There are many other benefits to adding Maple syrup to your diet, ask your Physician what they think.

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*Deadline for the April issue is March 10, 2020.*



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[www.wcrdc.org/](http://www.wcrdc.org/)

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# Riding To The Top

## to host research study on the benefits of Therapeutic Riding

### “Riding To The Top to host research study on the benefits of Therapeutic Riding”

WINDHAM, Maine. The University of Colorado Anschutz Medical Campus (CU Anschutz) in Aurora, Colorado, in collaboration with the Maine Medical Center Research Institute, has been awarded a \$2.5 million grant to study why therapeutic horseback riding benefits children with autism spectrum disorder (ASD), particularly children who have co-occurring psychiatric diagnoses.

A previous study by Principal Investigator Robin Gabriels, PsyD, a CU Anschutz researcher and Children’s Hospital Colorado psychologist, showed that a 10-week therapeutic horseback riding intervention reduced irritability and hyperactivity while improving the social and communication skills of youth diagnosed with ASD. To learn why, Gabriels is now teaming up with MMCRI Faculty Scientist Mathew Siegel, M.D., the study’s co-investigator and leader of the Autism and Developmental Disorders Service of Maine Behavioral Healthcare.

“This study is exciting because it’s not often we have a chance to try to understand why something works,” Siegel said. “Learning why will hopefully help us create other interventions that could address challenges that children with ASD face.”

The 5-year-study is the largest of its kind and will include roughly 142 children between the ages of 6 and 16 with ASD.

### **The Maine Connection:**

The Maine portion of the study will be conducted at Riding To The Top Therapeutic Riding Center (RTT) in Windham, a PATH Intl. (Professional Association of Therapeutic Horsemanship) Premier Accredited Center providing year round equine assisted activities and therapies for people with disabilities. The research will begin this summer at Riding To The Top. After going through an eligibility screening at MMCRI, children will be randomly assigned to the therapeutic horseback riding group or a barn group (non-riding) for 10-week interventions. Both groups will wear heart rate monitors and wrist bands that record changes in electrodermal activity during each visit. Saliva samples will also be taken before and 20 minutes after the interventions to measure levels of the stress hormone cortisol.

Sarah Bronson, PT, Executive Director at RTT said “We are honored be involved in this ground breaking research. It will provide essential data as to the specific physiological changes that occur during therapeutic riding lending further understanding about the impact of therapeutic riding on social and emotional regulation.” Bronson noted that they are in the process of recruiting volunteers

to assist with the research. Reducing medication use and hospital stays

“This current study will focus on looking at the physiological mechanisms that may explain our previously observed benefits of (therapeutic riding), particularly in a high-risk subset of youth with ASD and co-occurring psychiatric diagnoses,” said Gabriels. This study will investigate how therapeutic horseback riding can help these children regulate their emotions so they don’t overreact in a dangerous manner. Gabriels noted, “If we can show horseback riding is emotionally regulating, perhaps we can reduce the need for so much medication and help keep them out of the hospital.”

Those interested in potentially participating or volunteering in this study should call

**RTT at 207-892-2813, X22**  
and ask to speak to  
**Kate Jeton, Program Director.**

### **About Riding to the Top**

Founded in 1993, Riding To The Top Therapeutic Riding Center’s (RTT) mission is enhancing health and wellness through equine assisted activities and therapies. Located in Windham, RTT is the Maine’s only year round PATH Intl. (Professional Association of Therapeutic Horsemanship) Premier Accredited Center solely dedicated to serving people with disabilities through equine assisted activities and therapies. Annually, more than 250 clients participate in programs, assisted by PATH Intl certified instructors, over 250 volunteers, and a herd of 18 horses, all specially trained to assist with therapeutic riding, carriage driving, equine assisted learning and hippotherapy. RTT is a community-based nonprofit, receives no federal or state funding and provides scholarships to over 60% of its clients.

For more information about client services, volunteering, or making a gift, please visit us at [www.ridingtothetop.org](http://www.ridingtothetop.org) or call 892-2813.

About the Maine Medical Center Research Institute (MMCRI)  
MMCRI is the research arm of Maine Medical Center and seeks to enhance the health of our population through excellence in research across the spectrum of the biomedical and health sciences. For more information, visit <http://mmcricri.org/ns/>

### **About Maine Behavioral Healthcare**

Maine Behavioral Healthcare is a 501(c)(3) nonprofit organization serving more than 20,000 children, adolescents and adults at over 30 locations throughout southern, western, and mid-coast Maine, providing a continuum of coordinated mental healthcare from outpatient community offices to inpatient acute care at Spring Harbor Hospital. For more information, please visit [mainebehavioralhealthcare.org](http://mainebehavioralhealthcare.org).

### **About the University of Colorado Anschutz Medical Campus**

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Shot of lesson in RTT arena



RTT rider, TJ McAllister on Babe during a therapeutic riding lesson, with Instructor, Kate Jeton, PATH Intl. CTRI on left and RTT volunteer, Donna Warren on right.

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[www.ridingtothetop.org](http://www.ridingtothetop.org)



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