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## *SMDA Newsletter*

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# SMDA News and Updates

## **SMDA Annual Meeting and Banquet**

The Annual Meeting and Year-end Awards Banquet was held on Saturday, January 20 at Duffy's Restaurant in Old Orchard Beach. We had record attendance this year, with 70 people coming out to enjoy the evening and cheer on our award recipients.

During the meeting portion of the evening we reviewed the changes to SMDA's awards program. If you need a refresher, details on the changes were published in the January newsletter and are included in the Equine Edition show directory (page 12). Starting this year, both our shows and the year-end awards will be separated into three divisions: Open, Adult Amateur, and Junior. We hope the adjustments to the awards system will improve how we recognize the achievements of all SMDA riders.

The Annual Meeting also included a discussion of SMDA's financial status, and we are seeking member input on new methods of fundraising. We've relied heavily on advertising in the Equine Edition as an income source to pay for the show directory publication. This year we will be looking to diversify and find alternatives to raise the needed funds (without raising dues or increasing show fees!). If you have any ideas or suggestions, please contact any of our Board members.

A highlight of the evening was a presentation by Sophia Chavonelle. In December, Sophia attended the USDF Convention and represented SMDA at the business meetings. Sophia presented information on a proposed new Regional Awards Program (USDF Region 8) that is under discussion. More details will be provided as the program



Sophia Chavonelle represented SMDA at the USDF Convention where she attended meetings about various programs for Young Riders. Please contact Sophia if you are a Young Rider interested in activities or opportunities at the Regional or National Level.

2018 is election year for SMDA. We'll be electing new Officers and Board of Directors this fall to serve the next two-year term. If you are interested in getting more involved with SMDA, please consider working with us. We have a great team and always appreciate new ideas and enthusiasm! Contact any of the current Board members if you are interested (contact information is on our website and in the Equine Edition).

# Year End Awards

Year-end awards were presented to qualifying SMDA riders from Intro through FEI levels. First place winners received beautiful quarter sheets and saddle covers embroidered with the SMDA logo. Our high point winners received benches with the SMDA logo engraved on the top step. Many thanks to Maggie Roy, our Awards Coordinator, who selected these beautiful prizes!

The full list of Year-end Award recipients is posted on SMDA's website [www.mainedressage.com](http://www.mainedressage.com)

## High Point Awards

Our High Point Intro and High Point Junior Awards were both won by Sarah Barter. Sarah rides at DA Dressage in Dream Acres Equestrian Center. She attends Falmouth High School and has two younger twin sisters. Her horse is named Stanley (Stan the Man), a chestnut Appendix gelding. Her goal for 2018 is to take the comments received by last year's judges and her instructor (Angie Morin) and learn to improve her skills. Outside of school and horses Sarah enjoys kick-boxing with her friends!

Cassi Martin won the High Point Senior Award. Cassi had a great season with SMDA, showing several horses at different levels. She had the overall high score among senior riders and was presented with one of the



Sarah Barter

beautiful benches as her award. Cassi owns and operates Life's a Ride Equestrian Center in Saco, Maine.



Cassi Martin

## Volunteer of the Year

Valerie Cole was named our SMDA Volunteer of the Year, and we were happy to see her get well-deserved recognition for all she does for the club. In addition to coordinating the ad sales for the Equine Edition, Valerie is also our Head Postmistress and coordinates the various newsletter and other mailings that occur throughout the year. She's always willing to help, has great ideas, and is an incredible team player. Valerie and her husband own and operate Andy's Agway in Dayton, Maine. If you get a chance, please stop by the store to say "thank you" to Valerie and tell her how much we appreciate everything she does!



Valerie Cole

## Member Profile: Meet Gretchen Wentzel

Gretchen admits she's been horse crazy all her life, noting that her greatest childhood disappointment occurred the day her father explained the zoning regulations in their Waterville neighborhood and why they COULD NOT have a pony in the garage. 😊

She did begin riding lessons at a young age, and was first boosted onto a horse in October, 1963, by Michael Poulin! Although she enjoyed riding in her younger years, "life" intervened and after a long hiatus, she finally returned to riding in 2006 and finally got that pony (her first horse!) at age 51.

Gretchen keeps her two horses, Wildweed (14 y.o. Haflinger gelding) and Rain (20 y.o. Percheron mare), at Vienna Farm. She's appreciative of the support she's received at Vienna Farm, stating "After my long absence from riding, I am so grateful for my teachers and riding friends who have encouraged me through years of lessons. I've been a timid rider, plagued by anxiety and PTSD, and other life events, and through years of lessons and patient instruction, I've found joy and a gradually filling well of courage."

Since 2015, Gretchen has ridden in a few SMMDA schooling shows each summer (something she never dreamed she'd have the courage to try) and is appreciative of the supportive environment provided by our SMMDA schooling shows.



Gretchen (left) with her instructor Amy

## SMMDA Retires Jane Petrin Memorial Perpetual Trophy



The Tarbaby Award is a perpetual trophy that is given to the highest-scoring First Level Rider. The award was established 15 years ago by Jane Petrin in honor of her first level mount, Tarbaby. Jane was very active in SMMDA for many years, including terms as president and a frequent show manager volunteer.

The Tarbaby Trophy is starting to show its age, and we are running out of room to engrave the names of the winner each year. It was decided that it's time to retire the perpetual trophy at the end of 2018. We're delighted that the last recipient is Kristine Brassard, who with her beautiful Welsh Cob mare Northforks Grace had the highest average First Level score in the

2017 show season. Kristine has been riding for the past ten years and four years ago she found North Forks Grace for sale in Vermont. Together they've come up from showing Intro to debuting at Second Level this spring. By far Kristine's favorite quality about Grace is the perfect Jose Cuervo mustache she grows in the winter.

Congratulations Kristine!





# My USDF Membership Card - What did I do with it?

## Tips From a Show Pro

Each year when you renew your SMDA membership, we ask you to provide your USDF membership number. This information is passed along to USDF and helps identify existing members versus new members who require a new USDF number. There are always a few members who misplace their cards and aren't able to provide their number when it comes time to renew their SMDA membership (more on that shortly). Missing USDF membership cards made me think how challenging it can be to keep up with paperwork for your horse, so I thought I would share with you what I do to keep track of things like my USDF membership card and other papers.

When I used to show in pleasure shows, I was always scrambling to find the papers I needed, such as proof of vaccination, negative Coggins, and breed papers. One day while checking-in at a show, I noticed the woman in front of me had a three-ring binder, and in it she had all the documents she needed which made her check-in easy and quick. I thought it was a great idea and pulled together my own binder shortly after that show so I would be ready for the next one.



What should you put in your binder? Whatever you feel is important paperwork for your horse and the activities you participate in. Here are some suggestions:

- Your USDF membership card and any other membership numbers or info you may need.
- A copy of the vaccination statement from your vet – it should include all horses that you will be showing
- Negative Coggins for each horse
- Breed papers for each horse
- SMDA Equine Edition

I use clear pocket sheets to hold each document, but you can certainly three-hole punch each document and place it in the binder. I keep this binder in my tow vehicle so it is always with me when traveling with my horses. I have two vehicles I tow with, so I keep a binder in each. I also keep master copies of all the documents in a folder at home as well, just in case something happens to the binder, I still have what I need. I also update it annually after spring shots. You might also want to keep multiple copies of any of these documents, along with blank show entry forms (such as SMDA schooling show entry forms) so that you have what you need when pulling your entry together.

While we never like to think of having to take an emergency trip to an equine clinic, it is extremely helpful to have a binder available. You will be able to quickly provide a summary of vaccinations, and so on, to the vet at check-in to expedite the process so your horse can be treated as quickly as possible.

Now, back to that issue of the missing USDF membership card...you can look it up online on the USDF website! Simply go to [www.usdf.org](http://www.usdf.org) and click Join/Log In in the upper right corner of the screen. Click Create A Login. The website displays a window titled Sign Up For Your usdf.org Account. In this window, click the link titled Printing Your Membership Card. Enter your name and click Submit. The website displays your membership number.

### Sign Up For Your usdf.org Account

**Note:** To receive a USDF member login, you must have a valid USDF number. If you do not know your USDF number, using your first and last name you can search for it by printing your membership card. If you have just applied for a USDF number, please allow two business days for your information to be entered into our system.

USDF ID#:

Username:

Password:

## Equine Edition

The Equine Edition is here! Our 2018 show directory is printed and copies were handed out at the banquet. For those not attending the banquet, copies were mailed out to current 2018 members. Make sure you've renewed your membership to receive your copy.

We pay for the publication of the Equine Edition by selling ads. Many of our advertisers have supported us for several years by renewing their ads. We also have several new advertisers this year. Please review the ads in the Equine Edition and make a point to say "thank you" to these generous businesses that help support SMDA!

### What's Inside?

The Equine Edition is full of information, including a listing of all SMDA and SMDA-affiliated shows this season. We have three regular SMDA Schooling shows (May 20, August 19, and September 16) and will once again offer a USDF/USEF Level I Recognized Show on July 15. There are also a number of SMDA-affiliated shows, including five schooling shows at Life's a Ride, two at Scarlet Day Farm, and one affiliated show at the Hollis Equestrian Park that is put on by the SPHO. Life's a Ride is also doing an USDF/USEF Recognized show this year which will count as an SMDA-affiliated show.

Equine Edition Update: There is a change of Judge for the May 20 SMDA show. Susan Edelen (L) will be our judge for this show.

The Equine Edition also includes information on SMDA's Year-End Awards Program, Medals Program, and general show policies. It's a handy reference and we're happy to have it completed well in time for show season!



## Focus on Education: What is a Coggins Test?

Everyone getting ready for show season needs a copy of their Coggins test report. But what is a Coggins test and why do we do it? Developed by a veterinary researcher Dr. Leroy Coggins in the 1970's, it is a diagnostic test for Equine Infections Anemia, or EIA. EIA is a viral disease transmitted by biting insects such as horseflies. There is no cure for the disease and animals that are confirmed to have EIA are typically euthanized, and animals that might have had contact are put into quarantine.

Recent records do not show any instances of a positive Coggins test in the State of Maine; however, in the past couple of years there have been horses that have tested positive in North Carolina, New York, Pennsylvania, and Florida.

The Maine Statutes require a negative Coggins test every three years for in-state horses, and within 12 months for horses brought in from out-of-state. Negative Coggins tests should be provided when horses are moved to a new barn and should be done as part of pre-purchase exams.

SMDA's show policies are aligned with the state requirements, but it is important to check the specific policies for other shows or events as they might require a more frequent test.

The image shows a sample of a Coggins Test report form. The form is titled 'Coggins Test Report' and includes fields for 'Horse Name', 'Owner', 'Breed', 'Age', 'Sex', and 'Color'. It also has sections for 'Test Results' and 'Signatures'. There are three line drawings of a horse: a side view, a front view, and a rear view. The form is filled out with handwritten information, including the horse's name 'Lucky Star', the owner's name 'L. J. Smith', and the date '10/10/17'. The form is signed by 'L. J. Smith' and 'J. Smith'. The form is dated '10/10/17' and '10/10/17'.

## Equine Chiropractic - Q&A with Dr. Judd

Our horses are athletes and we ask a lot of these brave and honest animals. Dressage is a challenging sport and requires both horse and rider to be in top physical condition. Chiropractic treatments can help horses stay aligned, sound, supple, and happy.

We had the opportunity to talk with Tom Judd, DVM as he performed a series of chiropractic treatments on several horses. He begins with an evaluation of the horse's gait, and discusses of any problems or concerns with the owner. It's a systematic process, starting with the poll and neck, then working his way across the back and down the limbs and joints. The horses appeared relaxed throughout the procedure as various adjustments were made. Each animal presented different challenges, but all showed improved range of motion at the end of their treatment.



*Q: Why did you get into chiropractic?*

A: I've been a veterinarian for over 30 years, and so much of my work is treating horses with lameness or other musculoskeletal issues. Training and becoming certified in chiropractic has complemented my veterinary practice and allows me to provide a valuable therapy for my clients' horses.

*Q: What are the benefits to my horse?*

A: Chiropractic treatment works on getting the horse's body back into alignment. It can help with a variety of problems such as stiffness, lack of suppleness, tension, muscle soreness, reluctance to move forward.

*Q: Will it make my horse sound?*

A: The answer to that is a strong...maybe. There is no one treatment that will magically solve the myriad of lameness issues that can develop in a horse. And chiropractic is not a replacement for traditional veterinary care. It does, however, offer a complementary therapy that can greatly benefit the equine athlete.

*Q: What are some of the new treatments you are learning about?*

A: I've recently attended meetings where there has been discussion of Equine Myofascial treatment, and am starting to integrate this therapy into my practice. The horse has multiple "trains" of fascia running the length of their bodies. The fascia is connective tissue that can become restricted due to injury or work-related stress. Myofascial treatment is a manual therapy that works on releasing restrictions and increasing the horse's range of motion and comfort.

*Q: How is your own back?*

A: My back hurts! I have chronic pain in my sacroiliac joint – probably from spending so much time in the truck. And yes – I do receive regular human chiropractic treatments and find them immensely helpful.

*Tom Judd, DVM is a practicing veterinarian and owner of Equine Veterinary Service located in Freeport, ME.*



# People making a difference: Show Secretaries and Managers

SMDA offers schooling and recognized shows to the Maine dressage community. These are volunteer-run shows, and every year we struggle to find people to help. This year, however, we hired a professional show secretary for the USDF/USEF show in July. We are pleased to be working with Liz Oertel Johnson of On the Bit Events, who will be processing show entries and filing the various reports with USDF and USEF.

A huge thank you to the people who have stepped up and agreed to help with the shows this coming year:

Show Date	Manager	Secretary
May 20, 2018	Kris Gould and Jane Tremlett	Chrissy and Nancy Smith
July 15, 2018 (USDF/USDF show)	Lisa Noonan	Liz Oertel Johnson, On the Bit Events
August 19, 2018	Amy Libby	Deb McKeon
September 16, 2018	Desiree Strout	Kristine Brassard



## President's Corner

It's a cold and rainy Sunday afternoon in February, and hard to believe show season is just around the corner! Things feel fairly well organized, and we're looking forward to a successful season. The Equine Edition looks great, but we are looking to explore alternate fundraising ideas to support future editions. As discussed at the Annual Meeting, the income from our shows and member dues pretty well covers SMDA's show and awards expenses. However, we do need the income from ad sales to pay for the Equine Edition show directory – including its layout, publication, and postage. We're very grateful to our supporters in the business community, but each year it's a time-consuming effort to secure the needed advertising. We've established a subcommittee to investigate other methods of raising the necessary funds. We hope to come up with some good ideas that will allow SMDA to raise enough money to continue with our shows, publish a professional-quality show directory, maintain our Grant Program and of course offer really nice ribbons and year-end awards. If you have any ideas or are willing to work with us, please contact me or any of the other Board members – we'd love to hear from you!

