

# The Leadline

The Voice of NATRC Region 1 Competitive Trail Riding



[www.natrcregion1.org](http://www.natrcregion1.org)

Fall / Winter 2016

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## Cowboy Camp Rodeo

By Sheila Christensen

Let me tell you my experience of Cowboy Camp this year. Pull up a chair, grab the popcorn.

I had signed up for the 1-day B ride on Sunday. Although this is my third year riding NATRC, it is the first year (and second CTR ever) for my just turned-6-year-old Morgan, Bravo. I had done one ride my first year and two rides my second year with my older QH, Cooper. My minimum goal this year was to complete three rides.

I had debated whether to continue with Cooper or to try it with Bravo. Although he did his duty for me because I asked, Cooper's heart was not really in the game, so Bravo was elected. (As I understand it, there was a barn-yard vote, and everyone agreed Bravo should be the one to do it. I hear the barn cats were adamant about it. You know how cats can be....)

Our first ride, Mt. Diablo, had gone reasonably well for us, all things considered, so I was expecting it would go as well or better for Cowboy Camp, a ride I've always felt was less strenuous than Mt. Diablo. However, it had been a wet spring, the ground was deep and slippery, the creek was high, and Bravo was just starting to catch on to the fact that this was a *competition*, and there were horses moving out AHEAD of him right from the get-go! Plus, they had all gone out the day before, leaving him stranded at the trailer, for gosh sakes. I'm sure in his mind he had some catching up to do!

So Bravo was revved from the start. He could feel the electricity in the camp at the break of day when everyone was up moving around, feed pans were banging, and all were tacking up in the gray dawn. He knew something exciting was happening.

Some changes had been made to our ride due to the rain the day before that made driving the P&R guys out impossible. I was totally impressed that a whole new map had been made for us! The footing was too slick in a lot of places, so we stayed more on the roads.

A change also required a judged mount in camp prior to the ride, something that is a little challenging for some of us. Our judged mount was pretty poor. At that point Bravo was paying no attention to me whatsoever, and he moved away from the mounting block a couple times before I could finally get him stopped long enough to get on. Not a great start.



*Sheila and Bravo at the start  
of the Cowboy Camp ride.*

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And, man, was he wound. The longing I had done earlier had done nothing other than loosen up his muscles.

My friend, Mimi, and I felt that perhaps we would do better if we didn't try to hold our horses to the back, so we attempted to start out earlier in the Novice group. We had been circling at the starting area for awhile, both horses were trotting circles, slipping in the deep mud hidden by high weeds,-- a half-rear here, --a little buck there,-- with Bravo's "airs above the ground" thrown in for style points. I saw a look of concern on the faces of several of the people standing around watching us. Later on one of the ladies told me Bravo "looked like a jack-in-the-box".

Mimi and her mustang, Tang, usually have a certain amount of jiggling to get through before things settle down, and in the past, Bravo, despite his youth, has often been the "voice of reason" between the two of them. Not so at Cowboy Camp. While Mimi did have her hands full, she said she felt much better about Tang after watching Bravo act out! No bueno...

Eventually it was our turn to start. We timed out and made an attempt to head down the trail. But every time I would point him in the right direction, Bravo would grab the bit and make an attempt to run, I would pull him up, and we would go back to circling and doing figure eights while he bounced around. The footing was so sketchy and there were holes; I was getting worried about him slipping and falling, or finally just blowing up and bucking me off from frustration. Mimi and I were both getting nervous, both horses were getting out of hand, and we were unsure whether we should even do the ride. So we turned around and went back into camp while our time was ticking away and let all the other riders go on ahead.

Both horses settled down nicely riding the opposite direction back through the camp, and we did, too. We discussed our options and decided to forget the clock and make it into just another trail ride, just the two of us, like we do all the time. We figured we would just get started and go as

far as we wanted and forget about it being a competition. If we could just get started. Others agreed it would be good for those two horses to have to do the 20 miles, anyway. Forty would have been even better.

So after the last rider was out of sight, we tried it again. Someone commented on how calm the horses looked as we approached the start again, and she asked how long I thought they would stay that way. I said, "Until I turn him down that trail where the others went." I tried to stay as quiet and calm as I could, to keep him calm, but I can't say the start was far better. Bravo immediately started trying to rush to catch up again. But we were determined to get going, so we sputtered and stuttered our way down the path.

Unfortunately, right away we ran into a congested hold at the first obstacle, the creek crossing, which required us to mill around in circles again while we waited. We stayed back as far as possible, out of sight of the other horses, but our horses knew they were there just around the bend. This was a most uncomfortable start to the ride!

When it was finally our turn for the creek crossing, all but one rider was out of sight, and the technical difficulty and deep water gave Bravo something else to think about. That is the deepest water crossing I've ever done; it was over his belly and my



*Sheila and Bravo on the trail at the Cowboy Camp ride.*

stirrups got wet. Then again, he's not that tall and I have quite long legs. But still...

Once we got through the creek, we had made the mental change from "holding back" to "we are on our way". Finally. Sigh of relief. We were about 30 minutes behind maximum time by then, but at that point we didn't care. We were just going to do the miles and see how it turned out.

One thing I will say about Bravo and Tang---they are not dawdlers. Bravo sets a quick walking pace, and Tang is ready to pick up a trot at all times. So without a lot of extra trying, we started to whittle away at our time deficit. P&R's were good, and eventually they started acting like normal horses. The rest of the ride was pretty uneventful, thankfully.

When we got back to camp, we were greeted by applause! I think they had been wondering if we would, 1) even do the ride, and 2) stay on. We did both! And, we had made up so much time we even came in on time! Amazing.

At the vet checkout Bravo was still a little bit of a steam engine on the trot-out, so those 20 miles sure didn't hurt him any. He could have done a whole bunch more.

I will tell you, I'm not the bravest rider in the world. I have very little tolerance for the shenanigans of high horses, behaviors that could turn dangerous. So what I took away from that ride was that I needed to contact my trainer and have her help me come up with a better way of setting us up for success, especially at the start of a ride. A couple weeks later I met with Shauna Brantley-Terazon, and we did an on-trail training session/lesson where she helped me understand my horse better and come up with some helpful responses for what he was throwing at me. After showing me some things and talking about Bravo's point of view (horses are big on "fairness"), she left me with this: "One of you is going to have to decide to trust the other one first." A point to ponder.

Bravo is a wonderful young horse with a ton of potential, he just needs to learn. As do I.

Don't we all?

# Chairman's Message. . .

## Winter is Here

With winter here and not being able to get out on the trail as much as we would like, perhaps it is a good time to take a look at your horse.

Winter seems to always be the hardest time on the horse, especially the older ones. They tend not to drink as much water as they need, which in turn leads to colic. Or they tend to lose weight because the body is burning up more calories to stay warm in the cold weather.

If it is getting really cold out, besides upping the feed and monitoring the water intake, blanketing the horse can help keep the chill off and the weight on them. Check that the blanket fits properly and is really water proof. Rubbing and rain rot can be problems in the winter as well.

Keeping the horse out of the mud and water can help with hoof problems. Do they really need shoes in the winter?

Check to see if the horse is chewing the feed properly. If he is leaving behind clumps of feed, it could mean there is a problem with his teeth. Perhaps it's a good time to get the teeth looked at.

Not being able to ride doesn't mean the horse doesn't need grooming and the TLC that they get the rest of the time during the year.

Keep up the good work.

Region 1 Chair,

*Steve Meroshnekoff*

## Award Sponsors Sought

Region 1 year-end awards are just around the corner and will be presented to the winners during the Region 1 Mini-Convention on March 4<sup>th</sup>. Please consider supporting your region by sponsoring an award. Your donations help R1 to continue giving high quality year-end awards.

The cost of sponsoring an award is:

- \$100 for a first place Horse or Horsemanship Award for each of the classes (a total of 11 awards for 2016)
- \$50 per class for ribbons, Horse or Horsemanship (a total of 11 ribbon sets). Classes available this year for sponsorship are: Open HWT, Open LWT, Novice HWT (horse only), Novice LWT, Novice JR & Competitive Pleasure.
- \$65 for a special memorial award. These include: Bob Smith Perpetual Award (High Point First Year Novice/CP horse); and the Pat Ersepke Memorial Award (High Point Novice Horse/Rider Combination).

Any other donations in the amount of your choice will, of course, be gratefully accepted. You might even consider getting together with someone to sponsor a class or memorial award together.

Contact Betty Young at 530-222-2978 for more information or to reserve a particular award.

Please mail your donation, made out to NATRC Region 1, specifying your first and second choice of awards that you wish to sponsor. Kindly send them by Feb.20th so that your sponsorship can be acknowledged in the awards program. Mail to:

Phil Young, Treasurer  
2384 Templeton Drive  
Redding, CA 96002

Thank you in advance for your support of Region 1.

## Region 1 Board of Directors

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**Webmaster:**  
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**Trails Advocacy Representative:**  
Position Vacant

See [www.natrc.org](http://www.natrc.org) for National Board,  
Committees, and Secretaries



**NATRC Region 1 Mini-Convention and Awards Luncheon****Saturday March 4<sup>th</sup> 2017**

Reserve this date on your calendars for the 2017 mini-convention and awards luncheon.

Hold your horses. We have a new venue - The Sonoma County Driving and Riding Club in Santa Rosa, CA. Many thanks to Davern Kroncke, Region 1 member, competitor and currently serving on the R1 Board of Directors. She explored the option of having our mini-convention at this site and has agreed to chair the 2017 convention. Kudos to Davern!!

The Sonoma County Driving and Riding Club was founded in 1937 and has been focused on promoting equestrian organized club rides and social activities for its members and guests. The club-house is located on Aston Street at the back of the Sonoma County Fairgrounds in Santa Rosa.

There are two speakers scheduled for morning talks.

Dr. Amber Bowen will focus on acupuncture and alternative medi-



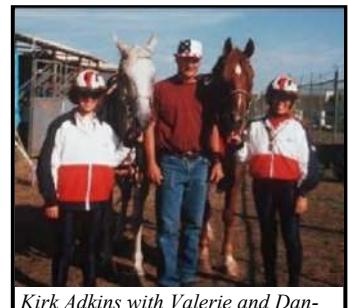
cine venues such as stem cell therapy. Dr. Bowen currently works at Cotati Large Animal Hospital in Cotati, CA.

Dr. Bo-

wen grew up in Forestville. She completed her undergraduate degree as well as a Master's degree in Animal Science at Cal Poly State University in San Luis Obispo. After graduating from U.C. Davis Veterinary Medicine in 2014, she traveled to Ocala, Florida, to work at a practice focusing on performance horses. She is certified as a veterinary acupuncturist from The Chi Institute in Florida. Her interests include equine medicine and lameness, acupuncture, and digital imaging. In her free time, she enjoys kite surfing with her husband and being back in Sonoma County. Dr. Bowen will join us for lunch and be available for questions after her talk.

Our second speaker is Kirk Adkins. Kirk graduated from U.C. Davis in Animal Science and went on to do

graduate studies at U.C. Davis in Comparative Anatomy and Agricultural Education with additional graduate studies in Anatomy Pathology and Cell Biology, also at U.C. Davis. Kirk's professional list is too long to post in its entirety, but to give you a glimpse into his achievements: he was a staff farrier at U.C. Davis 1986-2000; was farrier for the USET World Endurance Team 1996 and 1998; is the founder and president of Equithotics (incorporated 1990); and he is currently a guest lecturer for the Animal Science Department Horse Production Course, U.C. Davis. He has also published numerous journal articles. Working on 300-600 lame horses per year at Davis, he developed the horse "sneaker" product that is the foundation for Equithotics. As you can see, Kirk is not "just a farrier". He is world renowned, and we are fortunate to have him as a speaker. At the end of



*Kirk Adkins with Valerie and Danielle Kanay after the closing ceremonies of the 1996 World Endurance Championships*

*Continued on page 5...*

## **FINANCIAL HELP for Ride Managers!**

**\$** Apply for a grant of up to \$1,000 to help defray the upfront costs of your NATRC sanctioned CTR.

### **ONLY TWO REQUIREMENTS**

- 1** Managers must be NATRC members.
- 2** One-page applications & supporting papers be submitted at least 90 days prior to the ride.

To apply, please contact our [National Office](#).

**RIDE  
MANAGEMENT  
SUPPORT FUND**

### **Just for Juniors**

#### **4-H Junior Rider Year End High Point Award**

Are you a 4-H member? Know someone who is? Encourage your friends to do competitive trail rides. They and you can compete against each other to win NATRC's 4-H Junior Rider Year-End High Point Award.

To be eligible is simple. Just compete in any division, nominate yourself, and prove that you are a 4-H member! Here are the specifics.

- The award goes to the high point horse and high point rider **regardless** of the rider's division.
- Your self-nomination must occur before the end of the ride year, which is the second Sunday in November. (For 2016, that will be November 13<sup>th</sup>.)
- You must (1) be an NATRC member, (2) send an email to Sarah Rinne ([natrc@natrc.org](mailto:natrc@natrc.org)) stating that you are a 4-H member, and (3) have your 4-H leader also send Laurie an email verifying that you are a 4-H member.

Additionally, in a number of states (Colorado is one example), 4-H now recognizes competitive trail as an activity that qualifies as a 4-H member's project. How cool is that?!

Questions?

Contact Angie Meroshnekoff, [awhitedog@aol.com](mailto:awhitedog@aol.com).  
Chair, Riders and Juniors  
Committee

...continued from [page 4](#)

his presentation, Kirk will be available to discuss questions with the audience about shoeing and anatomy.

Both speakers welcome your questions. However, it will expedite the question/answer sessions and provide more comprehensive answers if you can submit questions ahead of time. Send them to Davern Kroncke prior to convention at [horsies4dk@gmail.com](mailto:horsies4dk@gmail.com).

Pasta King of Santa Rosa is catering lunch which will be served after the speakers. Menu details will be available in future e-blasts and on the registration forms. A vegetarian selection is available. The 2016 R1 Awards presentation will be held in the early afternoon following lunch.

It's a fabulous lineup. Please share this information with your riding friends. The general public is invited to join NATRC Region 1 for this event.

Breakfast goodies, lunch and coffee/tea/water are included in the registration fee. There will be a raffle

and silent auction to benefit Region 1. If possible, please submit items ahead of time to Davern Kroncke or Linda Thomason. If you bring them the day of the convention, make sure to submit them early so they can be tagged and displayed.

There will be a few vendors selling hand crafted products and horse wares during the day.

Final details are still being worked out. Information as well as registration forms will be sent to everyone via e-blasts and will be posted on the Region 1 website.

If you know of anyone who would like to be added to the Region 1 mailing list please have them send their e-mail address to Linda Thomason at

[linda.thomason0610@gmail.com](mailto:linda.thomason0610@gmail.com).

Have a wonderful Christmas, New Year, or whichever other Holiday you choose to celebrate! See you in Santa Rosa on March 4, 2017.

For those of you who wish to bring campers or RV's to the Mini Convention, the Sonoma County Fairgrounds RV Park is located directly across the street from the convention venue. The RV park is pet friendly, and from the RV park, you can simply walk to the convention venue. There are also multiple hotels in the area for those of you not wishing to "rough it" in your campers and RV's.

#### Sonoma County Fairgrounds RV Park

##### Address:

1500 Aston Avenue  
Santa Rosa, CA 95404  
707-293-8410

##### Amenities:

Full Hookup  
Total Units: 156  
Laundry Facilities  
Showers  
Pet Friendly

THE LEADLINE is the official publication of Region 1 of the North American Trail Ride Conference (NATRC). The Leadline is published three times per year and mailed or emailed to all NATRC Region 1 members. It is available by subscription to non-Region 1 members at \$8 per year. Issues contain updated information from Region 1 committees, ride results, point standings, minutes of board meetings, and the current Region 1 ride schedule. Send subscription requests and payments (made out to NATRC Region 1) to Phil Young, 2384 Templeton Dr, Redding, CA 96002. Contributions are welcome and may be sent to Laurie Knuutila, 455 Ream Lane, Fairbanks, AK 99712 or email to [wildroseph@yahoo.com](mailto:wildroseph@yahoo.com). NATRC Region 1 and The Leadline do not necessarily endorse or support the opinions expressed in printed articles or advertisements. The Editor reserves the right to edit material as necessary. No letters to the Editor will be printed if not signed. NATRC and the staff of The Leadline are not responsible for errors in spelling of horses' or riders' names.

##### Deadlines:

Spring issue - Submission: April 15; Publication: May 1  
Summer issue - Submission: August 1; Publication: Aug. 15  
Fall/Winter issue - Submission: Dec 15; Publication: Jan. 1

Classified ads are free to Region 1 members in good standing, one per issue, up to 30 words. Submit ads to the Editor via email or as hard copies via regular mail; hard copies will be scanned as submitted. Make checks payable to NATRC Region 1.

## NATRC Student Loan Program

Student loans are available up to \$5,000 per person /year, at the discretion of the NATRC National Board of Directors, after proper application has been submitted. Preference will be given to a full-time student who has been a member of NATRC or whose family has been an active member for at least three years. Consideration will also be given to a student or a student's family who has been an active member of NATRC for less than three years but more than six months.

For more details and an application, please go to: [www.natrc.org](http://www.natrc.org).

## Reminder from the Points and Data Committee

1. To be eligible for year-end awards, membership dues must be paid by the second Sunday in November, the end of the Ride Year.
2. It is the responsibility of the owner of the horse to accurately report/ verify the horse's breed to NATRC.
3. Year-end breed awards. Many breed organizations sponsor year-end high point breed awards. Memberships in NATRC **and** the breed association are required.
4. Questions about the horse and/or rider records should be directed to NATRC, [natrc@natrc.org](mailto:natrc@natrc.org).

## Junior Rider Rebate

Junior riders who are NATRC members by the second Sunday in November of a ride year and complete 3 or more rides in that same ride year are eligible to receive a rebate of \$30 per completed ride for up to 3 rides. Please contact [Phil Young](mailto:Phil.Young@natrc.org), R1 Treasurer, for more details.

##### Advertising rates per issue:

Full page—\$40  
Half page—\$20  
Quarter page—\$10  
Business card—\$5

# 2016 Region 1 Year-End Point Standings

Must have completed 3 rides

## Novice Lightweight - Horse

Pl	Horse	Breed	Rider	Pts	Miles
1	Chism	Must	Micheline Pino	26	140
2	NHR Bravo	Morg	Sheila Christiansen	25	80

## Novice Lightweight - Rider

Pl	Rider	Pts	Miles
1	Micheline Pino	23	140
2	Sheila Christiansen	21	80

## Novice Heavyweight - Horse

Pl	Horse	Breed	Rider	Pts	Miles
1	Pop Star	MFT	Linda Cannon / Athena Davidson	13	80

## Novice Junior - Horse

Pl	Horse	Breed	Rider	Pts	Miles
1	Lucky Eddie	Grade	Claire Cichocki	32	140
2	Serafina	SAA	Kirsten Johnson	28	120
3	Valentyne	Grade	Savanah Gipson / Alexis DiMartino	23	80
4	Abishagg	Arab	Natalie Niderost	19	60
5	Mistress Jezebel	Grade	Lia Xerogeanes	16	80
6	Lola 3	Grade	Anais Monlux	13	60

## Novice Junior - Rider

Pl	Rider	Pts	Miles
1	Claire Cichocki	31	140
2	Kirsten Johnson	27	120
3	Savanah Gipson	20	100
4	Natalie Niderost	17	60
5	Anais Monlux	15	60
6	Lia Xerogeanes	14	80

## Competitive Pleasure - Horse

Pl	Horse	Breed	Rider	Pts	Miles
1	OM El Nairobi	Arab	Ashley Dillard	44	140
2	OM El Bilbao	Arab	Debbie York	41	140
3	OM El Shakeeb Dream	Arab	Joe Dillard	38	140
4	Tura Lura	H-Ar	Linda Cannon	24	120
5	MK Vangouh	Arab	Ron York	18	100
5	Stealth Knight	H-Ar	Vicki Boicelli	18	100

## Competitive Pleasure - Rider

Pl	Rider	Pts	Miles
1	Joe Dillard	46	140
2	Ashley Dillard	42	140
3	Debbie York	29	140
4	Linda Cannon	26	120
5	Ron York	23	100
6	Vicki Boicelli	16	100

## Open Heavyweight - Horse

Pl	Horse	Breed	Rider	Pts	Miles
1	Amiraborr	Arab	Gene Boicelli	22	150

## Open Heavyweight - Rider

Pl	Rider	Pts	Miles
1	Gene Boicelli	16	150

## Open Lightweight - Horse

Pl	Horse	Breed	Rider	Pts	Miles
1	CR Sierra Sunrise	Arab	Donna Stidolph	26	210
1	Desert Reinbeau	Must	Angie Meroshnekoff	26	150

## Open Lightweight - Rider

Pl	Rider	Pts	Miles
1	Donna Stidolph	27	210
2	Angie Meroshnekoff	23	150

## Combined

### Novice Lightweight

Pl	Horse	Breed	Rider	Pts
1	Chism	Must	Micheline Pino	49
2	NHR Bravo	Morg	Sheila Christiansen	46

### Open Lightweight

Pl	Horse	Breed	Rider	Pts
1	CR Sierra Sunrise	Arab	Donna Stidolph	53
2	Desert Reinbeau	Must	Angie Meroshnekoff	49

### Novice Junior

Pl	Horse	Breed	Rider	Pts
1	Lucky Eddie	Grade	Claire Cichocki	63
2	Serafina	SAA	Kirsten Johnson	55
3	Abishagg	Grade	Natalie Niderost	36
4	Mistress Jezebel	Grade	Lia Xerogeanes	30
5	Lola 3	Grade	Anais Monlux	28

### Competitive Pleasure

Pl	Horse	Breed	Rider	Pts
1	OM El Nairobi	Arab	Ashley Dillard	86
2	OM El Shakeeb Dream	Arab	Joe Dillard	84
3	OM El Bilbao	Arab	Debbie York	70
4	Tura Lura	HConn	Linda Cannon	50
5	MK Vangouh	Arab	Ron York	41
6	Stealth Knight	H-Ar	Vicki Boicelli	34

### Open Heavyweight

Pl	Horse	Breed	Rider	Pts
1	Amiraborr	Arab	Gene Boicelli	38

Photo by Linda Thomason, with permission



*Sunny Pang and Diamonte  
at the Cowboy Camp ride*

Photo by Linda Thomason, with permission



*Donna Stidolph and CR Sierra Sunrise  
at the Cowboy Camp ride*

Photo by Linda Thomason, with permission



*Ron York and MK Vangouh  
at the Cowboy Camp ride*

Photo by Linda Thomason, with permission



*Claire Cichocki and Lucky Eddie  
at the Round Valley ride*

Photo by Linda Thomason, with permission



*Ashley Dillard and OM El Nairobi  
at the Round Valley ride*

Photo by Linda Thomason, with permission



*A group of junior riders at the Cowboy Camp ride*

## Region 1A (Alaska) Year-End Team Awards

### Open Heavyweight

1. Laurie Knuutila /Indy's Midnight Sun /har.....	30
2. Susan Dent /Vaergskjona /icl.....	24
2. Colleen Fisk /Wild Ladys Nite /paint.....	24
3. Brenda Grogan /Willow Bey Star /morab.....	20

### Open Lightweight

1. Donna Forrester /Flash's Gentleman Jim /mft.....	24
2. Zoe Seppi /Ephrata Cash /qtr.....	18
2. Jane Adkins /Indy 2/gr.....	18

### Open Junior

1. Haley Wehrheim /Elsa /gr.....	24
2. Kade Parker /Tazi /gr.....	14
2. Brooke Wehrheim /Dryner /gr.....	14

### Competitive/Pleasure

1. Sarah Gotschall /Big Tunes Temptation /tw.....	32
2. Ivana Haverlikova / Alaska Wilderness Holy Smoke /norf.....	26
3. Leslie Kitchin /Taz 2 /gr.....	20
3. Ashlynn Kirk /Gypsy 7 /gr.....	20
4. Claudia Sihler/Katla / icl.....	18
5. Erin Przybilski /Marble /gr.....	10
6. Frank Sihler /Gjof /icl.....	8

### Novice Heavyweight

1. Dawn Vogt /Arrow 3 /gr.....	10
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### Novice Lightweight

1. Michelle Coburn /Tinni fra Hellissandi /icl.....	6
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Michelle Coburn and  
Tinni fra Hellissandi



Ivana Haverlikova and  
Alaska Wilderness Holy Smoke



Donna Forrester on Flash's Gentleman Jim  
and Brenda Grogan on Willow Bey Star



Laurie Knuutila on Indy's Midnight Sun and  
Jane Adkins on Indy  
(no, the horses are not related!)

### Photos from the Knik River Ramble CTR in Palmer, Alaska

All photos by Pete Praetorius and  
Alys Culhane,  
used with permission



P & R stop along the Knik River



Susan Dent on Vaergskjona

## National Board Meeting Report from November 12, 2016

Submitted by Angie Meroshnekoff

The meeting was held in Kansas City, Missouri.

Election of Officers for the 2017 year.

Treasurer: Mary Jo Malone, R2

Vice President: Shari Parys, R6

President: Angie Meroshnekoff, R1

Membership. 371 new members used the free membership, and we will continue to offer the free memberships for 2017. At that point we'll see how many of these rejoin as paying members. Region 1 gained 55 new free members in 2016. We need to continue working on retaining members.

The board voted to create a 3-year membership offering \$5 per year off. However the platinum upgrade is not included in this; members who want to take advantage of that have to do that separately on the website.

Total income for National is down total about 2% and expenses up 3% compared to this time last year.

To continue the effort towards improving and educating our judges, the board voted to pay the Continuing Edu-

cation registration fee at the 2017 AERC conference for the first veterinarian from each region who applies. This is a great way to encourage our veterinarians and promote our sport.

As you know, Sarah Rinne is now our national executive administrator, and the board is moving to change her title to Executive Director. This may involve a change in the by-laws so it's not a short process.

### Rule Changes:

The proposed rule, "Addition of a Non-Competing Adult Supporting Membership," was voted down.

The change in the Hoof/Leg Protection rule allowing wraps and socks under the boots was approved

The Junior Competitor rule change allowing juniors 8 and 9 years old to compete was voted down. The wording was flawed, and we have another issue with juniors to consider. Juniors are currently allowed five firsts AND 160 points before Novicing-out. Adding 160 points to having won five firsts was thought to be such a large

number of points that Juniors wouldn't be forced out of Novice before they were ready. But now R5 and R1 have Juniors who could reach that mark next year. SO – we need to figure out something for Juniors. Increase the number of points to not be forced out of Novice? Divide CP into classes similar to Open and Novice? Think about it.

The proposal will be reworked and presented again in at the February meeting.

All three rule clarification proposals were also voted in. These involved the office procedure for submitting ride reports, introducing the points distribution table, and clarifying the end of the ride year. Please refer to the complete report in the winter issue of *Hoof Print*, and on the NATRC website at [www.natrc.org](http://www.natrc.org).

Angie Meroshnekoff was approved for the Worker's Hall of Fame; Linda Thomason was approved for one of the three national appreciation awards.

## Region 1 2017 Ride Schedule

<http://www.natrcregion1.org/>

<b>May 6</b>	Mt. Diablo Ellen Pofcher Sec: Jessie Simons	Clayton, CA (925) 672-3733 (925) 672-4348	"B" O/N/CP <a href="mailto:mtnoaks@earthlink.net">mtnoaks@earthlink.net</a> <a href="mailto:mtnoaks@earthlink.net">mtnoaks@earthlink.net</a>
<b>May 27-28</b>	Round Valley Regional Park Gene Boicelli Sec: Linda Thomason	Brentwood, CA (925) 672-6491 (510) 708-1439	"A" O/CP; "B" N LIMIT 45 <a href="mailto:geneboicelli@gmail.com">geneboicelli@gmail.com</a> <a href="mailto:linda.thomason0610@gmail.com">linda.thomason0610@gmail.com</a>
<b>June 17-18</b>	Spring in the Redwoods Steve Meroshnekoff Sec: Maria Pilgrim	Ft. Bragg, CA (707) 743-9973 (707) 795-8163	"A" O/N/CP; "B" N <a href="mailto:iambrewing@aol.com">iambrewing@aol.com</a> <a href="mailto:wolves1961@sbcglobal.net">wolves1961@sbcglobal.net</a>
<b>July 29-30</b>	Challenge of the North Laurie Knuutila Sec: Marilyn Dowding	Fairbanks, AK (907) 590-4080 (907) 888-7756	"A" O/CP; "B" N <a href="mailto:wildroseph@yahoo.com">wildroseph@yahoo.com</a> <a href="mailto:mddowding@yahoo.com">mddowding@yahoo.com</a>
<b>August 19-20</b>	Jackson Forest Summer Steve Meroshnekoff Sec: Maria Pilgrim	Ft. Bragg, CA (707) 743-9973 (707) 795-8163	"A" O/N/CP; "B" N <a href="mailto:iambrewing@aol.com">iambrewing@aol.com</a> <a href="mailto:wolves1961@sbcglobal.net">wolves1961@sbcglobal.net</a>
<b>Sept 30-Oct 1</b>	Cowboy Camp Co-chair: Jean Armer Co-chair: Linda Thomason Sec: Betty Young	Williams, CA (530) 755-8301 (510) 708-1439 (530) 222-2978	"A" O/CP; "B" N <a href="mailto:armer@citlink.net">armer@citlink.net</a> <a href="mailto:linda.thomason0610@gmail.com">linda.thomason0610@gmail.com</a> <a href="mailto:pbyoung@sunset.net">pbyoung@sunset.net</a>

## Progress in Equine Pain Recognition

Equine Guelph 11/17/16 Reprinted from US Rider, with permission

Hiding pain is one of the top survival skills of the horse. An important part of horse ownership is learning to recognize the signs a horse may be in discomfort rather than dismissing certain subtle cues as just bad behavior. Dr. Brianne Henderson recently gave a well-received lecture to a room full of horse owners in Guelph, Ontario, Canada. The attendees were interested in ensuring the welfare of their equine companions by honing their skills for detecting pain.

There has been increased awareness of pain recognition and management in small animals, and this science is also gaining more acknowledgement in the world of horses as well. The Facial Grimaces Score used originally to identify pain in rodents and rabbits has been incorporated into a [“grimace scale” for equines.](#)

It uses ear position and tightening of the muscles around the eyes and mouth to come up with a score (0 – no pain, 1 – moderate, 2 - obvious). Everyone wants to be greeted by a bright eyed, soft and relaxed face. The horse is telling you something hurts when they avoid looking at you, appear despondent, clench their jaw, flatten their ears back and/or squint their eyes.

Henderson went on to briefly explain pain scales used by veterinarians that focus on physiological parameters and behavior patterns. One included the Composite Pain Scale (CPS) which looks at the change in frequency of normal behavior patterns such as eating, the presence of pain-related behaviors such as kicking at the abdomen and physiological parameters such as elevated vital signs. There is a long list of signs that are scored from 0 – 3. Some of these indicators, including vital signs, can also be assessed using a quick 16-point health check poster developed by Equine Guelph. The poster or handy new Horse Health Tracker app are invaluable tools for horse owners to provide important health data to their veterinarian.

The choir was obviously present and little preaching was required as Henderson rolled through a barrage of images asking the audience to denote which ones depicted animals in pain. By stance, facial cues and action, the savvy auditors were hitting the mark and

also picked up on the fact that circumstances play a role. How many people have had the phone call of alarm when a passerby sees a horse flat out in the field when it was actually just napping the sun? Flehmen is another response that can be circumstantial. It can also be a moderate pain response displaying nostril and mouth tension. The stallion curling his upper lip testing for pheromones when a mare passed by is a different context than the horse who didn't finish his feed, is stretched out with his poll low and is showing the flehmen response.

Subtle changes require your attention - such as a horse at the back of its stall with a half-eaten breakfast when it is normally standing at the door waiting to go out after licking the feed tub clean. Catching a potential colic at this early stage could result in a huge cost saving as well as avoid what could turn into a very painful experience for the horse. The performance horse who suddenly starts refusing to accomplish tasks that it used to find easy requires a careful evaluation, as early signs of lamenesses rather than misbehaving could be the culprit. As the owner of a stoic animal, accustomed to hiding pain, horse people need to be on the lookout for atypical behavior such as a horse who begins to segregate itself from the herd or suddenly displays a less tolerant behavior with its paddock mates.

When variations in behavior occur, a step back may be required to figure out if it is you or the horse that has changed. “If I have had a bad day at the office and not taken the time to decompress, my horse will not come to the gate for me,” Henderson explained. “Similarly, I know if he doesn't come to the gate under normal circumstances, there is something wrong because he typically loves his job.”

Grooming is the next interaction where paying close attention will tell you much about your horse's health. Rather than quickly dusting off the saddle area and jumping on to ride, take the time to run your hands over their whole body, especially the back and legs, before and after work, checking for any heat, swelling or reactions that can be early indicators something is not quite right.

Obvious pain requires a veterinary examination. When a horse comes in

from the paddock hopping lame, it can often be hard to tell if it is an abscess requiring a simple poultice or a fracture requiring much more intensive treatment and stabilization. When acute pain is obvious, don't guess or delay – call the veterinarian.

For less obvious lameness, your veterinarian has been trained to assess the severity on a scale from one to five. Early intervention increases the chances of a good outcome and can prevent matters from escalating into a much worse injury. The veterinarian will check the horse in both the walk and trot, on straight lines and turns. “A lameness that is visible at the walk is automatically going to be at least a three if not higher”, commented Henderson. After a thorough exam, a rehabilitation plan can be made.

Chronic pain will impact the horse's ability to heal and their quality of life. “It is an old way of thinking to want a horse to be a bit sore in the healing process to prevent it from box-walking,” explained Henderson. “Our ability to control pain, both every day and certainly in the medical environment, is becoming more and more recognized as mandatory.” Once the horse is controlled in its pain, they can move better and heal faster and therefore do not lose as much muscle quality during the healing period.

Modern treatment methods can also help avoid the knock the effects of stomach ulcers and sourness that often accompany chronic pain. Choosing the right pain control method or treatment is another conversation to have with your veterinarian as there are many options available and extended use of Phenylbutazone can have negative effects on a horse's stomach.

In addition to being on the look-out for signs of pain, a dutiful horse owner is always employing prevention practices. They apply poultice and wrap horse's legs to stem swelling after a hard work out and give them time to recover. Similarly, we take care of ourselves after a workout with rest, a hearty meal to replace nutrients and perhaps a hot bath. Our horses count on us, their primary care-takers, to be diligent and attentive in both prevention and early detection of pain.

# Minutes of the NATRC Region 1 BOD Meeting - August 19, 2016

The meeting was held at Fort Bragg, CA.

## Call to Order:

The meeting was called to order at 12:05 pm by Chair, Steve Meroshnekoff.

Present: Stephanie Swain, Linda Thomason, Angie Meroshnekoff, Steve Meroshnekoff, Gene Boicelli, Phil Young, Davern Kroncke, and Donna Stidolph

Absent: Jamie Dieterich (excused)

## Secretary's Report:

Will send out final version of Minutes of 03 June 2016 meeting for approval via email.

## Treasurer's Report:

Report submitted electronically via email

Checking balance: \$24,489.94

We must provide a copy of the minutes to the bank showing election of officers and have treasurer, secretary and chair signatures on file with the bank. Bank of America has changed their procedure and now requires that signature cards cannot be mailed, but must be made in person at the bank. Linda moved to accept the Treasurer's Report; Stephanie seconded. All agreed.

## COMMITTEE REPORTS:

**Physical Resource Coordinator:** Linda Thomason – TV/VCR and Karaoke machine were donated to charity. No further report.

**Historian:** Davern Kroncke – Davern has one box of historical materials and will be receiving two more boxes from Laura Harvey through Donna.

**Wonder Workers:** Steve Meroshnekoff - No update.

**Points/Membership:** open position – discussed the situation and Donna has agreed to take the lead to develop a new program.

**Publicity/Outreach Coordinator:** Linda Thomason – No news. BAEN ads have been running June, July and August. Welcome notes have been sent to new riders, and their info has been added to the rider list.

**The Leadline:** Phil Young – printed copies are being mailed to those members who don't want the e-version. There are only a few so the cost is minimal. Laurie Knuutila has requested more ride stories/human interest and

interesting medical articles (please include source so permission may be requested to use the material). Submit to Jamie Dieterich.

## National BOD: Angie Meroshnekoff – Proposed Rules:

1. Non-competing adult membership wording is completed – needs NBOD vote. R1 votes NO.
2. Hoof Protection – this is a more detailed definition of what is/is not allowed – needs NBOD vote. R1 votes YES.
3. Junior age limit change – wording finalized at July meeting excludes 12 year olds – “under 12” and “13 and older”; should be “12 and under”. Steve moved that R1 vote against the rule as it is written; Donna seconded. All agreed. R1 votes NO.

## Rule Clarifications:

1. “Rider fees and notification that ride results are completed in the Ride Management System will be sent to NATRC National Office within seven (7) working days following the ride.” This wording better describes the current office procedure and emphasizes the 7-day time frame to submit ride results. All agreed. R1 votes YES.
2. “Ride year will end immediately after the second Sunday in November” to be changed to “Ride year will end the second Sunday in November”. Phil explained that the current wording allows for completion of Sunday ride. “Midnight on the second Sunday in November” would be acceptable. Phil moved that R1 vote against wording change as it is written; Donna seconded. All agreed. R1 votes NO.
3. Points Distribution clarification:

## Points Distribution Table to be moved to beginning of section 9.C. Steve moved to accept; Linda seconded. All agreed. R1 votes YES.

R1 BOD members posed the question: would non-competing membership include Equisure insurance? Angie to inquire.

NBOD approved a reduced membership fee for 3-year renewal (save \$5 per year).

Re: Junior age limit change: additional problem with current wording: “accompanied by an adult” is not sufficient – future wording should specify where juniors must be accompanied, as in “on the trail”, “in camp”, etc.

**Region 1 Website:** Angie Meroshne-

koff and Jamie Dieterich – No update. Ride/Clinic Management: Jamie Dieterich – Two Jackson Forest rides, Circle 9 ride still on schedule. The 2017 Round Valley ride may be moved to 3 weeks after the Mt. Diablo ride with Cowboy Camp ride the 3<sup>rd</sup> week of June – further discussion to be continued via email. Round Valley may have a new camp area and access to some new/different trails.

**Trails Advocacy Coordinator:** Trisha Taniguchi – No report.

**Bylaws:** Jamie Dieterich, Phil Young – no update.

**Judging Issues:** Nancy Kasovich, Angie Meroshnekoff, Jamie Dieterich – No report.

## OLD BUSINESS:

501c(3) Incorporation – Linda will give books on 501c(3) to Jamie, as the class she was to take was cancelled. Linda is working on the application through Legal Zoom, and has donated the fee for their services.

Communications at/during rides (Hamm operators) – report to be made by Jamie.

## NEW BUSINESS:

2017 Mini Convention – Davern offered to Chair with Linda's guidance. SCDRA clubhouse in Santa Rosa proposed location; Pasta King to cater food; possible speakers – Dr. Bowen of Cotati Large Animal Hospital, Lee Cannon on CHP trailer safety. Tentative date first weekend in March. Linda moved to elect Davern as Mini Convention Chair, Angie seconded. All agreed.

Ride Manager/Secretaries gifts – No conclusion. Needs further discussion.

## NEXT MEETING:

Time: 10:00am

Date: 04 December 2016 (tentative)

Location: Davern's house, Santa Rosa

## CLOSE OF MEETING:

Steve Meroshnekoff moved to adjourn the meeting at 1:43 pm; Linda Thomason seconded. All agreed.

Respectfully Submitted,  
Stephanie Swain

## NORTH AMERICAN TRAIL RIDE CONFERENCE

**MEMBERSHIP FORM – Renew, Join or Buy Items online at [www.natrc.org](http://www.natrc.org) or use this form.**

Memberships run from January 1 - December 31. We offer six membership plans: four Regular; two Lifetime. We also offer a Platinum Upgrade to our family and single plans which adds personal excess liability coverage with a \$1,000,000 policy limit.

**Continued for 2017 - FIRST YEAR FREE FOR BRAND NEW MEMBERS!**

Check plan desired, fill in your name(s), etc. below, and mail. Platinum Upgrade and 3-yr memberships not included.

**CHECK PLAN DESIRED**

All memberships include: electronic national newsletter-*Hoof Print*, your region's newsletter, E-News subscription, eligibility for annual national and regional high score awards and championships, horse and rider mileage awards, reduced ride entry fees, sponsor discounts, enhanced member services, and automatic membership in your region.

REGULAR			LIFETIME					
	1-Year	3-Year	Voting Privileges			(One-time payment)		
ADULT .....	__ \$60	__ \$165	Single adult member (1 vote)			ADULT.....	__ \$ 5,000	(1 vote)
FAMILY .....	__ \$90	__ \$255	Household of 1 or 2 adults and children under the age of 18 as of Jan 1 (2 votes)			FAMILY....	__ \$10,000	(2 votes)
JUNIOR.....	__ \$40	__ \$105	Single junior under age 18 (no vote)					
ASSOCIATE...	__ \$50	n/a	Equine groups or businesses only (no vote)					

**Annual Platinum Upgrade:** (Optional) Platinum members receive insurance benefits thorough Association Resource Group-ARG. Platinum members receive personal excess liability coverage with a \$1,000,000 policy limit. Coverage is for claims brought against members of NATRC™ (Platinum) arising from the use and/or ownership of a horse and for horse-related accidents involving third party bodily injury or property damage. Coverage will apply when engaged in any horse related activity, and coverage is in excess of any existing valid and collectible insurance. There is no deductible. Professional Liability and business exposures are excluded.

FAMILY..... \_\_ \$40 /yr.

ADULT..... \_\_ \$20 /yr.

NO UPGRADE... \_\_ \$ 0 /yr.

**NATRC Specialties (Optional)**

- Patch ..... \$5 ea.
- 10" Round NATRC Emblem Sticker ..... \$5 ea.
- 4" Round NATRC Emblem Sticker ..... \$3 ea.

(free with new membership)

A Rule Book is free with your membership. It can be downloaded from [www.natrc.org](http://www.natrc.org).  
To request a print copy, check here

**PRINTED HOOF PRINT** (Optional) *Hoof Print* will be delivered electronically. For a print copy, add \$15 & check box:

**\$ TOTAL ENCLOSED** \_\_\_\_\_ (Nebraska residents please add 5.5% on Specialty Items)

Please list first and last names, especially those with different last names, of all competing family members.

Name(s) \_\_\_\_\_ Jr(s) Birthdates \_\_\_\_\_

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Email \_\_\_\_\_ (We need your email for delivery of *HOOF PRINT*. Address stays within NATRC. Thanks! )

New member? Please share how you found out about NATRC: \_\_\_\_\_

\*\*\*\*\* Mail completed form and check to : NATRC, PO Box 969, Beatrice, NE 68310 \*\*\*\*\*

A friendly reminder that you must be a current member to receive member rider fee discounts. To be eligible for year-end awards, you must be a member before the ride year ends. The ride year ends the second Sunday in November. See you on the trail!

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## The Leadline

Phil Young  
2384 Templeton Drive  
Redding, CA 96002

