

NWDA

Feb. 2024

Accent

We Need YOU!

New Volunteer Requirement for NWDA Year-End Awards!

Please note that as of 2024, NWDA members will be required to volunteer four hours each calendar year in order to be considered eligible for NWDA Year-End Awards.

To fulfill your volunteer requirement, you may volunteer at an NWDA show or at an NWDA event such as the banquet, spring cleanup, or the Northland Horse Fair.

If you find yourself short on time, a family member or friend may complete your annual volunteer requirement on your behalf. If for any reason you are unable to complete your volunteer shift, you are required to find someone to fill your position. Please notify the volunteer coordinator (Kjerstin Anderson) as soon as possible if you find yourself unable to commit to your shift.

When volunteering at shows or other events, please record your hours on the sheets provided in the show office, or email the volunteer coordinator with the name of the event and the number of hours you volunteered so that they may be recorded.

As we near the show season, a volunteer signup will be shared so members may sign up for shifts.

Volunteer Credit Reminders

Members will still earn credits when volunteering at NWDA shows, so it is possible to complete the required hours while also earning credits.

Volunteers earn \$10/hour in credits, and as an extra incentive, scribes earn \$15/hour in credits. Credits may be redeemed for class fees at future NWDA shows (schooling or recognized), or at NWDA-sponsored educational events. To redeem show credits, sign up and pay for your classes as you normally would when completing registration. At the show, you may request a refund check from NWDA by visiting the show office.

Show credits expire two years after the date on which they were earned.

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All King Victor Emmanuel's School Horses Can Make Really Beautiful People Fall



The President's Message

NORTH WOODS
dressage association

Dear NWDA Members,

Happy New Year, North Woods Dressage!

I hope all of you had a wonderful holiday and are feeling ready to tackle the New Year!

At the beginning of each year, I like to review any changes that have been identified as we prepare for the upcoming year. As we step into 2024, several rule changes will continue to impact and shape our GMO practices. While change isn't bad, it is important to review the new rules and to be thinking about how the changes may impact you.

Our communication team continues to work hard to make sure you are aware of the upcoming changes and have highlighted many of them in this newsletter. Even with these few changes, it is clear the landscape of USEF, USDF and other organizations continue to evolve. As we work to adapt to these changes, please always remember you are not alone and we are here for you to provide support, guidance, and education.

We kicked off 2024 with a terrific (warm, indoor) learning session on equine first aid with Dr. Leah Martin on January 22nd.

On April 6th, we will hold the Northland Horse Fair at the Miller Hill Mall (sponsored by Beyond The Barn), where NWDA will have our (share a little) Tack Sale.

On April 13th, NWDA will celebrate 2023 with the awards ceremony at Blackwoods Banquet Center in Proctor. It will be filled

THE NWDA MISSION

NWDA exists to develop and encourage an interest in dressage, combined training, and all related English style horse activities; to improve communication among interested people; to provide education and recreational activities to its membership; and to encourage other individuals or groups to provide educational and recreational activities to the area.

with lots of fun, food, and festivities and will feature a Wild West theme!

As you reflect on the NWDA 2024 opportunities, I wish you continued energy and inspiration moving into 2024. NWDA is here to support you. We work hard to provide valuable opportunities so you can be spending time with your equine partner.

Feel free to reach out to me or any of our board members to address any needs or questions you may have.

Thank you for your membership and continued dedication to supporting North Woods Dressage. Happy New Year!

Be safe, and always ride with a helmet.

Kathi

YEE-HAW! PUT ON YOUR HAT AND BOOTS

WILD, WILD WEST NWDA BANQUET

SAVE THE DATE!

April 13, 2024 11:30-2:30
Blackwoods Banquet Center
195 US-2 Proctor, MN 55810



2024 NWDA Show Schedule



SCHOOLING SHOWS

FUN IN THE SUN
June 8-9, 2024

FALL CLASSIC
August 3-4, 2024

RECOGNIZED SHOWS

COOLER BY THE LAKE I & II
June 22-23, 2024
Jodi Ely & Jen Benoit, judges

LAST CHANCE SUMMER DANCE
July 20-21, 2024
Debbie Rodriguez & Anne Cizadlo, judges

It's Time for the Northland Horse Fair & NWDA Tack Sale!

Saturday, April 6, 2024 🐾 **Miller Hill Mall**
1600 Miller Trunk Hwy., Duluth, MN, 55811

Sponsored by

BEYOND THE BARN

Featuring seminars, vendors, and live horses!

Amanda of Beyond the Barn states that the goal of the Northland Horse Fair is to provide a venue for the local horse community to connect with area equine businesses and organizations as well as provide educational opportunities for multiple aspects of horse ownership, farm life, and the pet industry.

Seminars will be listed on the Beyond the Barn website in March.



NWDA Tack Sale

While you're at the Horse Fair, be sure to stop by the NWDA Tack Sale!

NWDA will have a booth to promote the sport of dressage as well as the GMO.

Please bring any of your tack or "horsey" items to be sold on consignment! This can include tack, riding clothes, horse books — even equestrian-themed home decor! Western, dressage, jumping...all disciplines are welcome!

- All items must be clean and in good condition.
- NWDA will collect a one-time vendor fee of \$10 and a 15% consignment fee for each item sold.
- Items not picked up are considered donated to NWDA.
- Seller is responsible for completing the inventory page and tags prior to the event or at check-in on Friday, April 5th (there will be limited check-in on Saturday before the event).

Planning on doing some spring cleaning? Start gathering up your items now! We will be sending out an email flyer in March with all the specifics on the Tack Sale. **Stay tuned!**

Equine First Aid Seminar

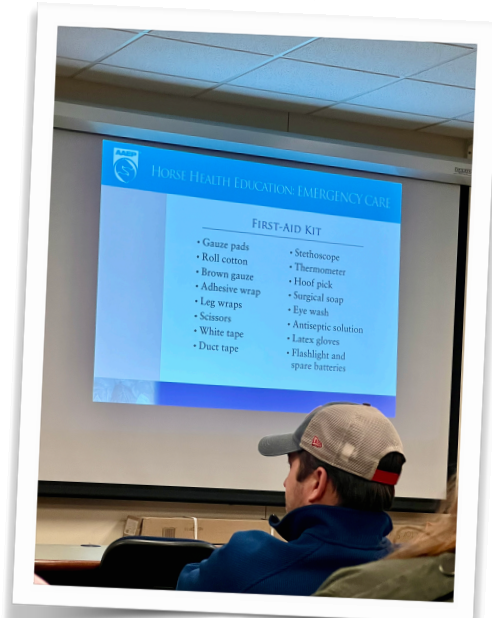
with Dr. Leah Martin

by Leah Nelson

Back by popular demand, we recently held an Equine First Aid Seminar for horse owners, riders, and caretakers. Dr. Leah Martin from Whispering Pines Veterinary Care led a session addressing procedures and best practices for identifying and treating common equine ailments, from minor to severe emergencies. We had a full house at the Congdon Park Elementary School Library with over thirty people in attendance!

An overarching theme of the presentation was the importance of preparation and knowing what is normal for your horse. Being prepared means being able to handle some situations on your own with a well-stocked first aid kit. Only 4% of veterinarians treat horses, and equine vets are becoming even more rare. Being a capable and informed horse owner can help you maximize the resources available to you. Do your best to maintain a safe environment. Walk the pastures and barn and ask yourself, where are the risks? As all horse lovers know, horses will find every way they can to hurt themselves, and things will still happen despite the most thoughtful care and maintenance.

A first aid kit should include tools and materials to assess and treat within your ability. You should have and know how to use a stethoscope, a good horse-specific thermometer, bandaging materials for bleeding wounds, scissors, gauze, duct tape, poultices, flashlight or headlamp (with spare batteries), eye wash, gloves, and antiseptic and other medications. Keep your kit organized and make sure everyone knows where it is. Review and refresh it every year, and consider keeping one in the barn as well as another in the trailer when you travel.



Over 30 people showed up for the Equine First Aid Seminar on January 22, 2024!

How do you know something is wrong with your horse? Look for these signs of distress: decrease in appetite, lethargy, lying down longer than normal or getting up and down a lot, a single animal off by itself, sudden lameness, heat or swelling, squinting, tearing, or holding the eye closed, fever greater than 102° F, and purple or red gum color. Knowing how to use your instruments is essential — practice listening for gut sounds and taking your horse's vitals, and know what is normal for them. It will be one of the first things your veterinarian asks you when you call. Be prepared to give them an accurate temperature, heart rate, and respiratory rate. You can also note presence of gut sounds, mucous membrane color, capillary refill time, attitude, and appetite. Photos can be very helpful for your vet to assess the situation, but make it a good photo. Can they tell the size and location on the horse's body? Good lighting and a good angle will help your vet immensely. Keep in mind that your safety is most important when dealing with an emergency. You won't be able to help your horse if you are injured, and your horse may not look out for you if they are panicked or in pain. Keep yourself safe first!

Another aspect of being prepared is to think through a scenario where things escalate. If your horse needs specialized emergency care for colic, injury, or illness, what are you prepared to do? Can you quickly haul away? Are you financially prepared, and to what extent? Is your horse insured, and do you know how to proceed with an insurance claim? Make those decisions before the emergency arises so you don't have to make a hard decision in the heat of the moment. If you are going to haul away for care, be sure to have a plan. Is your trailer accessible and ready to hook up and go? Or is it buried in a snow bank with flat tires? If you don't have a trailer, do you have a list of friends to call who can help in a hurry? Does your horse reliably load into the trailer? If not, you'll need to practice until the answer is yes! Additionally, what is your Emergency Plan? Even if your horse isn't injured, think through what you would do in case of a barn fire, wildfire, tornado, long term power outage, water loss, or flooding. Make sure all caretakers know the plan!

Normal Ranges:

Temperature: 99.5-101.5° F

Heart Rate: 28-44 BPM

Respiratory Rate: 12-16 breaths per minute - it's pretty slow! (anything that looks like panting is high!)

Gut sounds: upper right quadrant is most easily heard

COMMON EMERGENCIES

COLIC

Colic is a catch-all term for gastrointestinal distress. Colic can be mild or severe but is often painful. Your horse might be rolling repeatedly, getting up and down a lot, biting or kicking its belly, or they may be off their feed, lethargic, or agitated. Your vet may ask you if there have been

TAKE A PHOTO!

- **Before you bandage a wound, take a photo to show your vet.**
- **Including something for scale is helpful, as are multiple angles and good lighting.**

any recent changes in their hay or feed, routine, water, manure quality, vaccinations, or deworming, all of which could trigger colic. Sudden weather changes may contribute to incidents of colic, although there's not much research on it. Weather changes do change their behavior and eating patterns, presenting a risk. Take vitals and call your vet if you suspect colic, but don't give medications until you talk to them. Pain-relieving medications will reduce fever, and your vet will want to know your horse's temperature, which will help guide the next steps in your horse's treatment.

LACERATIONS

Cuts are common and can be mild or severe. Cuts on legs are generally more dangerous because they can involve tendons or joints. Fleshy wounds may look bad but are generally not as risky. Even small wounds can be very dangerous—especially punctures—since they can penetrate a joint or tendon sheath. Take a photo before bandaging if you can. Then, apply pressure with a bandage. After applying an absorbent layer, wrap it up and keep adding layers as needed.

FOREIGN BODIES

These are objects in the flesh or hooves (such as a nail in the hoof or a stick lodged in a leg). Even though it's tempting, do not remove the object! You can cause more bleeding, leave debris behind (which may cause infection), and you won't know how much anatomy is affected without imaging. Leave it in and let your vet assess first.

ACUTE LAMENESS

Most commonly, sudden and severe lameness is the result of a hoof abscess. Abscesses can be very painful but usually resolve quickly. Other severe lameness may be due to bruises, fractures, laminitis, or tendon injuries. Check the digital pulse in the pastern area, and inspect for heat and swelling. Examine the foot first, then move up the leg; most lameness occurs in the foot.

LAMINITIS (AKA “FOUNDER”)

Laminitis refers to inflammation in the laminae (the tissues connecting the hoof and bone of the foot); this inflammation can lead to coffin bone rotation. Seeing the rotation requires x-rays. Your farrier needs to view x-rays in order to know how to effectively trim and/or shoe. It's best if your vet and farrier can work together at the same time. Laminitic horses require a frequent trim schedule. The cause of laminitis can be diet- or stress-related, or in some cases related to anaplasma or fever/infection. Ponies are really prone to founder! It usually occurs in the front feet, but occasionally can affect all four. Unusual hoof growth patterns may occur. Symptoms are a 'laminitic stance' — rocking back onto the heels and hindquarters in an attempt to alleviate pain.

EYE INJURIES

Your vet will want to see these right away. Secondary fungal infections are common in other places, but not as common in northern climates. Watch for excess tear production, a whitish or cloudy eye, mucous discharge, holding the eye closed, squinting, swelling, and lacerations. Do not attempt to treat. These can be quite painful and result from a poke, a foreign object or debris in the eye, blunt force trauma, a bug bite, or a cut or abrasion.

ALLERGIC REACTIONS

We commonly see hives on the skin for various reasons; sometimes you never figure out why! They appear very dramatic but are not life-threatening. They may be due to a bug bite or sting, and are often a reaction to fly spray.

Only 4% of veterinarians treat horses, and equine vets are becoming even more rare. Being a capable and informed horse owner can help you maximize the resources available to you.

Do the hives appear to present in a fly spray pattern? Swelling in the face, jaw, and mouth can be dangerous as it can affect breathing. Dewormer reactions can occur, especially if not administered properly; this can result in mouth ulcers, pain, and swelling.

CHOKER

Choke in horses is an esophageal obstruction. It's important to note that with choke in horses, while there is an obstruction, the horse can still breathe. There is a risk that they can aspirate debris into the airway, which can lead to pneumonia. Watch for nasal discharge, which may be green and is usually present in both nostrils. The horse may stop eating, cough, (maybe even lay down) and they will stretch the neck to attempt to clear the obstruction. This type of blockage will often pass in twenty minutes or so. If it doesn't, call your vet! Choke can become serious, and repeated episodes of may indicate a mass. Don't give food or water until it passes. Massaging very gently can help, but you risk inflicting damage.

FOALING

Foaling is a whole other topic! If you have a pregnant mare (or accidentally find yourself with one) be sure to seek care immediately. After birth, foals should stand within 1 hour, nurse within 2 hours, and the mare must pass the afterbirth within 3 hours. This is the 1-2-3 of foaling. A vet should evaluate the newborn foal within 24 hours.

Thank you so much to Dr. Leah Martin for sharing her experience and expertise to help us care for our horses better, and to be more prepared when we do eventually need to call the vet! ■



NWDA member Taelor Malmstrom tells the story of her partnership with Finn. The Thoroughbred Incentive Program (TIP) Championship was created to showcase the versatility of off-the-track Thoroughbreds, and to create incentives to partner with these animals when their racing careers end. This first half of the story is reprinted from an earlier newsletter, with the second half on the following page.

The T.I.P. Championship

by Taelor Malmstrom

In June, I declared my OTTB and I eligible to compete in the T.I.P Championship in October, in Aiken, South Carolina. It represents a stage to showcase what we've worked very hard to achieve. Six years ago I fell in love with the one and only horse I looked at. I was 14 and dead set on this thoroughbred who had just come off the track 6 months earlier.

Finn, Southern Parkway, is a war horse. He raced 58 times and won close to \$250,000. The first two years, I rode him for only 6 months between the various monthlong injuries he or I sustained, including a trip to the ER with torn tendons in my ankle.

These horses teach you that you really don't know anything. They bring out the worst and best in you, while teaching you how to grow as a rider, and as a person. Above all, they will always give you their entire heart and soul. Finn taught me more about being a patient person than a rider, but that isn't to say he didn't teach me how to actually ride, and still does! I am the rider I am because of him.

When I learned about the Jockey Club T.I.P (Thoroughbred Incentive Program) this summer, I set my sights on the Championship show. Throughout the year, you take the results of all your shows, whether they have a class for thoroughbreds or not, and enter them on the T.I.P website for performance year-end awards. On the website, you can find "apply for TIP number," and register your horse in the system. To qualify, you participate in a qualifying show, like NWDA's

schooling shows. In order to participate, you need to declare your horse, which is simply saying that you competed at a qualifying show, at whatever level you showed at, and are planning on attending! All I did was download the form, fill it out, and mail it in!

Entries for the championship show opened in July—a separate online form to fill out. I am excited to be able to participate in anything related to T.I.P because of the hours I've put into Finn and my relationship. The T.I.P program, for me, validates the thoroughbred's

work ethic, their ability to adapt, their athletic ability and their willingness to please. Finn and I have an amazing relationship in and out of the saddle, with a nightly routine (and if I deviate, he WILL get sassy, haha). I am excited to be able to showcase our partnership on a stage that is specifically for horses like him, horses that started from only knowing how to run, and

who are transformed into champions off the track, giving them a second career. A lot of race horses, if they don't succeed in racing, are often tossed to the sidelines. T.I.P highlights divisions for western, cross country, hunters, jumpers, and dressage. Any discipline there is for a thoroughbred, it's there, split between Aiken, and the Kentucky Horse Park.

From doing trot poles on our first ride, to jumping 3' six years later, I have finally achieved the goals I set 12 years ago. I am so excited to go meet people, see other horses like Finn, and hear other people's stories. But mostly, I'm excited to go on another adventure with my best friend. ■



We continue our story of NWDA member Taelor Malmstrom at the October 2023 T.I.P Championship show in Aiken, South Carolina. Congratulations, Taelor!

The T.I.P. Championship, Part II: It's Showtime!

by Taelor Malmstrom

Where do I begin?

The experience I had at the Thoroughbred Incentive Program (T.I.P.) was absolutely amazing. We met some really wonderful people, and had a blast enjoying the facilities. The drive to Aiken, South Carolina was very long, but it was so worth it, and so much fun. Stable View itself is huge, spanning over a thousand acres. On either side of the property, including in the arena, you can look out and see endlessly to the horizon. It was breathtaking.

The first day, my dad and I took Finn for a walk around the property and found a whole section reserved for cross-country jumps (which were bigger than me) and a beautiful area for dressage. We had quite a walk up to the jumping rings; There were all-sand footpaths specific for the horses, which Finn happily rolled right in the middle of after a bath, as well as paths for cars and golf carts. Our stalls were beautiful too—heavy duty walls, stall mats, and lights throughout. I think my favorite part was the arenas though.

The show itself was very organized, with the warm-up ring located in a covered arena at the center of everything. All one had to do was cross the other side to reach any of the three jumping arenas, including walking straight into the hunter ring! Everyone was so friendly and helpful. Finn made a friend with a horse called TJ, and they were partners in everything; morning walks, walks to the arena, and schooling. The barns that were stabled around us had some of the most friendly people I have ever encountered at a horse show. They offered advice, support, and direction, as they had been there multiple times before.

Now, I have seen some fancy horses, but wow! I could not believe my eyes that some of these horses were off-the-track thoroughbreds (OTTBs)! They were absolutely beautiful movers and jumpers. The riders were also phenomenal, especially in the jumper ring; That was fun to



Taylor, her dad (with an armload of ribbons!), and Finn at the TIP Championships in Aiken, South Carolina

watch. Finn absolutely *loved* the arenas and our morning walks around the property. I'm pretty sure each walk was over a mile long, and it had to have been close to that just to get to the arena! For those that know Finn, he has a small stride, and while he can extend it, he prefers to stay small. When we got in the jumper ring, with the footing and the atmosphere, he absolutely flew! We had some of our best jumper rounds ever, and I could tell he was very, very happy the entire trip.

My favorite thing of the entire trip was having my dad with me. He offered to haul Finn and I down there on our own, trusting that I knew what I was doing so I could help him help us. He was the most supportive, uplifting, and helpful dad I could've ever asked for, stepping into the role of barn dad as easily as if he'd been doing it his whole life. Without him, this trip would not have been a success or even a possibility.

If you ever get the chance to go visit this amazing facility and attend this show, I highly recommend it. The people are some of the nicest people you will ever meet, and the experience is truly one you won't ever forget. ■



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