



Family News

NO. 42

PUBLISHED MONTHLY

FEBRUARY 2005

Convention 2005!

Sue and I decided to present speakers Angie McGhee, Olin Balch, DVM, Mike Foss, DVM, and Susan Garlinghouse, DVM. Dr. Balch also

presented a VERY WELL attended wet lab on the equine lower limb Friday afternoon. PNER, with the help of pharmaceutical company, Merial, also sponsored a veterinary continuing education presentation, Recognizing and treating the Metabolic Endurance Horse, a two hour power point program by Dr. Foss. The CE was attended by approximately 15 veterinarians who paid to attend. The attending veterinarians received two hours of CE credit by the Oregon Veterinary Medical Board.



The Fabulous Women of Convention!

With all that we also were able to host approximately 25 vendors with a variety of products to offer our membership. I'm not sure, but I think this could have been close to a record for number of vendors.



Tom Jones winning many awards

The banquet was incredible...first incredibly scary because we had more people than tables, so I drug some empty vendor tables, swiped some salad forks (endurance riders only use one fork right?) and things were ok again. Angie McGhee spoke again and had the "congregation" in stitches by the time she was finished. The food consisted of Salmon, Tri Tip, Chicken, and a variety of salads and veggies. I heard many compliments on the food and how the banquet staff handled the stampede of hungry folk.

The awards this year were many and varied, but to cap it off, Heidi Larson did some beautiful watercolor paintings for first place senior, Tom Jones, and junior, Morgan Mittie. Seniors got embroidered jackets and the juniors received hooded sweatshirts with a custom logo designed by



Our new President, Julie Barnfather

my very own "ustabe Junior", Jessica. There was barely a dry eye in the house when a stunned Lori Walker went home with the Ambassador award. Tim Hanson did even better than last year as MC and asked to come back next year.



Angie McGhee keeping everyone's spirits up

encouragement when we most needed it this year, you'll never know how much it meant to me. I'm proud to have served a year as PNER's Vice President. Until next time, ride well, ride safe and ride often!!.....Darlene Anderson

From the President's Paddock:

A funny thing happened at convention this year...well, running for office wasn't exactly in my plans for the weekend, but here I am! I guess I can attribute my willingness to succumb to the power of "suggestion" to a few things, not the least of which was that I didn't really have an answer to everyone's question: "So what are you and Peek-A-Boo going to do this year?" Since Peek's going to be 19, and he's been accommodating my every whim with courage and stamina for the last 12 years, I think it's time I let HIM decide. So, without a clear focus on my ride schedule, or what exactly I'll be training for, I thought it might be a good time to give something back to this organization that opened up a whole new world to me and has given me so many wonderful friends. So, although I'm feeling a little like I've been catapulted off the end of a ship into open water, I guess it's time to Sink or Swim!! Good thing I've got my mask & snorkel, and my wonderful friend, Sandy by my side. If the sharks come I'll have a 50/50 chance.

It's been a whirlwind week of presidency. Lets see, in the first seven days we've appointed and herded up all the new recruits and leaned on the old for valuable info, started planning next year's convention, established a new format and schedule for the newsletter, and we've already started setting up new systems for making these transitions much easier in the future. Phew! None of it would have been possible without the tremendous support we've had from the Board of Directors (both old and new). I'm SO impressed with how people have jumped in to help out getting us up to speed. Karla Watson, our new Editor for the newsletter (see her intro elsewhere in this issue) has been just fabulous in taking on a really tough job, and scrambling to design, format and send to print this first newsletter in less than 10 days! We gave her a tough deadline schedule and she's really come through. If we ever let her go to a ride this year, make sure to track her down and thank her.

We have lots of goals and ideas for this year, and with the kind of support I've seen so far, I know we can make it happen. First, we're committed to getting you a monthly newsletter, on time, and full of the information you want. It will be mailed to every member. In addition, we'll be posting the prior month's newsletter on the PNER website. Second, we'll be reviewing the Bylaws to make sure they still serve the needs of the organization. If a change seems warranted, the general membership would be the ones to decide. You might want to sit down with your handbook and take a read. I've been doing a lot of that lately. Amazing how important those Bylaws have suddenly become. Third, we recognize how valuable new members are to this organization. We want to make sure they feel welcome and get the help and guidance they need to have the best experience from their very first ride. We have some ideas, but we want yours also. Along those lines, we want to know what you, the current members, want from PNER. We're devising ways to get your voice heard, and we want your opinion. Be on the lookout for a member survey, in this newsletter, in the coming months. We'll also be starting a feedback forum of sorts, at rides this year. Something fun. We want to know what's important to you, and why you got yourself into this crazy sport. Why do you keep doing it?

For me, it's a lot of things. I've been hooked on this sport since 1992, after buying a 7 year old Arab stallion from a PNER member named Chheng Biv, practically on a whim. I guess you could say I was Cheng-Hai'd. It was a deal I couldn't refuse, but there was a catch. I had to try endurance riding. A 50 miler. And there was one coming up in 6 weeks! It was the Wacky Woolly ride, which by the way, happened to be managed by none other than our Vice President, Sandy Cheek. We didn't know at the time that our lives would become so connected. I had a horse, a \$75 English saddle, an army blanket & safety pins, rubber english riding boots, a tent and that's about it. No truck, no trailer, no cool gadgets or special tack. I had a blast. Since then, Peek-A-Boo and I have ridden 50's, 75's and 100's, mostly settling on 50's because the conditioning is easier to manage with a busy work schedule. Plus, it's so nice to get back in time to socialize and have enough energy left for it. But I really enjoy every distance for it's own reasons. There's nothing quite like the feeling of finishing your first 100, especially if you managed to get lost in the pitch dark, attacked by the "cow monster" and wondered if you'd ever come out of the woods. Some of the other highlights have been a "dream come true" day at Tevis in 2000, and being part of the 2003 Pacific North Pan Am Team at Mt. Adams. But what really keeps me loving this sport is having a great horse that's been my companion for 12 years on the trail and at home; and such a wonderful community of people. Whether or not my day goes as planned, there's always a story to tell around the campfire and good friends to share it with. So, I'm looking forward to doing what I can to help make this organization even better than it already is. And maybe, if I do my job, there'll still be someone at my campfire at the end of the year...SANDY?????Julie Barnfather

From the Vice President's Corral

It's my favorite time of the season—a time of infinite possibilities. The horses are meandering idly in their paddocks, and I'm sitting inside thinking I really am going to have a heck of a good endurance season. I'm going to take that time off work, I'm going to ride 4 times a week, I'm going to lose 10 pounds, and I'm gonna finally be ready to start the season with a 75 mile ride. At this time, just after a great PNER convention, anything is possible. *Anything.*

Except this. I never thought I'd be writing a column as a member of the PNER board, and as your new vice-president. But here I am. So having been, shall we say, "persuaded" to join my dear friend Julie in this endeavor, I think it's time to introduce myself.

I have been around horses all my adult life. I started endurance riding in 1978, I believe it was. My AERC number informs me that I was the 710th member of that fine



*Sandy Cheek (L), and Julie Barnfather (R)
(twins separated at birth??)*

organization. On my first endurance ride, I managed to commit most of the really embarrassing mistakes—I rode too hard, too fast, and won the 50 mile ride and really thought that was what it was all about. Thankfully I had an amazing horse—who, by the way, is still out meandering around in my pasture at the ripe old age of 38—and I didn't manage to injure him in any way. But luck and angels have played a big part along the way.

Since that race, I've done most kinds of endurance riding we all do—limited distance, 25's 50's, 75's, and 100's. I was even on the very first Pan Am team for Canada in 1987. I've been fiercely competitive, but

I now just ride to finish strong and healthy. I got into endurance from the hunter jumper world because it seemed like a generous place to be—one that would accommodate most folks and most horses, as long as they abided by a few rules of the game to keep things safe and sane.

So if I had to state my goals for this organization and my part in it, it would be to keep this kind of generosity as a feature of our sport. Let's be generous to each other. Extend a hand to newcomers, and share your wisdom. Be humble enough to share your mistakes too; that's how you learned, and you may save someone else a painful lesson. And I would ask that if you have a concern or complaint or suggestion, do the right thing and send it somewhere productive. Julie and I both want very much to do a good job for y'all. We will, I guarantee it, make some mistakes. But I welcome any ideas you may have on how to do things better, and as is the case with most little organizations like this, we are only as good as our members' participation and involvement. Thanks and see you on the trail!-----Sandy Cheek

New Editor...Not just a few weeks ago as I was cutting the hair of our 2004 VP, I hinted at helping with the newsletter this year. I really wanted to give back to this great sport. Next thing I knew, I was taking it over and having quite a blast at doing it. I hope you enjoy the new look. I have a background in graphic design so it was fun to do some again. If you have any suggestions, submissions, stories, photos, news, articles of interest, please send me an email at karlawatson@verizon.net. We are operating on a pretty tight deadline in the first few issues, hoping to play "catch up," so the issues should get better as the season progresses. Come say "hi" to me at ridecamp. I'll be the one that may be taking photos around camp for the next newsletter.Karla Watson



Reminders:

✓ Don't let this be your last issue! Please RENEW your membership so you can continue to receive newsletters and support PNER. We promise to give you nearly a year's worth of quality newsletters. You must renew by March 15th.

✓ Our 2005 Handbook is going to press soon. One important feature of the Handbook is the Membership contact list. If you've renewed your membership, double-check that your contact information is up to date. If your membership is current, and you've had any changes (email address etc) that you haven't clearly communicated to Tiffany you need to do so by **February 25th**. The 2005 dues rates have increased \$10 per last year's board approval. We understand there's been confusion. Current dues rates are \$35 single, \$50 Family, \$20 Newsletter Only. If you've already renewed at the old rate, can you please send Tiffany a \$10 check so she doesn't have to contact you? Thanks! Contact: Tiffany Leonard, P.O. Box 1535, Moses Lake, WA 98837 arabracer100@yahoo.com.

✓ Advertising/classified deadlines are the 20th of the month. Have your Ads be seen by Endurance Riders all over the NW! Mail copy to: Karla Watson, 5320 SE Circle Ave., Portland, OR 97236 or email: karlawatson@verizon.net

PNER BOARD MEETING MINUTES ON FRIDAY JAN. 28TH 2005

Meeting called to order by President Sue Nance at 6:45p.m.
Minutes from Jan 2004 Read and Approved

Old Business: No Old Business to discuss.

New Business: 1st ORDER OF BUSINESS:
Discussion of By-laws and Amendments to the By-Laws. April Burton Motioned to have a committee go through the By-laws and identify necessary beneficial changes and to present suggestions to the board to discuss at the beginning of June 2005.

Mary Nunn suggested the committee present the changes to the general membership. It was discussed that the committee suggestions would be published for the general membership by October newsletter for a vote in the General meeting at Convention 2006. Tom Jones 2nd motion All in Favor

Committee for By-law review was selected:
April Burton, Sue Nance, Dawna Bynum-Boyd, and Tom Jones

Darlene Anderson brought to the table the idea of having the Vice President and President nominations announced in the newsletter 2-3 months prior to the General Membership vote.

Lori Walker suggested a vote by mail system or proxy vote for the convention. This would give all the PNER members a chance to vote instead of just the members who made it to convention.

2nd ORDER OF BUSINESS: Newsletter: Electronic vs. Mail.

Darlene Anderson suggested having the newsletter on the website in PDF format to cut costs. Sue Nance pointed out that the advertisers would lose out if we only had the newsletter in PDF format, as well as advertising revenue for PNER would be diminished. It was advised that more than one person needed to be in charge of the newsletter content, layout and delivery.

There was a general discussion on the membership's priorities, and what PNER members expected for their dues. What do the members want their dues to go towards? What is important to them? Convention awards, newsletter, speakers etc. The rider reps are elected for this reason and the members of PNER must get in touch with their rider reps with concerns or issues on this topic.

3RD ORDER OF BUSINESS: Convention: Sue Nance indicated that no budget has been set and no records accounted for in previous conventions. There was a general discussion on a convention committee to come up with the exact breakdown or guideline on an annual budget that is more detailed. Dawna Bynum-Boyd has itemized this year's spending and will present findings to the new board for next year's budget.

Dory Jackson motioned for a new award:
Ina Mclean would like to sponsor a 1st ever 100-miler rider award, for the rider. Riders who wish to obtain this award must contact Ina Mclean directly upon completion of their first 100-mile ride. Awards to be presented at convention. Darlene Anderson 2nd the motion. All approved.

April Burton called for the meeting to be adjourned at 8:10.
Dory Jackson 2nd. All in Favor.

BOARD MEETING MINUTES FOR SUNDAY JAN. 30TH 2005

Sue Nance called board meeting to order at 8:00 a.m.

Sue passed President and Vice Pres position to Julie Barnfather and Sandy Cheek

1st ORDER OF BUSINESS: Julie would like to thank the volunteers and has appointed new volunteers as follows:

Lois Fox: Handbook 2006
Lori Walker: Points/Team Points
Tiffany Leonard: Membership
Cheryl Conklin: Website Page
Joyce Kellenberger: Secretary
Karen Leiman: Treasurer
Karla Watson: Newsletter
TBA: Convention Registration
Mittie Family: Raffle
Bianca Chevalier is producing the 2005 Handbook

Julie indicated that there needs to be a committee for convention, and that the new board is open to suggestions from past board members and general membership.

Minutes Read from Friday 28th Board Meeting.

**AMENDMENT: to the Friday Board Minutes.

Lori Walker will send out a survey to members regarding the priority of membership dues and what PNER would like to see their dues being used for.

Lori will also write a description for the new award sponsored by Ina Mclean

Tom Jones motioned to have the minutes approved as amended. Dory Jackson seconded. All approved.

Julie called any old business to be addressed. No Old Business.

CONVENTION TOPIC: Mary Nunn announced that the budget for the convention was itemized for the previous years. Sue Nance agreed that it had been itemized for each section of the convention, but not specific enough to determine the spending on each award of the convention; such as Top 25 awards, 100 miler awards etc. Sue and Darlene wished to have the breakdown more specific, so that the next person purchasing awards has a guideline to go by.

There was a question of whether the board was meeting the Quorum of 50% at the present meeting and it was determined that the Quorum was met.

NEWSLETTER TOPIC: Tom Jones commented that the newsletter should be emailed to the people who wished it. Lois Fox has previously tried this and it was unsuccessful due to incorrect email address, bounced email etc....Darlene Anderson thought that we should have the newsletter available to members on the Website and they can opt out of the newsletter mailing. There is also the question of archiving the past issues. Lois Fox didn't want the newsletter posted on the website because it is for paid PNER members only. A discussion ensued, and it was pointed out that people pay for newsletters only privileges. Those individuals pay \$20 to receive the newsletter, but it may be that this amount is to cover postage for the year. It was suggested that we keep the current mailing out to members, but put past month issues either on the Website or on the PNER yahoo groups list for members to review. The old newsletters could be archived on the yahoo groups list.

Sandy Cheek motioned to have the previous month's newsletters posted to the PNER website. 2nd by Dory Jackson. 6 in Favor. 5 opposed. Motion passed. PNER newsletters shall be posted to the web one month after publication.

Brief discussion on Board Members being paid members at the time of election. If the Board members wish to be elected, they need to send in their dues ahead of time.

Motion made by Lois Fox that if you have paid for a newsletter or if you are an advertiser in the handbook with a ½ page or better that you also receive a handbook. 2nd by Sandy Cheek. 9 in Favor. Motion passed. All "newsletter only" and handbook advertisers shall receive a handbook.

Lois Fox brought to the table the issue on rides not getting printed in the newsletter prior to the ride being put on. Anna Sampson has experienced this in the past and has always received the next year ad free. This has been without the board's approval. We need to make a policy for ride ad procedures.

Julie Barnfather suggested that the Ride Manager Reps contact their ride managers to find out who's ads were late. Terre O'Brennan voiced that this is what the Ride Manager Reps are for and ride managers should be addressing concerns to them and not to the newsletter staff.

Motion by Lois Fox that Ride Managers will get a full page ad in the newsletter vs. ½ page ad for this year, if their ad did not get in before their ride took place in the previous season. Lois volunteered to find out who those people are for this year. 2nd by Terre O'Brennan. All in favor. Motion passed. Ride managers who did not get their ad published before their ride the past year shall receive a full page ad for their ride this year at no extra expense to them.

Lori Walker would like to discuss point keeping for JR BC awards. BC points on AERC guidelines are on a count of 6 juniors. PNER is currently using a 10 count. Lori would like to change PNER Junior BC judging to a field of 6. This would give the BC Junior more points overall for BC judging, but would not limit the overall judging to 6 juniors. You could still see 10 juniors showing for top ten judging.

Dory Jackson motioned that JR BC points be calculated with a field of 6, in conjunction with AERC guidelines, instead of the field of 10 that PNER currently uses. The overall point system would not change. 2nd Mary Nunn. All in Favor.

Motion passed: For Jr. BC points, a field of 6 juniors shall be used in conjunction with AERC guidelines

Junior Rep- Madeline Smart had no new Jr. Business to bring to the attention of the Board. Jessica Anderson is still the Junior Advisor

ESTABLISHMENT OF EXECUTIVE COMMITTEE: Members: Julie Barnfather, Sandy Cheek. Election for third member: Lois Fox nominates Sue Nance. 2nd Terre O'Brennan. All in Favor. Motion passed: Executive Committee shall consist of Julie Barnfather, Sandy Cheek, and Sue Nance.

Julie has noted that we have not located a Federal Tax ID number for the IRS recognition of the PNER as a tax exempt organization and for the Bank Acct.

Past President Ramey Peticolous had drawn up forms for the Tax ID approximately 10 years ago, but nothing in the previous Secretary notes could be located in regard to the issued number.

Recommendation was to go to the Internal Revenue Service to determine where the PNER organization stands with our status. Julie B. will take care of this.

SIDE NOTE: Have the Treasurers report ready for the Board of Directors by the Friday BOD meeting.

Julie Barnfather gave a report from the Audit Committee elected the day before. Preliminary discussion and look at the 2004 check stubs had been completed on Saturday. It was agreed by the committee to provide a list to the 2004 Treasurer of items needed to complete the process. Committee will follow-up via email communication to finalize.

Tom Jones motioned to adjourn the meeting at 10:15 a.m. 2nd Julie Barnfather.
All in favor.. Motion passed. PNER Board meeting adjourned at 10:15 a.m.



2005



RIDE CALENDER

Millican Miles_March 26_____CANCELLED

Home On The Range_April 2_25/50/75_Othello, WA
Mgr: Gail D. Williams. 509-865-3246 (gailwilliams@nwinfo.net)
Vet: Sarah Metcalf

Grizzly Mountain_April 16_25/50/75_Madras, OR
Mgr:Linda L. Tribby (ltribby@bendnet.com) Sara Miller 541-475-9364. Vet:Gene Nance

Purple Passion_April 23_25/50/75_Eagle, ID
Mgr: Pam Haynes. (purplepassionmanager@yahoo.com)
Vet: Sarah Metcalf.

Kilpoola Kaper Pioneer I, II, III_Apr 30-May 2
Apr 30 & May 2--30/50_May 1--30/55
Osoyoos, British Columbia
Mgr: Don Boscher 250-497-8504 (tboscher@telus.net)
Vet: Gene Nance.

Owyhee 100_May 7_30/60/80/100_Oreana, ID
Mgr: John A. Teeter 208-834-2788 (johnt@endurance.net).
Vet Sarah Metcalf.

Prineville_May 14_25/50/75_Crooked River Grasslands, OR
Mgr: Cole Still 541-447-5515. Vet Michael A. Foss

Klickitat Trek_May 21_25/50/75_Glenwood, Wa
Mgr: Marilyn Milestone (montanarosebay@yahoo.com)
Vet Michael A. Foss

Nicola Valley Railway Pioneer_May 21-23_CANCELLED

Sonora Classic_May 22_25/50/75_Summerland, BC
Mgr: Don Boscher 250-497-8504. Vet James W. Kerr

Mt. Adams_June 4_25/50/75_Trout Lake WA
Mgr: Chris Nielsen 509-395-2204. Vet Michael A. Foss

Capitol Climb_Jun 18_30/50_Capitol Forest, WA
Mgr: Andrea Hurn 253-405-8659. Vet Michael Vanzwol

Idaho Spuds_Jun 25_30/50_Idaho City, ID
Mgr: Cindy Bradley 208-392-4430. Vet Gene Nance

Sunriver Endurance Ride_Jun 25_30/50/100_Bend OR
Mgr: Ona Lawrence 503-866-1407. Vet Thomas R. Timmons

Pacific Crest_Jul 2_30/50_Ashland OR
Mgr: Terry Canavello Roselle 541-862-8019. Vet: TBA

Ride Over The Rainbow_Jul 2_30/50/100_Merritt, B.C.
Mgr: Barbara Holmes-Balmer 250-768-8206. Vet James E. Bryant

Jocko Valley Endurance Challenge_Jul 9_25/50_Arlee, MT
Mgr: Jennifer Knoetgen 406-726-3082. Vet Sarah Metcalf

Renegade Rendezvous_Jul 9_25/50/75_Old Nile Sawmill, WA
Mgr:Gail D. Williams 509-865-3246. Vet Michael Vanzwol

Bandit Springs_Jul 16_30/50/75/100
Ochoco National Forest, OR
Mgr: Linda L. Tribby 541-475-6199. Vet Gene Nance

Gallagher Grit I-III_Aug 6-8_Kelowna, BC
Aug 6 & 8--30/50_Aug 7--30/55
Mgr: Pam (250) 765-0441/Linda (250) 763-9381. Vet TBA

Santiam Cascade_Aug 13_30/50/80_Santiam Pass, OR
Mgr: Mary Nunn 503-829-5321. Vet Michael A. Foss

Weiser River Rail Trail_Aug 20_30/50_Council, ID
Mgr: Pam Haynes (purplepassionmanager@yahoo.com). Vet Olin Balch

Arabian Nights FEI_Aug 27_100_Oreana, Idaho
Mgr: John A. Teeter 208-834-2788. Vet Michael A. Foss

Headwaters of the Rogue_Aug 27_25/50_Prospect OR
Mgr: Tom Jones 541-664-0978. Vet Thomas R. Timmons

NW Labor Day_Sep 3-4_Mt. Vernon WA
Sep 3/25/50/100_Sep 4/25/50
Mgr: Joe Abreu 360 435-0255. Vet Jerry Washburn

Owyhee High Country Pioneer_Sep 3-5
Sep 3 & 5/30/50_Sep 4/30/55_Oreana, ID
Mgr: Stephanie Teeter (steph@endurance.net). Vet Sarah Metcalf

Oregon Dunes_Sep 10_25/50_Florence, OR
Mgr: Tony Truffer 541-485-7106. Vet TBA

PacNorth Fundraiser (aka Oregon 100)_Sep 17
25/50/75/100_near Bend, OR
Mgr: Gordon Westergard 541-582-8846. Vet Thomas R. Timmons

Westbank Rocker_Sep 17_50_Westbank, B.C.
Mgr: Grant F. Balmer 250-768-8206. Vet Jennifer E. Strelkaskas

Owyhee Canyonlands Pioneer_Oct 4-8
Oct 4-5/50_Oct 6-8/30/50_Oreana, ID
Mgr: Stephanie Teeter 208 834 2788. Vet Sarah Metcalf

Foothills of the Cascades_Oct 15_25/55_Molalla, OR
Mgr: Mary Nunn 503-829-5321. Vet Scot Lubbers

Dust Devil_Oct 29_30/60/75_Bend, OR
Mgr: Suzy Zurcher. Vet Michael A. Foss



Junior Page



Interview by
Amanda Watson

Madeline Smart is the new Junior Representative for 2005. I interviewed her recently and asked her some questions and advice

What advice would you give another junior who was looking to get into fifties?

I think that the most important thing a junior needs to know to do fifties is to go slow. Make sure that your sponsor comes in at least middle of the pack. You want to know that they won't go too fast and run your horses (or your) legs off. Also, try to find a sponsor who doesn't have a history of pulls on that horse every time they do a fifty because it sucks to be stuck without a sponsor. Other than that try to get into other sports in school, a community league, running or working out on your own. Fifty miles is a long way and the stronger you are, the easier it is for your horse. A weak rider rides like a sack of potatoes at about mile 45.

Which ride would you consider your favorite and why?

I would say that Foothills of the Cascades is my favorite ride. I've only done the fifty there but it is a wonderful ride. There is lots of uphill and downhill but also plenty of flat. We are used to riding on lots of rock because we live up north of Seattle so the rock didn't bother me much. My favorite kind of ride has plenty of road or wide trail interspersed with some very technical stuff. That describes Foothills very well. At that ride you can make great time on the uphills and the flats and then slow down and give your horse some time to relax and cool off and work his brain while doing the technical stuff through the woods. Another great thing about it is the way the trails intertwine. There isn't much common trail but a lot of the water stops are at intersections so you know where you are because you've been there before. Even though when I did this ride last year I was very sick, I still had TONS of fun!



In your own opinion, what would be a good ride for a junior's first 100?

I think that this question depends a lot on what kind of trails you like to ride. However I think that Grizzly Mountain would be a good one. There's plenty of food and a lot of different types of trail terrain. None of it is excessively hard and the ride management does a great job. It also goes fairly quick. Last year they made burgers for everyone to eat during their vet check or after their ride. I don't think they offered a hundred there last year but I think it would be a great one if they did.

In your own opinion, what would be a good ride for a junior's first ride ever?

I think that Klickitat would be a good one for someone's first ride. It's not very hard, however it still works your horse. There are some hills, and some technical stuff. The trails are the kind of trails that you can pick your speed on. You can ride it fast if you want and you can take it slow while still knowing that you

will make it in on time. Another thing that's great about it is that the vet checks are sensibly spaced so you don't have to do 20 miles before your next vet. An inexperienced endurance rider would like it because it is one of those rides that a person could handle using their common sense and not really need tons of advice or instruction. Not only that but it's not at the very start of the season so there wouldn't be horses going crazy in camp like at HOCR and it's not at the end so if they liked endurance they could do more that season.

Thank you Madeline! We look forward to seeing you out on the trail this year. I hope you like the first Junior Page of the PNER newsletter. Please submit ideas, news, photos, stories, suggestions or anything Junior related to me, Amanda Watson. We hope to make this a regular column. Please let me know if you would like to be interviewed. Send to: karlawatson@verizon.net

More Questions and Some Answers About Equine Dentistry



by Dr. Sarah Metcalf, DVM

A recent discussion on Equine Clinician's Network, an email list for veterinarians on which I am a long-time lurker, inspired me to try to answer horse owners' questions about equine dentistry. You might be surprised to realize that there is disagreement among veterinarians on these topics!

The following articles represent my opinions, perspectives and perceptions; they include unsubstantiated anecdotes and subjective experiences. Also, if I quote a person who sounds suspiciously like someone you know, thinly disguised, it probably is that person.

How can I tell if my horse's teeth need floating?

I don't know. Myself, I can't tell without a thorough look in the mouth with a speculum. Put me out in a field of a hundred horses and tell me their life stories, and I still will not be able to tell you, without looking in their mouths, which one will have the worst problem.

If we wait until horses show us overt symptoms of pain and dysfunction, very often we are WAY behind in terms of correcting the problem, sometimes too far to do more than mitigate the results of years of neglect.

How is it that horses can stay fat, appear to be cheerful and even perform work competently....and still have dental problems?

1. Based on thousands of examinations, I find that sharp enamel points causing oral ulcerations are extremely common, even in horses with no outward clinical signs.

Some horses continue to eat with enthusiasm even with oral lesions that would certainly be painful if they were in our mouths. These horses have a strong commitment to eating (it does mean survival, after all). This doesn't mean that the lesions are not painful; these horses are eating in SPITE of discomfort.

A somewhat skeptical person who acted as my assistant last spring became convinced that even

fat horses can benefit from dental care when she saw how many overweight horses have obvious sores in their mouths caused by sharp points that hurt OUR fingers when we felt them. Her conclusion vis-à-vis fat horses: "Dietary mis-management (overfeeding) is not an excuse for dental neglect!"

At the other end of the spectrum, not all horses have this level of commitment. Some will stop eating efficiently, and demonstrate abnormal chewing and/or weight loss, with even minor lesions.

One horse in my practice, ("The Princess"), begins to decline to eat, and to throw her hay around, when she develops the most minor points. The first time this happened, the owner brought me a video of the horse's behavior at feeding time. It was so weird that I thought it was a neurological problem and I was certain that I would have to refer the case to a specialist. However, it resolved within 3 days following dental care. This scenario has repeated itself four times now, at 9-18 month intervals. Give this horse few more neural circuits and she can just use WORDS to tell her owner that she would like a dental tune-up.

2. Malocclusions (waves, hooks, ramps, etc.) are also very common, and again, some horses will be—for a while—fat, happy and competent in spite of having malocclusions. These horses have "forgiving" metabolisms (like me: we can stay plump on the pine cone and snowball diet); tolerant dispositions/strong work ethics (unlike me: I'd be real cranky and go on strike).

Even in these tolerant horses, the problems will come home to roost as the horse enters its teens and early twenties. FINALLY the horse begins to lose weight, gets an exam, and a serious situation is found. This can be very frustrating and sad! Many times the horse is still sound and usable; sometimes it is a beloved child's horse or long-time "family member". These serious malocclusions and prematurely expiring teeth don't just suddenly pop

Continued on next page.....

Dentistry Article Continued.....

up; they have been gradually developing ever since the permanent teeth came in to wear at 3-5 years of age...all those years that the horse was "asymptomatic".

Whereas we could have easily corrected or prevented them early on and delayed the premature loss of teeth and masticatory function for many more years, now it may be too late to do more than mitigate the damage.

And finally.....

As a lark, imagine that we couldn't see our horse's hooves, but we could see its teeth.

Imagine that the hooves are always encased in bags, which have to be removed under sedation for inspection and care. How would I know when to care for my horse's feet? Would I wait until the horse was lame, or stumbling, before taking a look? Would I do it routinely every eight weeks because somebody tells me I should? I bet most of us would take frequent looks at any horse we were conditioning for a long-distance ride. I pastured three old brood mares this summer, and though they never became lame, I cringed increasingly as I daily observed their feet needing trimming more and more. Although I did procrastinate on providing the needed care, I darn sure would NEVER have taken one RIDING without those feet being put in order!

Now, imagine that there are transparent windows along the sides of our horse's cheeks. Now, when I go down to feed, I notice that sharp points on the back upper molars are starting to dig into the cheeks. Every day, that hook on the back lower molar is still there, in fact, it's bigger than it was a while ago. I am reminded that fat cheerful old Bucko has had a missing an upper molar since birth, and that the corresponding lower molar is getting too long again. Well, I am pretty busy, and I will maybe let this stuff slide for a little while longer. But it becomes harder to ignore as time passes; and I DEFINITELY won't put old Buckeroo into training without taking care of it.

Really, finally

As a last and final flight of fantasy, imagine how it would be if humans couldn't talk, and we had to wait until we were losing weight, cranky with pain, and unable to perform our jobs due to the distraction of discomfort.....before we could see a dentist. And then when we prematurely became "gummers"..... in our middle years... our children might decide it was just too expensive to feed us a pelleted ration.....it doesn't sound good!!

Eligibility Declaration Form

Mail to: Lori Walker, PNER Points Secretary, 3014 Victor Pl., Everett, WA 98201.

Must be postmarked on or before Aug. 1st 2005. To determine eligibility, refer to handbook.

Novice: *Senior or Junior* (circle one)

I, _____ have not entered any endurance or limited distance ride prior to the current ride season.

Rookie: *Senior or Junior* (for rides less than 50 miles)

Neither myself, _____ nor my horse, _____ have completed more than 100 miles of endurance and/or limited distance prior to the current ride season.

Horse of the Future (For rides 50+ miles)

I, _____ has never started in any endurance or limited distance ride prior to the current ride season. Owner: _____

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