



**President's Posting  
September, 2009**

Canceling a show is a decision I do not like to make. I am personally driven to press on no matter what gets in the way. Once I have decided to show my horse, I do not want anything to stop me: not hubby, kids nor storm. I made the decision to cancel the Winter Wind Show on Saturday when fairly violent storms with rotational activity passed over the area the evening before. The weather men were calling for the same type of weather the next day. I decided to keep us out of tornados! And of course, it turned out to be a nice day. The show was rescheduled to the following day. To break a myth...all of the riders that I spoke with would have shown in the rain and ducked into barns to wait out the lightning. They were very willing to rearrange their schedules in order to show on Sunday only to learn the show had to be canceled a second time due to the effects of heavy rains in the parking area. What myth did this break? That Dressage Queens, a stereotype, are soft and fearful riders. Bah humbug I say. We do not fear rain, we wisely stay out of lightning, and then when it passes we get back out there. We take lessons when we know our derrières are going to be rubbed raw and exit the lesson limping, bleeding, proclaiming to one and all how awesome our ride was. Whoever dubbed us as DQ's was simply clueless!

**Transition**

Bad weather and show cancellation policy: When we cancel a show we *will* post this on the web site. We will also try our best to call everyone. Please give us time to make our decision, then check the web site.

We are planning our 2010 show season. Our dates are booked, many of our judges are contracted, and now we need members to volunteer for show secretary and organizer jobs. The job of secretary entails receiving and processing entries, setting the ride times and show schedule. Sound difficult? Honestly, it is, the ins and outs of setting ride times is a great mental exercise. People spend money on games to hone these kinds of thinking skills. What I am saying is, save your money and do this job! The Organizer sets up the ring, recruits volunteers and feeds them. A fringe benefit while serving in these positions is that you get to know so many people who think and act like you (eat, breath dressage). I have witnessed countless lifelong friendships birth from these jobs. Please contact our wonderfully talented show Chair, Lauren Comish at [showmda@yahoo.com](mailto:showmda@yahoo.com) to inquire or volunteer for entry secretary and or organizer. Thank you, and happy, productive rides to one and all! MDA Prez, Jill Blackburn

Club News.....	2
Conversations with a Vet.....	3
New Covert Show Results.....	4
MDA's Own Swap Meet.....	4
Liberty View Show Results.....	5

Fund Raiser for MDA.....	5
MDA Finals Class List.....	6
Electrolites and Dehydration.....	7
MDA Meeting Minutes June 2009.....	8
Membership Application.....	9



# CLUB NEWS



## Condolences to

Tracey Hurline for the lose of her brother, Don Carner.

## Congratulations to

Margaret Hawkins and Peter Rowell on their marriage this summer

## CALENDER

**Sept. 5th** Finals Show opens for entries

**October 3 & 4** Matt McLaughlin, White Hall, MD FMI [www.lipizzanerhorses.com](http://www.lipizzanerhorses.com) or call Melanie 443-220-6058

**Nov. 21, 22**-MDA Clinic with Christopher Hickey Information will be posted on MDA's web site by mid-Sept.

**Nov. 27-29** Classical Dressage Clinic with Dr. Thomas Ritter, White Hall, MD FMI [www.lippizanerhorses.com](http://www.lippizanerhorses.com) or call Melanie 443-220-6058

## Volunteers are needed for:

Chreglia Manor Show Please contact Julie Broyles

Ships Quarters Show Please contact Jill Blackburn [philjill@juno.com](mailto:philjill@juno.com)

Finals Show Please contact Jill Blackburn at [philjill@juno.com](mailto:philjill@juno.com)

## Show Dates

Saturday, September 5, 2009: Petticoats Advance Schooling Show, Upperco, MD.

Saturday, September 12, 2009: (Open) Chreglia Manor, Delta, PA.

Sunday, September 20, 2009: (Open) Ships Quarters, Westminster, MD

Sunday, October 11, 2009: (Open show/Finals) Heavenly Waters Eq. Center, Bel Air, MD.

**Winter Wind Schooling Show, we are working on rescheduling this show. Stay tuned to e-mail blitzes.**

Dressage Tests. <http://www.dressage.net.au/natestdia.html#traintests> Thumbs up on this site. Each test shows diagrams of every movement and offers the test written for callers.

**MDA is a Dressage show organization and our Liability Insurance *does not* cover jumping; therefore, jumping at all MDA events is prohibited." This is a *new rule* made effective April 14th, 2009 by MDA's Board of officers.**

**NOTIFICATION OF SHOW CANCELATIONS DUE TO WEATHER**--I will post the status of the show on MDA's web site [www.marylanddressage.org](http://www.marylanddressage.org) on the night before the show. If for some reason (lack of electricity) that plan fails, you may call me, Jill at 410-836-3559 and listen to the message.

**OMNIBUS CORRECTION**— The class numbers are not numbered correctly starting with 2 Level. Yes, we know how to number items, Word did this when our backs were turned.

If you plan to join MDA in order to gain membership into USDF and show at USDF Licensed shows, please understand that it takes at least six weeks for your membership to process through USDF. In other words, join MDA now so that you can gain entry into our USDF shows.

**NEWSLINE** *We are looking for your creativity! This year we awarded \$10.00 gift certificate to Dover tack.* Members are welcome to submit articles to be published in MDA's Newslines. Electronic submission is preferred. MDA offers writing awards in numerous categories. All submissions for the Newslines and or MDA's web site will automatically be judged for awards. You can learn more about MDA's writing awards by referring to your MDA Omnibus. Please send submissions to [philjill@juno.com](mailto:philjill@juno.com) or by mailing to the address on the back of the NEWSLINE. The NEWSLINE reserves the right to reject or edit material.

*"This organization is a USDF Group Member Organization and its members are automatically USDF Group Members"*



# CONVERSATIONS WITH A VETERINARIAN

By Dr. Carol Bossone DVM

## Rehabilitation of the Injured Horse

We have all been through it many times throughout our horse experience. Horses will be horses, and inevitably they will get injured. It is the rare horse who will live their entire life in an equine “bubble” and never get even a scratch. The causes and extent may vary, and in many cases the owner never knows how the horse got injured. What we do know for sure is that horses are resilient, they will recover, and we as owners can have a big influence on the outcome (prognosis) and recovery. For example, keep in mind that prompt, correct initial treatment can go a long way in reducing the length of recovery by reducing complications (decreasing inflammation, secondary injuries, and stabilization of tissues). Of course, an ounce of prevention is worth a pound of cure, but in many cases despite our best efforts, accidents and injuries still happen. This month I have highlighted some common injuries, with the prognosis and basis for treatment/rehabilitation.

**Fractures/luxations:** The short and long term goal for these types of injuries is to stabilize the fracture during the healing process. Depending on the extent of the injury, treatment may involve anything from strict stall rest (minor upper limb greenstick fractures) to full casts and/or external fixation devices. Prognosis varies depending on the extent and location of the injury (e.g. simple minor fractures vs compound multiple fractures +/- joints). More severe injuries require aggressive treatments (surgery) and more guarded prognosis for recovery (usually due to complications from the original injury). Bone fractures generally take a minimum of 4-8 weeks just to start the healing of new bone formation, and continued rest is needed to ensure proper healing.

**Muscle injuries:** These are clearly the most common injuries (e.g. back soreness). Once recognized, most of these injuries respond favorably to physiotherapy and rest but may require up to several weeks of recovery. Muscle can regenerate new fibers as long as certain supporting elements are present and damage is not too extensive. An example of this can be seen in Sweeney, a condition in which nerve damage to muscle results in paralysis and atrophy of the shoulder muscles. The best approach with muscle injuries is a combination of physical therapy, muscle relaxants/anti-inflammatory agents, and rest.

**Tendon/ligament injuries:** These are usually recognized as lameness, swelling, heat and joint swelling. Immediate treatment upon injury that includes support bandages, cold therapy, stall rest, and anti-inflammatory agents are critical in the overall success of recovery. Ultrasound is the most useful tool for diagnosing and for monitoring progress during healing. Most of these injuries require at least 4-6 weeks of stall rest with a gradual return to work. These injuries require constant monitoring to determine the progress of healing particularly during the reintroduction to work. The goal in therapy is to maintain blood flow while decreasing scar formation which can interfere with the uniform integrity and indirectly normal function of the tendon. Tendons and ligaments typically require 9-12 months for optimal healing. Injuries to the suspensory ligament or deep digital flexor tendon can take even longer to heal. During the recovery phase gradual, controlled exercise is extremely important in the healing process for these injuries as the new fibers forming are sensitive to sudden heavy loads and are easily prone to reinjury.

Should your horse be laid up on stall rest as part of a treatment regimen he/she may benefit from some passive suppling exercises to maintain or restore range of motion and proper muscle tone. As always, consult your veterinarian for specific guidance for your horse's particular case. An example, of these exercises would include warming up limbs or a region of the body with a mild heat source and then passively stretching using slow controlled gentle movements to the limit of the limbs' range of motion. Joints are lightly flexed and extended as far as is comfortable. After a prescribed stall rest controlled exercise can be incorporated that includes up to 60 days of hand walking, then 60-90 days of light (5 minute) trotting, followed by 60 day increments of increase in activity. Also hydrotherapy (swimming) can also be beneficial in many rehabilitation protocols.

1. UC Davis, 2009 “Diagnostic ultrasound and musculoskeletal injuries in horses, 2009
2. Werner, L. Tendon injuries, 2006.
3. Clayton, H.M. 1991

**New Covert Schooling Show Results**  
**July 11, 2009**  
**Judge Sarah Duclos**

**USDF Intro A Novice Test A**

- 1 Otto Be in Pictures Linda Castaldi 69.5
- 2 My Silver Majesty Laura Ruark 67

**Intro A Open Test A**

- 1 Fifer Shelly Caplan 69.5
- 2 JC's Keely of Texel Jacqueline Caldwell 68
- 3 Coppertone Chris Sorenson 59

**USDF Intro B Novice Test B**

- 1 My Silver Majesty Laura Ruark 76.5
- 2 Otto Be in Pictures Linda Castaldi 73

**USDF Intro B Open Test B**

- 1 Fifer Shelly Caplan 72
- 2 JC's Keely of Texel Jacqueline Caldwell 67.5
- 3 Coppertone Chris Sorenson 56

**Training Level Novice Test 1**

- 2 Pixie Lisa Feather 56.956

**Training Level Open Test 1**

- 1 Odin's Raven Lauren Comish 63.913
- 2 Irish Knight Lucia Penn 55.217
- 3 Ripley Dawn Yurkiewicz 55.217

**Training Level Young Rider Test 1**

- 1 Country Bumpkin Elizabeth Loundas 58.26
- 2 Hershey Hannah Conway 55.652

**Training Level Novice Test 2**

- 1 GG Susan Brooks 72.5
- 2 Pixie Lisa Feather 55.814

**Training Level Open Test 2**

- 1 Odin's Raven Lauren Comish 69.285
- 2 Ripley Dawn Yurkiewicz 65.357
- 3 Irish Knight Lucia Penn 61.785

**Training Level Young Rider Test 2**

- 1 Country Bumpkin Elizabeth Loundas 55
- 2 Hershey Hannah Conway 54.285

**Training Level Open Test 3**

- 1 Back Street Girl Sara Jo Light 65.6
- 2 Peppermint Patti Brianne Conway 61.6
- 3 Pluto Matina Melanie Adams 58.4
- 4 Repete Loretta Krach 54.4

**Training Level Young Rider Test 3**

- 1 Fidlin' Star Anne Matthews 63.6
- 2 Feiner Flash Elizabeth Loundas 60.8

**Training Level Open Test 4**

- 1 Peppermint Patti Brianne Conway 64
- 2 Back Street Girl Sara Jo Light 62.8
- 3 Pluto Matina Melanie Adams 57.6
- 4 Repete Loretta Krach 56.8

**Training Level Young Rider Test 4**

- 1 Fidlin' Star Anne Matthews 65.6
- 2 Feiner Flash Elizabeth Loundas 62.4

**First Level Open Test 1**

- 1 GG Susan Brooks 68
- 2 Bel Sole Toni Over 64.333
- 3 Zips Status Symbol Marilynn McFadden 61.6
- 4 Beicko Debra Mitchell 59.666

**First Level Young Rider Test 1**

- 3 Tyler Catherine Brown 53.666

**First Level Open Test 2**

- 1 GG Susan Brooks 67.777
- 2 Bel Sole t 65.277
- 3 Zips Status Symbol Marilynn McFadden 62.777
- 4 Beicko Debra Mitchell 59.166

**First Level Open Test 3**

- 1 Bel Sole Toni Over 66.571
- 2 Fraelichberg's Felix Mateja Zdanis 58.571
- 3 Riviera Holly Van Sant 54

**First Level Open Finals Qualifier Test 3**

- 1 Bel Sole Toni Over 66.571

**First Level Open Test 4**

- 1 Riviera Holly Van Sant 61.316

**First Level Young Rider Test 4**

- 1 Fraelichberg's Felix Mateja Zdanis 65.526

**Third Level Open Test 1**

- 1 Royal Drama Queen Sarah Brooks 64.615

**Fourth Level Open Test 1**

- 1 Royal Drama Queen Susan Brooks 63.023
- High Score Senior: Susan Brooks 72.5  
High Score Junior: Anne Matthews 65.6  
Mary Herlihy Perpetual Memorial Trophy  
Given to the Highest Scoring Intro Level :Laura Ruark 76.5

Classified Ads – The MDA's Swap Meet

By Jean Bosley

Many years ago, our Webmaster, Linda Elliott, did a great job of setting up a classified ad application on our website that allows users to publish, edit and delete their own ads as they wished.

Fast forward to the present and we've found that we have many classifieds that are outdated, horses that have been sold long ago and board rates that I only wish were still true.

The ad section of our website is actually a great way to buy/sell/barter. And it doesn't have to be only horse related items – if you are an MDA member and need to sell something or are looking for something, why not start in your own 'backyard'? Think of it as our own little Craig's List! But in order for it to be really useful we need to keep it current.

If you look at the Classified list now you'll see that we're starting to get things cleaned up. The publishing system allows you to edit or update your own ads, but if you don't, they'll be deleted after one year. If you don't want something deleted, please go back and edit the date so we'll know it is still current. If you need assistance in publishing or editing an add you can contact Jean at [Jean.Bosley@phh.com](mailto:Jean.Bosley@phh.com) From the Home page of the website please look for the link on the right that says "Members, publish your own free Classifieds".

Liberty View Farm Schooling Show Results  
August 2, 2009  
Judge Evelyn Susol

USDF Intro A Novice Test A

1 Country Bumpkin Suzanne Veltiri 62

USDF Intro A Open Test A

1 Otto Be In Pictures Linda Castaldi 62

USDF Intro B Novice Test B

1 Hound Deer Shane Prada 63

2 Country Bumpkin Suzanne Veltiri 55

USDF Intro B Open Test B

1 Fifer Shelley Caplan 72.5

2 Otto Be In Pictures Linda Castaldi 70

Training Level Novice Test 1

1 Hound Deer Shane Prada 60.435

2 Vixen Hill Tiernan Michelle Phillips 58.261

Training Level Open Test 1

1 Fifer Shelley Caplan 65.217

2 Irish Knight Lucia Penn 61.304

Training Level Young Rider Test 1

1 Shine the Silver Ashley Kutzner 68.261

2 LBF's Whiskey Katie Windham 60

Training Level Novice Test 2

1 Atlantic Roar Shelagh Davidson 65.357

2 Vixen Hill Tiernan Michelle Phillips 59.643

Training Level Open Test 2

1 GG Susan Brooks 64.286

2 Irish Knight Lucia Penn 60.357

Training Level Young Rider Test 2

1 Beau's Rhapsody Lauren Drenning 69.643

2 LBF's Whiskey Katie Windham 61.786

3 Shine The Silver Ashley Kutzner 57.5

Training Level Open Test 3

2 My Royal Star Tammy Stigile 56.8

Training Level Young Rider Test 3

1 Beau's Rhapsody Lauren Drenning 66.4

2 Fiddlin Star Anne Matthews 65.6

Training Level Open Test 4

2 My Royal Star Tammy Stigile 58.8

Training Level Young Rider Test 4

1 Fiddlin' Star Anne Matthews 65.6

2 Kilcolgan Prince Maria Payne 62.8

3 Jasper Stephanie Knauff 59.6

First Level Open Test 1

1 GG Susan Brooks 69

First Level Young Rider Test 1

2 Kilcolgan Prince Maria Payne 57.666

First Level Open Test 2

1 GG Susan Brooks 62.778

First Level Open Test 4

1 Rianna Susan Peterson 63.947

Second Level Open Test 1

2 Rianna Susan Peterson 57.895

Third Level Young Rider Test 1

1 Royal Drama Queen Sarah Brooks 64.103

Fourth Level Open Test 2

1 Royal Drama Queen Susan Brooks 61.364

High Score Senior: Susan Brooks 69

High Score Junior: Lauren Drenning 69.643

Southern States SHOW Fundraiser

By Linda Nickel

The MDA is now participating in Southern States SHOW program! This is a really easy fundraiser for us. All members (and friends, relatives, or neighboring trash piles) need to do is save the proofs of purchase from bags of Reliance, Legends, or Triple Crown horse feeds. Reliance proofs are worth 10 cents each; Legends and Triple Crown are worth 25 cents each. (If you get feed delivered in bulk, we'd need the original receipts, but I'd be happy to make copies to return! Bulk Reliance purchases are worth \$4/ton, and bulk Legends are worth \$10/ton.) While that doesn't sound like a lot of money, it builds up very quickly. A very few people in a club I used to be associated with could raise between \$500 and \$700 a year!

Scott and I will collect the proofs. Feel free to hand them to us at any MDA function, or mail them to us (5135 Meadowstream Garth, White Hall, MD 21161) when you get a collection. If you have a big pile of bags collecting in the corner of your barn, we'll even come clip out the proofs. The year for the SHOW program runs from July 1 - June 30, so this is the start of a new year for us.

Please let me know if you have any questions! [linda.nickel@gmail.com](mailto:linda.nickel@gmail.com), or 410-299-2848. Thanks!

## 2009 MDA Finals/Open Show Class List

Mail Entries Lauren Comish 639 Gairloch Pl, Bel Air 21015 443-504-5894 showmda@yahoo.com

1. USDF Intro Test A Open
2. USDF Intro Test A Young Rider
3. USDF Intro Test A Novice
4. USDF Intro Test B Open
5. USDF Intro Test B Young Rider
6. USDF Intro Test B Novice
7. Training Level Test 1 Open
8. Training Level Test 1 Young Rider
9. Training Level Test 1 Novice
10. Training Level Test 2 Open
11. Training Level Test 2 Young Rider
12. Training Level Test 2 Novice
13. Training Level Test 3 Open
14. Training Level Test 3 Adult Finals Championship
15. Training Level Test 3 Young Rider
16. Training Level Test 3 Young Rider Finals Championship
17. Training Level Test 4 Open
18. Training Level Test 4 Young Rider
19. First Level Test 1 Open
20. First Level Test 1 Young Rider
21. First Level Test 2 Open
22. First Level Test 2 Young Rider
23. First Level Test 3 Open
24. First Level Test 3 Adult Finals Championship
25. First Level Test 3 Young Rider
26. First Level Test 3 Young Rider Finals Championship
27. First Level Test 4 Open
28. First Level Test 4 Young Rider
29. Second Level Test 1 Open
30. Second Level Test 1 Young Rider
31. Second Level Test 2 Open
32. Second Level Test 2 Young Rider
33. Second Level Test 3 Open
34. Second Level Test 3 Adult Finals Championship
35. Second Level Test 3 Young Rider
36. Second Level Test 3 Young Rider Finals Championship
37. Second Level Test 4 Open
38. Second Level Test 4 Young Rider
39. Third Level TOC
40. Third Level Test 3 Finals Championship
41. Fourth Level TOC
42. Fourth Level Test 3 Finals Championship
43. FEI TOC
44. FEI Finals Championship
45. Musical Freestyle TOC Open and/or Finals Championship
46. Pas de Deux TOC Open
47. Quadrille TOC Open

### *MDA Rules regarding Finals Championship classes*

**Finals Eligibility.** The rider must be a MDA member in good standing and earn two (2) work credits within the competition year. One (1) work credit must have been earned by helping at MDA shows. All work credits must be earned by the end of the Finals Show.

**Finals Entry:** a horse/rider combination must compete at the MDA Finals Competition at the highest level for which they are qualified except as allowed for Pas de Deux and Quadrille. If there is only one entry, the entry will be judged using MDA's modified Danish system. The competitor must list work credits on their entry form to be admitted to their Finals Championship Class.

There will be no test reading at the Finals Championships classes.

There will be no whips allowed at the Finals Championships classes.

Only the competitor will be allowed to ride the entered horse on the day of the show. Violators will be eliminated.

The complete rules for Qualifying can be found in your 2009 Omnibus on page 7.

**Riders entering in a finals classes are ineligible to enter in the Open division of that Level.**

# Electrolytes and Dehydration

Written by cavalor.com-newsletter  
copied from internet

## **What are Electrolytes?**

Electrolytes are positive or negative charged elements that are called “ions” when solved in a watery solution (cations+ and anions-). The most important ions from a nutritional point of view: sodium (Na+), potassium (K+), Chloride (Cl-), Bicarbonate (HCO<sub>3</sub>-), Calcium (Ca<sup>2+</sup>), Magnesium (Mg<sup>2+</sup>) and phosphate (HPO<sub>4</sub><sup>2-</sup>). These elements are present in the blood and the fluid within and surrounding the cells of the (horse) body.

## **What role do electrolytes have in the body?**

Sodium, Potassium and Chloride are needed for the regulation of the horse’s water balance. Electrolytes play also a role in maintaining the balance between positive and negative elements, and the generation of electrical impulses in nerves and muscles. They may also play a role in enzyme activity. A sodium deficit may lead to a lower performance, reduced feed- and water intake and excessive licking behaviour. A potassium deficit may lead to muscle problems, lethargy, weakness, a lowered feed and water intake and weight loss.

## **When may an electrolyte deficit occur?**

An electrolyte deficit may occur when the horse takes in electrolytes below its requirement. Horses that are subjected to low intensity exercise require electrolytes at about maintenance requirement. This requirement should be fulfilled! The daily ration of stabled horses (no pasture access) sometimes lacks sufficient sodium. It is advised to provide a salt- or mineral lick to these horses. This should always be accompanied with free access to clean drinking water.

If your horse produces large amounts of sweat during an event, electrolyte supplementation may be indicated. The electrolyte requirement especially increases when the horse is subjected to long term intensity exercise. The requirement is influenced by temperature and to a certain extent also by the humidity.

The horse body aims to maintain a constant body temperature. A large part of the energy that is used by the body is converted to heat. The conversion of energy to mechanical energy of locomotion in horses is at best 20% efficient, such that most of the chemical energy is converted to heat. Thus, contracting skeletal muscles produces large amounts of heat at high rates, and the rate of heat production increases with increasing exercise intensity. Heat that is produced in the muscles (especially during exercise), is transported by the blood to the skin. By sweating the horse is able to reduce its thermal load.

The sweat rate of horses has been estimated to be about 6.5- 9 litres /hour at speeds observed in the endurance discipline. During prolonged periods of exercise horses may loose considerable amounts of water by sweating. This may result in dehydration. A loss in body weight up to 7 to 11% may occur (i.e. a 7-11 % water-loss-induced decrease in body weight). Dehydration decreases performance, muscle problems and finally exhaustion. A body weight loss indicating 12-15% dehydration can be fatal. With lower intensity exercise the water loss will be lower but this can also negatively affect performance. In practice, a dehydration of 4 to 5% or greater can be detected by delayed recoil of a fold of pinched-up skin, which is best observed in the skin over the shoulders. The skin over the neck is looser and considered less accurate indication for dehydration. In the normally hydrated horse, a pinch of shoulder skin should return to its original position within 1 second, and capillary refill time should be less than 3 seconds.

Prolonged exercise does not only result in water losses but also in Sodium, Chloride and Potassium losses. Excessive sweating may lead to a deficiency of these nutrients and to a minor extent on losses of calcium, magnesium and phosphorus. Horse sweat differs from human sweat. Human sweat is isotonic (i.e. the sweat concentration is similar as in the blood) while horse sweat is “hypertonic” (i.e. a higher concentration of electrolytes in sweat than in blood). This is indicated in Table 1.

In practice, electrolyte products often contain a small amount of glucose or dextrose. This is not done with the aim to provide the horse with energy but to enhance electrolyte and water transport. An electrolyte product should have a good solubility, taste and highly available sources of calcium and magnesium should be used. Recent research has indicated that electrolyte supplementation enhanced glycogen resynthesis and faster restoration of plasma hydration status in horses subjected to a simulated speed and endurance test of a 3-day event.

Continued on page 8

## **How do I prevent an Electrolyte deficit?**

In contrast to many nutrients there are no body stores of water and electrolytes other than those carried in the gastrointestinal tract. Any excess absorbed is excreted in the urine. Thus, body water and electrolyte deficiency cannot be prevented by giving them before they are lost. However, deficiencies can be prevented by replacing them as they are lost.

Below a few practical tips are listed to prevent a water or electrolyte deficiency (and therefore preventing loss in performance and muscle problems): Make sure the horse has free access to clean drinking water at all times. Compensate the electrolyte loss when the horse has been subjected to heavy exercise (note: especially in humid conditions!) Electrolytes given a few hours before prolonged exercise may be of value if adequate water is also provided and the horse is adequately hydrated. Do not provide excessive amounts of electrolytes. It may be an advantage to have a (hind)gut filled with water and forage, so forage intake may be stimulated before a race and good quality forage used during a ride. Some horses do not use their salt or mineral lick. Mixing electrolytes with the feed may be an option. An optimal rate of intake of electrolyte solutions is obtained when the solution is about ca. 20°Celsius. Pastes can be a convenient way to provide electrolytes provided that the horse has access to and drinks water: hypertonic pastes given to dehydrated horses can lead to serious problems.

### **References:**

Lewis, 1995. Equine Clinical Nutrition; feeding and care. Williams & Wilkins, Media, PA (USA)

NRC, 2007. Nutrient requirements of horses. The National Academies Press

Lindinger, M.I. 2008. Sweating, dehydration and electrolyte supplementation: Challenges for the performance horse. Proc. 4th European Equine Health & Nutrition Congress. Wageningen.

## **Maryland Dressage Association Meeting Minutes from June 9, 2009**

Attendance - Linda Seybold, Susan Brooks, Susan Peterson, Lauren Comish, Julie Broyles, Carol Foreman  
Meeting Minutes read by Susan Peterson Motion to approve Minutes - Carol Foreman Seconded by Lauren Comish

Membership Report - 148

Show Report at Olney - Conditions at Olney were very wet at the last two shows. We need to be diligent at looking at the condition of the arena the night before, especially after a heavy rain on whether or not to call the show.

Schooling Show at Ships Quarters - There was port-a-potty issue. Dona Ruth, owner of Ships Quarters uses "Be There Environmentals". They are cheaper and provide excellent customer service. Look into switching to this company for the 2010 Show Season. Bring this issue up at the August 12th meeting.

Recognized Show - Night watchman Ron gets paid \$250 a weekend. We voted to pay him \$120 a night; however, it still comes up \$10 less than his original pay. We should pay him \$250 as previously done. Motion to approve - Julie Broyles Seconded by Susan Brooks

Been brought to our attention it is difficult to find rules on the website. Would like to make Class Rules more accessible by having a direct link on the front page. Motion to Accept made by Lauren Comish Seconded by Carol Foreman

For the recognized show discussed double work credits for the volunteers to increase our volunteer support. Also discussed other alternatives for food for the show such as having a BBQ outfit along with the ladies from the church as in the past.

Motion to adjourn the meeting Linda Seybold Seconded by Susan Peterson



Maryland Dressage Association 2009 Membership Form

Please print clearly

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIPCODE \_\_\_\_\_

PHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_ To receive up to date info!

( ) Check if changes have occurred ( ) Check if new member

Horse/Rider combination/s that may be shown this year under this membership:

\_\_\_\_\_

Individual MEMBERSHIP, please check off

\_\_\_\_ Senior \$35.00 \_\_\_\_\_ Lifetime \$375.00

\_\_\_\_ Junior \$30.00 ( Include Birthdate \_\_\_\_\_ ) \_\_\_\_\_ Supporting Member \$17.00\*\*

*Supporting Members do not receive USDF Magazine*

\_\_\_\_ Family \$35.00 for Primary and \$17 for each additional person.

Primary Family Member please fill out information at top.

List additional family members under 21 years of age and under. Rider Supporter.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\*\*Supporting members are supporting members only, and for insurance purposes need to upgrade their membership if they want to ride at clinics and shows.

Membership Fee includes dues for Group Membership in the United States Dressage Federation. If you are already a member, request your refund directly from the USDF.

Note: It is the members responsibility to notify Carol Forman of any changes to address, Phone number and e-mail. Please notify Jill Blackburn of any changes to Email address. Email is the best way to stay informed.

Please make checks payable to MDA, INC. and mail to: Carol Foreman 6712 Lewis Road Baldwin, Md. 21013

- 1. Membership year for MDA runs from January 1 to December 31.
2. USDF Group membership year runs from December 1 to November 30 of each year.
3. In order to compensate MDA members who renew their membership after October 1st, membership received after this date will be considered renewed for the 2009 Maryland Dressage Association year. When you join MDA you will become a Group Member of the USDF. Please plan a head and allow 6 to 8 weeks for your membership application to process from MDA to USDF. Also be aware that USDF will not let GMO's send them new memberships rosters after Sept 1 and before Nov 30th.

WORK CREDIT/VOLUNTEER INFORMATION

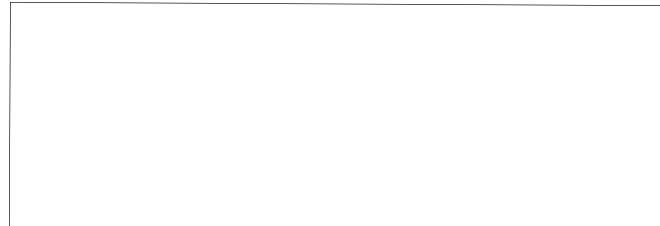
I would like to assist the MDA with the following jobs or skills:

- ( ) Show Organizer ( ) Hospitality at shows ( ) Typing
( ) Scheduling Shows ( ) Set Up Show Grounds ( ) Scoring At Shows
( ) Gate Keeper At Shows ( ) Scribe for Judge ( ) Public Relations ( ) Photography

This organization is a USDF Group Member Organization and its members are automatically USDF Group Members.



c/o Jill Blackburn  
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**We have you in site!**  
**[www.marylanddressage.org](http://www.marylanddressage.org)**