

April 2014

UPPER MIDWEST ENDURANCE AND COMPETITIVE RIDES ASSOCIATION



Pull out your calendars! 2014 Ride Schedule

May 3-4	MnDRA1- CANCELLED	Orrock, MN
May 3-4	White River Spring	Hesperia, MI
May 3-4	Kettles & Bits	New Prospect, WI
May 10-11	Glacier Trails	Palmyra, WI
May 17-18	SISU on the Border	St Croix Falls, WI
May 24-25	Grand Island	Rapid River, MI
May 30, Jun 1	Endure	Chanderville, IL
May 31, Jun 1	Maplewood West	Pelican Rapids, MN
Jun 7-8	ApDRA	Palmyra, WI
Jun 14-15	White River Summer	Hesperia, MI
Jun 13-15	SE Minnesota	Forestville, MN
Jun 21-22	Hopkins Creek	Manton, MI
Jun 21-22	Dead Dog Creek	Kinmundy, IL
Jun 28-29	AHDRAI My Backyard	Wyanet, IL
Jul 4-5	Endless Valley	Spring Green, WI
Jul 5-6	AHAM	Augusta, MI
Jul 12-13	Mosquito Run	Rogers, MN
Jul 19-20	Grand Island North	Limestone, MI
Jul 26-27	Wildcat	Palmyra, WI
Aug 3	Shore to Shore Warmup	Oscoda, MI
Aug 4-8	Shore to Shore	L Huron to L Michigan, MI
Aug 9	Shore to Shore Cool Down	Empire, MI
Aug 9-10	Louise Riedel Memorial	Arkdale, WI
Aug 16-17	Thistle Down Run	Frazee, MN
Aug 16-17	Rock River Charity Ride	Utica, IL
Aug 23-24	Northern Highland	Spooner, WI
Aug 30, Sep 1	White River Fall	Hesperia, MI
Sep 6-7	Charity Cup	Pillager, MN
Sep 6-7	Keweenaw	Lake Linden, MI
Sep 6-7	Lincoln Trail	Kinmundy, IL
Sep 12-14	Colorama	Greenbrush, WI
Sep 13-14	Tin Cup Springs	Luther, MI
Sep 20-21	Run for the Ridge	Fairfax, MN
Sep 27-28	Pine Martin Run	Nahma Junction, MI
Oct 2-5	DRAWarama	Palmyra, WI
Oct 11-12	Iron Oak	Arkdale, WI
Oct 11-12	Oak Leaf Run	Hamilton, MI
Oct 17-19	Point Chaser	Wabasha, MN
Oct 25-26	AHDRA III - Big River	Keithsburg, IL

Attention Riders – Critical Ride Updates!!!

Brushy Creek Distance Scheduled for April 26 & 27 has been cancelled due to a conflict in the park with another event!

MnDRA1 (May 3&4) – Cancelled/Postponed
Due to the continued risk of EHV-1 infection in Minnesota and Western Wisconsin – MnDRA I for May 3rd & 4th at Sand Dunes State Forest in cancelled.

I will be looking for another weekend this summer or fall to hold the ride.

Be safe - Theresa Meyer

Grand Island May 24 & 25 – requires 10 PREPAID ride entries by May 1 for the 75 mile ride to take place – get your entries in now! The ride book was missing the map to the ride. A copy of the map is at the end of the newsletter.

" MnDRA has realized that the financial health of **Sisu on the Border**, a MnDRA sponsored ride, requires an increase in the camping charge for 2014. In the past the land owner charged us for each camper night, last year they switched to renting us the field at a fixed cost. The result of this change is that our costs increased. The camping charge will be increased to \$20 per night and the day parking charge to \$10. The other fees will remain as stated in the ride flier.

We do this reluctantly as we realize that it is always hard to find the money to pay for price increases.

We hope to see you all there May 17 and 18.

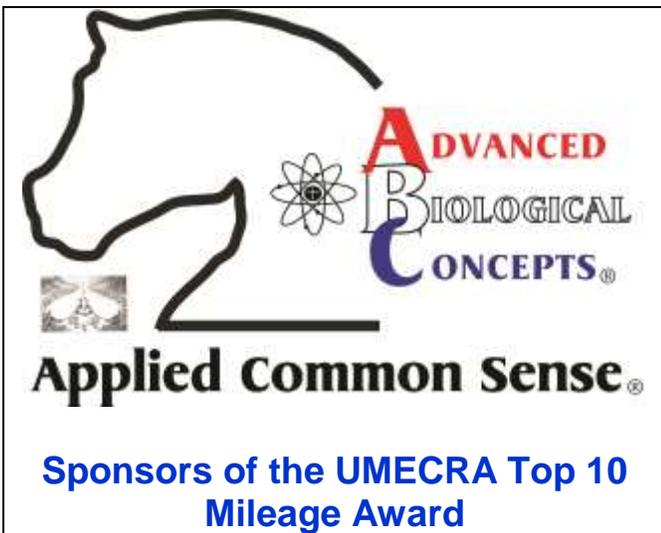
Sincerely, Ed Hauser"

Kettles N Bits ride still has room for camping. Come join us in the Northern Kettle Moraine State Forest for beautiful trails! All group sites must be prepaid to be reserved. If you would like to reserve a space in the group site; contact Jill Feller at: jfeller@nconnect.net or call: [920.948.9502](tel:920.948.9502).

Special instructions for Kettles N Bits: Due to the recent EHV I issue, there will NOT be any community tanks of water put out on the trail or at that vet checks. Ride Management will put individual buckets out at the vet check **however riders will be required to bring their own bucket with their names written on the bucket.** NO shared buckets will be put out by management. Riders will also be required to perform the capillary refill test while the ride vets observe. If your horse is not feeling well or recently had a fever, please do not attend the ride.

Hay Riders!

Pay attention to ride flyers -
 There are extra rules at some rides this year:
 mandatory helmets for all – fines and/or DQ for
 unleashed dogs – no stallions -
Read ride flyers before leaving home!



Want to request a donation for trail improvements?

There is donation form that needs to be used for ALL requests for trail grants, Expo money, etc. The form can be obtained by contacting Jill Feller at: jfeller@nconnect.net or by regular mail at: Jill Feller, N9280 Cty Road TW, Mayville, WI 53050.



Attention Ride Managers!

The Ride Manager and Veterinarian Handbooks were sent out in late March.

You should have your booklets by now. If you do not please call Theresa Meyer at 763-753-5236 or email to tmeyer@tpt.org

There are extra books, so if you need an additional handbook for a second vet, please let me know and I will mail one out to you.

Thanks and have a great ride!



Want to advertise in the UMECRA newsletter?

Contact the editor for rates at: UMECRAnews@gmail.com or call 651-353-7959. We can handle most common formats, such as Word, .pdf, or .jpg. The deadline for each issue is the last day of the previous month – newsletters are generally mailed by the 15th.
 Peggy Pasillas, UMECRA Newsletter
 9928 Rich Valley Blvd
 Inver Grove Heights, MN 55077
Checks should be made payable to UMECRA.



Insurance for Riders – are you covered?

Those of you who come to convention hear a very brief discussion during the annual meeting about ride insurance, and how much insurance UMECRA covers for the ride managers. This insurance is for ride managers, ride volunteers, land owners and other stake holders who are listed as additional insureds in the UMECRA policy.

This insurance does NOT COVER RIDERS! If you haven't lately or never read the rider release that you sign when you enter a ride, you should. You and your horse are YOUR RESPONSIBILITY.

Because horses at rides get loose sometimes, from their pen or tie or on the trail if we come out of the saddle, or because horses kick, strike and bite it would be good for our riders to carry liability insurance in case a something happens. AHDRRA

It was once believed that all overweight horses were hypothyroid. However, this was usually untrue as the tests to measure thyroid hormone status in horses at the time simply weren't very accurate. These horses were often prescribed thyroid hormone medication to increase their metabolic rate and assist with weight loss. Thyroid hormone treatment can in fact help horses lose weight.

One study examined the use of thyroid hormone medication in healthy normo-thyroid horses (horses with normal amounts of thyroid hormone being produced naturally) and found that these horses lost weight and had significantly increased insulin sensitivity following treatment (Frank et al., 2008b). Thus, there may be some benefit to such use of thyroid medications for extremely obese horses. It should be noted, however, that in humans, thyroid medication (especially when given to those who are not hypothyroid) is associated with cardiovascular complications and, therefore, not prescribed except in cases of hypothyroidism. The aforementioned equine study did not detect any cardiovascular issues (Frank et al, 2008a), but cardiovascular problems may still be a concern. With an extremely obese horse, the risk of laminitis may be greater than the risk of heart problems, and thyroid hormone medication may be useful. For most horses however, strict diet and exercise should be attempted first.

Several other human drugs are used to treat insulin resistance. Two studies have examined the effectiveness of one such drug, Metformin, on insulin sensitivity in horses, with conflicting results (Durham et al., 2008, Vick et al., 2006). Metformin appears to have low bioavailability in horses, compared to humans, which may explain why it hasn't proven to be effective in horses (Hustace et al., 2009). Additional work is required to examine the effectiveness of other potential drugs on horses.

Many other non-drug supplements are available to horses and believed to affect insulin sensitivity. However, because these products are not considered drugs, they are poorly regulated. There are a few key ingredients that may have some benefit to insulin sensitivity, although evidence in horses is lacking. Magnesium and chromium, as well as general antioxidants (such as vitamin C and E), are believed to have some function counteracting insulin resistance and possibly affect body weight. However, adequate clinical evidence is lacking in humans and no

research in horses has reported any benefits (Guerrero-Romero and Rodriguez-Moran, 2005). Nonetheless, these nutrients (namely chromium and magnesium) likely won't hurt the horse when fed in amounts according to instructions, so if economically feasible there is no reason not to try them. That said, they should not serve as a replacement for exercise and caloric intake restriction. Cinnamon and other herbal compounds are often fed to horses in hopes of improving insulin sensitivity. However, as reviewed by Tinworth et al. (2009), many herbal products do not have scientific research to support their claims, and many have not even been studied for safety in horses.

Some horse owners believe that weight can be gained or lost in specific physical locations, depending on diet. For example, some owners would prefer that fat be deposited along the buttock region to make the hindquarters appear larger and more developed, with fat being reduced along the crest of the neck. Similarly, some owners aim to "work" certain regions of the horse's body in attempt to reduce fat in that area. Unfortunately, there is no way to "spot reduce" in horses or humans; fat is lost approximately in equal amounts from all parts of the body, regardless of the exercise.

However, genetics does play a role in determining what areas are more prone to store fat. This is highlighted in people where some carry their weight around the midsection and some carry excess weight in the hips and thighs (the apple vs. pear shape). It is possible that horses also have genetic predispositions to be either "crestier"—and carry fat around the crest of their neck—or to be more prone to developing a ridge down their back with excess fat coverage. It is unknown if there are greater health concerns associated with where a particular horse carries his fat, as there are in humans.

Another common misbelief among horse owners is that the hay belly results from a horse being too fat. The hay belly, or enlarged gut region in some horses, is mainly due to the fact that within this region lies the fermentative area of the large intestines. If a horse is offered relatively low nutritional quality feed, it is believed that the intestines will retain the feed longer in effort to ferment it to a greater extent and to extract all possible nutrients. Thus, if the fermentative vat is more active, it stands to reason that the gut area would increase. One way to help counteract a hay belly is to decrease the required fermentation time by improving the quality of the

forages. This may not be recommended, however, for overweight horses. It should also be noted that some horses simply have a larger gut region, and altering the diet won't affect it. To avoid being misguided about weight gain or loss, horse owners are encouraged to educate themselves and research various compounds and products. Before purchasing a product, ask companies for publications of their study results proving the product's effectiveness.

Spring Cleaning, Stable Style

By Jennifer Whittle, TheHorse.com Web

Spring Cleaning, Stable Style

There are many different types of disinfectants that can be used to clean horse barns and facilities.

Although the weather in some parts of the world might not show it, it is officially spring in the Northern hemisphere. That means warmer weather and more time spent at the barn. Spring is also a good time to get your barn and tack spic-and-span just in time for the riding season.

Here are some spring-cleaning tasks and tips from our Facebook fans, as well as reference articles to help you get started. Happy cleaning!

Disinfecting Stalls. Stall walls, often made of porous wood or concrete, can hide and trap pathogens that cause infectious disease. This becomes increasingly relevant if you are at a boarding barn, or travel with your horse to different facilities. "I keep the dusty walls swept all winter long, but as soon as it is warm enough outside (70-degrees-plus), I disinfect the walls with a pressure sprayer," said Erika Robinson.

For more information on disinfecting stalls, you can visit TheHorse.com/10363, or watch a video to learn more about choosing a disinfectant for barn use.

Manure management. Along the same lines, manure management practices are important to maintaining your horse's health. Many disease-causing organisms lurk in feces and stall bedding. Dragging or raking pastures, as suggested by

Natalia Yuma, can help not only control the accumulation of manure in certain areas, but can also reduce the number of parasite eggs in the horse's environment.

Parasite Control. Re-evaluating your horse's parasite control program is an important annual task. Karen Nesbitt said she does "a little internal cleaning" by deworming her herd (we suggest following the American Association of Equine Practitioners' parasite-control guidelines) and also helps control flies by "hanging fly traps as soon as the last frost date is gone."

Spider Webs Be Gone! Many users indicated that they would be knocking down spider webs and cleaning out the extra dust that had accumulated over the winter, which can pose as fire hazards.

Fencing. Spring is also a good time to take note of any repairs or maintenance items on the farm. "Fencing is always my first spring item on my list," says Rhonda Nickerson. Taking a closer look at your barn and property will help you to ensure that it's safe for horses and handlers.

Out with the old, in with the new. "I turn the horses out then put the remaining hay from the loft downstairs and clean the chaff and dust and webs out," says Katherine Drenski. "I take the hose up there and mist to keep the dust from getting too airborne, and get it all ready for the new batch."

Don't forget the tack room. "I vacuum the tack room, all the cupboards and drawers in there, and scrub the sink," said Laura Moss, "I love it when it's all done and my barn looks gorgeous!"

Looking for new places to ride in your area and beyond?

Check out <http://trailmeister.com/>

Lots of information there on trails and all things trails! Search by city, state, even zip codes! You can even add trails that you know about!

**Agenda items for BOD Meeting
March 15, 2014**

Call to order by President Theresa Meyer at 11:10 am

Present: Tony Troyer, Barb Kurti, Wayne Gastfield, Olivia Rudolphi, Bill Suskey, Max Bernsdorf, Bonnie Mielke, Jon Wagner, Jill Feller, Sarah Mowrer, Nicole Mauser-Storer, Elizabeth Laurie, Theresa Meyer, Peggy Pasillas, Dianne Schmidt

Guest: Linda Jacobson, Josh Mowrer

Minutes from Jan BOD meeting. Going forward, minutes will be approved on line shortly after the meetings. Wayne motions to approve Jan BOD minutes, Tony seconded. Passed.

Treasurer's report presented (presented at end of minutes)

- 2014 convention financials presented
- Silent auction financials presented
- Motion to approve financial reports by Max; seconded by Tony. Passed.

Old Business:

- **Protest process**
 - Tony motioned to approve process, Olivia seconded. A discussion followed regarding the length of the process and if emails should be allowed. The Protest Process passed with one small change on sending the protest letter via registered mail at the beginning of the process.
- **Blind horses at rides**
 - Elinore Tonsor asked if the blind horse rule could be changed to allow partial sighted horses to compete. Motion made by Dianne Schmidt to remove the partially sighted horse from the rule. Elizabeth Laurie seconded. Passed.
 - **3. Veterinary Requirements G**
*A final decision allowing unsighted or partially sighted equines to compete shall be made on a case by case basis by the control judge at each event. Riders of vision impaired **blind** equines should contact the ride manager prior to entry for approval (2013).*
 - **This rule will go to the annual meeting to be voted on.**
- **Horse welfare**
 - There were several updates from the AERC convention that were approved but will not go into effect until 2015. The last major change was in the 1990 where "Fit to Continue" was created.
Proposed Motion by AERC to begin in 2015
 1. Initial triage and treatment availability at all rides, including intravenous fluid therapy.
 2. Thirty minutes to meet recovery pulse at the finish line, with exceptions where needed for rides with finish lines far away from final checkpoints.
 3. Recovery pulse rate at the finish lowered from 68 bpm to 64 (or less) bpm.
 4. Horses must be six years of age to start a 100 mile ride.
 5. Horses shall have Body Condition Scores of no less than 3.0 and no greater than 8.0 to start an endurance ride.
 6. Exams on all equines by a control judge before they leave the ride site, but no sooner than two hours from when they cross the finish line.
(This is just a safety check; the rider has already received their completion)
 7. Standardized control judge ride cards should be used nationally, with sections added for BCS (Body Condition Score) scores and graphs for each quadrant of the gastrointestinal examinations.
 8. Rides should have at least one hold on distances of 25 miles or greater.
(Just a rule clarification)
 - Nicole will put a "Welfare of the Horse" page on the website. The PowerPoint presented by Dr. Olivia regarding this proposal will be placed on the Welfare tab on the UMECRA website.
- **Social Media committee**
 - There is an option to change Facebook to a Page instead of a group. A Page would give us some more control options but some of the options would only be available for a fee. Not all Page options have a fee and we run the page as a group interaction like we are doing now, there is no charge.
 - There is no unified voice with the page; it is a group page.
 - After discussion, there was no further action to take regarding the Facebook page; it remains as it currently is.
- **Promotions Committee**

- There are two ads in multiple magazines. There are multiple seminars being run in IL in April; WI is also hosting a ride clinic on March 29. If anyone in other states would like to be part of the promotions committee, see Nicole Mauser-Storer as she has designed ads that can run in any state publication.
- Membership Committee
 - Joslyn started a Facebook UMECRA Greenbean group for distance riding newbies and mentors.
- Vet Directory update
 - The vet list will be sent out to RM's to use but not to be shared with the general membership.
- Fun rides
 - The ride flyers that had FUN rides listed on them have been updated to show that these rides are not UMECRA sanctioned.
- Intro rides
 - Barb suggested UMECRA charge a \$.50 fee for Intro rides and not the \$2.50/rider fee. Motion made by Barb to pay \$.50 rider fees for Intro rides; seconded by Wayne. Tony asked for an amendment for \$1.00; Wayne seconded. Failed 6/5.
 - There is a liability risk in the Intro rides and we should not support the Intro rides as they are as there are no specific rules for them.
 - Tony will be contacting Connie Caudill to discuss AERC creating rules for the Intro rides to lower any liability.
 - The Novice division is doing well; riders could ride there instead of Intro rides.

New Business:

- Ride sanctioning update
- The Brushy Creek ride has been cancelled. The RM has been giving three different dates that she could possibly use later in the year, but there has been no response to reschedule the ride.
- An email will be sent out to Ride Managers in April with the reporting spreadsheet and vet list.
- Ride book update
- The ride book (hard copy and CD) was mailed out on March 13.
- Ride Manager/Vet handbook
- Will go to print the week of March 17th and will be mailed out to ride managers.
- Increase annual meeting quorum
- The current annual meeting quorum number is 20. After a discussion a decision was made to table this discussion until fall.
- AERC convention update
- AERC would like to remind ride managers to get their reports in on time.
- New rule changes
- ICF funds bylaw was updated in 2013 to allow ride managers to use ICF funds to sponsor an FEI ride. A ride manager contacted President Theresa and wanted additional wording added to the bylaws. The wording was to state that if a ride manager was putting on an FEI ride and requesting funds, the ride had to be on the same date as the ride manager would have used for his/her 'normal ride'; a new date which would affect other rides would not be allowed. After a discussion, no action was taken to change the wording of the bylaws as ride managers approve the ride schedule at the annual meeting and can therefore not approve a schedule if there is a conflict.
- Insurance
 - From a confidential settlement reached in a lawsuit regarding an incident at a 2011 ride, there were a few lessons learned about insurance coverage.
 - Who is covered under UMECRA insurance?
 - AHDRA or any other organization should have their own liability insurance to cover officers and the organization.
 - UMECRA insurance covers volunteers but not vets as they are paid.
 - Riders are **not covered** under the insurance.
 - Riders can take out insurance through AERC, AHDRA and IL or WI Horse Councils.
- Trail grants
- Jodi Johannessen requested money to increase the trails at Duluth Area Trail Horse Alliance. The trails are not used for any current endurance rides. Tony motioned to give the \$250 to the trails; seconded by Bill; motion fail 6/5.

- Katie Bachhuber requested a grant for the Northern Kettle Moraine campground to finish erecting pipe corrals in the family sites. This campground is used for the Kettles N Bits ride and a vet check for Colorama is held her. Dianne motioned to give the \$250 to the trail group; seconded by Bonnie; passed.
- Mary Clapper requested a grant for the Castle Rock Horse Trails group to purchase a disk harrow for grooming the trails. The Castle Rock Horse group will match the funds for the purchase. Tony motioned to give the \$250 to the trail group; seconded by Bonnie; Passed.
- Convention update:
 - Motion made by Tony; seconded by Bill Suskey to not have a convention fee for 2015 convention; passed.
 - 2015- Wayne Gastfield: convention will be in Clare MI; January 16-18, 2015. AHDR is hosting and DRAW is doing the entertainment on Friday night.
 - Theresa is looking at a coach bus to run from MN to MI picking up people in WI and IL.
 - 2016- DRAW will be hosting; no further details at this time.
 - GLDRA meeting: Tony gave an update of the GLDRA meeting that he and Joslyn Seefeldt attended. The meeting was held at the hotel where the 2015 convention will be held.
- Other
 - Mentors should put up a sign on their trailer saying 'Mentor' to alert new riders who they can go to with questions. New riders can also talk to the ride managers.
 - UMECRA banners will be made; one for each state to use at horse fairs, clinics, etc.
 - Riders Rep
 - The voting for future rider reps will be done at conventions similar to the Rider's Choice. Members will nominate themselves and ballots will be made up for voting at the convention. The rider reps who are elected will be announced at the annual meeting.
 - Nov meeting will be on Nov 8th.
 - Tony motioned to adjourn; seconded by Jon.

Respectfully submitted:

Jill Feller

UMECRA Secretary/Treasurer

Treasurer's Report:

ASSETS
(2/23/14)

Current Assets

Checking/Savings

Convention fund	5,321.97
ICF Fund	7,730.48
Mayville Savings Bank	15,688.92
Trail checking	<u>4,942.19</u>

Total Checking/Savings 33,683.56

Total Current Assets 33,683.56

2014 convention in Madison, WI	
Income:	
RSVPS	\$5,769.00
AHDRA	\$949.50
DRAW	\$718.10
TOTAL	\$7,436.60
Expenses:	
Insurance	NA
Speaker	\$300.00
Entertainment	na
Hotel	\$6,128.71
Meal for speaker	\$0.00
TOTAL	\$6,428.71
Difference	\$1,007.89

2014 Silent Auction

Total = \$2689 (2013 = \$3160; 2012= \$3746.50)

Trails fund = \$1344.50

Convention fund = \$672.25

Scholarship fund = \$336.12

ICF fund = \$336.13

Changing Hay Sources for Horses

By Emily Lamprecht, PhD

Hay's energy and nutrient content can vary drastically depending on a number of factors, so change forage sources over a two to three week period to help prevent gastrointestinal upset.

As a horse owner, I have moved quite a few horses around and recently moved my gelding to a new boarding facility, so thought this would be a good opportunity to share one aspect of my experience.

To help maintain as much consistency in his routine as possible, I made sure that I had two weeks' worth of hay to take with me to help keep his diet consistent throughout the move and to allow for a gradual transition to the new hay.

When I told the barn managers at the new facility that I was bringing a few bales of hay over, they seemed a little surprised at this and told me not to worry about it, because they had high quality hay. I asked them if they would recommend a sudden change in a horse's grain ration, and immediately they said of course not, due to colic risk. I replied, "Then why would you switch their hay cold turkey, when it makes up 60 to 70% of the horses diet?" and watched their expressions as they realized the point I was making.

As a result, along with keeping his grain ration and meal times consistent with the previous routine, a gradual transition from the previous hay to the new hay was done over a two week period. For the first couple of days he received his "old" hay only, and over time we incrementally replaced a small portion of his "old hay" with the "new hay" so that at two weeks post-move, he was completely switched over without any problems or decline in performance.

As horse owners, it is important to keep in mind that any sudden changes in diet, including fresh pasture and hay, can disrupt the environment in the gut where communities of microbes reside. Consequently, this disruption in the microbial population and digestive process can put the horse at risk for gastrointestinal upsets (such as excessive gas production, colic, diarrhea, and discomfort).

The energy and nutrient content in hay can vary drastically depending on the plant species, geography, soil conditions, plant maturity at harvest, climate conditions, baling and storage methods, and other factors. Even hay that comes out of the same field from consecutive cuttings can have large differences in quality and nutrient content that should be considered.

It takes approximately three weeks for the microbes in a horses gut to adapt to dietary changes, making gradual transitions over a two to three week period important to help prevent gastrointestinal upset.

When it isn't possible to make a full two-week transition, allow for as much of a gradual transition as possible even if is only over two to three days. Additionally, providing dietary pre- and probiotics can also help support gut microbes through dietary changes, especially if they are rapid.

UMECRA



PERSEVERE

UPPER MIDWEST
ENDURANCE AND COMPETITIVE RIDE
ASSOCIATION
MEMBERSHIP FORM
Membership year: _____

CIRCLE ONE:

Single \$35 Family* \$45 - hard copy newsletter and/or ride book

Single \$ 25 Family* \$35- electronic newsletter and CD for ride book

If you do NOT want ANY newsletter sent to you- please check this box:

If you do NOT want a CD or Ridebook sent to you- please check this box:

*NOTE: to receive the reduced rate, you MUST receive the newsletter electronically AND receive a CD for the ride book. **If you have either the newsletter or ride book delivered via USPS you MUST pay the higher membership fees.***

Check one: **RENEWAL** _____ **NEW MEMBERSHP** _____

***Family memberships shall consist of one or more related, or coupled as significant other, adults and/or children of such adults who are less than 18 years of age, all of whom reside in the same household.**

Please include all names of eligible family members.

PRINT CLEARLY

Date: _____ **UMECRA MEMBERSHIP NUMBER(S):** _____

Names: _____

Address: _____

City, State, Zip: _____

Phone number (s): _____

Email: _____

Please mail completed form along with **check made out to UMECRA** to:
Jill Feller
UMECRA Secretary/Treasurer
N9280 County Road TW
Mayville, WI 53050

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5th of each month
Send news to:
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