

## **Oregon Hunter/Jumper Association News: August 2009**

### **Upcoming Oregon Area Approved Horse Shows**

- July 29-Aug. 2** Brawley Farms Summer Classic, Jefferson, OR  
Judy Brawley (503) 743-4414; [brawleyfarms.com](http://brawleyfarms.com)
- Aug. 8-9** Freeman Farm Horse Show, Molalla, OR  
Laurie Freeman Swanson (503) 829-2528; [lfsfreemanfarm@molalla.net](mailto:lfsfreemanfarm@molalla.net)
- Aug. 15** Lake Oswego Hunt Club Hunter/Jumper Schooling Show, Lake Oswego, OR  
Mary von Zimmermann (503) 710-1324; [imahorse@yahoo.com](mailto:imahorse@yahoo.com)
- Aug. 19-23** Oregon Summer Show, Wilsonville, OR  
Mike & Mollie Gallaway (541) 954-5312; [hapshows.com](http://hapshows.com)
- Aug. 26-30** Northwest Spectacular & OHJA Medal Finals, Wilsonville, OR  
Mike & Mollie Gallaway (541) 954-5312; [hapshows.com](http://hapshows.com)
- Oct. 16-18** Triple Rise Schooling Show (Blue Ribbon Schooling Series), Boring, OR  
Mike & Mollie Gallaway (541) 954-5312; [triplerisehorseshow.com](http://triplerisehorseshow.com)
- Nov. 7-8** Avalon Schooling Show (Blue Ribbon Schooling Series), Ridgefield, WA  
Jody Phillips (503) 750-7383; [skittlehorse@aol.com](mailto:skittlehorse@aol.com)
- Nov. 13-15** Triple Rise Schooling Show (Blue Ribbon Schooling Series), Boring, OR  
Mike & Mollie Gallaway (541) 954-5312; [triplerisehorseshow.com](http://triplerisehorseshow.com)
- Prize lists for upcoming horse shows may be posted on the OHJA website.

### **OHJA Medal Finals**

The Medal Finals will be held this year during the Northwest Spectacular (August 26-30) at Hunter Creek Farm in Wilsonville. In addition to the jumping competition, all OHJA riders must complete a written test. The written test results will count toward the combined score for each competitor in the medal finals competition. Specific information and guidelines to help prepare for the test will be posted in August on our website. Past newsletter education questions, which may appear on the test, are currently posted on the site.

Trish Helmer has requested volunteers to help administer the Medal Finals written test. If you are available, please contact Trish at [historygallopson@hotmail.com](mailto:historygallopson@hotmail.com).

The medal finals competition is one of OHJA's major fundraisers. Members are encouraged to donate sponsorships to support the event. Donations, which are tax-deductible, should be made payable to OHJA and mailed to Joe Regan, Treasurer, c/o OHJA, P.O. Box 3890, Wilsonville, OR 97070. For your convenience, a sponsorship form may be downloaded from the OHJA website.

### **Recent Bylaw and Rule Change**

The Board approved a rule and bylaw change at its June 8 meeting to allow Local System horses and riders to accumulate points in any USEF "A" or "AA" rated horse show hosting the Mini Medal Finals. This amendment was necessary to allow Local System members to compete in the 2009 Mini Medal Finals to be held during the week of the Northwest Spectacular, an "AA" rated horse show. Please visit our website for a complete description of the 2009 OHJA Rules and Bylaws.

## **Membership**

Points accumulated for the 2009 show season are posted on the OHJA website. Please verify your points and contact Points and Membership Chairperson Melanie Pennington if you have any questions regarding your point accumulation or membership.

This is OHJA's first year to implement its new three-tier system. The list of current members on the website includes a tier designation for each member. It is important to verify that you are listed in the appropriate tier of the new system. A description of the new tier system is posted on the website in OHJA's current rules and regulations. Please note that moving from the local tier to the regional or open tier during the year requires an additional fee, which is designated on the OHJA membership application found in this newsletter and also posted on the website. Contact Melanie if you have any membership questions.

Exhibitors returning from any out of state horse show are responsible for making arrangements to have their show results forwarded directly from the show secretary to Melanie.

## **Website Update**

Visit the photo gallery to view photos of our OHJA community in action! If you have photos of member barn or horse-related activities that you would like to have posted on the website, please email a copy of the photos to Patty Shannon at [pshannon04@yahoo.com](mailto:pshannon04@yahoo.com).

## **Education Corner**

Each month's newsletter will include information that might be included on a written test for a future medal finals competition.

*Question:* What are the signs of insulin resistance in a horse?

*Answer:* The following are signs of insulin resistance: (1) Abnormal fat deposits, especially above the eyes, behind the shoulder blades and along the horse's crest and hindquarters; (2) excessive thirst and urination; (3) increased hunger; (4) lack of energy and muscle tone; (5) abnormal weight gain or loss; and (6) chronic laminitis.

Insulin is a hormone required to transport glucose (sugar) from the bloodstream into the tissues. The pancreas releases insulin in response to elevations in glucose: Insulin needs increase when a horse digests foods high in carbohydrates and decrease during periods of exercise and physical activity.

Insulin resistance, a failure of the body to properly respond to insulin, can be diagnosed by testing blood insulin and glucose levels. Healthy and appropriate weight, adequate exercise and a balanced diet containing a minimum amount of sugar and starch will help prevent/control insulin resistance.