

# MeQHA Adult Stride Together Volunteer Program

#meqhaproud



The MeQHA Adult Volunteering program is to earn rewards while volunteering and expanding your equine knowledge. It is open to all adults 18 years and older who are members of MeQHA. You do not need to own your own horse! Log the hours you spend volunteering at your local barn (excluding activities involving personal horse), attending educational events, and helping out at horse shows in Maine. Hours are carried over from year to year as long as participants maintain membership in MeQHA or MeQHYA. (If membership lapses, you must start over).

## Summary of the program:

1. Maintain a continuous membership with MeQHA or MeQHYA.
2. In order to receive award at annual banquet logs must be turned in by December 31<sup>st</sup>.
3. Activities included in the volunteering program include:
  - a. Volunteering at your local MeQHA membership barn doing light maintenance, stall cleaning, grooming, helping with hay delivery, etc
  - b. Volunteering at local horse shows in Maine as a scribe, steward assistant, running activities, trail set up, etc (Counts DOUBLE)
  - c. Volunteering with a MeQHA member to assist in summer camps
  - d. Attending clinics or educational seminars focused on the care, training, or health of the quarter horse.
  - e. Volunteering at horse recues and shelters
  - f. Volunteering at Trail Challenges with set up and judging (Counts DOUBLE if do both at same event)
4. Have an activity you think should be counted and don't see it here, ask!



Awards:

\*First 10 volunteers of 2023 who reach 15 donated hours to MeQHA club or MeQHA Pine Tree Classic will receive Stride Together MeQHA Hoodie donated by DNLmaine.com

15 hours – MeQHA Water Bottle

25 hours – Patch

50 hours – hat

100 hours – T-shirt

150 hours – Sweatshirt

Possibility of awards being changed depending on availability to purchase.

Name: \_\_\_\_\_

T-Shirt Size: S\_\_M\_\_L\_\_XL\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Email: \_\_\_\_\_

Member of MeQHA or MeQHYA: yes\_\_\_ no \_\_\_\_\_

Return to:

Stephanie Powers Dion

or

Meredith Weaver

20 Stony Brook Way

28 Brown Road

Bar Harbor, ME 04609

Pownal, ME 04069

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