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Spring 2008



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**Layout and Design:** Linda vanderHule  
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**Printing:** Copyman (650-591-9893)

**Photos by:** Al & Sarah Filice, Anne Whitten, Barbara Stogner, Adeline Forrest

**Cartoons:** Chris Romano-Puckett

## COVER

Sarah Filice presents Rob Krensky with the 2007 Horseman of the Year buckle.

Photo by Al Filice

## PRESIDENT'S MESSAGE



WOW! We are off and running...

Our annual Kick-Off Gala & Installation Dinner was a galloping success with over 100 people in attendance. We celebrated **Rob Krensky** as Horseman of the Year, an honor well deserved. **Cheryl Basin** was most deserving as she was honored with the Helping Hands award. **Karen Rowley-Shawback** and **Tanya Rebarchik** were recognized for their selfless contribution with the award of Outstanding Contribution. A big thank you goes to **Sarah Filice** and her

committee for organizing such a festive evening to start this year off so enthusiastically.

It is incredible to me that almost 3 months have passed since I took my oath of office. During this time, I have gained an even deeper respect for all of the past Presidents who have led this organization before me. I am touched by how many of you have welcomed me with open arms and open minds expressing tremendous enthusiasm for new ideas. And there have been a few who are reticent about change. Changes can be challenging for some, and I understand and honor both perspectives. I am excited about the possibilities as we work together. It is in appreciating our similarities and respecting our differences that we come to enjoy this adventure called "life".

As I declared in my initial President's Message, my vision for 2008 is to increase participation and community. Well, we certainly accomplished that on a grand scale with our first General Meeting – a Spaghetti Feed and Bunco Tournament – which was held March 15th at the Mounted Patrol Grounds. With over 80 people in attendance, everyone had a great time. Some members commented that they knew they were in for some fun from the minute they stepped through the front doors. We all had a chance to reconnect with familiar faces as well as mingle with over 20 new members who came to join the festivities. We dined on a delicious spaghetti dinner prepared by **Tim Stewart** Catering. The Bunco Tournament was a total hit; especially for **Guido Nannini** who won \$100 for having the most Buncos! A big round of applause goes out to **Adeline Forrest** and her deserving committee for all their efforts to make this event a huge success. The Junior members who attended had so much fun that they have asked for their own Junior Bunco Tournament. You asked for it – and we will deliver. We're hoping to schedule it for sometime in May or June so keep your eye on the calendar on our SMCHA website – [www.SMCHA.org](http://www.SMCHA.org) – for an exact date.

I also declared to have 100 new memberships join SMCHA in 2008. We created a game around the membership drive – a shiny new buckle will go to the senior member and the junior member who are responsible for the most new memberships. There are several SMCHA members who have jumped at the challenge. As of this writing we have **85** new memberships! The game will run through May 31. **Joan McLaren** is currently in the lead



## San Mateo County Horsemen's Association 2008 Officers

PRESIDENT	Barbara Stogner
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Sara Esquivel	Noel Moody
Al Filice	David Moreau
Sarah Filice	Janice Olson
Jane Fletcher	Larry Pelzner
Maria Fonseca	Stan Ramirez
Adeline Forrest	Tanya Rebarchik
Michelle Goodspeed	Karen Shawback
Dan Johndrow	Barbara Stogner
Jim Keeton	Elizabeth Sullivan
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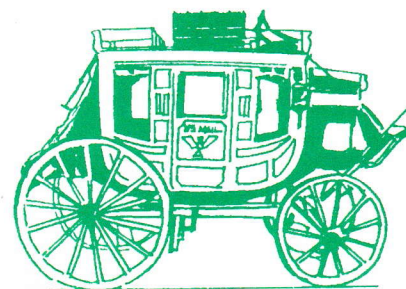
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## The San Mateo HORSEMAN

Spring 2008

The official publication of  
**San Mateo County  
Horsemen's Association**

Published quarterly  
January (Winter)  
April (Spring)  
July (Summer)  
October (Fall)



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## President's message continued

for the senior buckle. Can she maintain her lead to the finish line or will someone overtake her in the home stretch? We'll just have to wait and see. The winners will be announced at the Western Riding Clinic Dinner on July 12th at the Mounted Patrol Grounds. Come join us and find out who will proudly be sporting those new buckles.

The project for February was a phone campaign. Wanting your input in order to deliver what you want from your equestrian organization, we called each and every current SMCHA member and talked to almost every one of you. You were surprised, grateful, enthusiastic and filled with many great suggestions – and we thoroughly enjoyed speaking with you! Thanks for taking our call and spending a few minutes on the phone with us; this organization will be bettered by your input. Thank you! A special thank you to the 17 Board members who took the time to make over 300 calls.

Our Senior Color Guard is underway. It is heartwarming to have new life being breathed into this fine tradition. We have Senior Color Guard chair, Anne Whitten, to thank. Her enthusiasm and commitment to re-establish not only the Color Guard but also a drill team and parade unit is infectious. Come find out where you and your horse fit in. No experience necessary. Contact **Anne Whitten\*** for details and future practice dates. We'll be riding in the May Day Parade in Woodside on May 3rd. Don't be left out of the fun...

Our Junior Program is picking up speed as well. Committee chair, **Janice Olson**, organized a terrific Beach Ride in Half Moon Bay on March 29th. There were 15 riders and 20 of us in all. The juniors were excited to take the horses on the beach and see whose horse would walk in the water! Be sure and hear about **Leandra Steenkamp's** experience with Commanche. A big yee haw to **Dan Johndrow, Adeline Forrest, Linda Steenkamp** and **Nancy Traube** for setting up the chuckwagon for the lunch. We had as much fun being the Juniors' ground crew and watching them on the beach as they did riding. We'll have to do this one again, **Janice!**

Next on the agenda is our annual Horsemen's Night at the Grand National Rodeo at the Cow Palace. Our Junior Color Guard – **Mele Afu, Allison Harmon, Jenna Likins, Anna Machado** – will be competing on April 5th. Under the guidance of Junior Color Guard chair, **Cindy Machado**, and with the capable help of **Kathie Goddard** and **Melanie Likins**, they have practiced, polished their boots & saddles and are ready to compete. You deserve a blue ribbon. Good luck, girls! There will be 125 SMCHA members seated together that night at the rodeo. This year, for

the first time, we have chartered a bus and 47 of us will be enjoying refreshments while we travel to the Cow Palace together.

And the fun just keeps on coming...

**April 27th** will find us on our annual Spring Ride. This year we will be riding through beautiful Golden Gate Park in San Francisco. You won't want to miss this outstanding event which will include a catered lunch. Even if you prefer not to ride, come on up and join us or the delicious lunch. Everyone is welcome. Contact our Trail Ride chair, **Nancy Kouchekey\***, for details and to make your reservation.

**May 15th** is the first session of our most popular Western Riding Clinic. This has always been one of my favorite SMCHA events. Contact Western Riding Clinic co-chairs, **Karen Rowley-Shawback\*** and **Maria Fonseca\***, for more information.

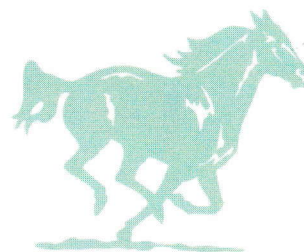
**June 1st** is our first horse show of the summer. Fun for riders of all ages and ability, our Western Schooling Show & Playday takes place at Webb Ranch in Portola Valley. You will be receiving more information in the mail soon. Our capable Horse Show Committee co-chairs are **Noel Moody\*** and **Cheryl Basin\***.

To get a copy of our latest calendar of events, go to the SMCHA website at [www.SMCHA.org](http://www.SMCHA.org). We have details and contact information for all of our social and educational activities as well as our horse shows located there. Make a point of visiting our website so you can take a look at the photos from each event and see what new and exciting activities are being planned.

Together we will make SMCHA the finest equestrian club possible!

*Happy Trails,*

Barbara Stogner  
SMCHA President





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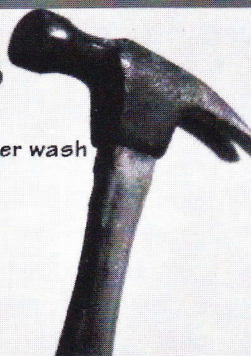
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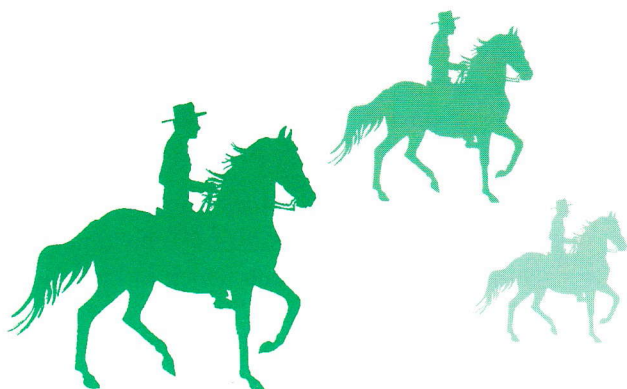
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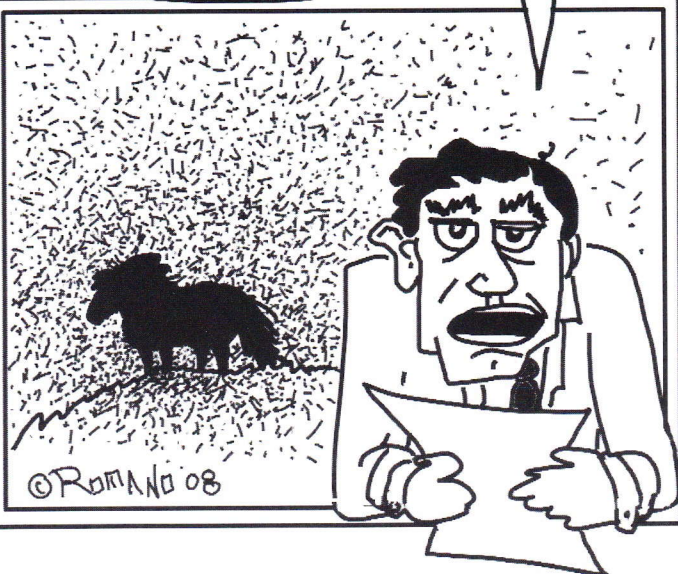


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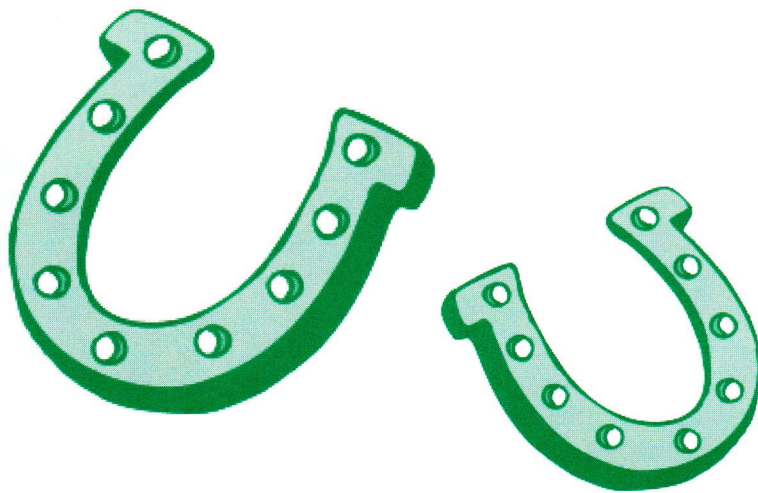
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## 68th Annual Kick-Off Gala and Installation Dinner

*By Sarah Filice*

On Saturday evening, January 26th, SMCHA held its 68th Annual Kick-Off Gala and Installation Dinner at the Emerald Hills Lodge and Golf Course in Redwood City. It is customary for SMCHA to start the year off right with an incredible evening that includes great friends, delicious food, foot stomping music, an awards presentation and the installation of the incoming President and Board of Directors. The event was very well attended and a fantastic time was had by all who came.

The evening began with a no-host cocktail and hors d'oeuvres hour, where everyone gathered to socialize with family and friends. Throughout the entire evening, a wonderful slide-show called "A Day in the Life of SMCHA 2007" was playing for all to view. The slide-show was created by Al and Sarah Filice, and was a compilation of over 700 pictures that Sarah had taken throughout the year at the various SMCHA events. Everyone really enjoyed looking at the pictures and reminiscing about all the fun they had.

A fabulous buffet dinner was created by Dominic's at Emerald Hills. Dominic's always does an exceptional job and this year was no exception. Following dinner our Master of Ceremony, Jim Keeton, stepped up to the microphone to begin the Installation Ceremony and Presentation of Awards. The outgoing President, Sarah Filice, presented the 2007 Board of Directors with their "Appreciation" gifts and thanked them for their service and dedication throughout the year. This portion of the evening was bitter sweet, because in October of 2007, SMCHA and the equestrian community lost one of its exceptional members; Rick Payne. Rick had served on the SMCHA Board of Directors from 1987 until his untimely passing last year; he even served as President in 1989. As a special recognition for all of his years of dedicated service, Sarah presented Rick's daughter, Michelle Goodspeed (also a longstanding member of the SMCHA Board of Directors) with a special memorial plaque that outlined Rick's dedication and passion to everything equestrian — SMCHA Board of Directors (1987-2007), SMCHA Past President 1989, San Francisco Horsemen's Association Past President, San Mateo County Mounted Patrol Past Captain, Los Viajeros



2007 SMCHA Board of Directors



Ann Farris & Libby Kurtz reminiscing through some of the old photo albums



2008 President, Barbara Stogner, gives her speech



2008 SMCHA Board of Directors



Everyone enjoyed the wonderful dinner prepared by Dominic's of Emerald Hills



Joan McLaren, Paul Williams and Kathie Goddard





Amnon Levy and Claire Box dance the night away!



Gene Ericksen & Ann Farris



Gracie Greco was all dressed up and ready to party!



Ginger and Danielle Bushue greet the guests as they arrive and check in



Sarah Filice presents Cheryl Basin with the "Helping Hand" award



Jim Keeton – Master of Ceremony



Riding Club 1st Vice President, active member of the Shack Riders, the Volunteer Horse Patrol, the Wine County Peruvian Paso Horse Club and the Santa Cruz County Horsemen, and past member of the Woodside Trails Committee and the San Francisco Mounted Sheriff's Posse, and an avid trail riding enthusiast – happy trails dear friend.

Next, the incoming 2008 Board of Directors and Officers were called up to the front of the room and were installed by Board member, Michelle Goodspeed. Everyone recited the oath and pledged their commitment to SMCHA. The Officers for 2008 were announced; Barbara Stogner (President), Adeline Forrest (1st Vice President), Nancy Kouchekey (2nd Vice President), Maria Fonseca (Secretary), Dan Johndrow (Treasurer), Larry Pelzner (Sergeant at Arms) and Sarah Filice (Historian).

Sarah then announced that she was giving two awards for "Outstanding Contribution" to two well deserving individuals. The awards were presented to Karen Shawback and Tanya Rebarchik. Karen has been a member of the SMCHA Board of Directors from 1986 to present, the Western Riding Clinic Chair from 1988 to present, and was even awarded the Horsewoman of the Year in 1988. Tanya has been a member of the SMCHA Board of Directors from 1995 to present, the "San Mateo Horseman" Magazine Editor from 1997 to present, and was also awarded the Horsewoman of the Year in 2003. Both of these individuals have gone

above and beyond the call of duty in regards to SMCHA and Sarah wished to honor their dedication with this special award – thank you Karen and Tanya for a job well done!

Sarah also wished to acknowledge another individual with the "Helping Hands" award – this award is sometimes presented to an individual who has assisted the President and the Association throughout the year; going that extra mile to make themselves available and helping out at all of the events. Sarah presented her 1st Vice President, Cheryl Basin, with this award –

which was a beautiful sterling silver Concho necklace! Cheryl was Sarah's right hand "wo"man throughout the entire year of her Presidency and she was always an active presence at every event; from horse shows and the Western Riding Clinic, to the general meetings, rides, and trail clean-up days. Thank you Cheryl for the guidance and



*68th Annual Kick-Off Gala continued*

wisdom you gave to me throughout the year, and all the "behind the scenes" and active participation you gave to the members and the Association during 2008!

The final award for the evening was to honor this year's recipient for the Horseman of the Year; Rob Krensky. Rob was awarded for his longstanding commitment to the equestrian community and his dedication to trail preservation. Rob is a 20-plus year veteran of the Volunteer Horse Patrol (VHP) and was a founding member of the Marin Headlands VHP in 1984.

The VHP Camp Host program at Jack Brook was brought into being under his leadership and he has been a longstanding liaison between the riding community and the County with regard to the operation of the Jack Brook Horse Camp. He is a "Life Member" of the Los Viajeros (LV) Riding Club and served as their President in 1997 and 1998. He is also a member of the San Mateo County Sheriff's Mounted Search and Rescue Unit (MSAR) where he serves as their Communications Liaison. Rob was recently appointed as a member of the San Mateo County Trails Master Plan Working Committee, more commonly known as the "Blue Ribbon Committee", which is comprised of 12 members from various trail user groups. Rob will be the leader for the San Mateo County VHP group. Members of Rob's family and many of his friends came to share in his special evening. It is dedicated individuals like Rob who help give the equestrian community a voice, maintain its vitality, and help preserve its legacy!

The outgoing President, Sarah Filice, was then presented with her beautiful President's buckle by her husband, Al Filice. Al took a few minutes to speak on the many accomplishments of Sarah during her year as President of SMCHA; then Sarah said a few words and thanked everyone for their overwhelming support and encouragement throughout the last year.

Now it was time for outgoing President, Sarah Filice, to introduce SMCHA's incoming President, Barbara Stogner. Next, Sarah presented Barbara with her President's gavel and wished her well in the coming year. Barbara gave a quick speech of her plan and vision for 2008, accepted the gavel and then said, "Now let's get this party started"!

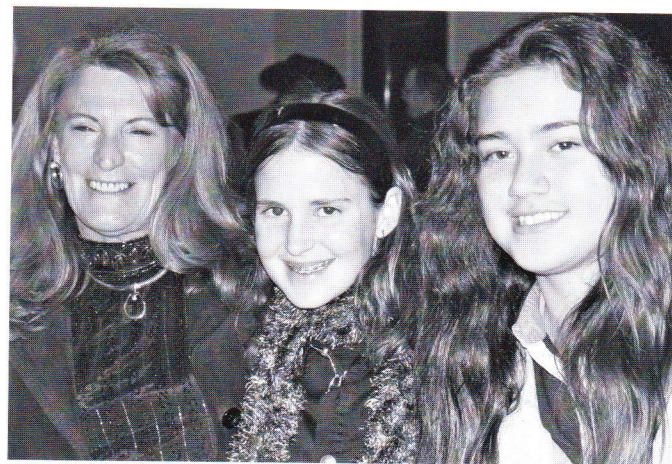
Throughout the evening, the guests enjoyed the wonderful music from the "Scouts of the Cascades" – they are a trio of performers who harmonize beautifully together and play



Signing "well wishes" on the picture boards for the 2008 President & the Horseman of the Year



Sarah Filice presents Karen Shawback with the "Outstanding Contribution Award"



Kathie Goddard, Britney Olson and Mele Afu



Everyone enjoyed the music played by "The Scouts of the Cascades"

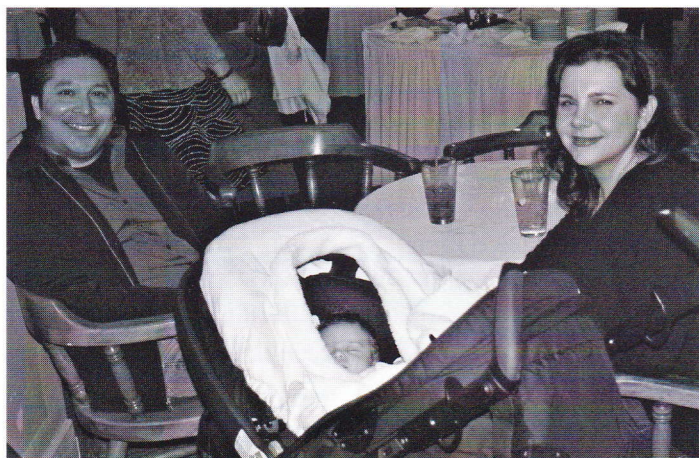




Lucy and Rob Krensky



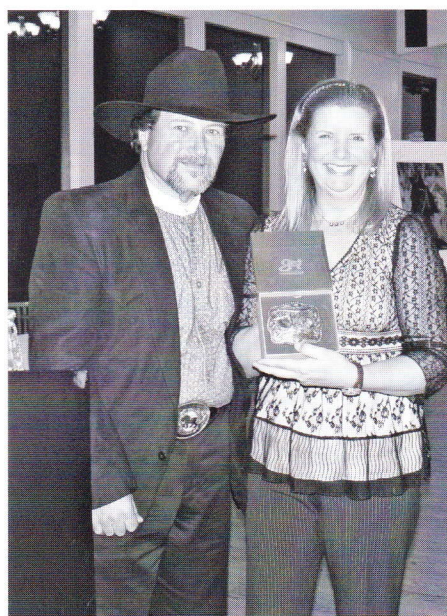
"A Day in the Life of SMCHA 2007" slide show plays in the background



Stan Ramirez and Annie Kennedy were accompanied by their new baby girl, Juliette!

the guitar. They sing Western songs from the Traditional, Golden Age and Contemporary eras, and they come fully dressed in authentic western attire – adding to the vintage western appeal! Those who attended the event were found tapping their feet and singing to the music, and some even danced the night away to the soulful tunes!

Many thanks to the Kick-Off Gala and Installation Dinner Committee; Sarah Filice (Chairman), Al Filice and Kathie Goddard (Co-Chairman), Jim Keeton (Master of Ceremony), Michelle Goodspeed (Installation Officer), Sarah Filice (Printed Program), Al and Sarah Filice (Slide Show Presentation), Al and Sarah Filice, and Cheryl Basin (Decorations), Kathie Goddard (Awards Buckle), Sarah Filice (Board of Director's Gifts & Special Recognition Awards), and Ginger Bushue (Greetings/Hostess Table). A special thanks to those of you who came early to help with the set up and table decorations – Cheryl Basin, Ginger Bushue, Adeline Forrest, Sue Sheehan and Elizabeth Sullivan — your assistance was so very much appreciated and needed!



Al Filice presents Sarah her 2007 President's Buckle



Sarah presents the gavel to the incoming President, Barbara Stogner



## 68th Annual Kick-Off Gala continued



Tanya Rebarchik is presented with the Outstanding Contribution Award

Lastly, SMCHA would like give a "special" acknowledgement for the following donations associated with the Installation Dinner – Wild Horse Winery and Vineyards for the fabulous Chardonnay and Merlot wines served during dinner and to Larry Pelzner for donating the bartender fee and the corkage fee for the table wine! Thank you, thank you, and thank you!!! Please remember to mark your calendars for Saturday, January 24, 2009 — the 69th Annual Kick-Off Gala and Installation Dinner – to be held once again at the Emerald Hills Lodge and Golf Course in Redwood City! If for some reason you missed out on this year's Gala, make sure you plan on attending this event next year...it really is a lot of fun!



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## **ROB KRENSKY**

ROB KRENSKY, a previous recipient of SMCHA's Horseman of the Year in 1973, has been riding since the fateful day in 1962 when his neighbor, Lew Reed, took him on his first horseback ride from their neighborhood near the 280 off-ramp on

Woodside Road to the "Red Pump" restaurant (now known as the "Mountain House") on Skyline. He quickly became Lew's frequent riding companion, borrowing one of his extra horses.

Rob was born in Chicago in 1934, growing up in Glencoe, Illinois. After graduating from Syracuse University and finishing a two-year stint in the army, he brought his new bride west to California and settled in Woodside.

Under Lew Reed's guidance, Rob became an avid rider, finally buying his first horse, Tony, in the early 1960's. Rob became a member of SMCHA in 1962, serving on Board of Directors and as Sergeant at Arms for over four years in the early 1970's.

Rob is a 20+ year veteran of the Volunteer Horse Patrol. In 1984 he was a founding member of the Marin Headlands Volunteer Horse Patrol; but afterward, wanting to do volunteer work closer to home, he joined the San Mateo County Volunteer Horse Patrol in 1994. Rob took over the leadership of the SMC VHP in 2001 and is still guiding its development to this day. Rob also initiated the one-way driving rule going into and out of Jack Brook Horse Camp, alleviating the anxiety of anybody who has ever driven a rig on that challenging road.

Also under his leadership, the VHP Camp Host program at Jack Brook was brought into being. Anybody who has ever camped at Jack Brook appreciates the service that the VHP Camp Hosts offer – from handing out maps, to cleaning bathrooms and shower facilities, assisting campers in many ways, and patrolling the trails. Some have even done search and rescue duty when called upon.

Rob and Doug Moody became the first liaisons between the riding community and the County with regard to the operation of Jack Brook Horse Camp and Rob is still a member of that committee. Any of you who have ever participated in a Jack Brook work day know what a valuable service this committee provides.

Rob is a "Life Member" of Los Viajeros Riding Club and served as their President in 1997 and 1998. He is also a member of the San Mateo County Sheriff's Mounted Search and Rescue Unit (MSAR) where he serves as their Communications Liaison. As Communications Liaison for MSAR Rob's biggest responsibility is communicating specific callout information to the members of the MSAR unit. Rob is the only person in the unit that will call the Sheriff's Office to get the specifics on a callout; including how MSAR can be utilized during the search. In October 2006, Rob received his Ham Radio license. He is currently urging fellow members of MSAR and VHP to become licensed ham radio operators as well.

Rob was recently appointed as a member of the San Mateo County Trails Master Plan Working Committee, more commonly known as the "Blue Ribbon Committee", which is comprised of 12 members from various trail user groups. Rob will be the leader for the San Mateo County Volunteer Horse Patrol. The twelve members of this group were chosen by the Director of County Parks, Dave Holland, to represent the views and positions of the equestrian community. We thank Rob for being one of the equestrian community's voices during this process!

Anyone who knows Rob knows he's just doing what he loves to do – volunteering and riding his horse. What a perfect combination!





## March's General Meeting

*By Adeline Forrest*

Over eighty people attended the March 15th BUNCO party. Over twenty of them were our new members. Great hors d'oeuvres were served along with wine, beer, and soft drinks. Before the game started everyone had a gourmet spaghetti feast that included a wonderful salad and french bread. Dessert and Pete's coffee were served during the game. Guido Nannini won \$100.00 for the most wins. Robin Whelan who had the most buncos won \$50.00. Allison White who had the most losses won \$25.00. The delicious food was provided by Chef Tim Stewart. The party was a great success with special thanks to Bill Ashton, Elizabeth Sullivan, Cheryl Basin, Ginger Bushue, Sue Sheehan, Barbara Stogner, Sarah and Al Filice, Kristen Archibald, and David Moreau.



Tim and Susie Stewart prepared a fabulous spaghetti feed for everyone who attended



Elizabeth Sullivan and Cheryl Basin greet and sign in the guests as they arrive for the evening.



Everyone is having a great time playing Bunco!



Everyone thoroughly enjoyed the spaghetti dinner



The evening was spent with old friends and making new friends.





SMCHA's President for 2008, Barbara Stogner, informs the members/guests of all the exciting events that SMCHA is planning



"Okay, I think that gives me three points!"



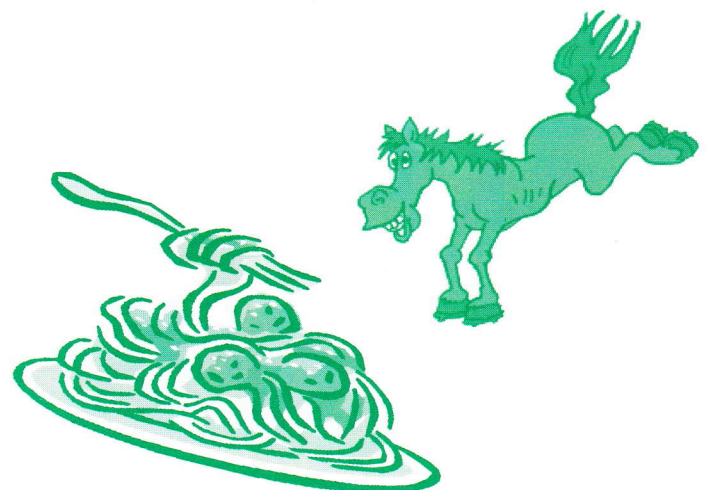
All the "new" SMCHA members who attended the Bunco Night/General Meeting took time to pose for a picture!



Some of the Juniors who joined us for the evening and had a great time!



Some of the "Webb Ranch" girls





## Notes From Noel

by Noel Moody

Los Viajeros Riding Club plans a fun filled Summer

Los Viajeros means "the travelers" and that is what the Los Viajeros Riding Club will be doing the first Sunday of each month. It started in March with a ride through Wunderlich Park to Alice's Restaurant on Skyline. Thirty-four people enjoyed the beautiful day, great food and wonderful riding. In April LV went to San Pedro Mountain above Devil's Slide in Montara for some spectacular views and a fabulous lunch at a member's home. Lots of fun! But that's not all! We'll ride in Los Banos at Grace Headquarters Ranch for our first overnight, then our one-day ride in June will be at Point Pinole. This will get our horses in shape for the annual LV 4-day ride, at the V6 Ranch in Parkfield. We're planning a great play put on by "The Fowl Players" as well as a LV swim Olympics in the ranch lake. Of course there will be great rides each day, lots of wonderful food and great camaraderie as well as our annual raffle.

Other rides will be at Marin Headlands and Las Trampas ( in the East Bay). We're also planning an overnight at Point Reyes in August, and we'll be at Jack Brook Horse Camp for Labor Day weekend.

LV will participate in the NCEFT Poker Ride on July 19th (and work hard to win the team trophy!), and we'll be out in force for the Jack Brook Horse Camp Work Day on April 19th.

Los Viajeros is a great group of people who really enjoy trail riding. It's a wonderful club to get to know places to ride that you never knew existed.

Guests (sponsored by a member) are always welcome

For information on Los Viajeros Riding Club call Alison White at 650-368-1308 or Rob Krensky at 650-368-8200 or visit the website at [www.losviajeros.org](http://www.losviajeros.org)



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## Update: Color Guard, Parade, Drill Team

by Anne Whitten, Chairperson

Well, we did it! We had our first try outs for 2008 Color Guard at the Mounted Patrol Grounds on March 22nd and it was a tremendous success! Refreshments were served for all who attended, including carrots for the horses, thanks to Liz Sullivan, Gretchen King and Bonnie Bertetta. Thank you ladies, for your enthusiastic help and support!

The interest shown by the number of SMCHA members who came was truly exciting and encouraging. In total, approximately 20 potential riders for all three events attended and 4 came with horses. As it was the day before Easter, a very good turn out



Gloria Acosta, Barbara Stogner,  
Bree Ann Vail and Anne Whitten

indeed! All who came appeared to have a lot of fun and have informed me they want to bring their horses for the next practice! Teams have not been formed as yet, so there is still plenty of opportunity to come and walk your horse around the arena in formation. By the way, Color Guard is always done at the walk, in close knee to knee formation. In theory it's pretty simple; in reality it's a matter of matching horses that like each other and practice, practice, practice!

Special thanks are due Nancy Kouchekey for all her professional advice, she helped us immeasurably and I'm looking forward to her full participation!!!

Remember, all SMCHA members are invited and encouraged to ride in our parades, our premier goal is to remind the county just how many horses there are on the Peninsula. Parades are tons of fun and easy to ride, especially for all our horses that are already great with cars, people, bikes and dogs. And, the bonus is: we get to show off our beautiful steeds!

Future practice dates are forthcoming, so stay tuned to the SMCHA web site!

Ride Smart, Ride Safe!





## On the Trail Again

by Mike Bushue

It was Saturday, 6:30AM and the alarm sounded its ominous tone. It was cold outside and the sky was just starting to lighten. The bed called for more sleep under the warm covers, but I had planned on riding in the Skyline Ridge Cruz. That's right, an organized event that is actually encouraging equestrian participation. Thanks ETRAC. Ah back to the call of the warm bed. So tempting, yet I need 30 minutes to get to the ranch, another 30 minutes to hook up the trailer and load my horse, and a good hour to truck up through Woodside and Highway 84 up to Skyline. I think I need to get a move on it to be there by the recommended time of 9:30.

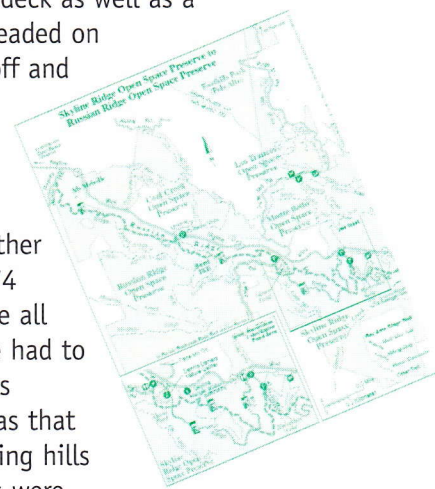
So off to the ranch and the familiar drill of getting ready to haul. One horse out of the pasture and two others saying can we go too. A quick brush down and hoof check before loading and we are off to the highways. I have a long 3 horse goose neck trailer so I basically have 3 options to get to Skyline Preserve near the southern end of 35, about 6 miles short of Highway 9. All the way up to Highway 92 and then back down the windy sections of northern 35, brave Highway 84 up to Sky Londa, or all the way south to Saratoga and up Highway 9. Not having driven Highway 9 with trailering in mind it was not high on my list. North end of 35 is long and slow, so I took good old 84 with a slow and steady climb. Believe it or not there are 3 places on the climb that you can safely pull a 45ft rig onto the shoulder to let cars pass. They were thankful and it made my nerves a bit calmer. Once at Sky Londa, Highway 35 south was relatively easy driving.

Now getting into the designated equestrian parking area at Skyline Preserve with a long rig is a bit of a challenge, but with a bit of warning before hand it is not too bad. Note I said equestrian parking. That's correct, they actually have an area that can probably fit 6-8 good sized rigs and an official turn around loop so we do not need to worry about being boxed in. This place is neat. Oh! Lets go back to warning #1 — the entrance gate. The gate is really close to Hwy 35 and is only 10' wide if I guess correctly. You need to make a wide turn so you are lined up correctly to go through the gate and then they stuck a decorative curb in to make it a bit more challenging. With a bit of a heads up it is not a major issue and the worst would be that you have to back up a bit to get a straight shot at the gate. This is not that bad with the traffic on Hwy 35 and the entrance has good visibility.

So back to the Ridge Cruz, this is an organized event and they are expecting a lot of people and where do you think they have parked their cars. You guessed it. The planners figured we could park the horse trailers up in the old Christmas tree farm. Sorry folks. I would have had trouble taking just my truck up that "road" let alone a 3 horse trailer. Quick correction by the rangers allowed most of us to park on the sides of one of the spur roads and so we are happy campers.

Time to unload and get ready for a ride. So as the hour of 10:00 passed by there was a group of over 12 equestrians warming up our horses and ready to go. The organizers had 3 designated routes for equestrians. The long trail headed east into Monte Bello Preserve with a nice loop out White Oak Trail and back along Canyon Trail. The short and medium trail which had been marked with yellow ribbons for equestrians left the parking area and headed north on the Ridge Trail, past Alpine Pond which is an interesting place to explore on foot. Looks like there is a fowl viewing facility that has an open deck as well as a covered area. The trail headed on north and then we split off and took the Ancient Oaks Trail to Hawks Trail and then back to the Ridge Trail. Oh! talk about the mountain views. The weather was beautiful at around 74 degrees and you could see all the way to the ocean. We had to spend a couple of minutes catching our breath, it was that beautiful. The golden rolling hills and green covered valleys were fantastic.

At this point those interested in a shorter ride headed back south on the Ridge Trail. For those of us that wanted a bit more we continued north to Rapley Road which is the end of this segment of the Skyline Trail. There is a half mile gap in the ridge trail between Rapley Road and Windy Hill Preserves. For those of us that went to Rapley Road the loop was close to 12 miles with some nice rolling hills, nothing like trying to climb out of Portola or Woodside up to Hwy 35. The trails were split about evenly across single track and firebreak roads. Since most of the trails are near the top of the ridge line the single tracks were not an issue even with the few mountain bikers we encountered along the trails. All were very courteous, some dismounted and stood by there bikes and others were very thankful when we told them that they could continue







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*On the Trail Again continued*

climbing on the fire road that they were huffing and puffing up.

So our 12 mile ride took approximately 3 hours and when we got back the Ridge Trail organizers had a nice lunch waiting for us. The participant count was estimated at around 120 people of which 13 were equestrians, approximately 25 mountain bikers and the rest were hikers. All proceeds from the event were slated for continued development of the Ridge Trail. It would be nice to ride from Hwy 9 all the way to Hwy 92 on developed trails!

After a rest I tacked up again and went out into Monte Bello Preserve for a short ride. A good portion of it was through a treed valley and others were open grass lands on the edge of the mountain side. As dusk was stating to encroach I was forced to turn back as to complete my loop would have been to go down Canyon Trail to Grizzly Flat Trail and then back to the Bay Area Ridge Trail — another 10 mile loop. Will have to hold completing this loop until another day.

After reviewing the maps that I had obtained during the day it became very obvious that there are many trails that start out of the Skyline Preserve and its large parking area for equestrians. I plan on coming back and would highly recommend it to anyone that likes to ride on trails. Might even be interesting to stage a trailer at Rancho San Antonio, another place that has limited equestrian parking and riding from Skyline down to the valley. The reverse would also be possible and the route would be a 7 to 14 mile ride depending on which trails you picked. There are lots of interesting trails in the south Skyline region of Mid Peninsula Regional Open Space district.

I hope to see you on the trails soon!

**Mark your calendars for the next Skyline Ridge Cruz -  
September 20th, 2008**



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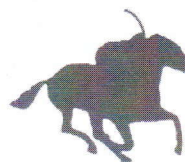
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## Common Poisonings Of Horses

by Sarah Filice

A few years ago my husband, Al, and I attended the Equine Emergency Symposium held at the UC Davis School of Veterinary Medicine. The entire day was very informative, but one of the lectures really stood out for me. The topic of the lecture was Toxicology and was presented by Asheesh Tiwary, DVM, MS. This was one of the most interesting lectures I had ever heard and I soon learned that I knew very little about the weeds and plants that could be found growing in my neighborhood; and most specifically around my horses!

Recently I was made aware of a horse that had ingested the poisonous plant **Euphorbia Spurge**. Plants in the Spurge family have stems that are entirely filled with a latex or "milky sap" type substance; which is released whenever the plant is cut. This milky substance provides nutrients to the plant, but it also prevents deep penetration of chemicals; making it difficult to exterminate. This plant/weed also has a very deep root system that is lined with buds – whenever this plant is mowed, cut or chemically sprayed it is stimulated to form new plants. Livestock generally will not graze on this weed, but when they do it causes lesions and irritates the mouth and digestive tracts. Luckily the owner had found her horse shortly after



Euphorbia Spurge

ingesting the plant and noted that the horse was excessively salivating, had bright red gums and mouth, and his skin around his eyes were very pink. The horse also had no abdominal "gut" sounds, so the owner quickly called her veterinarian. The vet immediately treated the horse for colic and when the horse showed no signs of improvement after several hours he was immediately transported to UC Davis Animal Hospital. The UC Davis team were equally stumped and ran a variety of tests. The following day the horse had ulcerations around his mouth and he was still refusing to eat. He also had large amounts of fluid in his intestines and the Davis vets began suspecting it might be colitis (a digestive disease characterized by inflammation of the intestines). Still nothing they were giving him seemed to be working. Finally they decided to treat the

horse with activated charcoal; which is largely used for accidental poisonings in both humans and animals. Activated charcoal can absorb large amounts of poisons quickly; it is non-toxic and works by binding to irritating or toxic substances in the stomach and intestines. This prevents the toxic substance from spreading throughout the body. The activated charcoal and the toxic substance are then excreted in the manure/stool without harm to the body. Fortunately the horse responded well from the treatment and was able to return home within a few days!

Plant poisoning has plagued humans and animals throughout history; especially during the immigration of many people and animals that were poisoned by unfamiliar plants. Today, despite our ever-increasing knowledge about plants and their toxic properties, there still remain an overwhelming number of cases of plant poisonings per year. It is my intention to provide you with an overview of Dr. Tiwary's lecture and list some informative web-sites and books for you to further research; if you are so inclined.

Mechanical injury can occur to the horse's mouth when they ingest plants that have thorns, bristles, stinging hairs, or sharp awns. These barbs inject into the animal's gums, tongue, cheeks and lips while eating and become embedded into the soft tissue. These sites can become painful, inflamed, ulcerated, and infected. A wide variety of plants, such as bristle grass, foxtail, and **yellow star thistle**, have the potential to cause irritation and trauma to the mouth of horses if they are present in hay or are abundant in the pasture.



Yellow Star Thistle

Poisonous plants can also affect the digestive system of the horse. Plants such as **castor bean**, precatory bean, black locust, buttercup, and jimson weed have varying affects on the horse's digestive tract; ranging from mild colic to death. A variety of common plants can cause diarrhea when they are ingested by animals that do not have good quality grazing available to them. Invasive pasture plants such as wild iris, horse tail, English ivy, and a variety of mustards may cause diarrhea and colic. Horses are also susceptible to oak poisoning caused by the tannic acid that is found in the leaves, bark, and acorns of most oak species. The tannins cause severe damage to the intestinal tract and





Castor Bean

kidneys when ingested. Oaks are poisonous at any stage of growth, but are more toxic in the spring; when the leaves and flower buds are just opening. Ripe acorns are less toxic than green acorns. Clinical signs of oak poisoning vary depending on how much of the **oak leaves**, bark, or acorns were

ingested. Initially, affected animals stop eating, become depressed, and colic. Excessive thirst and frequent urination may occur. The manure becomes hard and dark, but bloody diarrhea occurs later in the poisoning course. Intense abdominal pain is noted. Severe gastrointestinal, liver and kidney damage occur. Horses can die within a 24-hour period after ingesting large quantities of acorns, or may live for 5 to 7 days after the onset of clinical signs. I would like to mention that during the question and answer period of



Black Oak Leaves

the day a man told a story about a friend of his who feeds acorns to his horses on a regular basis; with no apparent ill effects. Dr. Tiwary stated that he would never recommend this practice and that horses, like people, have different tolerances to different things; including poisonous plants. He also stated that these

horses may actually have damaged their digestive system from ingesting the acorns, but not be showing significant clinical signs; it is too difficult to determine without physically examining them.

There is a large group of plants, from various plant families, that have a direct toxic effect on the heart and blood vessels and can cause death when animals consume them. The most recognized of these toxic compounds are the cardiac glycosides. Digoxin is the best known cardiac glycoside, which causes abnormal heart rhythms and eventually cardiac arrest. Cardiac glycosides are found in all parts of the plant; with their concentrations being highest

when the plant is going through rapid growth. A very little amount of these plants needs to be eaten to produce a devastating effect.

**Oleanders**, **foxglove**, and lily of the valley have escaped the backyard garden and have established themselves in the wild. Horses that eat the fruit, seeds, or leaves

of avocado trees usually die within a few days, depending on how much of the plant they have consumed. Milkweed is another common cardiac glycoside containing plant that is toxic when green or dried. Horses rarely consume green oleander or milkweed plants, because of their taste, but do find the dried leaves to be much more palatable. The toxic effects are retained in the dried leaves, although the quantity is reduced, so the plants pose the greatest risk if present in the horse's hay. Horses consuming sufficient amounts of these plants are often found dead 8 to 10 hours as a result of the profound effects of the toxins on the heart. As little as 1 ounce of green oleander leaves or 2 pounds of labriform milkweed is lethal for an 1100 pound horse! It is also not wise to burn oleander, since the smoke is toxic too. There is no specific treatment for counteracting the effects of cardiac glycoside. Supportive therapy is provided to the horse (activated charcoal by stomach tube and a saline laxative to prevent further toxin absorption, the heart irregularities are treated, and the animal is kept quiet to prevent further stress to the heart) and if the animal did not consume a lethal dose it should recover within a few days.

A variety of plants that grow throughout North America are known for producing neurologic abnormalities in horses; examples include varieties of sagebrush, horsetail, bracken fern, larkspur, Russian knapweed, yellow star thistle and locoweeds. When a horse presents with an inability to ingest and chew food, has poor motor coordination, is depressed, has convulsions, becomes blind, and has a



Oleander



Foxglove



change in behavior, the animal needs to be evaluated for a nervous system disorder. Locoweeds are known to cause more economic losses to the livestock industry than any other plant-inducing toxicities combined. Locoweeds are palatable and are similar to alfalfa in nutrient value; this could explain why animals will eat locoweeds even when normal forages are present. Signs of locoweeds poisoning do not become evident until the animal ingests large quantities over many weeks and the toxic threshold is reached; the animal then develops locoism (derived from the Spanish word "loco" meaning crazy). The clinical signs of locoism are depression, circling, being uncoordinated, staggering gait, difficult to handle, very unpredictable, weight loss, and poor performance. The animals develop respiratory failure and can become infertile. If the animals have not consumed lethal quantities, but have been chronically affected by locoism, they may recover slowly but usually do not grow well, will only partially recover, and will remain a liability to human safety. Yellow star thistle has become very well established throughout California. In California there are two periods of the year, June/July and October/November, when yellow star thistle poisoning is more evident. This suggests that there is a change in palatability or toxin content of the plant based on seasonal variation. The plant is toxic in both its green and dried states. Toxic signs in horses do not occur until the plant has been eaten in large quantities for 30 to 60 days. It has been calculated that a horse needs to consume an amount of green yellow star thistle equal to 85-200% of their body weight for clinical signs to appear. Even though this is a large amount of plant to eat, many horses develop a preference for the plants and will even eat them in their spiny state. The principle compound found in this toxic plant causes irreversible brain disease called nigropallidal encephalomalacia. The compound is very similar to the compound that induces Parkinson's disease in people. The horse's ability to take in and chew food is destroyed. Cattle and sheep can graze the plants without problem and have been used as a means of controlling the weed.

Sudden Death of horses due to plant poisoning is not very common and most often occurs when the horse has been placed in a situation where they are compelled to eat unusual plants; this can be when it is found in their hay or when they have been placed in overgrazed pastures. Though when sudden death occurs, it is crucial to identify the cause quickly; to avoid further loss. Unintentional poisonings may also occur when garden clippings or prunings are fed to horses, or when passerby's feed something unsuspecting to your horse. Although intentions are good, they can be lethal. The three major toxins that

are known to cause sudden death are cyanogenic glycosides, alkaloids, and cardiac glycosides (which was already discussed earlier in the cardiac section). Cyanogenic glycosides are substances present in certain plants that can produce highly toxic hydrogen cyanide or prussic acid. Specific plant enzymes are released when the plant cells are damaged while being chewed, crushed, or wilted, and the glycosides are broken down to produce cyanide. Generally most parts of the plant contain cyanogenic glycosides, but it's the young rapidly growing portion of the plant and the seeds that contain the highest concentration. The mechanism of acute cyanide poisoning is that the highly poisonous hydrogen cyanide rapidly inactivates cellular respiration which causes death. The cyanide ion is easily absorbed from the respiratory and intestinal tracts. The cyanide poisoning occurs because of the body's inability to send oxygen-rich blood to the cells of the body. Affected animals rarely survive more than 1 to 2 hours after consuming lethal doses and usually die within 1 to 2 minutes after developing clinical signs of cyanide poisoning. If observed early, the poisoned animal will exhibit signs of rapid and labored breathing, frothing at the mouth, muscle tremors, unsteady, dilated pupils, convulsions, increased heart rate, irregular heart rhythms, and bright red mucous membranes or gums (this is due to the poorly oxygenated blood). Western service berry, western chokecherry, wild blue flax, elderberry, sorghum grasses (like [Johnson](#) and Sudan grasses), and the arrow grass species are all examples of plants that can cause cyanide poisoning. One cup of seeds from apples, cherries, apricots and peaches contain enough cyanogenic glycosides to kill a pony. The fleshy part of the fruit is not harmful, but the seeds and leaves contain the toxins. Keep animals away from these fruit trees so they do not stuff themselves on the fallen fruit.

The other known cause of sudden death in horses is when they ingest plants that contain toxic alkaloids. Yew, larkspur, [poisoned hemlock](#), water hemlock, and copperweed are examples of plants containing toxic alkaloids. [Yew's](#) toxicity to humans and animals has been known for many years and contains a group of 10 or more toxic alkaloids; the most toxic is referred to as taxine. Taxine inhibits the



Johnson Grass





Yew with berries

your horse eating yew, immediately call your vet. Activated charcoal and magnesium sulfate should be given through a stomach tube to prevent further toxin absorption, and atropine sulfate has been found effective in counteracting the slow heartbeat and heart failure; but should be used with caution. Yews should never be planted as hedges around animal enclosures and the prunings should never be fed to animals. **Poison hemlock** is a very toxic plant



Poison Hemlock

Mature plants are more toxic than younger plants. Sudden death will occur if a horse ingests as little as 1% of its body weight. This plant is so quick acting that the horse is usually found lying next to it dead. Livestock seldom eat hemlock because of its strong odor (it resembles the smell of mouse urine), but they will do so if no other forage is available or if it is incorporated in their hay or silage.

Finally I would like to discuss the **black walnut tree**. The toxin responsible for black walnut poisoning in horses is not known, but juglone (a yellow crystalline substance)

normal sodium and calcium exchange across the heart muscle cells; causing irregular heart rhythms. Adult horses have been fatally poisoned with as little as 8 to 16 ounces of yew leaves. Drying the leaves does not significantly decrease the toxicity. Death occurs several days after the yew was eaten, so sudden death may be the only clinical sign that is observed in many cases. If you find

containing alkaloids. The plant stands 4 to 6 feet tall and the stems are smooth and hollow, with purple spots especially near the base. The leaves have a fern-like appearance and the plant has multiple clusters of small white flowers; which resemble an umbrella. This is one plant I have definitely seen in San Mateo County. At least 8 alkaloids are found in all parts of the plant, but especially in the leaves and stems prior to developing the seed heads.

found in the roots, bark, nuts, and pollen of the walnut tree could possibly be involved with the poisoning in horses. Horses become poisoned if they are exposed to the wood shavings of black walnuts that are used for bedding. Horses bedded in as little as a 5% mixture of black walnut shavings have been known to develop laminitis. It is thought that the development of acute

laminitis is due in part to the ingestion or inhalation of the toxic substance present in the black walnut and not that the horse is standing on the bedding. The pollen and autumn leaves from the black walnut tree are also known to be toxic to horses. Fallen walnuts that have become moldy may contain a secondary toxin called myotoxin (a toxin produced by fungal metabolites). These myotoxins cause liver dysfunction in horses. Horses suffering from black walnut toxicosis will exhibit signs of depression, swelling of the lower legs, lameness, colic, and respiratory distress. The severity of lameness will depend on the length and severity of the laminitis. If the affected horse is removed from the toxic bedding in the early stages of laminitis and is treated appropriately, they will recover without severe consequences but the rehabilitation could be lengthy.

If you would personally like to do a little more research on poisonous plants, here are some informative web-sites and books to help you with this subject matter:

<http://horse.purinamills.com/bulletins/poisoningcontentbydisease.htm>

<http://www.ansci.cornell.edu/plants/index.html>

<http://vet.purdue.edu/depts/addl/toxic/cover1.htm>

<http://texnat.tamu.edu/cmplants/toxic/bylivestock/horses/html>

Horse Owner's Field Guide to Toxic Plants  
By Sandra M. Burger

A Guide to Plant Poisoning of Animals in North America  
By Anthony P. Knight, BVSc, MS and Richard G. Walter, MA Botany



Black Walnut Tree







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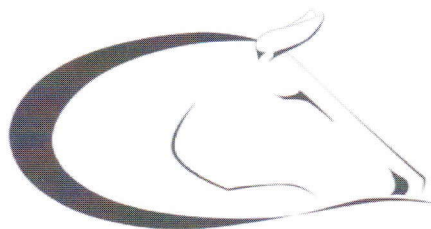
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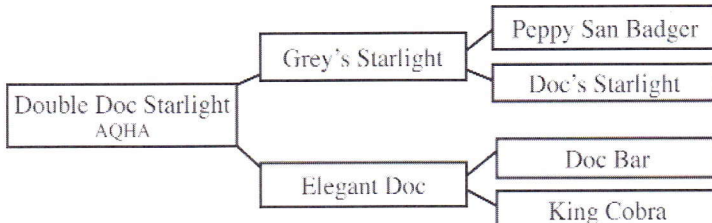
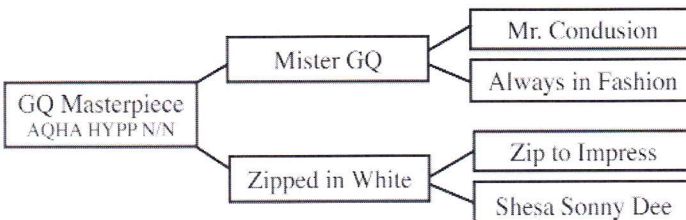
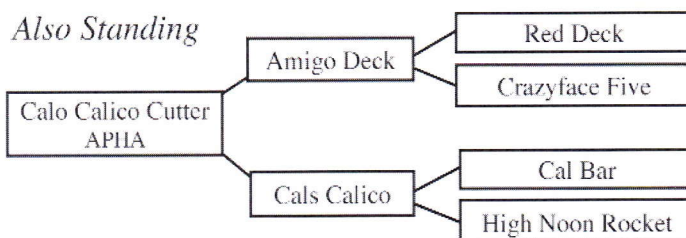
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## ETRAC Update! [Equestrian Trail Riders Action Committee]

by Jen Basiji

Mid-Peninsula Regional Open Space District (MROSD):

### Mindego Hill

One aspect of ETRAC's Mission Statement requires us to participate to the greatest extent possible in developing trails/master plans by governmental agencies for properties situated on the San Francisco Peninsula. On February 25, Ernst Meissner, Carole Bridgeman and Faye Brophy were doing just that by representing ETRAC when they attended an MROSD field trip at Mindego Hill, to inspect the 1047 acres operated by the True family as a cattle ranch. Already purchased by POST (Peninsula Open Space Trust), this land will be transferred to MROSD in the

future to add 1047 Acres to the Russian Ridge Open Space Preserve. MROSD will continue cattle grazing as a component of an extensive planning process. It will be years before the details of public trails will be worked out and public access to this spectacular property achieved, but you can rest assured ETRAC intends to convince MROSD to allow equestrian use of this new purchase. A few decent lead hikes are planned in order to expose the public to these lands, so if interested in seeing this parcel for yourself, access the POST or MROSD websites for details.

### Thornwood OS:

Woodside Town Council has recently approved an 8-year MROSD project for a 1.5 mi equestrian/hiker trail through this open space. Meredith Manning of MROSD received the permit for this project on March 19th, and she is now working on final Fish and Game approval and then on to the State Water Resources Control Board for approval from the granting agency, who reviews all permits prior to blessing the construction. Thanks to Carole Bridgeman and Kerry DeBenedetti for staying on it!

### Golden Gate National Recreation Area (GGNRA):

On Saturday February 9th in Pacifica, the GGNRA portion of the National Park Service, in conjunction with the NPC (National Park Conservancy) sponsored an informational meeting for potential volunteers for a "trails keeper" program. This will be a component of their "Trails Forever" effort to recruit public participation in the stewardship of the GGNRA's extensive system of trails. This meeting was the first of several, scheduled specifically to address the GGNRA properties on the SF peninsula, including Rancho Corral de Tierra, Phleger and others. ETRAC was notified of the event and immediately put out notices to its' parent

organizations with the result that 8 of the 15 participant were equestrians including our own Ernst Meissner and Mike Bushue. Future activities will be announced as soon as information becomes available.

On Saturday March 8th, in Phleger Park, GGNRA sponsored "Romp in the Redwoods", which was an informative, ranger-lead hike by NPS Trail Keeper volunteers. Mike Bushue and Ernst Meissner were once again on the scene to participate and maintain dialogue with Park staff, promote good will towards equestrians and to advocate our proposed new trails. Ernst was unable to hike because of recent injury but was able to ride shotgun on Desi. Ranger George Durgarian explained the history of the park and gave pertinent information about many of the plants encountered. Two similar events were also scheduled for Saturday March 29, and Saturday April 5, 2008 to explore trails in Rancho Corral de Tierra.

### San Mateo County

Possible expansion of equestrian trails, combined with VHP patrol: Ernst and Rob teamed up again on March 20th, to have meetings with Director Dave Holland and Mr. Dave Moore, the purpose of which was to discuss four new items. Both men were favorably inclined to the suggestions made, and details are given below.

1. They are in favor of equestrians patrolling Sawyer Camp trail and additional radios to support VHP may be acquired.
2. They are interested in finding a way to allow horses into Junipero Serra, and suggested a hike in that park to evaluate which trails may be deemed suitable for equestrian use, trailer access etc. Horses will not be allowed on any dedicated nature trails – a prohibition which is in force in all county parks, as referred to in the Coastside section of this article.
3. If trails can be opened to horses, this means VHP could be better utilized to assist the understaffed county by patrolling more parks.
4. Regarding San Bruno Mountain: Dave is working on providing trailer parking in the park but planning and construction will still take additional time. Again, he is interested in having VHP assist rangers with patrols as he is understaffed and may also be able to get radio support for VHP's use.



### **Huddart-Wunderlich Master plan:**

Faye is happy to report the Final EIR Draft of the Huddart-Wunderlich MP has finally reached completion, and equestrians would appear to have nothing to worry about. Stanford S1 and C1 Trails:

The San Mateo County Board of Supervisors unanimously voted to reject Stanford's offer of \$8.4 million to expand the Alpine Road sidewalk/trail. They made a suggestion to Santa Clara County that they establish a regional grants program to utilize the funds that Stanford would have committed to the trail. Stanford was hoping to wear down the San Mateo Supervisors, especially since Rich Gordon and Jerry Hill will both be term limited before 2011- when the offer expires.

### **Intersection at Highway(s) 92 and 35:**

On February 20th, there was a field trip to review a potential multi-trail crossing at the above intersection. Parks Director Dave Holland and four members of the County's Trails Master Plan Update Working Committee (TUC for short). Ernst Meissner and Rob Krensky (VHP), represented equestrian interests. This crossing is a vital part of a proposed multi-use trail system that when complete will extend 24 miles along the San Francisco Public Utility Commission (SFPUC) watershed from San Bruno to Woodside. The TUC will consider which of several concepts to promote. Options range from an overpass, to a tunnel to an on-grade crossing controlled by signals.

### **6th monthly meeting of the TUC:**

March 4th, was the date of the most recent meeting on this issue at SMC Government Center. Now eleven members strong, (two equestrians; Ernst O. Meissner and Rob Krensky ). This Committee started out with an extremely optimistic time line to accomplish the very complicated task of revising the existing County 2001 Trails Plan. (Ernst was a member of the original SMC Trails Advisory Committee and brings a wealth of information to the task in hand). Progress is very slow and the committee is still struggling to find an efficient process to deal with the enormity of the many trail systems in the county. So far the committee is still working on updating inventory of existing and proposed trails.

The very best way to keep abreast of Committee agendas and minutes go to the SM county website:  
<http://www.eparks.net/smc/departments/esa/home>.

### **Bay Area Ridge Trail Council, San Mateo County Committee bi-monthly Meeting:**

With a view to closing the gaps in multi-use trails in San Mateo County to optimize the Bay Area Ridge Trail, the

above committee met on March 5th at the Coyote Point Museum. High priority segments are:

- Skyline to Milagra Ridge
- Skyline trail from Huddart to Highway 92
- Connection of MROSD Preserves El Corte de Madera to Purisima Creek
- Redwoods on the West side of highway 35 (Skyline)
- Connection between MROSD Russian Ridge and Windy Hill Preserves.

Ernst is one of two equestrians on the committee and will keep ETRAC informed on all proceedings.

### **Coastside:**

We have no new information on the myriad sections of coastal trail development with the serious exception of the following:

### **Proposed Skyline to Coast Trail:**

Adda Quinn, Carole Bridgeman, Joyce Halpin and Faye Brophy have been working extremely hard on the hot issue of horses being "banished" from trails anywhere near crop-growing areas. This included asking the Veterinary School to investigate the zoonotic potential between humans and horse excrement/urine. They have researched not only pathogenic E. coli and Salmonella, but also all the major bacteria and microorganisms that are currently of concern to land managers and managers of water quality boards. So far, it seems that horses are surprisingly clean animals. The problem lies in the fact that horses have been erroneously grouped in with food animals such as cattle, sheep and goats. These investigations are ongoing, and Adda is currently writing a paper she hopes to publish. I give below input directly from Adda on her involvement in the current developments on this very important subject, which have included both research and fundraising:

"ETRAC is heavily involved in trying to make the case that horses should be allowed to ride on trails around growing crops. In a public meeting last fall, the issue arose whether horse manure left on trails could contaminate crops. ETRAC members Dr. Faye Brophy (a retired vet), Carole Bridgeman and Joyce Halpin (retired RNs) and Adda Quinn (retired researcher, actively involved in EnviroHorse) are in the process of preparing a state-of-the-science paper which they hope will refute this allegation. ETRAC President, Lyndall Erb, PhD (a medical researcher) will be actively involved in the risk assessment portions of the paper once completed. Research accumulated to date indicated that horses should not be a problem to crops. Research and preparation of the paper will take through April.



ETRAC is also involved in preparation of a state-of-the-science literature review on whether horses pass weed seed in their manure. Dominican University of San Rafael was granted a large sum of money from the US Forest Service to study this issue. EnviroHorse also contributed funding to buy a seat at the table. Connie Berto of Marin Horse Council, Bonnie Davis of Two Horse Enterprises and Adda Quinn of Envirohorse and ETRAC have been participants in the reporting process over the past two years. While non-native seeds do pass through the gut of a horse, most of them are from common pasture/forage feed which are non-native, despite being in the US. Clover and bluegrass were introduced from Europe in the early 1600s. There are so many truly invasive species that can harm our eco-systems that the government needs to manage and eradicate, that the ubiquitous forage feeds, in fact, pose relatively small problems to the environment. The Dominican experiments were greenhouse based only. A total of four papers have been produced, three of which will be published in peer-reviewed literature.

EnviroHorse has taken the lead in organizing funding which will bring Dr. Stith Gower of the Univ. of Wisconsin for the next two years to take the next step in research: to determine if seeds from horses germinate along side trails in the Western US. With substantial co-funding from the

Tanklage Foundation (thanks to local horsewoman Lyndie Tanklage and her family!), the Witter Foundation trust (thanks to local horsemen Kip and Becky Witter!) and the American Endurance Riding Council (AERC) this project has been able to proceed. Dr. Gower has completed a similar study for AERC in the east. Research results there showed no significant in situ growth from field plots established during the two-year study. Adda Quinn of ETRAC is involved in the western US study efforts which should have preliminary results in 2010 and eventually be published in peer-reviewed papers." Thanks, Adda. What would we do without you!

I hope you will all agree that what we do is important work to the benefit of the future of equestrian accessible trails. The events and items listed above are monitored by ETRAC as separate projects, and occasionally, there is some overlap of efforts with various other groups, but we are staying engaged as much as possible with the manpower available to us. We could expand our involvement with more participation from other members of our parent groups. Call Carole Bridgeman to let her know when you can jump in! 650 593 2134.

That's all for now folks! Hope to see you out there on our wonderful trails enjoying the extra daylight!

JenB

(E&OE – errors and omissions excepted)

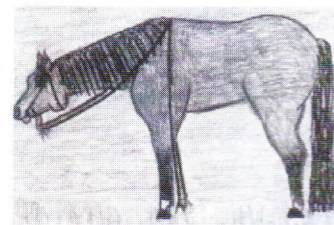


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## Junior Beach Ride

by Janice Olson

We held our "Junior Beach Ride" on Saturday, March 29th. We had a great turnout with many, many, thanks going to our "Volunteer Trailer Runners". Thank you to Dan Johndrow, Joan McLaren, Linda Steenkamp and Barbara Stogner, who were the key behind getting 11 Juniors over the hill to join us on our Coastal Trail. Our morning started out with refreshments nicely presented by a few other volunteers, Adeline Forrest and Nancy Traube. We began north of town on a trail that leads us onto the bluffs of our Coastal Trail. The weather was a bit brisk with the sun rising overhead. As we headed south on the bluffs, we were met with many welcoming our string in awe, showing their children, animals, or using their cameras to catch our different breeds and tack.

Our pit stop was for lunch on Poplar Avenue where Dan and crew set up a wonderful spread - "Make your own sandwich" with all the trimmings and then some. There were chairs to take a load off and "horse holders" to volunteer while you put together your lunch creation. However, before we made our lunch pit stop, we headed a bit more south. We passed by a very young boy, his father and their dog. As we passed they waved and cheered us on. As you normally do on rides, being a parent and one of the Junior Leaders, you are always looking ahead and behind to make sure all our riders are in tow. Well, the girls behind me began yelling "something's wrong" as I looked further down the father was jumping up and down waving his arms frantically. Sarah, Al and Joan were in the lead, as I turned back around and word spread to the front it was truly like a

scene out of the movies. The background of the coastal hills, brush, flowers and Al with Marianne in a beautiful "emergency" pace along with Sarah and Joan quickly behind. As we watched in terror, we realized the little boy was nowhere to be found, only his dog lurking over the bluffs. All our hearts sank and the chatter began. 911 was phoned, Al and Joan headed north a bit where there is a narrow path down to the beach. Sarah helped the father with their bikes and dog, ready to implement her nursing skills as needed. Al and Joan were first on the scene. Al was able to reach the boy and begin administering first aid while Joan helped with the horses. Cindy and I thought it best to clear the area so continued our ride north to the trail's end.



At this point we headed back to our "lunch stop" and the accident area. Emergency vehicles had just come on the scene, marked the area off and began to figure a way down the bluffs. Apparently, there was not an emergency vehicle available quickly to get down to the scene. With that being said, we are all extremely honored and proud to have the medical skills and professionalism of Al and Marianne to literally come to the rescue. If it wasn't for our string of riders at that time this little boy may have suffered far more than he did. A special thanks to Joan as she assisted Al in securing his safety. And Sarah, who was the connection with the emergency crew on top; they were the true "Rescue Team". Life-flight was called to the scene, hovered down and flew the little boy to Stanford. We stayed in touch and found out he was just released and suffered a lacerated liver. Thank you again to all who helped out.

Well, the excitement did not put a damper on our appetites. We thoroughly enjoyed lunch, a break and then





it was on to to our next adventure, riding on the Beach!!! Our "pit crew" cheered us on as we made our way down. What a beautiful sight to see so many horses frolicking in the sand. Now this is an opportunity!! Just like a dog rolls in the grass and it feels so good on a spring day, well, we had a particular horse feeling the same way.....not once, not twice but three times + and boy did that sand just feel too good. You'll have to ask around to see who enjoyed their beach ride the most.

All in all we had a wonderful ride, our trail led us through lots of overgrown brush, trees, water and a few strings of rental horses. We experienced many different environments, people, animals, dogs, smells, even a clean up crew creating a better "earth environment". Our riders and horses all behaved with a few challenges through the water. Cheers for our next adventure and welcome to the new Juniors, come join us again!



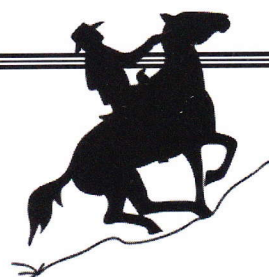
## In Memoriam

### Jerry Williams

SMCHA is sad to report that Jerry Williams, well known to all as the manager of the Mounted Patrol Grounds, passed away in March.

Captain Gary Kirby wrote this beautiful tribute:

Last month with the passing of Jerry Williams the Patrol lost an icon. As with others we have recently lost, Jerry was not some faintly remembered septuagenarian, only recognized by a handful of "old timers", but an important, active participant in our day to day lives at the Patrol. For that reason he will be missed in ways both great and small that we have not yet realized - the Patrol has changed. Jerry joined the Patrol in 1977, was Captain in 1984, and has been a fixture and friend these many years. He has been so well thought of that in 1999 the Club actually changed the Bylaws for Jerry, so that he could become Patrol Manager. His loss has been accompanied by a strong, thoughtful outpouring of emotion from the membership, not only for him, but for the Patrol itself. We can only hope the Patrol will now move forward with the same gentlemanly grace that characterized Jerry's life.



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**Our condolences to Sarah Filice  
on the loss of her old friend, Smaug:**

It is with a sad heart that I inform you that our "old man", Smaug, had to be put down (see attached photo of a picture of Smaug with a pigeon resting on his neck – he was a friend to all...even pigeons!). Al bought Smaug (he was named after the dragon in the book "The Hobbit") from a friend of ours for my birthday, about 12 years ago, and he lived to be almost 25 years old. As a kid growing up, I always wanted a Palomino horse and he lived up to all my expectations...he was a great friend and a real fun ride! Unfortunately, Smaug broke both front legs and his pelvis when he was three years old (our vet confirmed these stories with x-rays/ultrasounds when he began showing lameness issues in 2001), and had to be put down because of these old injuries. It is terrible when they have the mind of a two year old, but their body just seems to give out. I will cherish his nicker and whinny whenever I entered the barn or whenever he saw me, and I will always love the way he would be the "town crier" and let everyone know whenever I made bran mashes or grain buckets!



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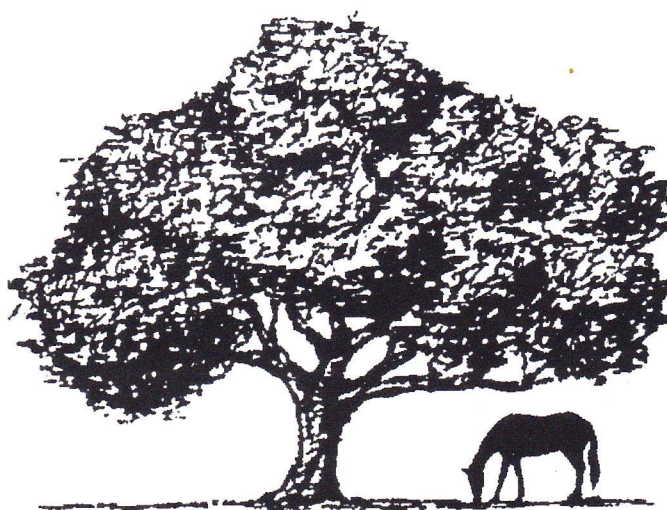
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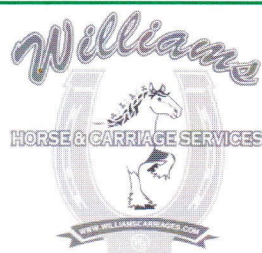
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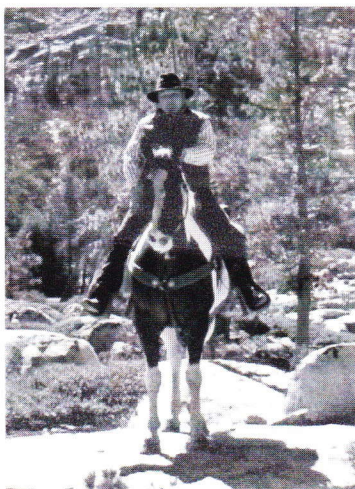




## In Memoriam Bruce Doran

by Sue Sheehan and Doris Lantz

On March 28th 2008 Bruce passed away at Stanford Hospital. Robert, his step son was at his side. He had been in a nursing home in Palo Alto for the past 2 years suffering from a stroke. He married Donna Tozi in 1980 and that started his life! (according to Bruce.) Bruce and Donna were a 'fixture' in the horse community for many years. They operated the B & D Tack Store on Broadway in Redwood City. You would always see them at horse events like the Grand National at the Cowpalace, and the San Mateo County Fair selling their products and promoting the various horse clubs that they belonged to. He and Donna traveled all over the world and brought containers of antiques back to Redwood City where they owned Woodside Mercantile in the Plaza on Woodside Road. Bruce had a double decker bus he brought back from England and would take his horsey friends to events in it. Once he entered a rib eating contest put on by a local radio station and brought a group to the festivities in his bus. Of course he won the contest eating more ribs than anyone else.



Bruce was an avid horseman and had a ranch in Half Moon Bay and raised Appaloosas before he met Donna. He was in several horse clubs, including SMCHA, SFHA, Los Viajeros and Merced Horsemen. He was on the SMCHA Board of Directors for several years, and received the Horseman of the Year award for 1995. We all loved Bruce for his generosity, especially on holidays when he would invite 20+ people for dinner. The single women on the overnight rides would call him our rent a husband. Bruce also played Santa Claus at lots of SMCHA Christmas Parties over the years.



He and Donna raised Paint horses together for over 25 years. Every time a baby was born they always had a party at the barn, where we all got to touch and have our picture taken with a brand new colt or filly. Bruce would always pick it up and carry it around just like a puppy. He loved camping with the horses and went to Yosemite and loved Pt. Reyes. One of his favorite things was to ride his big paint horse Percy in the 4th of July parade. You could always recognize Bruce in his American Indian outfit and headdress with his squaw, Donna and their current paint baby.

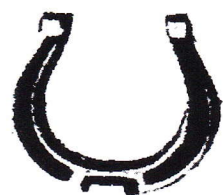
Bruce was an avid sailor on San Francisco Bay, he owned many boats over the years. For several years he owned a partnership in a 36ft. sailboat "The City Lights" that was berthed at Pier 39. He always invited a boat load of people for all special events i.e. Fleet week, 4th of July, etc. In the late 60's and early 70's Bruce would sail his boat to Alcatraz to bring the Indians that occupied it at that time food and supplies.

Those of us who rode with Bruce and Donna over the years will certainly have very fond memories of them both and will miss them.. I like to think of them now riding their paints in Heaven



# Spring Ride

*In  
Golden Gate  
Park*



**April 27th**



**Place: Bercut Field, SF**

**Ride: 10:00 - 12:30**

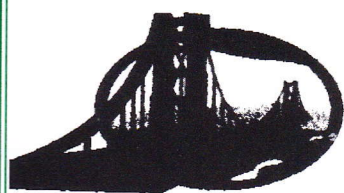
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**SMCHA**





## Welcome New Members

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Jennifer Belissent	E. Palo Alto	Pat McKenna	Hayward
Rich Boyd	Burlingame	Mr. & Ms. James Milbrath	La Honda
Bee & Paul Brown	Portola Valley	Monika & Raj Naidoo & Family	Redwood City
Liz Carey	San Jose	Cyrus Nasseh	San Carlos
Grace Carranza	San Mateo	Randy & Elaine Offenbach	San Carlos
Lyn & Herschel Cobb & Family	Menlo Park	Susan Osofsky	Palo Alto
Brandon Collins	Redwood City	Maryanne Pedersen	San Jose
Makaela Cooper	Palo Alto	Audrey Poppers	San Mateo
Toby Cooper	Redwood City	Christine Raposo	San Mateo
Teresa Dentino	Woodside	Odette Riegman	Redwood City
Nicole Draper	El Granada	Hadley Ryan	Hillsborough
John Red Eagle	Hollister	Linda Schulz	Woodside
Lance & Melissa Freeman & Family	Menlo Park	Katie Schwab	Millbrae
Mr. & Mrs. Dana Fruehling	Redwood City	Lauren Snook	Los Altos
Anne Griffin	San Jose	Jamie Spencer	Portola Valley
Karen Hamme & Family	Belmont	Betsy Thomas	San Carlos
Dedi Hanson	San Jose	Melanie Trubman & Family	Palo Alto
Summer & Nathan Hensley & Family	Menlo Park	BreeAnn Vail	Woodside
Beverley Kane, M.D.	Woodside	Victor & Nancy Valdes	Menlo Park
Molly Leveroni	San Francisco	Carolyn Van Zant	San Mateo
Terri Lobdell	Palo Alto	Haley Vertelney	Palo Alto
Ryan Luke	San Jose	Diane Vreeburg	Half Moon Bay
Kathy Marey	Redwood City	Justin Wickett	Woodside
Kayla Mariucci	Redwood City	Tim Wickett	Woodside
Diana Mariucele	Redwood City	Troy Wickett	Woodside
Ann Marshall	Cupertino	Sue Winslow	E. Palo Alto

## Welcome Back Returning Members

Sissy & Bill Baskin	Nancy Kucer
Jeni Berman	Sandy Lees
Leslie Breibart	Robert & Irma Mitton & Family
Sharon Butler	Robert O'Neil
Jennifer Coyne	Peggy Shjeflo
Virginia Darrow	Walter & Carol Shjeflo
Laurie Greenblat	Janet Souza
Mark Griffith & Lynn Kenny	Laura Stevens
Fawni & Larick Hill	Joyce Wasilko
Mr. & Mrs. Kaneaiakala	John & Joanne Watson



The following is from the March 22 **Vancouver Sun**, submitted by Rosemarie Menager

## Horses Get a Chance to Prove They're Up to Sniff

by Danielle Bell, **Canwest News Service**

**NANAIMO** — A Minnesota man is coming to Vancouver Island to demonstrate another potential tool for search and rescue crews: the equine equivalent of a bloodhound.

Equine detection trainer Terry Nowacki has been training horses for eight years in scent detection, and he says he has certified horses to detect drugs and bodies.

Nowacki said he is harnessing a horse's natural scenting ability and it's mostly a matter of being able to decipher "equine sign language" to train horses to follow an airborne scent to its source.

Oceanside — the Parksville-Qualicum Beach area — is home to Vancouver Island's only equine search team, a unit of Arrowsmith Search and Rescue.

Nowacki said an air-scenting horse would complement rather than replace a tracking dog, but he believes the animals' scenting abilities are comparable.

Horses and dogs are suited to search different types of terrain, but horses can cover more ground than dogs and can detect airborne scents as they rise, he said.

Joe Kinch, a Silver Spurs riding club and Arrowsmith SAR member, who helped create the equine unit two years ago, says the unit's horses are now used only to provide transportation for searchers.

Out of 26 searches last year, Kinch said, dogs were called out 16 times and the horses once.

Kinch said he was skeptical at first, but he and other mounted SAR members have long thought their horses were trying to tell them things before anyone could see or hear anything.

"I don't believe it's as crazy as it sounds," said Kinch. "We just don't know how to get (horses) to tell us."

Fellow SAR and Silver Spurs member Cecil Mercer agrees, adding that horses' signals are so subtle humans may not recognize them.

Nowacki said people have used horses' natural scenting ability "since the pioneer days." He uses a positive-reinforcement system to encourage the horses.

"[Horses] can learn it extremely fast because it's completely natural," said Nowacki.

"The rider needs more training than the horse."

He said he welcomes skeptics at demonstrations. They think it's all "smoke and mirrors," Nowacki said. "You should see the looks on their faces."

During demonstrations, he sets a horse loose so he can't be accused of guiding it to a scent source. Sometimes the horses are blindfolded. Under ideal wind conditions in open territory, the horses can detect a scent up to a quarter-mile away, he said.

Next month, he's leading an equine scenting clinic, which he believes will be the first in Canada.

Oceanside horse veterinarian Doug Quesnel said a horse's sense of smell is "not as keen" as that of a search dog.

"[Horses] do distinguish things," said Quesnel. "Whether you could train them [to that degree], I wouldn't be able to say."

Also a trainer of search dogs, Nowacki began training his horses after a tiring winter search following a dog in two-foot snow drifts.

Kinch said he is optimistic now that pairing horses and searchers will become more common. "All it takes is to find one person," he said, "and it's worth it."







## 2008 Calendar of Events

Tentative

### April

- 4-12 *Grand National Rodeo*
- 5 *Horsemen's Night at the Grand Nat'l Rodeo*
- 6 *Los Viajeros Ride*
- 10 *Board Meeting*
- 12 *Clarkia Trail Cleanup Day (Spring)*
- 18 *Friday Nite at the Races (Bay Meadows)*
- 19 *Jack Brook Clean-Up Day*
- 27 *SMCHA Spring Ride*

### May

- 3 *Woodside May Day Parade*
- 3-4 *Los Viajeros Ride*
- 8 *Board Meeting*
- 15 *Western Riding Clinic (Mounted Patrol Grounds)*
- 22 *Western Riding Clinic (Mounted Patrol Grounds)*
- 29 *Western Riding Clinic (Mounted Patrol Grounds)*

### June

- 1 *Western Schooling Show & Play Day (Webb Ranch)*
- 1 *Los Viajeros Ride*
- 5 *Western Riding Clinic*
- 6-8 *Horse Expo — Sacramento*
- 8 *Juniors Polo Clinic (location TBD)*
- 11 *Board Meeting*
- 12 *Western Riding Clinic (Mounted Patrol Grounds)*
- 14-15 *Woodside Gaited Horse Show (Horse Park)*
- 19 *Western Riding Clinic (Mounted Patrol Grounds)*
- 21-24 *Los Viajeros: 4 Day ride*
- 28 *Clarkia Trail Cleanup Day (Summer)*
- 26 *Western Riding Clinic (Mounted Patrol Grounds)*

### July

- 3 *Mt. Patrol: Rodeo Dinner & Dance*
- 4 *Mt. Patrol: Junior Rodeo*
- 4 *4th of July Parades: Redwood City & Half Moon Bay*
- 9 *Board Meeting*
- 10 *Western Riding Clinic (Mounted Patrol Grounds)*
- 12 *Western Riding Clinic Show & Dinner (Mounted Patrol Grounds)*
- 13 *Los Viajeros Ride*
- 19 *NCEFT Poker Ride-a-thon*
- 22-27 *Reining by the Bay (The Horse Park — Woodside)*
- 25-27 *Jack Brook Horse Camp Weekend*

### August

- 3 *English Schooling Show (Webb Ranch)*
- 14 *Board Meeting*
- 17 *Nor-Cal Open English/Western Show (The Horse Park at Woodside)*
- 30-Sept 1 *Los Viajeros: Overnight Ride at Jack Brook*

### September

- 11 *Board Meeting*
- 18 *General Meeting*
- 18-21 *Grass Valley Draft Horse Classic*
- 27 *Clarkia Trail Clean-up Day (Fall)*
- 28 *SMCHA Presidents' Ride*

### October

- 9 *Board Meeting*
- 11 *Woodside's Day of the Horse*

### November

- 2 *Los Viajeros: Progressive Ride*
- 13 *Board Meeting*
- 20 *General Meeting — Elections*

### December

- 5 *Board of Director's Dinner*
- TBA *Holiday Equus Party*

### January 2009

- 8 *Board Meeting*
- TBA *Kick-Off Gala & Installation Dinner*

PLEASE CHECK WEBSITE FOR CHANGES AND UPDATES

[www.smcha.org](http://www.smcha.org)



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Published by  
SAN MATEO COUNTY HORSEMEN'S ASSOCIATION  
A Non-Profit Organization

President Barbara Stogner  
Volume 71, No 2 Spring 2008

PRSR STD  
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## SAN MATEO COUNTY HORSEMEN'S ASSOCIATION

### Membership Application



	Annual Dues	
____ JUNIOR MEMBERS (17 OR UNDER)	\$15.00	<input type="checkbox"/> New <input type="checkbox"/> Renewal
____ SENIOR MEMBERS (18 OR OLDER)	\$25.00	
____ MR./MRS. MEMBERS	\$40.00	
____ FAMILY MEMBERSHIP**	\$45.00	

[Parent(s) and unlimited number of children 17 or under]

I would like to contribute to the following events or functions (see listing at right) in the following amounts:

B \$ _____	E \$ _____	H \$ _____	L \$ _____
C \$ _____	F \$ _____	I \$ _____	M \$ _____

I would like to help with the following events/functions:

- |  |   |
|--|---|
| <input type="checkbox"/> Board of Directors      | <input type="checkbox"/> H Junior Members     |
| <input type="checkbox"/> B Trails                | <input type="checkbox"/> I Playday            |
| <input type="checkbox"/> C Western Riding Clinic | <input type="checkbox"/> J Hospitality        |
| <input type="checkbox"/> D English Shows         | <input type="checkbox"/> K Membership         |
| <input type="checkbox"/> E Western Shows         | <input type="checkbox"/> L Junior Color Guard |
| <input type="checkbox"/> F Magazine              | <input type="checkbox"/> M Senior Color Guard |
| <input type="checkbox"/> G Trail Rides           | <input type="checkbox"/> Other _____          |

\*\*Please list names and ages of children:

TOTAL CONTRIBUTIONS \_\_\_\_\_ TOTAL AMOUNT ENCLOSED \_\_\_\_\_

Annual dues are for January 1 through December 31 of each year. Your cancelled check is your receipt.

Join after October 1 and your membership is paid through the following year.

Do you want to be included in our Membership Directory? (Must be received by Jan. 31) \_\_\_\_ Yes \_\_\_\_ No

NAME(S) \_\_\_\_\_ PHONE (\_\_\_\_) \_\_\_\_\_

ADDRESS \_\_\_\_\_ EMAIL \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

PLEASE MAKE CHECKS PAYABLE TO SMCHA. PLEASE DO NOT SEND CASH. MAIL APPLICATION TO:

SMCHA • P.O. BOX 620092, WOODSIDE, CA 94062