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# Horsewoman



SMCHA's 2020 Horsewoman of the Year

Winter 2021



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### Cover

#### Elizabeth Ouellette and her horse Cantaro

Elizabeth Ouellette has been chosen as SMCHA's 2020 Horsewoman of the Year! Elizabeth has been an integral part of almost every aspect of this association during the last few years. She is constantly cultivating new, creative ideas to keep our members engaged. Her positive outlook, loving spirit and sense of humor have helped motivate us all to work hard to keep SMCHA fresh in the hearts and minds of our local equestrian community. All this while still working tirelessly to enhance our quarterly magazine, fostering interest with exciting new content, topics, articles, and pictures! We are all so lucky to have Elizabeth as part of horse community!

# President's Message – Christine Friis

## Another Year in the Books!

2020 was a year we will not soon forget. Things we did last January, February and March seem like the distant past, yet it was only a year ago. Though dismayed that SMCHA was not able to hold many events and functions, my disappointment pales in comparison to the level of pride I have for our SMCHA Officers and Board of Directors. Even during a worldwide pandemic, our Board of Directors (BOD) continued to offer creativity and dedi-



cation to our Equine Community. To my fellow Board Members and Officers, I'd like to thank you all for the work you've put in during this past year. You've shown up for so many Zoom meetings and remained committed by producing and promoting creative ideas to keep our equine community engaged during a challenging year. These unselfish actions will go down in our SMCHA history books!

As SMCHA continues to work with the challenges ahead, we also continue to support our equine community and be excited and positive about new opportunities opening up! We have a couple of clinics already planned along with the highly cherished SMCHA Movie Night! Our Jack Brook Horse Camping trip in July and our Fall Riding Clinic should be a "go" this year along with the possibility of fun social events towards the end of the year. Our goal in 2021 is to increase our membership. We are now offering member discounts at our local "partnered" retailers. As a member, not only will you be eligible for pre-notifications and discounted prices on some of our sponsored events, but you will also receive our popular quarterly magazine, The San Mateo Horseman! Not sure of a gift for one of your horsey friends? How about a SMCHA Membership?

On behalf of our SMCHA Officers, Board of Directors, and members, we would like to send a special thank you to Jenny Mize who has been by my side as Co-President of SMCHA for the last two years. Jenny has brought numerous advances to our Association which has helped us stay closer to our members and horse community. Though Jenny will be leaving the Co-President role, she will remain on as a vital part of our Board of Directors and will graciously continue to bring a younger variant of ideas and dedication to SMCHA. In turn, these ideas will continue to help us advance in technology, social media and other endeavors geared for our younger generation who will one day be sitting in our seats. Thank You Jenny for all you do for SMCHA as well as for the health and welfare of our equine family out in the field!

*Christine Friis*



## The San Mateo County Horseman Magazine

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# ASK THE VET

## WHAT CAN YOU FIND OUT ABOUT A HORSE BY LOOKING AT THEIR TEETH?

So much! We can roughly estimate age, diet (horses who eat all pellets tend to grind less and build up more tartar/calculus on the teeth), and sometimes even health conditions (chronic kidney disease increases the amount of calculus on the teeth, cribbing).

## WHAT HAPPENS IF A HORSE LIES DOWN TOO LONG?

It is normal for horses to lie down to roll and get deep sleep. Horses on average need to lie down to sleep at least once every 2 weeks (usually for 30-60 minutes), or signs of sleep deprivation may develop. After about 4 hours of lying down, a horse may have trouble breathing, may experience decreased blood flow to the side it is resting on (and muscle damage), nerve damage, and even colic, among other complications depending on why the horse is unable to get up. Emergency veterinary intervention is indicated at this time. Understanding the difference between healthy rest and dangerous recumbency can help keep your horse safe.

## WHAT'S THE DIFFERENCE BETWEEN A "WHINNY" AND A "NEIGH?"

A whinny is a gentler version of a neigh. A neigh can be described as a horse's version of crying out. Now you must be wondering, what about a "nicker"? That is the voice they use to tell you they love you! ❤️

*By Steinbeck Peninsula Equine*



### DR. KELLY ZEYTOONIAN

With bittersweet excitement, I am officially announcing the retirement of Dr. Gary Hanes. Dr. Hanes has been an integral part of our equine community for the past 5 decades and a staple of the Starwood Team for the past 3 years. While we will miss him, we know his retirement is well earned!



*"My veterinary career was one of great personal satisfaction and I feel proud of the years I was able to work and the help I was able to provide animals and their owners. Retirement is simply the acknowledgment of those times and the recognition that life provides us with a multitude of opportunities and I'm simply moving along to a new one." - Dr. Hanes*



### DR. GARY HANES

Dr. Hanes is a 1978 graduate of the University of California, Davis following his undergraduate studies in physiology at the same school. He spent one year at Texas A&M University as a large animal intern, then 3 years at The Ohio State University as a resident in equine surgery.

Dr. Hanes eventually returned to California and became the sole owner of Briarwood Equine Clinic, located in Woodside, in 2002. When not caring for patients you could usually find him on his road bike.

In August of 2018 Briarwood Equine joined Starwood Equine Veterinary Services where Dr. Hanes continued to practice general equine medicine until his retirement in December of 2020.

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## SUBSCRIPTION RATE:

### Subscriptions:

Subscriptions are available for \$40 per calendar year which includes membership in the San Mateo County Horsemen's Association. Please fill out and mail in Membership application on the back page of this magazine.

*We invite you to grow with this magazine by promoting your service or product. Please send your ad and your check to San Mateo County Horsemen's Association.*

**DEADLINE FOR ADS AND ARTICLES**  
for the Spring 2021 issue is May 1, 2021

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# Elizabeth Ouellette: SMCHA HORSEWOMAN OF 2020!

*By Elizabeth Ouellette*

Growing up in Vermont, my childhood dream was to become a veterinarian. So what if I was allergic to cats, dogs, horses, cows and everything else in my environment? My love of animals would undoubtedly conquer all... Right?

At the age of 16, I took a volunteer search and rescue job at the local Humane Society. When people called in about an injured dog or cat, I'd hop in the Humane Society van, my mom and 2 younger brothers in tow, and off we went to find and bring the ailing animal to a vet hospital. The work was exhilarating, but the training was intolerable.

The training seminars were held in the Humane Society building, filled with airborne dog and cat fur. Fifteen minutes in, my throat would swell, my chest got heavy, my eyes felt itchy and my asthma would send me gasping for fresh air. My foray into emergency pet rescue stalled after a month or two.

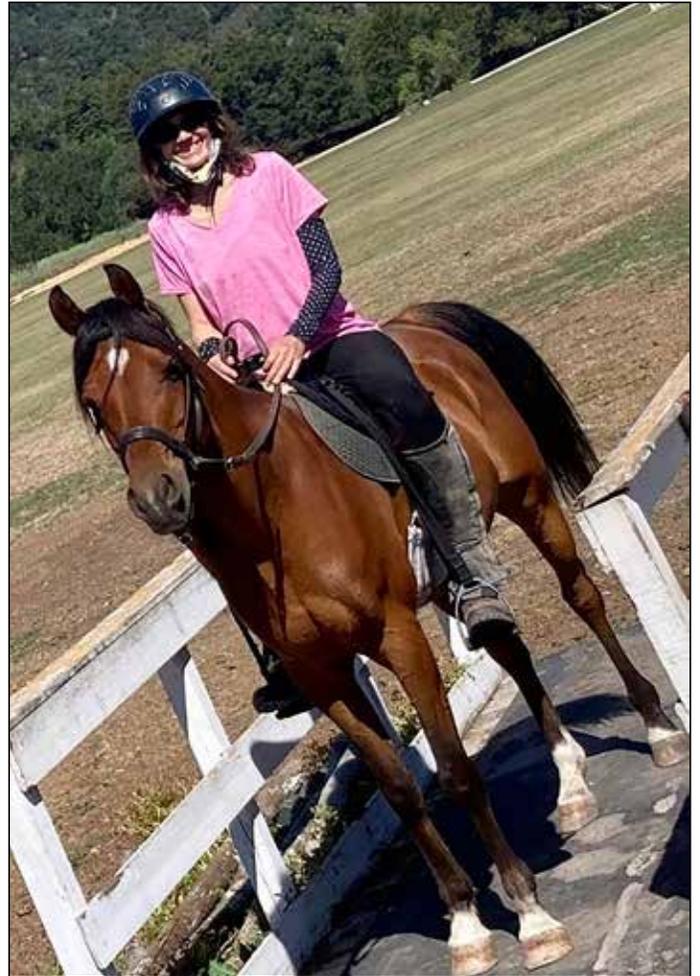
Soon thereafter, my friend and I decided to take up horse riding. I'd never ridden a horse, but seriously, how hard could it be? The barn manager saddled up the horses and off we went. At the start, these horses were dreadfully slow, dragging their hooves spiritlessly as if each hoof was weighted down. Nearing the middle of the loop, both horses picked up the pace. Yahoo!!!! It was all fun and games until they started galloping uncontrollably back to the barn, hoping to lose their riders by running dangerously close to a rusty barbed wire fence.

At one point, we did manage to stop them long enough to catch our breath; and then, within a microsecond, I felt my saddle slip and I went from upright, to sideways to looking at my horse's underbelly. The horse glanced down at me in the dirt and whinnied, "See ya!" and took off at a gallop back to the stable. My injuries were minimal, but my ego was definitely bruised.

After high school, I decided to leave veterinary work to those who excelled in the sciences and were not obligated to live in an allergy-free bubble. I traveled, studied languages, and worked in France thanks to a Fulbright scholarship. There, I met my husband and we eventually moved to the Bay Area in 1995. I went back to school, received a Masters of Counseling Psychology and have since dedicated the majority of my time working as a volunteer for a non-profit, the Charcot-Marie-Tooth Association or CMTA.

When he was just about 7 years old, my son, Yohan, took up horse riding at Page Mill Pastures. By this time, he'd been diagnosed with Charcot-Marie-Tooth or CMT (NOT Country Music Television) a genetically inherited disease of the nerves, which progressively makes the muscles weak, limiting his physical abilities. Although he could not play soccer or baseball, he sure could ride a horse! I'd bring him to his lessons and stay in the car, enjoying the horses from afar. As fate would have it, we ended up owning his leased horse, Athos, a cute little Arabian gelding.

I was tired of being known as "bubble girl," so I started allergy shots and stuck with them. Several years later, when Yohan left for college, I decided to get back in the saddle once more (the saddle I was never really in). My brain started to collude with my delusional self, convincing me I had much more experience on a horse than I had ever actually had. The first time I got on Athos, I asked him to walk, trot and then canter. I nearly bit the dust once more. That experience calmed me



down..... for a while. I took some lessons, learned all I could about horses and went on some very fun and wild rides.

Years later, my friend, Sharon, asked if I'd be interested in joining the SMCHA's Board of Directors as magazine editor; I was reticent. I'd always wanted to get more involved with the local equestrian community, but felt intimidated by the excellent riders and the strong bonds of friendship most had forged over the years.

Cowgirls are tough. They drive pick-up trucks, trailer their horses here and there, lift 50 pound bags of grain, ride hard and have attitude. Yet, despite that rugged exterior, members of the horse community are some of the kindest, accepting, understanding and service-oriented people ever.

My deepest appreciation to every single person in our group who has welcomed me with open arms, accepting me just the way I am. I am so very proud to stand alongside the men and women who have initiated and grown this club over the past 80 years, with my new Arabian gelding, Cantaro. This is one of the highest and most meaningful honors I've ever received. Now, let me tell you all about geese....

*Continued on Page 33*

# Equine Allergies: An Immune System Gone Awry

By Amanda Hedges, DVM

Molecules that irritate our horses' bodies are all around. One of the jobs of the immune system is to protect us from the harmful effects of these irritants, maintaining the balance between stimulus and an appropriate response that keeps a horse healthy. An allergic reaction can occur when an irritant or combination of irritants disrupts or overwhelms the immune system's balance. This reaction may be severe and life-threatening (anaphylaxis), sudden (acute), or more slow/insidious in onset (chronic).

Signs of allergies often appear as an immune system overreaction, resulting in local or systemic inflammation. We see hives, itching, oozing, scabs, hair loss, tearing, coughing, breathing changes, nasal discharge, hair loss, poor performance, and even gastrointestinal upset. Anaphylaxis is a severe acute allergic reaction characterized by increased respiratory effort, rate, or noise, recumbency, and/or shock. Anaphylaxis is a medical emergency necessitating immediate veterinary intervention. Sometimes an allergic episode (e.g., hives) is a one-off and other times a horse has developed allergies to something in his/her environment.

To restore balance to the immune system in non-life threatening cases, we need a two-fold approach: 1) decrease the irritants 2) calm down the immune system. Let's look at some common equine allergens and what we can do about them.

Changes in the environment and the horse's immune system can make it difficult to identify the cause of a horse's allergic response. Some common equine allergens include:

**Insects:** the most common culprit of chronic skin allergies is the saliva of the *Culicoides* fly (a.k.a. gnats, no-see-ums). Other fly species, other insects, and even arachnids can cause an allergic response.

**Environmental:** components of dust, different molds and mildews, different plants and pollens, and even some topical products can all cause allergies.

Note that food allergies are not common or well-understood; it is more common for a horse to be allergic to the components of dust on hay than the hay itself.

Treatment strategies focus on minimizing the presence of the allergen and influencing the immune system to restore balance. Common treatments include:

- **Environmental management:** if you know what your horse is allergic to from an allergy testing profile (see "Desensitization Injections" below), then you can minimize his/her exposure to specific irritants. General recommendations to decrease irritants revolve around fly control and dust control, both of which will add fuel to the fire of an overactive immune system.
- **Fly control:** remove manure from the living area at least once daily. Make sure that your horse is stabled far from the manure collection area. Consider feed-through fly products, fly traps, automatic fly spray systems that use permethrin, overhead fans, fly sheets including belly coverage, fly masks including ears, fly boots, natural predators (bats, birds, wasps), and other fly control strategies.
- **Dust:** consider wetting down your horse's hay at each feeding. Stable your horse away from dusty arenas, and avoid riding during times of peak arena use. Good ventilation is also good.



Testing for allergies

- **Diet change:** while food allergies are not common, it is even more challenging to diagnose allergies due to dusts, molds, and contaminants in hay. A trial diet can help assess the contribution of diet to an allergy response. A novel food source, for example timothy pellets, is fed for 3 months, and the horse's allergy signs are monitored. If allergy signs improve, then a food allergy is suspected. Other feeds can then be added to further identify the allergen. Often wetting down the feed is helpful to minimize the amount of inhaled aerosolized allergens.
- **Steroids:** short- or long-acting steroids may be used to help suppress the immune system. Steroids can have some unwanted side effects, so use the lowest dose needed for the shortest amount of time. Combine with environmental management, antihistamine, and omega3 fatty acid supplementation for better effects.
- **Antihistamines:** A key molecule in the allergic response is histamine. Oral antihistamines, such as hydroxyzine, cetirizine, or diphenhydramine, can suppress the histamine response. Unlike steroids, these drugs are safer for long-term use though they can make some horses a bit sleepy. Your vet can advise on which drug may be the best for your horse, and the ideal duration of treatment. In horses, these medications are better at preventing an allergic reaction than at treating a current one.
- **Supplements:** some supplement ingredients can help support the body's immune system. In addition to good quality hay or pellets and a vitamin/mineral supplement, horses with allergies may benefit from Omega-3 fatty acids. Research supports that horses fed a high dose of omega-3 fatty acids may have a decrease in allergy signs, possibly by decreasing the inflammatory response. This should be used long term as effects are not immediate.

Equine-specific research is poor or lacking for other compounds reported to help with allergic reactions such as ashwagandha (found in some plants in the nightshade family), American ginseng (plant in the ivy family), astragalus (herb in the legume family), MSM (an organosulfur compound), quercetin (a plant flavanol), spirulina (a biomass of cyanobacteria), and turmeric (in the ginger family).

Combinations of these ingredients can be found in brand-name supplements and in traditional Chinese herbal medicine formulations.

*Continued on Page 22*

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Bob Rosenberg desensitizes a horse by opening and closing an umbrella.

# Bomb Proof Your Horse

*By Bob Rosenberg*

My wife and I are members of the San Mateo County Sheriff's Mounted Search and Rescue Unit. Our horses received a great deal of sensory training over the years and my horse is considered among the top few in terms of being able to handle new and strange things.

First, no horse is bomb-proof. But if you're going to be a trail rider, the further up that scale you can move your horse, the safer you will be in the saddle. For those with a new horse, one that's never been off the ranch, or a horse that's been exclusively an arena horse, the way to begin is called "Advance and Retreat."

Begin this early training in a round pen. Bring your horse in and have some scary objects ready. This might include plastic bags, an umbrella, a flag, a stroller, a bicycle - common (but strange to your horse) items you will encounter off the ranch.

Position yourself at one end of the round pen with your horse on the other. Pick up the object and let your horse see it. Begin walking slowly (with relaxed posture) towards your horse while

watching him very carefully (advance). Your horse will be very focused on that object as you approach. The moment your horse shows the first sign of wanting to move away, stop and immediately back up (retreat). Let your horse see that the scary thing is now going away BEFORE he has to run away. Repeat this "advance and retreat" and notice how your horse lets you get closer each time. Eventually, you'll find yourself quite close to your horse with that scary object in hand. Stop and let your horse study it. Your horse's curiosity will now take over and he'll want to approach to see what it is. Let him smell it, study it, and get used to it. Once you're at that point, slowly start to touch other parts of his body with the object. Touch his face with it, then his neck, his side, his back. If you can get him to tolerate it over his ears, you've really got him used to it. Repeat this with all your other objects.

As you continue with more and more objects, you'll also find that your horse will begin to learn this process, and his acceptance of new objects will come quicker and quicker.

*Next issue: First time off the ranch*

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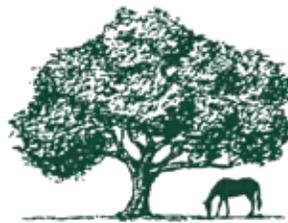
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# POISONOUS PLANTS

## A Practical Guide to Common Plants of Risk to Horses



By Starwood Veterinary Clinic

Of the hundreds of toxic plants in North America, only a handful are likely to bring serious harm to horses. The veterinarians of Starwood Equine have put together a useful field guide to assist horse owners in the identification of harmful plants common to the region.

### Top 5 Commonly Diagnosed Plant Poisonings for Horses in California are:

- Oleander
- Pyrrolizidine Alkaloids (present in Fiddleneck, Tansy Ragwort, and Groundsel)
- Yellow Star Thistle
- Dogbane
- Foxtail

Reference: University of California Division of Agriculture and Natural Resources' (UC ANR) "Livestock Poisoning Plants of California," Forero, et al. EPub Jan 2011. <https://ucanr.edu/sites/BayAreaRangeland/files/253120.pdf>



### Oleander

Oleander is a very prevalent ornamental shrub; toxicity occurs commonly from exposure to plant trimmings, or if dried in hay. Bored horses may chew on oleander near paddocks.

Oleander flowers range from white to pink.

### Oleander Facts

- **Organ systems affected:** Heart, GI, kidneys
- **Common signs of toxicity:** Sudden death, irregular heartbeat, depression, trembling, salivation, weakness, colic, diarrhea
- **Toxic Components:** All parts of plant, both fresh and dried
- **Toxic Dose - Very little:** 5 leaves can cause death
- **When you should call vet:** immediately if you suspect intoxication

### Most Common Clinical Signs of Poisoning

Toxin	Organ System Affected	Common Signs of Toxicity
Oleander	Cardiac, GI	Sudden death, irregular heartbeat, depression, weakness, salivation, trembling, colic, diarrhea
Pyrrolizidine alkaloids (e.g., fiddleneck, Tansy Ragwort, and Groundsel)	Liver	Chronic exposure: Weight loss, inappetence, head pressing, Wandering aimlessly, rectal straining, jaundice, excess sunburn
Yellow Star Thistle	Nervous system	Chronic Exposure: Weight loss, abnormal curling of the lip and mouth, difficulty eating, excessive yawning
Dogbane	Cardiac	Sudden death, irregular heartbeat, diarrhea, weakness
Foxtail	Mouth, eyes, skin	Ulcerative lesions around mouth, tongue, skin; excessive salivation, anorexia

Ref: University of California Division of Agriculture and Natural Resources' (UC ANR) "Livestock Poisoning Plants of California," Forero, et al. EPub Jan 2011. <https://ucanr.edu/sites/BayAreaRangeland/files/253120.pdf>

### It is important to distinguish oleander from eucalyptus leaves



Oleander Leaves: Prominent central vein with secondary veins radiating straight out.



Eucalyptus Leaves: Central and peripheral vein, secondary veins coming out at an angle.

## ALKALOIDS

### Common Groundsel

**Common locations:** gardens and alfalfa fields. Can be dried into hay.



### Tansy Ragwort

**Common Locations:** North Coast counties in pastureland, creek bottomlands.



### Fiddleneck

- **Common Locations:** Grasslands, roadsides, orchards, vineyards < 5000 ft. Winter annual herb
- **Distinguishing Characteristics:** Flowering head curves like neck of fiddle. 8-32 inches tall.



### Alkaloids Facts

- **Organ system affected:** Nervous
- **Common signs of toxicity:** "Chewing disease:" Weight loss, abnormal curling of lips/mouth, difficulty eating or drinking, excessive yawning, salivation
- **Toxic Components:** All parts, fresh and dried.
- **Toxic Dose:** Chronic consumption: large amounts over time: > 600 lbs. over 30-45 days to be affected
- **When you should call vet:** If you notice any of these signs or identify these plants in pasture; remove horses from source.

*Continued on Page 14*



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## Poisonous Plants

*Continued from 13*

### Yellow Star Thistle

- **Common Locations:** Dry pastures. Two peak seasons for toxicity: June/July & Oct/Nov
- **Distinguishing Characteristics:** Grows up to 12" tall. Yellow flowers with spines at the base.



### Dogbane

- **Common Locations:** Can be found in pastures as weeds. Very bitter taste, only consumed when dried into hay or no other food sources exist
- **Distinguishing Features:** Milky white substance from stem/seeds when broken. Stems become more reddish when mature. Long seed pods develop in pairs.
- Same toxicity as Oleander



### Foxtail

- **Organ system affected:** Oral mucosa, skin, eyes
- **Common signs of toxicity:** Mechanical damage: ulcerative lesions around mouth, tongue, skin; secondary salivation, anorexia
- **Toxic Components:** Dried seed heads with tiny barbs
- **Toxic Dose – horse dependent:** single foxtail can cause extensive oral ulceration; horses can have multiple lesions
- **When you should call vet:** If you find foxtails in your feed or pasture and horse is showing signs of anorexia and weight loss or oral discomfort/malodor
- **Common Locations:** Dried pastures during summer; more common in late cut hay

Rapid development of illness and limited treatment options make plant toxicoses difficult to treat. Prevention is key. If you do see your horse ingesting harmful plant material we encourage you to remove the plant source (or your horse from the offending pasture) and call your veterinarian as soon as possible.

Treatment options may include the use of:

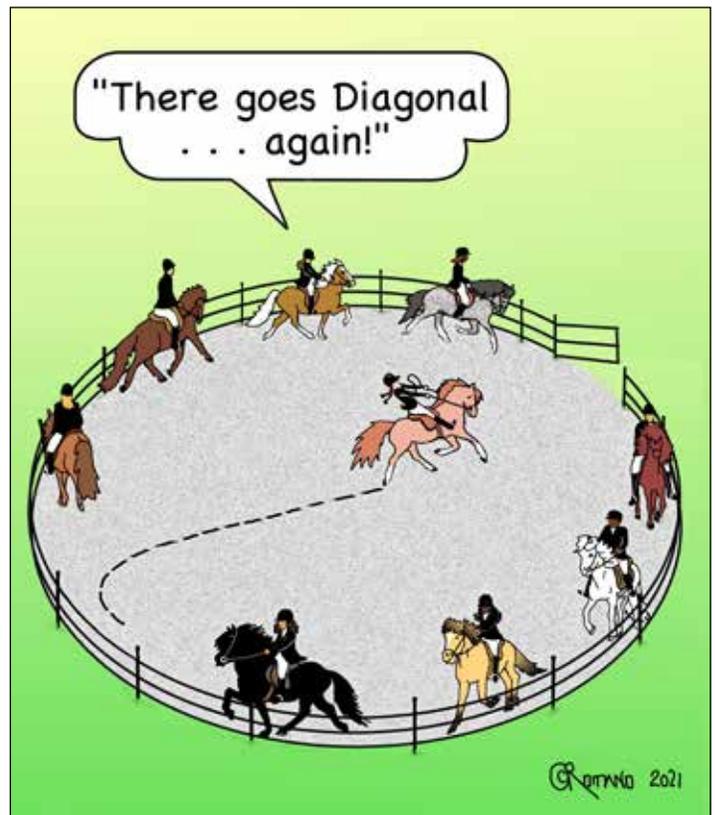
- Activated charcoal and mineral oil to decontaminate (if caught early)
- Aggressive IV fluids to correct dehydration and protect the kidneys
- Miscellaneous supportive measures to treat symptoms

### Download the Guide

1. The veterinarians of Starwood Equine have put together a useful "field guide" to assist horse owners in the identification of harmful plants common to the region. Contact Starwood for a copy of this guide. <https://www.starwoodequine.com/blog/poisonous-plants>

### References

1. University of California Division of Agriculture and Natural Resources' (UC ANR) "*Livestock Poisoning Plants of California*," Forero, et al. EPub Jan 2011 <https://ucanr.edu/sites/BayAreaRangeland/files/253120.pdf>
2. *A Guide to Plant Poisoning of Animals in North America*. 2001. A. P. Knight and R. G. Walter
3. *Poisonous Plants of California*. Thomas C. Fuller and Elizabeth McClintock
4. *Horse Owners Field Guide to Toxic Plants*. Sandra M. Burger  
Note: This is not an all-inclusive list of plants toxic to horses. Rather, it's a list of plants commonly found in Northern California that are also toxic to horses.





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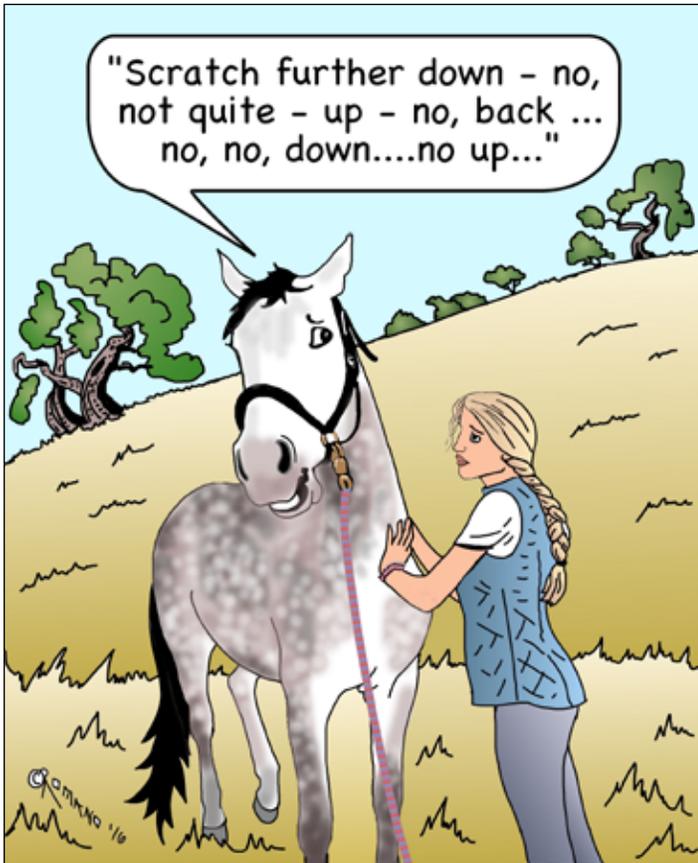
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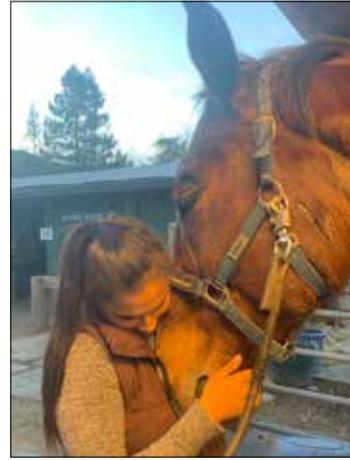
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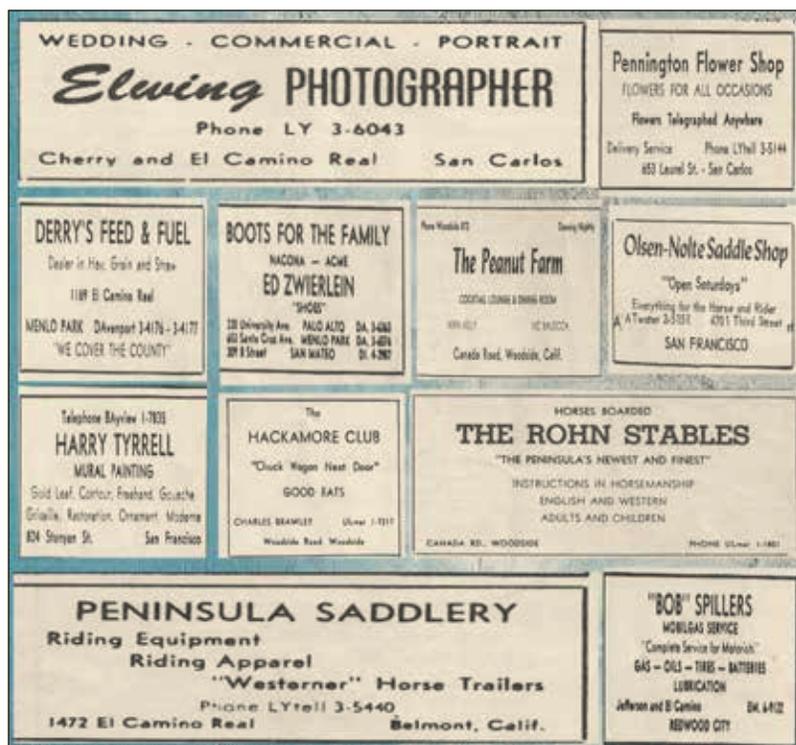
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# History's Happening Here

The oldest San Mateo County Horseman magazine in our possession is from December, 1951 – 70 years ago! Did you visit these establishments or use any of these services? If so, tell us what you know about one of your favorite people or places! Write to me, Elizabeth Ouellette – elizabetho@outlook.com before May 1, 2021 and I'll publish your story!



## Equine Allergies

*Continued from Page 8*

**Immunotherapy aka allergy shots:** for a personalized treatment, consider requesting an allergy test. Two test protocols are available to identify the specific allergens to which your horse is reacting. The most precise test for skin allergies is called intradermal skin testing. To perform this test, a veterinary dermatologist injects a small amount of different environmental irritants under the skin and then monitors the strength of the horse's immune response at 30 min, 4 hours, and 24 hours. The second option is blood sample; while this is a more convenient way to test for allergens, it is thought to be less specific than intradermal testing. Following testing, a personalized allergy shot protocol is developed for your horse, with a dosing regimen to slowly introduce the allergens to your horse's immune system without overwhelming it, resulting in a more appropriate response. Environmental management is again key to maximizing the success of this treatment plan. While the frequency of injection decreases over time, most horses require life-long treatment to keep allergy signs at bay. Allergy desensitization is a great way to manage skin allergies long-term; it greatly reduces the allergic response in most horses (though give it up to a year to work fully). There's not much proof that allergy desensitization shots work very well for respiratory allergies.

### Allergies and Aging

With time, both the environment and your horse's immune system will change. New irritants can come in the form of new landscaping, new products, changes in air quality, etc. As horses age, there is some evidence that they can experience immunosenescence, or the gradual weakening of the immune system over time. Both of



Hives are often caused by no-see-ums.

these factors may mean that your horse's allergy status and immune system needs may change with time. If you notice any allergy signs, contact your veterinarian to discuss further options!

### Expectations

It may take weeks, months, or even years to find the perfect combination of immune-support and environmental control to rebalance your horse's body. This plan may need to be regularly adjusted depending on the season. After establishing a treatment plan with your veterinarian, it may take weeks to see results. Complete resolution of all clinical signs may not be possible. With patience and persistence, almost every horse can find some degree of relief from allergies.

### Resources:

<http://bit.ly/merkskindisorders>

<https://thehorse.com/14014/respiratory-allergies/>

<http://bit.ly/equusmagflies>

<https://www.smartpakequine.com/content/allergies>

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Taylor Whitney donated her birthday money to help feed horses after the wildfires.

# Horse Lovers Look Out for One Another

## *Wildfire brings owners together*

*By Vanessa Ochavillo*

*Reprinted with permission from Half Moon Bay Review*

In August, Holiday Smith and Gina Silva were evacuated from their homes. It was the beginning of a long trail for two horsewomen who would come to lean on community in a trying time.

The two women knew each other from working in the same school district years ago. Silva lived in Pescadero and Smith was at Last Chance, a remote community in Santa Cruz County that boasts Big Basin Redwoods State Park as its backyard.

When the CZU fire evacuation orders came, the women reconnected as they were leaving their properties. They were both worried about where their horses would be safe. It quickly became apparent that the fires were fast approaching Smith's family home, and so she reached out to Silva, asking if she could board her two horses, Tio and Lindy, at her Pescadero ranch.

In the months that followed, while most large animals have since returned to their homes, some remain put out, relying on the generosity of neighbors or, in the case of Silva and Smith, a shared love of horses.

Against the backdrop of usual forms of disaster relief, horse owners and enthusiasts alike have been showing a unique brand of support.

When Silva was allowed back on to her property, which came out of the fire unscathed, she found out Smith's home had burned down and was deemed uninhabitable for the horses. She let her longtime friend know she could take care of Tio and Lindy.

"Now that the fire is gone and people are going back to their lives, I'm still trying to help people who have needs," Silva said.

### **And Help Keeps On Coming**

A friend helped Silva build two stalls for the guest horses for them to shelter in during the rain. A neighbor comes by to ride the horses, as both Silva and Smith find themselves busier than before,



*Photo by Adam Pardee*

Gina Silva opened her barn to horses evacuated from the CZU Lightning Complex fire.

dealing with the aftermath of the disaster.

Silva has been busy preparing for the next emergency. In recent months she's been going through every room in her home, deciding what is essential and putting it all in one place — a best practice she now knows is crucial for a speedy evacuation.

Smith is dealing with the recent fire that wiped out her home. When she isn't teaching, she's making calls to different agencies and government representatives to clean up the debris on her property, a process that she said has been drawn out. Until she can rebuild, her horses will stay at Silva's ranch.

"I miss seeing them every day, but they're in a lovely pasture and well looked after," Smith said.

Smith recalled how her older horse, Lindy, 26 years old, had lost a lot of weight as the family bounced around three times before landing at the Santa Cruz County Fairgrounds in Watsonville.

"They have perfectly nice stalls, but my horses are not used to that. We live in the wilderness. Our home is surrounded by Big Basin State Park," she said.

Since moving to Pescadero, Lindy has improved. "He's still thin now, but he's thriving, and now he's doing good," Smith said.

Gina Silva's barn was used to house evacuated horses from the CZU Lightning Complex on her ranch in Pescadero on Monday, Dec. 28, 2020. Photo by Adam Pardee

Smith first knew of the Pescadero ranch from when she knew Silva's grandfather, Lawrence Silva, 15 years ago. She knew it would be comfortable for her horses, and Silva willingly took them in.

But Silva said she wouldn't have been able to do it alone. She's grateful for the large animal evacuation groups, which continue to assist animals and their owners, and the community members who organized T-shirt fundraisers and clothing drives.

But there is one donation that Silva found particularly moving. Soon after she took in Smith's horses, Silva received \$200 worth of hay paid for by a young girl's birthday wish. When Taylor Whitney, a blossoming horse rider, turned 10 years old earlier this year, she told her mom that instead of presents she wanted to help a horse in need. Her donation paid for a two-month supply for one of Smith's horses.

### Taylor's Generosity Helped Horses In Need

Christine Friis, co-president of the San Mateo County Horsemen's Association, which coordinated Whitney's donation, was also touched by the young girl's generosity.

"When I got the check, I thought, 'This girl has got to see what a good thing she did,'" Friis said.



Photo by Adam Pardee

Horses roam open pastures at the Siliva Ranch in Pescadero.

So together Friis and Silva invited Whitney to the Pescadero ranch to meet the horses. In exchange for Whitney's donation, Silva named a newborn calf after the girl. But on the day of her visit, Silva also watched as Whitney enjoyed riding one of her own horses, Bunny.

By then, with five horses to care for, in addition to three cows, three dogs and a cat, Silva found that she needed some help balancing her day job and responsibilities on the farm. Whitney, her mother and her riding teacher offered to board and feed Bunny in exchange for the young girl getting to ride her in preparation for her first pentathlon, which involves equestrian show jumping.

"It all goes full circle. My horse is over there. She's getting three meals a day. She's enjoying and loving life," Silva said. "Just by putting money toward Holiday's horses, now everyone is getting their horse fix."

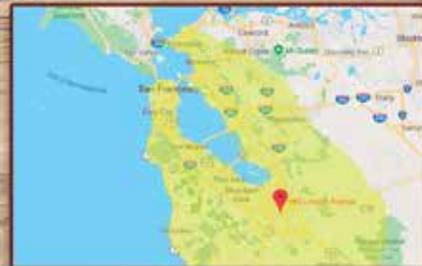
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# EQUINE INTEGRATIVE VETERINARY MEDICINE AND ACUPUNCTURE

By Allie Turner, DVM, CVA, CCRT

I am a local, born and raised here in the Bay Area in the coastal town of San Gregorio. I grew up in a riding family on a small farm, owning and loving horses as well as dogs, cats, chickens, ducks and pigs.

Later, I participated in local gymkhanas and was an active member of the Woodside and Moon Valley Pony Clubs for 10+ years. I also rode on the junior drill team, competed in the Hunter/Jumper west coast circuit in the Junior Jumpers, and participated in local rodeos.

I attended Oregon State University for my undergraduate degree as well as veterinary school. During these years, I worked as a veterinary technician at multiple equine, mixed and small animal hospitals, including Peninsula Equine.

I began my career as a veterinarian here in the Bay Area, working at a large animal hospital in Gilroy. While I loved working with my clients and patients, I was actively looking for more ways to help them. When I was introduced to acupuncture and traditional Chinese veterinary medicine (TCVM), I decided to pursue a specialization and certification in integrative vet medicine and canine physical rehabilitation.

Integrative veterinary medicine is utilized to support health and wellbeing and can be used in addition to conventional approaches. Acupuncture has been used for thousands of years to treat a variety of

conditions, from musculoskeletal pain to internal diseases that relate to the GI and neurologic systems. Acupuncture, cold laser therapy, TCVM herbal and food therapy can all be used in treatment as well as for prevention. My philosophy is to treat my patients as a whole when providing therapeutic treatment plans and involve the patient's regular veterinarian(s) to enhance equine performance and healing.

At the initial appointment, I will take a full history of your horse, including its diet, level of work, environment and your goals with your equine partner. I stay in contact with your referring veterinarian, keeping them updated on findings and recommendations so as to collaborate on treatment plans. During the appointment, I complete a diagnostic manual 'scan' as well as palpating the horse's body to assess areas of discomfort, as well as examining the horse's tongue, noting the pulse to determine the TCVM diagnosis. Treatment can include cold laser therapy, dry needling, electroacupuncture, and aqua-acupuncture. I will also discuss additional options, including herbs and food therapy. After an appointment, a treatment summary is sent to the client, referring veterinarian, and trainer if so desired, allowing your horse's entire healthcare team work together to provide the most comprehensive care possible. I love my work!

If you are interested in a consultation or learning more, please visit my website: <https://www.vetacupuncturevc.com/>.

## Here are 2 horses I'm currently treating:



**Merry is a 10-year-old Paint Mare.** In early 2019, Merry had behavioral changes including spookiness, biting, cinchiness and a history of intermittent diarrhea that worsened when she was in heat. On one of my diagnostic scans, Merry had a strong positive indicating possible stomach ulcers as well as some cervical musculoskeletal pain. Her owner had Merry scoped which confirmed severe squamous ulcers. Her regular veterinarian began conventional treatment (Gastrogard) and, in addition, I recommended adding in a Chinese herbal formula and food therapy. We continued treatments every 2 weeks and Merry began to feel better, allowing dry needling and laser therapy, and after 3 months her recheck gastroscopy confirmed significant improvement of her stomach ulcers. Merry gets monthly follow up treatments and continues both food therapy and herbs for maintenance and prevention.



**Fendi is an 11-year-old Warmblood gelding.** I began working with Fendi in July 2019. At that time, his owner felt he was hesitant under saddle and had a history of chronic lameness in the forelimbs and general soreness. On his diagnostic scan, he was positive for hip pain, thoracolumbar pain and hoof pain. I also examined him under saddle and while jogging in hand. With the combination of dry needling, laser and herbs, Fendi began to improve over the next 3 months. When Fendi was evacuated during the CZU complex fires over the summer, he experienced colic episodes. Thankfully, I was able to treat him for generalized stress and GI support once he returned to his barn. Today, I see Fendi once a month for maintenance while he continues on herbal formula.



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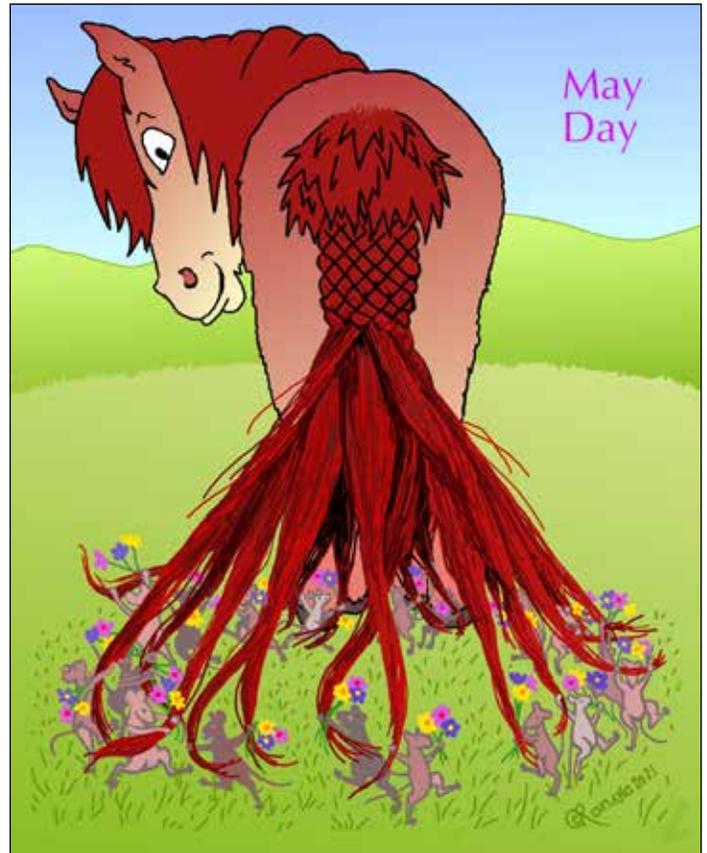
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# BAREFOOT TRIMMER PROFILE: **Scott Bell**

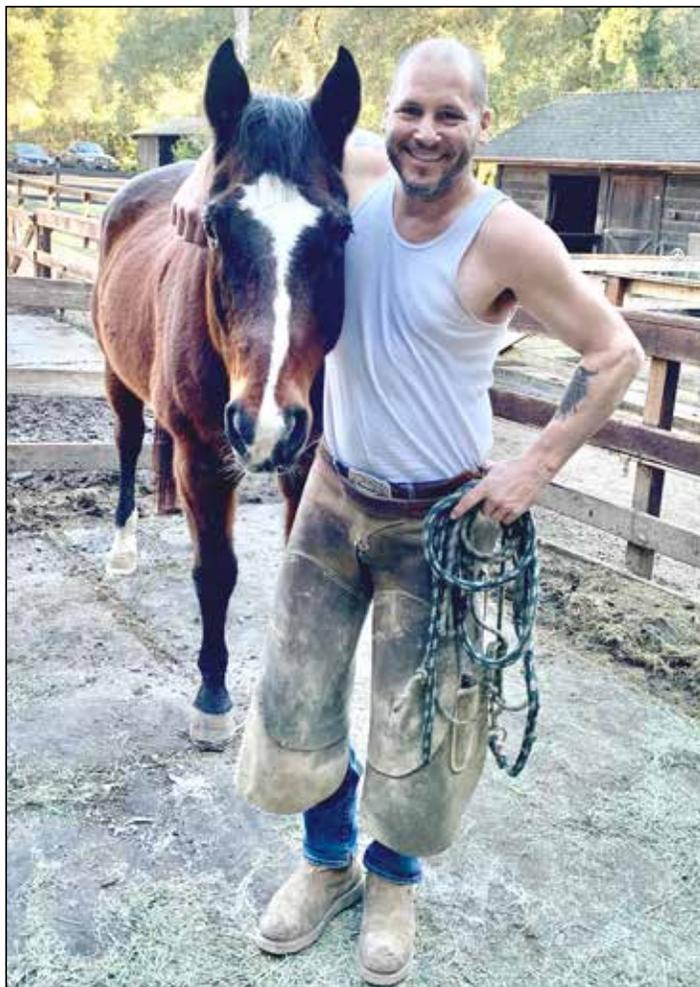
*By Scott Bell*

Hello SMCHA! Thank you for the opportunity and invitation to introduce myself. My name is Scott Bell and I have been working hooves for the past 20 years; seven years as a shoer and the remainder as just a hippy barefooter. My wife and I have been living in Menlo Park for the past 15 years and we have two daughters, Zoe - 22, Grace - 17 and one little dog, Sadie Mae. I started shoeing in San Diego after attending the Pacific Coast Horseshoeing School and soon thereafter, moved to the Bay Area, initially living in Mountain View and then settling into Menlo Park.

Soon after arriving in the Bay Area, as I was beginning to build my practice, I happened to attend a barefoot clinic that planted a seed of possibility in my mind. I kept on shoeing and building my practice but that clinic sent me on to a series of trips around the country to visit various folks who were working in the barefoot world and advocating for the barefoot lifestyle. I asked questions, watched them work, and learned about their lives, philosophies and practices. Somewhere along the line, I began quietly transitioning more and more horses out of shoes and then, one day, I was not shoeing at all.

My shoeing philosophy is the same as my overall philosophy of life - simple and minimalistic. I aim to see what I can get away with-out and, as much as possible, see how natural processes can be leveraged and amplified to make things go right and whole. There are many variables and considerations that factor into the health of a hoof and how I trim it in each season. Of all those variables, for me, the two lowest hanging fruits are diet and exercise. To me, food can be medicine or poison, and exercise builds strength everywhere, from hoof to mind. When those two factors are right, my trim of the hoof is secondary, at best.

I am so grateful to have stumbled into this vocation and to have been able to last in it for the past 20 years. If I can do it another 20, that would be fine by me. Brushing up against a horse, daily, is a great and wonderful gift to us that grounds us back into the earth and dirt from which we came. Thank you for this opportunity!



Scott Bell's shoeing philosophy is the same as his philosophy of life—simple and minimalistic

## March Muddy Horse Contest!

Don't get that currycomb out quite yet! SMCHA wants to see a picture of your horse at its dirtiest/muddiest! You can send your photo to [SMCHA@SMCHA.ORG](mailto:SMCHA@SMCHA.ORG) or post your entry to the SMCHA's Facebook Group with the hashtag - [#SMCHAmuddyhorsecontest](https://www.facebook.com/SMCHAmuddyhorsecontest). The winner of this contest along with his/her horse will be featured in our next magazine as well as receiving a prize for your winning entry. Deadline is March 31, 2021. Have fun!



## Thank You for Your Generosity!



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Erickson, Connie  
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Eshelman, Kat  
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## Have You Renewed Your SMCHA Membership?

If not, it's time to renew and/or offer the gift of membership to your family, friends, colleagues, etc. Here are just some of the many benefits of SMCHA membership:

- Receive "pre-invites" to our acclaimed "FREE" Riding Clinics, a series of instructional riding & horsemanship lessons with well-known local instructors.
- Receive our quarterly magazine, "The San Mateo Horseman," online or in your mailbox.
- Maintain access to the "Members Only" portion of our website.
- Get a discounted price on select SMCHA-sponsored events and rides.

- Obtain pre-invites to a variety of our special clinics and play days.
- Receive pre-invites to other events such as our annual outdoor movie night, horse-related health & educational presentations and social events.
- Learn about new trails in our area by joining us for our organized trail rides.
- Remain informed through our e-blasts about horse-related issues impacting our community.
- Receive discounts from many of our advertisers, including Western Saddlery, Custom Covers by Cheryl as well as V&V RVs and Trailers.

- Receive pre-invites to our annual events such as our yearly Jack Brook Campout.
- Meet people from all walks of life and make new friends who share our passion for horses.





# *What's In It for Your Horse?*

*By Jennifer Ott*

A group of horse fans met in December, 2020 for a forum on how to provide a horse with its "Best Life." We were almost lucky enough to meet in person, but COVID restrictions swept in at the last moment and forced us to Zoom-land. We had some great discussions on the information presented and the group asked questions leading to more questions- the most productive type of conversation! It is my hope that this forum will continue to meet (in person!) as a supportive environment to help each other, ask questions, and apply real science to our interactions with horses.

One of the most important, over-arching concepts I introduced is the updated animal welfare assessment called The 5 Domains (Mellor, et al, 2020). This document provides a grand overview of how we can best provide for any non-human animal in our lives. I would bet your horse (and most all horses) is deficient in one or more of these categories. I challenge you to make at least one small change from this list to improve your horse's well-being.

**The first Domain** is Nutrition, which includes gastrointestinal (GI) comfort, a non-threatening place to eat, adequate vitamins and minerals, and free access to water. In horse terms, GI comfort would mean free-foraging to maintain the 16-18 hours a day a horse would naturally eat. This constant flow of fiber means a much lower chance of both ulcers and overwhelming the horse's relatively small stomach. Most boarded horses get to eat only a few hours a day and sometimes get only pellets or hay cubes, instead of hay or pasture. Access to a large tub of water means horses can drink until satisfied, dunk hay if needed, and splash and play. Small auto-waterers do not provide any of these options. A variety of foods and enrichment toys are available and can go a long way toward activating the Seeking System in your horse and improving welfare.

**The second Domain** is Physical Environment, which includes space to move/play, a sandy place to roll with little dust or odor, choice of sun or shade, and safe fencing.

Many horses are confined to very small paddocks or even stalls (which is illegal in Switzerland, in addition to fines for shaving ears and muzzles, among other laws). Horses deserve to have the

choice of warmth/sun or cool/shade and when to eat/drink/roll/socialize/rest all in a quiet, clean environment.

**The third Domain** is Physical Health, which includes prevention and treatment of illness or disease and routine care of hooves and teeth. This category seems to fare best when assessing our boarded horses because there are many established health protocols and it's quite easy to spot a horse in distress from a fever or laceration. However, horses suffering poor mental health could have physical manifestations such as stereotypies (cribbing, weaving, self harm) and depressive behavior. Also, it must be noted that Sue Dyson's study of 60 ridden horses found 73% of them were lame, to the owners' surprise. So maybe we could all be more informed in this domain?

**The fourth Domain** is Behavioral Interactions, which are three-prong: horse-horse, horse-environment, and horse-human. Other horses provide the opportunity for play or bonding. The environment should provide the opportunity for eating, exploring, playing or resting. Humans provide enrichment, in this case training and handling without force or punishment, with the use of positive reinforcement, which activates the horse's Play and Seeking systems in the brain.

**The final Domain** is Mental State or Affective Domain into which the four above-mentioned domains feed. Depending upon how positive or negative the other four domains are, your horse could develop a positive or negative outlook on life. Lack of choice, enrichment, and engagement can lead to a very poor state of welfare.

Imagine the horse living in a stall who goes on a hot-walker or gets ridden in circles in an arena. Now imagine yourself locked in your bathroom for 23 hours a day, then either on a treadmill (with no book or screen) or running circles on a track for the one "free" hour. In fact, existing in such a barren environment changes the brain by thinning the cerebral cortex, thus diminishing the ability to process information and possibly reducing the ability to cope with stress.

Preventing normal behavior creates chronic frustration and boredom and brain damage. I encourage you to remedy one, some, or all of the ways you prevent normal behavior for your horse...or yourself!

# Jokes

**Q.** Where do cowboys cook their beans?

**A.** On the range.

**Q.** What did the cowboy say at his second rodeo?

**A.** "This ain't my first rodeo."

**Q.** A cowboy rides into town wearing a paper suit, paper hat, paper jacket, paper pants, and chaps.

**A.** He wasn't in town five minutes before he was arrested for rustling.

**Q.** Why do Canadian cowboys have sticky feet?

**A.** Maple Stirrups.

**Q.** Why can't cowboys ever get the right answer in math class?

**A.** Because they're always rounding things up.

**Q.** How do you make a small fortune breeding horses?

**A.** Start with a large fortune.



**Domesticated Animals**

Find all the words listed below. Words can be forward/backwards, up/down, reverse and diagonal

C	W	B	C	A	T	T	L	E	P	G	Q	N	A	Z
K	C	U	D	L	Y	E	P	S	I	B	J	T	X	I
W	T	H	L	P	M	D	C	E	G	F	E	P	C	V
P	H	A	I	A	G	O	O	S	E	O	Z	Y	I	Z
O	M	G	C	C	G	N	G	R	O	H	A	I	B	L
A	G	F	Y	A	K	K	R	O	N	T	S	T	W	S
G	O	H	E	G	D	E	H	H	D	T	X	T	N	A
E	I	A	M	Z	T	Y	N	E	E	T	T	H	O	L
O	Q	J	Y	P	E	X	H	X	B	U	F	I	N	E
C	I	B	V	K	Y	B	E	A	G	E	O	N	I	H
I	P	W	R	T	F	M	U	C	G	D	C	N	D	F
H	I	U	P	W	M	R	G	Q	N	E	U	P	N	Y
D	T	A	I	L	K	A	J	E	H	V	I	N	Y	M
A	D	R	J	M	G	H	A	A	O	Q	N	U	M	C
J	M	H	L	V	S	W	X	B	A	E	Y	K	S	Z

CHICKEN	YAK	DOG	GOAT
DUCK	PIG	TURKEY	CATTLE
ALPACA	CAMEL	HORSE	DONKEY
GOOSE	ZEBU	HEDGEHOG	CAT
SHEEP	LLAMA	PIGEON	FERRET



# The Art of Felt Needling

By Echo Lockhart

I am a Bay Area native and have lived in California practically my entire life. I studied commercial art in Arizona and quickly discovered that this type of art was stifling, so she decided not to pursue a career in that field.

Having a strong affinity for art and drawing, I used graphite as my first medium and then graduated to color pencil. I've also dabbled in other mediums such as acrylic, watercolor and sculpture.



About 2 years ago, a friend showed me a video of an artist creating a cat face in wool. I was amazed at how realistic the face was and wanted to give it a try. Having drawn for many years, I realized I had the perfect foundation at my fingertips. Also, using my profound knowledge of animal anatomy, muscle and bone structure, I found wool to be an easy material to manipulate into various figures. So, I embarked on the journey of teaching myself to needle felt sculptures in wool.

The time it takes to complete a sculpture depends entirely on the subject itself, size and details. For instance, a one-colored horse with just a few markings such as socks and a blaze takes approximately 6 to 8 hours while a leopard appaloosa could take up to 12 to 14 hours. The reg-

ular octopus takes about 6 hours, but the blue ring octopus I created took two days to complete. The blue ring octopus is highly detailed with suction cups on his tentacles with each blue ring added individually.

I sell my creations on Etsy and by word of mouth. The name of my Etsy shop is FeltedMenageriStudio. I also accept commissions for custom orders. I have done many pet sculptures, mostly as a tribute to past companions. I've also did a custom order of a pregnant Mary and Josef after a customer purchased a Donkey and wanted to create a special scene for a holiday party. Another customer had a whole laundry list of African animals, including a gazel, zebra, rhino, elephant and so on.

Looking back, I think the Blue ring octopus was the most detailed, along with the Zebra and White Tiger.

One day, post-COVID, I'd love to put on a workshop to teach others how to make these fun quality pieces using needle felt.

But, in the meantime, if anyone would like to purchase or custom order one of my felt creations, I can be reached by phone 650-504-6162. Or come visit my Etsy store and contact me through Etsy messages <https://www.etsy.com/shop/FeltedMenageriStudio> Prices range from \$35 for a small felted jellyfish, \$65 for a cute bunny, \$95 for a short hair dog or cat (any breed) to \$150 for a long hair pet. Horses with standard markings start at \$125 with the price increasing according to the specific details and markings requested. Hope to hear from you soon!!



Echo created this beautiful keepsake of Sharon's horse Cool

# SMCHA 2020 Accomplishments During a Challenging Year

- Partnered with WHOA! to have our 2nd Equestrian Community Pow Wow in February 2020
- Partnered with supporters from Webb Ranch to plan for a future Youth-Oriented Equestrian Library
- Highlighted local business support on SMCHA's Facebook group when COVID-19 started
- Created a fun and successful Spring Youth Drawing Contest
- Organized a Pen Pal letter drive to shut-ins at Redwood City's Brookdale Senior Living
- Started an SMCHA COVID-19 Relief Fund for our local equestrians in need.
- Had a blast hosting a "Words with Friends" Contest
- Created a successful Summer Youth Photo Contest
- Hosted a well-attended Lyn Ringrose-Moe Cowboy Dressage Clinic
- Assisted in local CZU Fire updates on our SMCHA Facebook group
- Hung "Thank You" banners at Bucks and HMB Feed and Fuel thanking our First Responders and LAEG
- Hosted a super fun and social distanced Movie Night at Webb Ranch
- Hosted 2 wonderful and well-attended Obstacle Clinics at Webb Ranch with Joan McLaren
- Partnered with Jennifer Ott on her new Special Interest Equine 4H Club
- Hosted a fun-filled Halloween Play Day at Webb Ranch
- Held a successful Christmas Wreath Fundraiser
- Donated funds to help BOK obtain obstacles for their new 4H program
- Sponsored a Jennifer Ott Forum "Is Your Horse Living Its Best Life" with proceeds going to Jasper Ridge Farm
- Produced 4 amazing seasonal issues of SMCHA's Magazine, "The San Mateo Horseman"
- Held a successful Giving Tuesday Campaign on Facebook
- Held monthly board meetings using the ZOOM platform
- Offered assistance to SMCHA members who needed food for horses during the fires
- Announced "Elizabeth Ouellette" as SMCHA's 2020 Horse Person of the Year

## Answers to Word Search



- |         |       |          |        |
|---------|-------|----------|--------|
| CHICKEN | YAK   | DOG      | GOAT   |
| DUCK    | PIG   | TURKEY   | CATTLE |
| ALPACA  | CAMEL | HORSE    | DONKEY |
| GOOSE   | ZEBU  | HEDGEHOG | CAT    |
| SHEEP   | LLAMA | PIGEON   | FERRET |

## Horsewoman of the Year

*Continued from 7*

*At the end of January, I was watching the geese fly through the air in a "V" formation at Webb. And then it hit me! SMCHA members and our local equine community are just like geese!*

*We come together and rise to meet the toughest challenges. Supporting each other in good times and bad, we band together, making true the spirit of teamwork. Enjoy!*

### The Goose Story

When geese fly in formation, they create their own unique form of teamwork. As each bird flaps its wings, it creates uplift for the bird immediately following. By flying in their 'V', the whole flock adds at least 71% more flying range than if each bird flew on its own. Geese honk from behind to encourage those up front to keep up their speed.

When a goose falls out of formation, it suddenly feels the drag and resistance of trying to go it alone and quickly gets back into formation to take advantage of the lifting power of the bird in front. When the lead goose gets tired, it rotates back in the 'V', and another goose flies point.

When a goose gets sick, or is wounded and falls out of formation, two other geese fall out with their companion and follow it down to lend help and protection. They stay with the fallen goose until it is able to fly, or until it dies, and only then do they launch out on their own, or with another formation to catch up with the group.



# COME VOLUNTEER WITH US!

Want to meet new people who love horses? Interested in helping out with our many activities and events? We are always looking for volunteers! If you'd like to be part of our team, send us an email and a member of our club will contact you.

Email: [SMCHA@smcha.org](mailto:SMCHA@smcha.org)

# COME ADVERTISE WITH US!

Advertise your business to over 400 readers of our popular magazine, The San Mateo County Horseman. Advertising with SMCHA is a great way to reach potential customers four times a year! We'll not only print your ad, but also make mention of our business on our website – [smcha.org](http://smcha.org)

## Contact Jenny Mize

Email: [jennymize9@gmail.com](mailto:jennymize9@gmail.com)

Cell: 650.380.1574

**FREE CLASSIFIED ADS FOR MEMBERS!**

## GENERAL MEETINGS

Christine Friis @ 650.704.2996

## RIDES

Adeline Forrest @ 650.743.1665

## PROMOTION & PUBLICITY

Venita Naidoo @ 650.716.8372

## COLOR GUARD

Christine Friis @ 650.704.2996

## 4-H YOUTH PROGRAM

Jennifer Ott @ 650.619.8257

## FUNDRAISING

Christine Friis @ 650.704.2996

## HORSE SHOWS

Cheryl Basin @ 650.722.0606

## FALL RIDING CLINIC

Karen Rowley Shawback @ 510.432.0368

## FACEBOOK

Beverley Kane @ 650.868.3379 & Jenny Mize @ 650.380.1574

## TRAILS

Adeline Forrest @ 650.743.1665

## FINANCE

Cheryl Basin @ 650.722.0606

## SAN MATEO COUNTY FAIR

Adeline Forrest @ 650.743.1665

## THE SAN MATEO HORSEMAN MAGAZINE

Elizabeth Ouellette @ 650.248.3409

## MEMBERSHIP

Tanya Rebarchik @ 650.867.2987

## MAILINGS

Cheryl Basin @ 650.722.0606



# SMCHA 2021 Calendar of Events

Check website for updates: [www.smcha.org](http://www.smcha.org)

## March

11 - Board Meeting

11 - NCEFT Rising Above: A Virtual Evening of Resilience & Hope

## April

8 - Board Meeting

TBD - Jennifer Ott Equine Forum

## May

13 - Board Meeting

## June

10 - Board Meeting

16- 20 Los Viajeros V6 Ride

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Dates TBD – For the ever so popular “SMCHA Free Fall Riding Clinic”

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## July

8 - Board Meeting

11- Obstacle and Horsemanship Clinic with Joan McLaren

21-26 – Jack Brook Horse Camping

## August

12 - Board Meeting

## September

9 - Board Meeting

12 - Obstacle and Horsemanship Clinic with Joan McLaren

18 NCEFT Jeans & Jewels Gala

## October

8 - Woodside's Art of the Horse

9 - Progressive Trail Ride Sunday

10 - Horse Fair

14 - Board Meeting

TBD – Halloween Play Day

## September

September 24 - SMCHA Movie Night at Webb Ranch

## November

11 - Board Meeting

## December

TBD – Holiday Celebration

## EQUESTRIAN WEBSITES

**Bay Area Savvy Players:** [bayareasavvyplayers.org](http://bayareasavvyplayers.org)

**Backcountry Horsemen of California:**  
[bchcalifornia.org](http://bchcalifornia.org)

**Bay Area Equestrian Network:** [bayequest.com](http://bayequest.com)

**BLM Wild Horses & Burros, California:**  
[wildhorseandburro.blm.gov](http://wildhorseandburro.blm.gov)

**California Dressage Society, California:** [dressage.org](http://dressage.org)

**California State Horsemen's Association (CSHA):**  
[californiastatehorsemen.com](http://californiastatehorsemen.com)

**CSHA Region 6:** [csharegion6.org](http://csharegion6.org)

**Disabled Equestrians:** [disabledequestrians.org](http://disabledequestrians.org)

**Horse Park at Woodside:** [horsepark.org](http://horsepark.org)

**Horsensei:** [horsensei.com](http://horsensei.com)

**Into the Light Horse Rescue and Sanctuary:**  
(facebook): [intothelighthorserescueandsanctuaryinc](https://www.facebook.com/intothelighthorserescueandsanctuaryinc)

**Jasper Ridge Farm:** [jasperridgefarm.org](http://jasperridgefarm.org)

**Los Altos Hills Horsemen's Association:** [lahha.org](http://lahha.org)

**Los Viajeros Riding Club:** [losviajeros.org](http://losviajeros.org)

**Mounted Patrol Foundation:** [mountedpatrolfoundation.org](http://mountedpatrolfoundation.org)

**Mounted Patrol of San Mateo County:** [mpsmc.org](http://mpsmc.org)

**San Mateo County Large Animal Evacuation:** [smclaeg.org](http://smclaeg.org)

**National Center for Equine Facilitated Therapy (NCEFT):**  
[nceft.org](http://nceft.org)

**San Mateo County Horsemen's Association:** [smcha.org](http://smcha.org)

**San Mateo County Sheriff's Mounted Search & Rescue:** [smcmsar.org](http://smcmsar.org)

**San Mateo County Parks Volunteer Horse Patrol:** [smcvhp.org](http://smcvhp.org)

**Santa Clara County Horsemen's Association:** [sccha.org](http://sccha.org)

**Santa Cruz County Horsemen's Association:**  
[sccha.wildapricot.org](http://sccha.wildapricot.org)

**The BOK Ranch:** [bokranch.org](http://bokranch.org)

**The Square Peg Foundation:** [squarepegfoundation.org](http://squarepegfoundation.org)

**Woodside-area Horse Owners' Association (WHOA!):**  
[whoa94062.org](http://whoa94062.org)

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President: Christine Friis

## MEMBERSHIPS MAKE GREAT GIFTS!

Please mail membership payments and donations to: SMCHA P.O. Box 620092, Woodside, CA 94062  
Please make checks payable to SMCHA or submit payments via PayPal on the SMCHA website: [www.smcha.org](http://www.smcha.org).  
(Simply put a note in the comments section as to what your payment is for.)

Name \_\_\_\_\_ Phone(H) \_\_\_\_\_ (C) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Email \_\_\_\_\_

If you do not want your name to appear in our membership roster, please check here \_\_\_\_ Annual Dues are for Jan 1 through Dec 31. (Memberships of new members, joining after November 1, will be paid through the following year.)

### Memberships

### Annual Dues

\_\_\_\_\_ Youth (17 & Under) ..... \$30

\_\_\_\_\_ Adult (18 & Above) ..... \$40

\_\_\_\_\_ Couple ..... \$55

\_\_\_\_\_ Family and all kids under 18 ..... \$60

Please list names and ages of children:

\_\_\_\_\_

\_\_\_\_\_

**SMCHA always welcomes volunteers! If there are any events/functions at which you would like to volunteer, please check below and we will contact you.**

\_\_\_\_ Board of Directors

\_\_\_\_ Playdays/Gymkhanas

\_\_\_\_ Trail Maintenance

\_\_\_\_ Member Recruitment

\_\_\_\_ Youth Programs

\_\_\_\_ Color Guard

\_\_\_\_ Magazine

\_\_\_\_ Horse Shows

\_\_\_\_ Miscellaneous Events

\_\_\_\_ Hospitality/Promotions

\_\_\_\_ Clinics

Donations to any of these functions/events are also welcomed!

Use my donation for: \_\_\_\_\_

SMCHA is a registered 501 (c) (3) Non-Profit Organization and your donations are tax deductible as allowed by law.

Dues \_\_\_\_\_ Donations \_\_\_\_\_ Total Enclosed \_\_\_\_\_

Don't want to receive a printed copy of The San Mateo County Horseman? Check here \_\_\_\_.

PDF versions of the SMCHA magazines are also available online, in the member section, at [www.smcha.org](http://www.smcha.org). SMCHA wishes to honor our donors on a yearly basis by posting their names and a thank you in our first-quarter magazine. If you do not want your name to appear in this issue, please feel free to email [smcha@smcha.org](mailto:smcha@smcha.org) or call (650 704-2996) to let us know.