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## Cover

**Jo Egenes is honored as the 2023 Horsewoman of the year at the annual SMCHA gala.**

## Didjaknow

*By Bob Rosenberg*

Riding: The art of keeping a horse between you and the ground.

## Horse Idioms

### Eat like a horse

The idiom to eat like a horse originated in the 18th century. Someone who eats like a horse can eat a lot of food. Horses normally consume the equivalent of 1.5-2% of their body weight per day. So for a 1,000-pound horse, that's 15-20 pounds of food a day!

# Cowgirls' Quarterly

*A Message from Your Presidents*

Deb Alvarado, Sharon Butler, and Deb Vasquez



## Nurturing Strong Community Bonds: A Year with SMCHA

As we find ourselves halfway through this eventful year with SMCHA, let's take a moment to celebrate the wonderful partnerships we've built and continue to foster within our horse-loving community. These connections hold immense value, and together, we strive to ensure that our equine friends remain an integral part of not only our stunning county but also the neighboring ones.

Our journey takes us to various locations, each hosting a diverse array of activities. These range from thrilling horseback rides and enlightening learning sessions to delightful tea gatherings, spirited competitions, refreshing camping escapades, and many more engaging experiences. What truly brings these moments to life is the collaboration we share with those who generously host and support our endeavors. This spirit of cooperation is our guiding light as we move ahead. The pursuit of mutually beneficial outcomes is key to sustaining the vibrancy of SMCHA, reinforcing our commitment to creating win-win situations whenever possible.

The foundation of these strong partnerships often lies in simple gestures—expressing heartfelt gratitude to our hosts and sponsors, leaving the places we visit clean, embracing kindness, and offering a helping hand. Volunteering at these venues further deepens our ties and reinforces the sense of unity.

Equally important is our collaboration with other like-minded groups, as it allows us to jointly organize events that are accessible and budget friendly. This collective effort plays a significant role in our mission.

As 2023 winds down, please know that we're dedicated to curating a diverse range of events that blend education, affordability, and sheer enjoyment. This ambitious endeavor is made possible through the strong bonds we've cultivated. It's essential to take a moment to express our gratitude to both past and present sponsors and hosts, for their unwavering support enriches our shared journey.

Together, we weave a tapestry of camaraderie, learning, and memorable moments, leaving a lasting impression that extends far beyond the boundaries of our horse community.



## The San Mateo County Horseman Magazine

SUMMER 2023

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of the San Mateo County  
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- June (Spring)
- September (Summer)
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# ASK THE VET

## Vesicular Stomatitis

By **KENDALL WILLSON, D.V.M.** | *Columnist*

Reprinted by permission from *Fort Bragg Advocate News*

A recent outbreak in Southern California has many livestock producers and veterinarians on their toes trying to stop the spread of vesicular stomatitis (VS). VS is a contagious viral disease most prevalent in livestock and horses. It is a zoonotic disease (transferable to humans) and does pose a small risk to humans. Although rarely life-threatening in any species, it can have a huge financial impact on the livestock and equine industries. This outbreak has caused new rules to be implemented at horse shows and auction yards, and it has also caused events to be canceled and the closure of sale barns.

Vesicular stomatitis has an incubation period of 2 to 8 days, which is the time it takes from contraction to the first appearance of clinical signs. Often the first notable clinical sign is hypersalivation, followed by blistering of the lips, nose, and oral cavity. Blisters can also appear on the haired area connecting to the hooves (coronet bands) and on the teats and prepuce. Blisters in and around the mouth are extremely painful and cause a reduction in eating and drinking. Affected animals will often become febrile and will go off feed. In dairy cattle, this causes a huge drop in milk production. In meat-producing livestock, gaining subsidies sets back producers' goals and timelines.

Humans exposed to an infected animal's saliva or nasal secre-



tions can contract VS. Symptoms in humans are inconsistent with the infected animal's clinical signs. Humans who contract VS get intense flu-like symptoms, fever, muscle aches, and general lethargy. It is important to protect yourself by wearing gloves when handling a suspected case of VS, hand washing, and clothing changes before handling any other susceptible animals.

The spread of VS is not fully understood. We know it is most often spread by biting insects landing on open lesions, and then traveling to a different unaffected animal. It is also spread by virus shedding on surfaces and equipment and animals moving from one location to another.

If you suspect an animal is infected with vesicular stomatitis, contact your veterinarian as soon as possible. Your vet will contact state and federal authorities and will run appropriate tests to determine if VS is causing the clinical signs present. A lab test is the only way to confirm whether it is VS or a different disease such as foot and mouth or a severe sunburn.

"Ask the Vet" is a monthly column written by local veterinarians, including Colin Chaves of Covington Creek Veterinary, Karen Novak of Mendocino Village Veterinary, and Kendall Willson of Mendocino Equine and Livestock. Past articles can be found on the Advocate-News and Beacon websites by searching "Ask the Vet."



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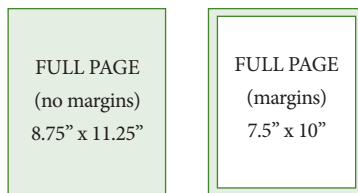
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**DEADLINE FOR ADS AND ARTICLES**  
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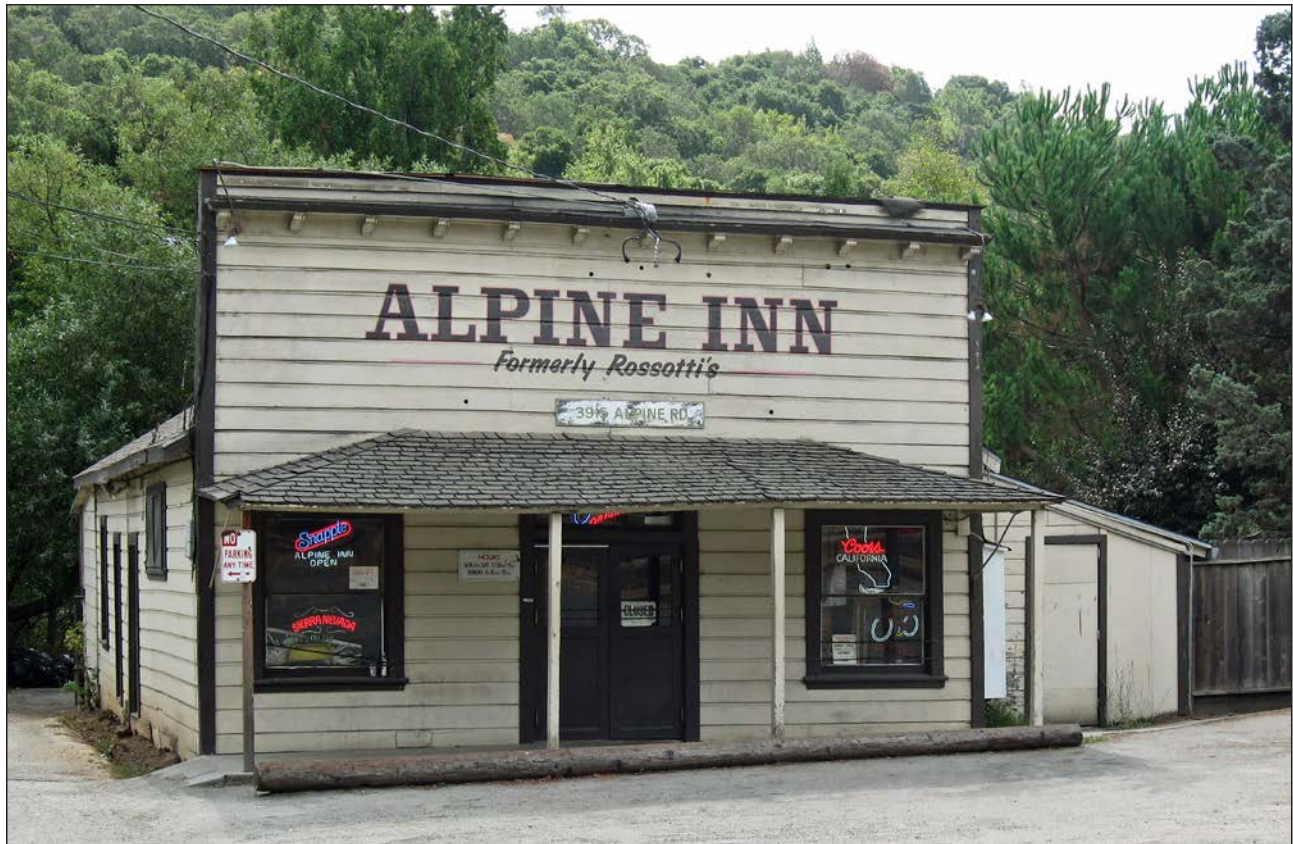
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# The Second Longest Operating Saloon in California

*Reprinted with permission by author, Dan Calic*

Casa de Tableta was built in 1850 and used as a saloon during the early days of California. It is now known as the Alpine Inn, but still called “Zots” by locals because of its former name Rossotti’s. It is California historical landmark 825.

The Alpine Inn may be written on the building today. However, this is only one of many names and owners of this iconic business. It’s the second oldest continuously operating saloon in the entire state of California.

## Let’s start at the beginning:

After the Mexican-American War ended, a wealthy landowner named Maximo Martinez gave his friend Felix Buelna 95 acres of land. In the early 1850s, Buelna built an establishment that was used as a meeting place and gambling hall for Mexican-born Californios. He named it Casa de Tableta. It was built at a strategic location on the “Old Spanish Trail,” used by Californios, Native Americans, and Gold Rush settlers, which connected Pescadero with Palo Alto.

In 1868, Buelna’s ownership ended when it was lost to an Irishman, William Stanton, in a poker game.

Stanton hired Rodriquez Crovello to run the place in 1875. He had a huge black handlebar mustache, which prompted the place to get nicknamed “Chapete’s” or “Black Chapete’s.”

Stanton died in 1887, and soon after, the place was taken over by William Schenkel, who renamed it “The Wunder.”

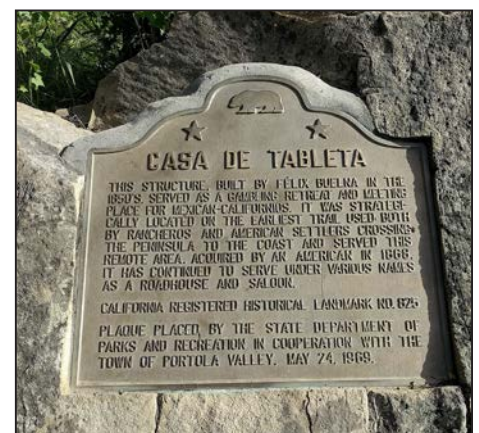
Later, with the development of Stanford University close by, a new group of patrons began frequenting the place.

During the thirteen years of prohibition, the name was changed to “Schenkel’s Picnic Park,” however, it’s common knowledge they continued to serve alcohol.

In 1933 (the end of prohibition), ownership once again changed. Enrico Rossotti bought the place, and the name became “Rossotti’s Saloon.” Along with new ownership, food service began.

In 1956, again under new ownership, the name was changed to “Alpine Inn Beer Garden.” However, many longtime patrons kept calling it Rossotti’s or Zott’s.

In 1969, it was honored as California Historical Landmark #825, and a plaque was awarded by the State Department of Parks and Recreation, along with the town of Portola Valley.



In 1976, high tech history took place there when some SRI (Stanford Research Institute) employees brought a specially equipped van, which was part of the DARPA (Defense Advance Research Projects Agency) and PR-NET (Packet Radio Network) to the parking lot of the Inn and sent the first ever remote electronic message from a computer while sitting in the picnic area of the saloon.

In recent years ownership again changed, and major renovations took place. However, the iconic beer garden is in its 171st year of operation, with no signs of hanging a “closed” sign on the door.

## THROUGH THE LOOKING GLASS:

# Bridge the Gap and Revolutionize Horse Care

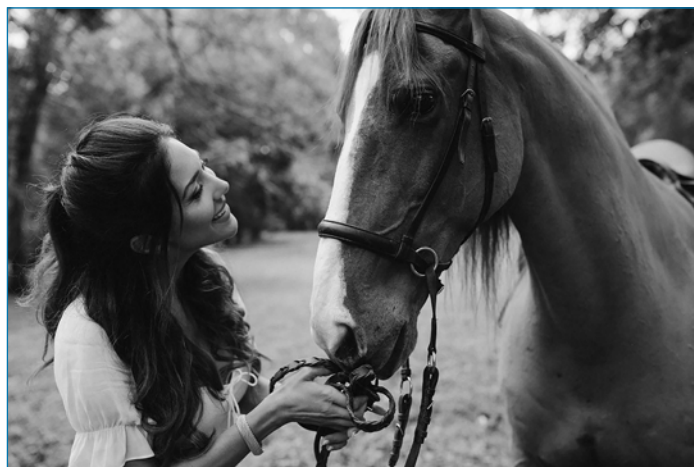
By Cassidy Glass

Growing up in Woodside, the probability that I would begin to ride horses before learning to walk was high. My parents had off-the-track Thoroughbreds well before I was born, which they used for trail riding. Those horses would become my first teachers.

Growing up, I don't have a memory that didn't revolve around early mornings at the barn and late evenings with my parents telling me to sleep in my bed, not the horse stalls. When other things got in the way of being with horses, it was things like school where I was learning the skills to apply to everything horse-related. Library hours were for reading every horse-care book I could get my hands on, science class was developing my understanding of the horse on a cellular level, and math class was furthering my capacity to weigh various feeds and supplements. My insatiable curiosity about horses wasn't solely satisfied through just riding them; it developed from being told by 'horse experts' to just accept the commonly held truths of the horse world. My nature has never been to readily accept being told how to think without conducting my own investigations and experiments. But I found that often, the best wisdom comes from learning things the hard way.

It didn't surprise my parents when I became an investigative journalist and psychology major in college, nor the longing to come right back to my hometown of Woodside to thrive in adulthood, where I spent my childhood...in the barn.

My barns have always been located in the middle of Silicon Valley, where some of the greatest advancements in human existence have been made. That experience, coupled with my unmatched passion for horse care, has led me to wonder why the same questions that led to the breakthroughs for humans haven't been asked or acted upon for horses. We have marched at an exponential pace of advancement toward the betterment of human life (to a point where so many things in our lives feel like they're out of a science fiction story). Yet, so many



Cassidy Glass and xxx

of the ways we care for horses—these animals who cannot speak or warn us that something might be wrong until it's too late—have not changed in decades or centuries. I have chosen to spend the rest of my life doing everything I can to bridge that gap and to work tirelessly for the happiness, healthiness, and longevity of as many horses (through my own animal rescue and research) as possible. I'm here to question the norms, ask "why" a million times, dig deeply into the research, apply human health breakthroughs to horses when applicable, and help as many animals as I can along the way. I look forward to having you join me on that journey—it's going to be a fun ride.

*We welcome Cassidy's enthusiasm and passion for investigating horse-related topics and look forward to her new column in upcoming SMCHA magazines!*

## Redwood City BBQ Fundraiser

By Mariangela Sonstegard

On Thursday, May 18, 2023, SMCHA held its first restaurant fundraiser. The participating restaurant was the Redwood BBQ at 640 Woodside Road in Redwood City (formerly the Old Dairy Queen). They are open daily from 7:00 am - 9:00 pm and are closed only on Thanksgiving and Christmas. On the day of the fundraiser, May 18, anyone who ordered food, to dine in or take out just had to mention SMCHA, show the event poster on their phone, or present the paper flyer, and Redwood BBQ donated 10% of each order to SMCHA.

The fundraiser was very successful, as many people showed up all day



for lunch and dinner to support SMCHA. A group of SMCHA board members, friends, and family met at the restaurant for dinner. The menu has a wide variety of choices to meet everyone's dietary likes and needs. They serve BBQ ribs, BBQ chicken, brisket, burnt ends, gourmet salads, and sides that include baked beans, french fries, and mac and cheese. They even have the old Dairy Queen soft-serve ice cream cones, with chocolate or vanilla ice cream dipped in a hard chocolate shell.

SMCHA will hold the next restaurant fundraiser on Thursday, September 28, 2023, at the Canyon Inn at 587 Canyon Road in Redwood City (650) 369-1646. The Canyon Inn's business hours are 11:00 am - 10:00 pm. Please support SMCHA by ordering food to dine in or take out. When placing your order, just bring the paper copy of the flyer (on the opposite page), take a picture, and show it on your phone or mention SMCHA, and Canyon Inn will donate 15% of your order to SMCHA. Their vast menu includes burgers, sandwiches, pizza, salads, wraps, french fries, delicious onion rings, sodas, beer, wine, and a great kids' menu.

A group of board members, their families, and friends will be there, so please join us for a delicious dinner and a fun evening out, all while supporting SMCHA!



# SMCHA's Horsewoman of the Year: Jo Egenes

FROM CORNFIELDS TO HORSEFIELDS:  
THE EQUESTRIAN ODYSSEY OF JO EGENES

Jo Egenes' journey to Woodside and the Horsemen's Association began long ago in a small farm town in west central Illinois. She grew up in corn and soybean country with hogs, cows, and a few scattered horses. Jo's grandpa had one of the rare horses in town. Sometimes, he'd hook it up to a cart and take it to his farm. Now and then, he'd let his 5-year-old granddaughter, Jo, hold the reins, which was super exciting for her.

At that time, societal expectations confined a girl's aspirations to marriage or other traditional roles, such as a school teacher, a nurse, or a secretary. Her mother insisted she go to college, so she attended Western Illinois State Teacher's College. By the time she had graduated, both of her parents had passed, so she had to find a job. She ended up in a wonderful little village north of Chicago, now a big-time town called Winnetka. After teaching there for three years, she felt the urge to travel.

She applied to teach for the military at one of the many Department of Defense Dependent Schools or DoDDS. Her first assignment was at a fighter pilot base in western England, where she taught the children of American service people stationed abroad. Here, against the backdrop of a foreign land, Jo's path crossed with Lloyd, a Californian fighter pilot whose role in her journey was destined to be far greater than either could imagine. She also purchased a small red car symbolizing her newfound independence and unrelenting drive to embrace life's every opportunity.

Not ready to settle down, Jo asked for another teaching assignment. She was placed at Ramstein Airforce Base in southwestern Germany. These were interesting times: The Iron Curtain was still in existence, The Berlin Wall went up, and President Kennedy was assassinated.

Finally, that spring, she returned to England, married Lloyd, and shipped her red car to Baltimore, where she picked it up and drove across the US to San Francisco. Lloyd started law school, and Westmoor High School hired Jo. The stage was set for a seemingly conventional existence, yet one year later, wanderlust whispered in their ears.

In the San Francisco Chronicle, Lloyd had seen an ad by the Experiment in International Living program. This summer-abroad initiative, the model for today's Peace Corps, was searching for group leaders to accompany students overseas. Their destination was the enchanted realm of Ireland.



During their stay, a few friends encouraged them to go to the Royal Dublin Show, where Jo saw people jumping horses for the first time in her entire life. It was 1965; Jo was 29 years old, and that one show forever changed her life. Every day, rain or shine, Jo watched the graceful dance of horse and rider, but she just could not get enough. She was totally and completely smitten.

Upon their return to California, Lloyd encouraged and supported Jo's equestrian dreams. From beginner horse lessons at Mar Vista Stables in Daly City to the next phase of learning how to jump under Jack Melville's guidance at the Stanford Barn, Jo's journey mirrored the very spirit of determination that had driven her throughout life. Melville's mantra, "Get determined! Your heart has to be on the other side of the fence," stayed with her and became a touchstone for the chapters ahead.

One day after riding, Jo and her good friend Katie Farquharson looked for a place to have lunch. 50 years ago, there were not many markets or restaurants in the area, but they did stumble upon the Little Store in Woodside. Here, amidst the beautiful trees, picturesque trails, and the rhythmic echo of hooves and riders, Jo felt an indescribable sense of belonging. Woodside's allure became irresistible, and it was here the seeds of Olive Hill Farm were sown.

What better time to buy a horse! Jo looked at the classified ads in the Chronicle and saw horses for sale on Atherton Avenue in Novato. So, one rainy Sunday, she and Katie drove up there intending to buy a grey mare. Katie figured they could always breed the mare if it did not work out! Jo saw her grey mare, purchased it for \$600, and promised to pick her up the following day, Monday.

Jo took a day off from work and returned to get her horse. Upon arrival, her friend handed her the lead rope and said, "Well, you have the honor; she's your horse, so you get to load her. The old trailer had no escape door so they had to pull the rope through the

*Continued on Page 39*



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# ETRAC Annual Report | End 2022-Mid 2023



ETRAC (Equestrian Trail Riders Action Committee) volunteer members have been meeting since 2000 to promote equestrian trail interests on the San Francisco Peninsula and outlying areas. We welcome new members, especially those representing other equestrian, park, and land management organizations.

The covid lockdown forced a hiatus on many projects and caused closure of a few trails from lack of maintenance.

With this document, the Equestrian Trail Riders' Action Committee resumes our annual reporting on projects we are involved in, many of which were ongoing during the

pandemic. We are grateful that even during covid, we could still enjoy riding and caring for our horses. And although much trail work was put on hold for those two years, ETRAC members and supporters continued to liaise with the land managers and policy makers for our parks and open spaces and make sure that equestrian needs and concerns were heard.

Come work with us! If you are interested in assuring continued equestrian trail access on Mid-Peninsula trails, please contact Beverley Kane [sensei@horsensei.com](mailto:sensei@horsensei.com) and visit us at [www.etrac-equestrian.com](http://www.etrac-equestrian.com).

The following are some of ETRAC's projects and interests:

- **Bay Area Barns & Trails** ([bayareabarnsandtrails.com](http://bayareabarnsandtrails.com)): This organization supports many equestrian projects. The record of their 2022 accomplished is at [https://mailchi.mp/3a5d449a76f6/our-accomplishments?e=\[UNIQID\]](https://mailchi.mp/3a5d449a76f6/our-accomplishments?e=[UNIQID]) and includes the annual Trail Challenge "Where the Trails Win." In this contest riders from every county log their miles. The county with the most miles wins \$2500 toward trail improvement. In 2022, Marin County won the prize.
- **Bay-to-Sea Trail** ([openspacetrust.org/blog/bay-to-sea-trail](http://openspacetrust.org/blog/bay-to-sea-trail)): (See also Peninsula Open Space Trust in this document)
- **E-bikes. State Assembly Bill 1909**
- ([leginfo.legislature.ca.gov/faces/billNavClient.xhtml?bill\\_id=202120220AB1909](http://leginfo.legislature.ca.gov/faces/billNavClient.xhtml?bill_id=202120220AB1909)) voted into law at the beginning of this year, mandated that all classes of e-bikes are allowed on all trails unless prohibited by a local ordinance. (See Palo Alto) This includes some of the more powerful e-bikes in the Class 3 category, which according can reach speeds of up to 28 mph.



- **GGNRA** ([www.nps.gov/goga/index.htm](http://www.nps.gov/goga/index.htm)) (Golden Gate National Recreation Area): **The Miramontes Trail**, which starts from Richards Road in Huddart Park, has been closed for several years because a portion of this trail fell into the West Union Creek. ETRAC continues to work with GGNRA on the erosion situation and hopes to relocate the trail to an area less prone to annual erosion. GGNRA has compiled its Environmental Impact Report, but at the time of this writing, mid-2023, has not yet made the report available for public examination.
- **Half Moon Bay Beach Trails**: Due to ongoing public objection to horse manure, equestrians have limited beach access.
  - Horses are permitted on the trail alongside the coastal trail from Venice Beach south to almost the Ritz Carlton.
  - Horses are not allowed on paved sections of the coastal trail.
  - Horses are allowed on the beach where the Sea Horse Ranch horses go down at Poplar Beach going south only, to as far as the tides will allow. (Sea Horse Ranch has a commercial license for beach riding along a stretch from Poplar Beach to 20 minutes north of there. They have crews that clean.)
  - **Horse trailer parking**:
    - Venice Beach State Park, \$\$
    - Poplar Beach. Best designated trailer parking.
    - Wavecrest, near the end road. Might have to accommodate baseball and other community activities. Might be hard to turn around later in the day.
    - Equestrians must **completely clean up manure around trailers**.
- **Los Altos Town Pathways**

([www.losaltoshills.ca.gov/DocumentCenter/View/157/General-Plan---9-Pathways-PDF](http://www.losaltoshills.ca.gov/DocumentCenter/View/157/General-Plan---9-Pathways-PDF)) Los Altos Hills Mayor Linda Swan, an equestrian advocate, is urging the Town Council to formally recognize the town's founding principles as an equestrian community. She has called for "codification" of stipulations in zoning and planning rules to ensure that equestrian pathways and properties will be protected.

**Midpeninsula Regional Open Space District** ([www.openspace.org](http://www.openspace.org))

- A pilot study of E-bikes has been implemented for paved & unpaved trails where bikes are already allowed. ETRAC is working to formulate criteria for equestrian consideration during the pilot.
- **Highway 17 Wildlife and Trail Crossings**. ETRAC has worked with Directors to pursue equestrian access along the Hwy 17 wildlife/general purpose trail crossings being proposed.
- ETRAC is actively working to make sure that equestrian access is continued in the Hawthorne Preserve in Portola Valley.
  - A new **water trough** is in place for equestrians at Mindego Hill in Russian Hill Open Space Preserve.
  - **Sears Ranch Road** and **Driscoll Ranch** have trailer parking access to Driscoll & lower La Honda Creek Open Space Preserve. Trailer parking is available at the Event Center parking lot by permit only.
  - **Southern Skyline Blvd. Ridge Trail Extension**. A 6-mile trail is being proposed to extend south of Hwy 92 to the

*Continued on Page 13*

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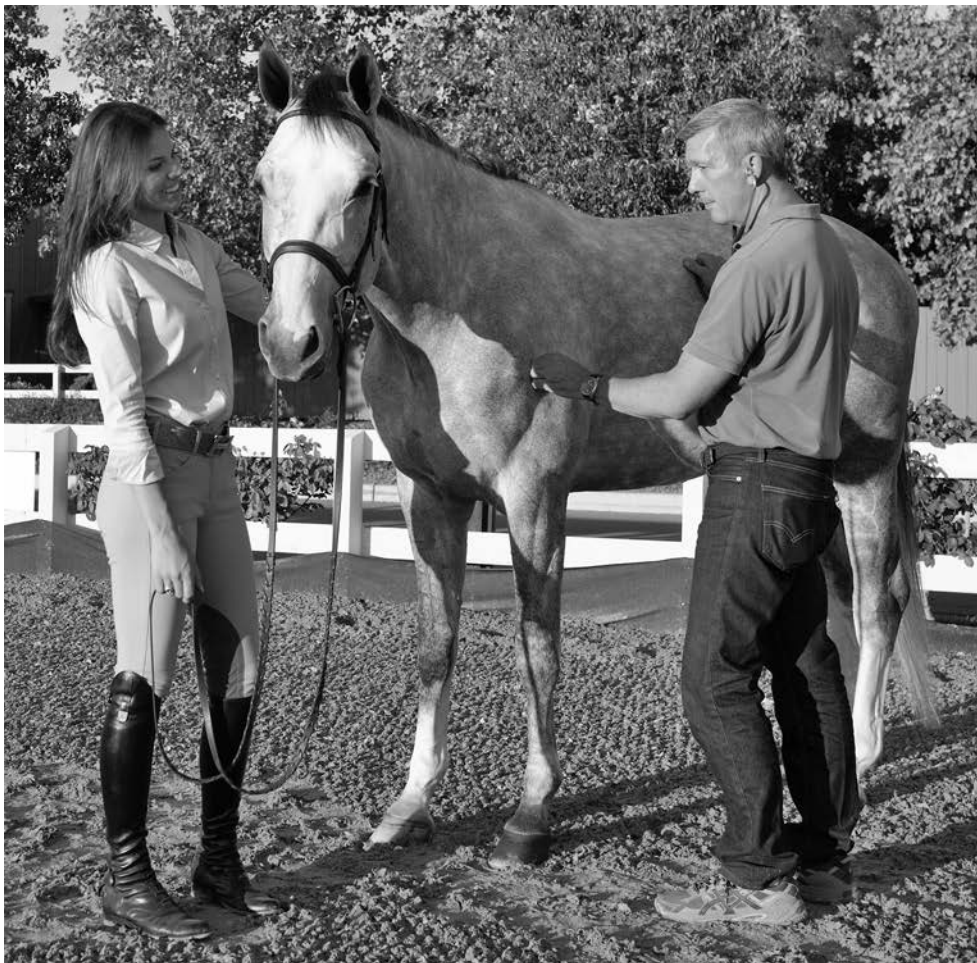
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## ETRAC

*Continued from Page 11*

edge of the Phleger Estate with access to equestrians, hikers, and bikers 7 days/week with a parking lot at the proposed Hwy 92 trailhead.

- **Razorback Trail and Lost Trail** have been closed to horses until 2024. Mudslides in the area were cleared for hikers this season but the ground is still too soft for the weight of the horses. The trail begins off upper Alpine Road and meanders with multiple switchback turns to Skyline Road. It is reachable via Eagle Scout Trail along the Corte Madera creek. Horses can cross the upper Alpine Bridge and arrive at the trailhead, however there is no parking.
  - **Mounted Patrol Foundation** ([mountedpatrolfoundation.org](http://mountedpatrolfoundation.org)). ETRAC continues to work closely with the Mounted Patrol Foundation on trail-related projects. Don Pugh represents MPF on the ETRAC Steering Committee.
  - **Palo Alto e-Bike Ban.**  
[www.paloaltoonline.com/news/2023/02/28/palo-alto-backs-e-bike-ban-on-baylands-trails](http://www.paloaltoonline.com/news/2023/02/28/palo-alto-backs-e-bike-ban-on-baylands-trails)
  - As of early 2023, the city of Palo Alto has banned e-bikes on non-paved pathways within its jurisdiction. This includes commute routes in the Baylands as well as multi-use trails in the Arastradero Preserve.
  - **Peninsula Open Space Trust** ([openspacetrust.org](http://openspacetrust.org)) (POST). POST's key equestrian-related project is the Bay to Sea Trail ([openspacetrust.org/blog/bay-to-sea-trail](http://openspacetrust.org/blog/bay-to-sea-trail)), a 40-mile trail connecting the baylands east of Redwood City with the Pacific Ocean via the Santa Cruz mountains. This ambitious project targets a completion date of 2037. ETRAC is part of the consortium that includes:
    - California State Coastal Conservancy
    - California State Parks, Santa Cruz District
    - City of Half Moon Bay
    - City of Redwood City
    - Coastside Land Trust
    - Don Edwards San Francisco Bay National Wildlife Refuge
    - Golden Gate National Recreational Area (GGNRA)
    - Midpeninsula Regional Open Space District
    - San Francisco Public Utilities Commission (SFPUC)
    - County of San Mateo
    - Proposed Bay to Sea Trail
  - **Portola Valley Town Trails** ([www.portolavalley.net/about/open-space-in-portola-valley/portola-valley-trails](http://www.portolavalley.net/about/open-space-in-portola-valley/portola-valley-trails)):
    - ETRAC Co-chair, Mary Hufty, was elected to the PV town council on the slogan "Putting the Neigh Back in Neighbor." Congratulations, Mary!
    - The Portola Valley Trails and Paths Committee continues to work with Stanford, Portola Valley Planning and the Westridge Architectural Supervising Committee maintains 10 miles of publicly available equestrian trails within the Westridge Developments on the development of the trail system on the proposed Stanford Wedge development on the Alpine Scenic Corridor with potential trail connection between Arastradero Trails and Shady Trail along the historic Alpine Canyon Trail.
- 
- Equestrian endeavors and open spaces may have to give way to housing. In meeting new state requirements to provide a quota of housing units of all types, Portola Valley has submitted a Housing Element to the State which includes two horse boarding facilities, Alpine Rock Ranch, Isola Stables, and one Town-owned open space, Dorothy Ford Open Space along Alpine Road Scenic Corridor to be replaced with high density housing on the environmentally sensitive Los Trancos Creek Riparian Corridor. Portola Valley is actively looking for alternatives to enhance its agricultural businesses and rural ambiance.
  - El Mirador remains closed to the Woodside Trail Club (and all trail users) for another season.
  - **San Mateo County Parks** ([www.smcgov.org/parks](http://www.smcgov.org/parks))
    - Town Creek Bridge, Pescadero Park. The winter rains and winds have done major damage to the trails and bridges in all the San Mateo County Parks. Pescadero Creek County Park, essential for trail riding from Jack Brook Horse Camp, has been hard hit, with major damage and blockage to the recently built bridge over Towne Creek. The Parks staff, with volunteers from ETRAC, are able to begin work as of September 15th. ETRAC Steering Committee Member, Mike Bushue, the designer and builder of the bridge, has volunteered to once again lead the carpentry crew to do the bridge repairs.
    - Damage at Towne Creek Bridge, Pescadero County Park
    - Due to previous and impending fires, Sam McDonald Park rangers are working to clear underbrush and will continue to do so with possible temporary trail closures. Dog access continues to be explored and implemented in some parks. Pescadero Creek Park still has trail closures, but Jack Brook Horse Camp is now open and ready for sign-ups.
    - Richards Road, beyond the bridge that goes up to Raymond Road. This service road was completely washed away by last winter's storms. It is due to be reengineered to return to its former route, but it will be probably next year (2024) before this is completed.
    - Last winter's storms wreaked havoc on many of our beloved SMC Park trails. Let's all be patient, as the Park Rangers and our trailwork volunteers have a lot of work to do!
    - See also, San Mateo Country Horsemen's Association in this document.
  - **San Mateo County Horsemen's Association** ([www.smcha.org](http://www.smcha.org)) has continued to sponsor trail maintenance and repair on our adopted trail, the Clarkia Trail, in Edgewood Park, Redwood City and on equestrian trails in other county parks. SMCHA holds twice yearly trail work-play days, the most recent, May

*Continued on Page 24*



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# SIERRA NEVADA HOUNDS (SNH)

## An Invitation to a Reno/Tahoe Riding Experience



By *Don DeFranco*

Here's an idea for a perfect weekend getaway for you and your family. If your family members don't ride, no problem—they can go golfing, skiing, or swimming for the day while we take you on some of the best rides of your life. Better yet, a dedicated liaison from SNH will customize your weekend or weeklong experience.

Enjoy a beautiful Amtrak ride to Reno or an easy flight/car/bus ride. Bring your horse or use one of our experienced fox hunters. We can even arrange accommodations for you and your horses. Options range from camping to glamping, Airbnb all the way up to The Ritz Carlton Tahoe/Reno.

Imagine riding across the high desert, listening to the hounds' singing, smelling the sagebrush, and feeling the excitement of chasing the hounds as they pick up scents from coyotes. It's a game of cat and mouse, with coyotes outwitting the hounds 99% of the time and laughing at us from their safe vantage points.

The footing is perfect—our area is blessed with decomposed granite footing everywhere. When we create an arena at one of our ranches, we simply put up a fence and we're done, even under the snow, of which we get plenty.

There is a level for nearly any rider. Would you prefer to watch from a distance by walking or trotting? Perhaps you don't want to ride—you can ride in our jeep to share the fun. If you want to try some speed but don't care to jump, or if you want to go for the full adrenaline ride galloping and jumping fences as they come—we have that too!

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We have multiple locations for riding to the hounds, and we will be hosting exciting events throughout the year, including opening and closing weekends, a formal Hunt Ball, summer hunter paces, and an annual Hunter Trials Horse Show. We will also be hosting a clinic at The Horse Park at Woodside this winter and an inaugural "BOX HUNT," a fun event where riders of all ages and disciplines will compete for gift boxes from Stanford Mall's Hermes, Tiffany and Co., Nordstrom, and more!



Interested?

We love to share our sport!

Contact Don DeFranco, SMHCA BOARD MEMBER, and SNH Member, at 415-722-7259 (cell) or [dondefranco@gmail.com](mailto:dondefranco@gmail.com).

Alternatively, you can check out our website at [www.sierranevadahounds.org](http://www.sierranevadahounds.org).

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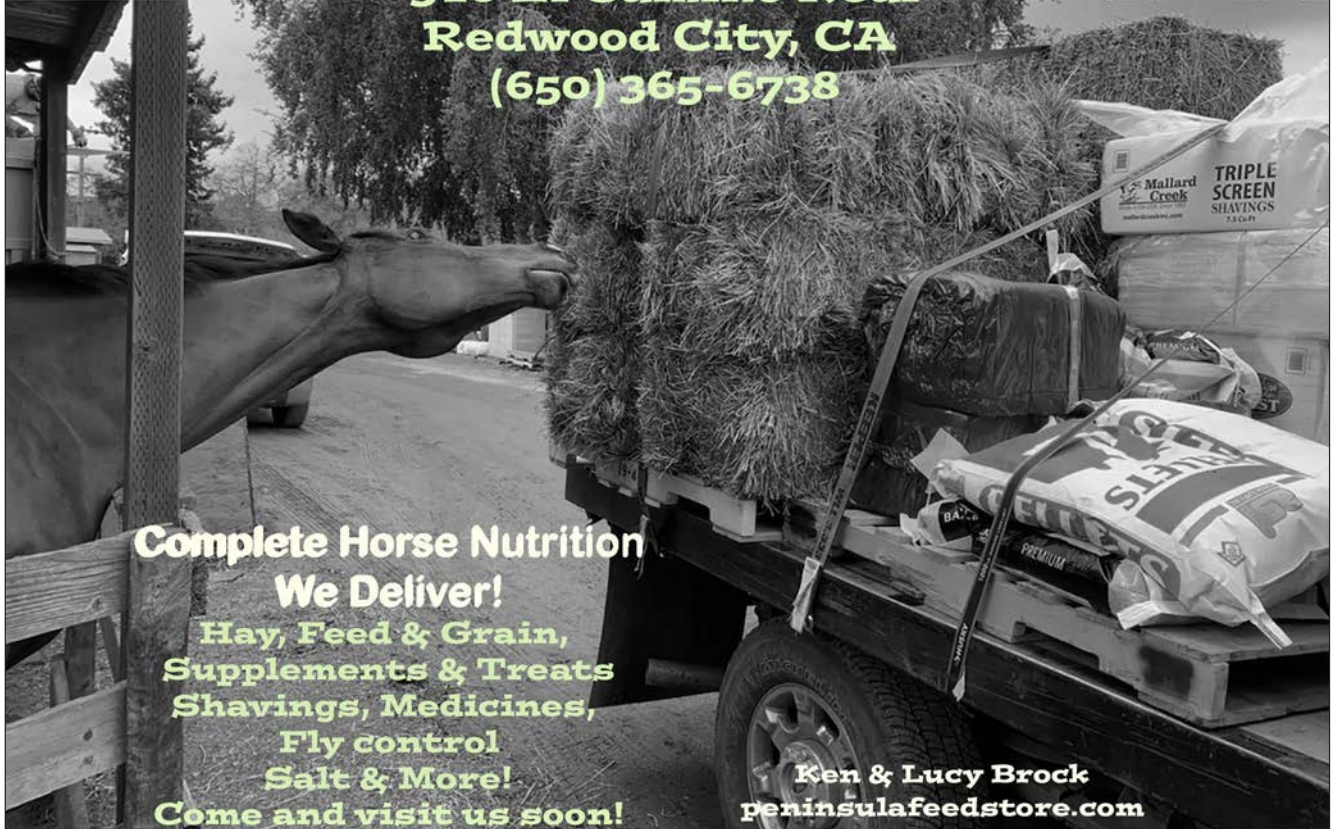
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# ENDURANCE RIDING . . . Living the Dream!

**Musings from our most recent trip to the New Mexico deserts for a 50-Mile Endurance Ride**

*By Jerry Wittenauer*



Carlos reaches his comfort zone and finds his "floating trot" when we get to the wide-open spaces of the West.

Whenever I travel to the desert, it feels like I'm bringing Carlos back home. I can trace Carlos' well-established Arabian breeding lines and study his "family tree" back to the late 1800s when his progenitors were pulled from the Al Nufud Desert on the Saudi Peninsula. His pedigree at that point fades into the mists of time with the notation "desert-bred." Arabians, the oldest horse breed dating back some 3000 years, were prized among the Bedouin for stamina, strength, and a strong horse-human bond. I often think that Carlos brings 3000 years of breeding to our events - what do I bring? It's all too easy to be in awe and accept the role of a "junior partner" in our times together.

There is a unique sense of freedom that one experiences from riding for hours in the desert. For Carlos, the great sight lines strip away his fears of what might lie behind the next tree or around the next bend; when he can see forever, he relaxes, and he just wants to float along the trails that stretch across the rolling hills. As for me, it's the sensation of actually riding an Arabian Horse across the desert (who does this?) and all the intersections that stem from Carlos' 3000 years of breeding, the arrival of Arabian Horses in the Western world, and the fortunate fact that the temperament of this breed turns them into "companions on the journey."



Carlos is surveying the Grand Canyon and touring the Mojave Desert.

Hooked yet? This is the sport of Endurance - an equestrian discipline structured to showcase the stamina of both horse and rider across some of the most stunning trails in America. Below is a glimpse of what the sport entails and how you can get started. Come join us!

## Endurance – What is It?

The sport of Endurance is an organized equestrian discipline with rules, records, courses, and awards. The sport is open to any breed of horse or mule. While Arabians dominate, Quarter horses, Appaloosas, Mustangs, and Standardbreds are not uncommon and have found success. Common riding distances are 25 miles, 50 miles, and 100 miles. All participating equines undergo rigorous veterinarian examinations before, during, and after the ride, and they must be judged "fit to continue" before being allowed to proceed. Horse welfare takes center stage in these events, and though some riders take pride in racing and winning, most strive to simply complete the ride within the time limits with a healthy horse. The governing philosophy of the sport is "To Finish is to Win". The sport's origins can be traced back to the inaugural event in 1955 - the first "Tevis Cup" 100-mile ride held on the Western States Trail from Lake Tahoe to Auburn. The sport has since grown to include Endurance Riders across North America, overseen by the American Endurance Ride Conference (AERC), headquartered in Auburn, CA, which boasts about 4500 members nationwide.

Participating in an Endurance Ride offers safe access to scenic riding venues at an affordable price. A typical ride entry fee of \$150 grants you access to a campground, a day of riding on well-marked trails, frequent water troughs and feed stations deployed for your horse along the route, and routine veterinarian examinations throughout the event. Rides are organized in locations (such as Death Valley, Redwood National Park, Tahoe Rim Trail, and the Mojave Desert) that would otherwise be challenging to access safely. A look at the nationwide ride calendar (available at [AERC.org](http://AERC.org)) will provide further inspiration if you're considering joining this sport - a vast playground awaits!

A typical pace for a 50-mile ride is about 7 miles per hour. A horse can

*Continued on Page 27*

# Jack Brook Campout

By Tanya Rebarchik

Around twenty campers participated in our annual weekend at Jack Brook horse camp in Sam MacDonald /Pescadero Creek County Park July 21-24. The trails were in great shape, and even though the Westbrook trail was still closed due to the damaged bridge, plenty of riding options were available.

Bobby Garman served delicious meals as always, and Saturday night, over 70 people enjoyed a fabulous dinner, and of course, there was a campfire with Larry's famous s'mores! Our annual raffle was fun, bringing in around \$1,000 for our club. Thank you to all who donated items and bought tickets! I want to extend a big thank you to Cheryl Basin for doing most of the work organizing this fun event and to Adeline Forrest for putting the raffle together.

Also, thank you to all who helped set up, clean up, and otherwise helped make this event a success!

Special Thanks to our VHP camp hosts Mike Bushue and Betsy Hart, who ended up helping the rangers deal with a broken Water pump, hauling jugs of water, and ensuring there was enough water to go around. There was never a dull moment!



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# HORSE



# BOOK REVIEWS

By Caroline Mameesh



Until March of this year, I hadn't read for fun since... ever? Not because I didn't have the time but because I was someone who insisted she "hated reading." And that was true until I

went on vacation in Mexico and had some downtime. I checked out three books from the library, which inspired me to read 18 books from March through July, purchase a Kindle, and subscribe to Kindle Unlimited. I can credit *Horse* by Geraldine Brooks as part of what inspired my newfound love for reading.

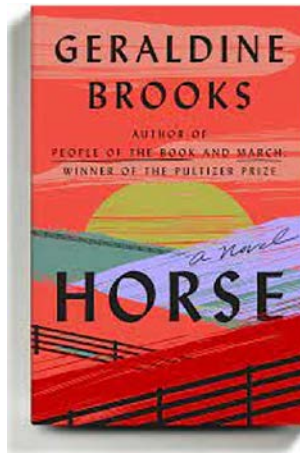
*Horse*, a historical novel based on true events, was published in 2022 and is

Brooks' ninth book. The story is told through four primary perspectives: Jarret, Martha Jackson, Theo, and Jess, spanning the 1850s, 1950s, and present-day, respectively.

*Horse* tells the true story of Lexington, one of the most famous and successful racehorses in American turf racing. He bears the title of sire to more champion Thoroughbreds than any other racehorse.

Lexington was known for his connection with Jarret, a young enslaved Black man who had a special way with horses and was responsible for the horse's success; we learn a lot about Lexington's upbringing through Jarret's perspective. Brooks' poignant writing captures 1850s racial inequality and how that connects to modern-day racial injustice.

Alongside Jarret's story, we follow Theo as he discovers a famous painting of Lex-



ington and Jarret, done by Thomas J. Scott. In the same timeline, we read about Jess finding the horse's skeleton in the Smithsonian's attic and how both the painting and skeleton lead to curious findings about the Thoroughbred's health and history.

If you enjoy historical novels—or even if you don't, because this certainly isn't a

book I'd have gravitated towards if not for the horse!—give *Horse* a try. Brooks' writing is captivating, weaving different perspectives together to give a unique insight into the powerful connection between horses and humans.

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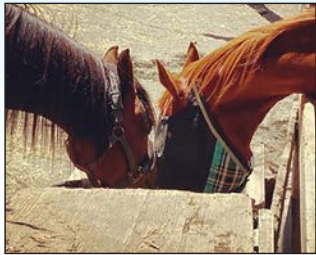
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# The Water Trough

*Have fun reading our new column, The Water Trough (a rider's version of the Water Cooler!). Let us know what's new and exciting in your lives. Let's bring our community together by sharing news, fun facts and information! Got something to share? Send your info to me, Elizabeth Ouellette @ elizabetho@outlook.com*

## Bunzo

In June, Xander Goodspeed showcased his rabbit, "Bunzo," at the San Mateo County Fair, marking his inaugural year as a primary exhibitor (ages 5-8) with the Cañada 4-H club. He thoroughly enjoyed the experience and gained valuable insights into responsibility. Xander mentioned that his favorite aspect of participating in the fair was engaging in showmanship and deepening his understanding of animals. He eagerly anticipates presenting his rabbit once again next year



## Q. Do you know where this horse statue stands?

A. Just off Highway 92 in scenic Half Moon Bay, you can find the horses and dinosaurs of Spanishtown. At first glance, you'd think that you had stumbled onto the set of the next Steven Spielberg movie, but the gigantic metal sculptures are very real and leave a lasting impression for even the most jaded amongst us. A home to many local artists, Spanishtown is a magnificent spot to shop for pottery and other handcrafted goods.



## In Memory of Carol Bridgeman

On July 31, 2023, we lost Carole Bridgeman, a highly respected member of our equestrian community. She was a member of Volunteer Horse Patrol (VHP) and Mounted Search and Rescue (MSAR) who bestowed the 2018 "Volunteer of the Year" award her pivotal role within the organization. As a retired head ICU nurse, her medical know-how kept everyone safe during training. Her impact was profound, and her memory will continue to inspire us as we carry forward her spirit.



## Riding in Africa

In June, Gilles Bouchard and Caroline Mameesh rounded up zebras while riding polo thoroughbreds in a nature preserve near Arusha, Tanzania. Elands (the largest antelopes) watch at a distance. According to their guide, large predators like lions run away from equestrians, but elephants and water buffalos present a higher risk, hence the use of fast horses on horse safaris!



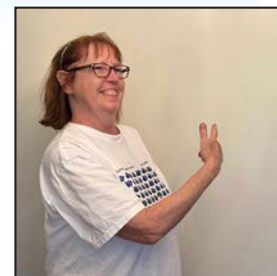
## Trudi's 99th

The party was hosted by Noel Moody at Buck's in Woodside, California. Trudi Green had fourteen to help her celebrate. Family members were present from La Verina and Austin, Tx., Eagle and Colorado Springs, Colorado and Sacramento, California. Happy birthday Trudi and we look forward to your 100th.



## Horse Hair Plaster

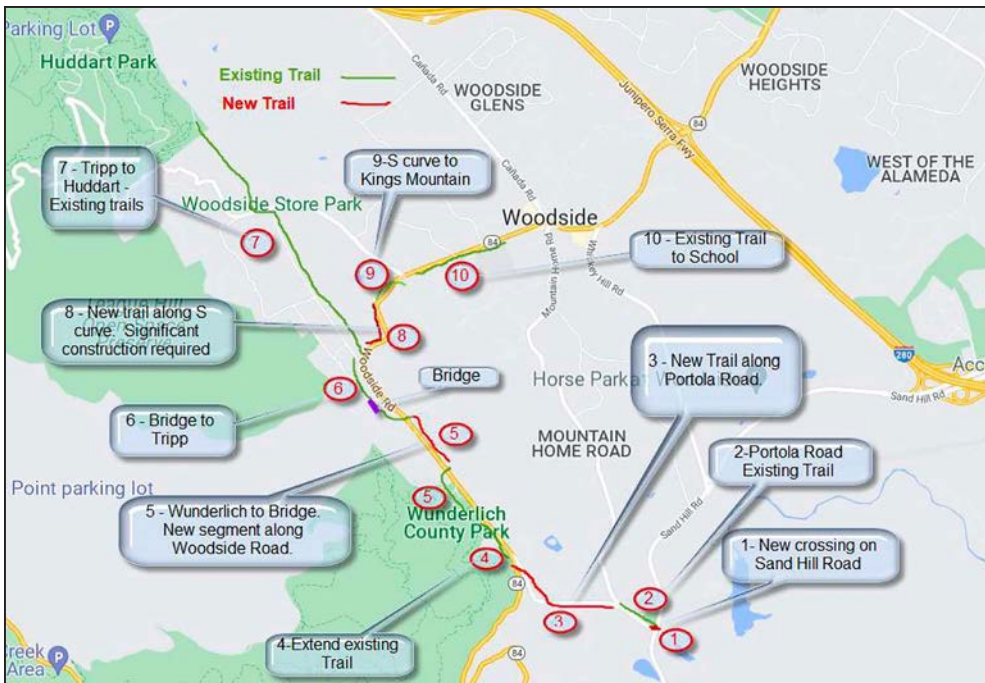
Elizabeth Ouellette visited her sister Kathy in Grand Isle VT this summer and learned the walls of her historic home were composed of horsehair plaster. Up until the 1950's horsehair was used as a reinforcement in plaster in old homes because it added strength and flexibility to the plaster. Horsehair was also relatively inexpensive and readily available, making it a popular choice for builders. Additionally, the use of horsehair in plaster helped prevent cracking, which is a common problem in older homes.



## Tack Sale

Christine Friis and Jenny Mize attended the Rancho Attard Tack Sale in San Gregorio. A wide variety of booths, from boutique succulents in creative planters to upcycled western decor, it was a great day for some fun local shopping!





is a rough sketch of the proposal. Some bicycle improvements in the form of wider bike lanes or pull outs are also proposed. The project is still a year out from being studied. It will be a five year project for all the segments.

- Woodside is also very fortunate to have a very responsive Town engineer, Sean Rose, who is very responsive to the needs of equestrians. If you know of a Town trail that needs attention or a driveway that needs scoring, please contact Sean Rose [srose@woodside-town.org](mailto:srose@woodside-town.org).

Happy Trails, Everyone!

The Proposed Woodside West Trail

## ETRAC

*Continued from Page 13*

2023, in the East Meadow Picnic Area of Huddart Park. To volunteer for trail work, contact Beverley Kane, [sensei@horsensei.com](mailto:sensei@horsensei.com).

- **Woodside Town Trails** ([www.woodside-town.org/bc-tc](http://www.woodside-town.org/bc-tc)):

- A new trail, the Woodside West Trail, is being pursued by the Woodside Trail Committee. It will be a complete connector that will allow both pedestrians and equestrians to walk and ride from Whiskey Hill Rd to Sandhill-Portola Rd to Woodside Rd, back to the Town and from Sand Hill Road to Wunderlich Park, and then on to either Huddart Park or the Elementary School. Above

## THE ETRAC STEERING COMMITTEE:

Mary Hufty, co-chair	Ellie Ferrari
Beverley Kane, co-chair	Adeline Forrest
Lucia Mokres, secretary	Rob Krensky
Faye Brophy, treasurer	Mark Lindberg
Jennifer Basiji	Don Pugh
Mike Bushue	Tanya Rebarchik
Rick DeBenedetti	Jerry Wittenuer

## Respecting Boundaries:

### Upholding Trail Etiquette and Preserving Equestrian Access in Woodside

ETRAC, the Equestrian Trail Riders' Action Committee reports the Woodside Trail Club has received yet another email from the owners of the old Flood Property where the trail runs from the top of the Sculpture Farm and goes down the hill to Huddart Park. On Monday, July 26th at approximately 5:00-5:30 in the afternoon, two women were observed riding off the trail.

Riders have been reportedly going off the trail, riding down the roads by the owners' private houses and proceeding through the meadow. The owners have posted additional signs "STAY ON TRAIL" yet equestrians continue to ride off the trail.

Please remember we are guests on many trails in Woodside and Portola Valley. Owners can close their trails whenever they are being abused. Please pass this message on to your fellow equestrians that this kind of disrespect of someone's private property will cause trails to be lost.



"Ah, here they come, our next generation of whippersnappers!"





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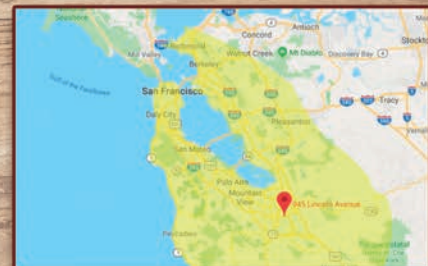
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# Spring Tea and Bingo

By *Antonia Boscacci*

Family and friends of the beloved San Mateo County Horse Association (SMCHA) came together for a beautiful Spring Tea and Bingo event, creating a vibrant and heartwarming atmosphere. Seeing everyone in their colorful and bright brunch outfits, enjoying the food, and sipping on soothing, refreshing tea was truly priceless.

Growing up and participating in the horse clinics at the Mounted Patrol, I was reminded of the abundant joy, inclusivity, and kindness that define the horse community. This festive brunch reflected my cherished childhood experiences.

As we stepped inside, we were warmly greeted and introduced to a glorious selection of small bites and beautifully decorated sweet



treats. The evident hard work and dedication to organizing the event were remarkable, leaving everyone in awe. Everyone took their time admiring the incredible baskets for the event! I was astonished at the amount of effort put into each one. It truly made all participants feel excited and cared for!

I had a family visiting from Maui who joined us for brunch. They left with huge smiles speaking volumes about the Association's outstanding efforts. Friends and family experienced laughter and excitement as the bingo games commenced. We all tapped into our competitive sides as each number was called. The event was so well organized it brought all the participants closer together.

A huge thank you to Ms. Annie, who so kindly welcomed everyone at the door and set up such a breathtaking tea party!! A special acknowledgment goes to Carin Zeller for inviting everyone with open arms into her lovely home to host the event. The countless contributions from all the members played a significant role in making this event so successful. The SMCHA is so lucky to have such a great community, strengthening the community bonds within the Association.



## Endurance Riding

*Continued from Page 17*

maintain this pace at a trot and still have time to slow to a walk for hills, sand, rocky sections, or periodic grazing along the way. Once conditioned, a horse can complete a 50-mile ride about once per month.

### Endurance Training for Stamina

The main focus of an Endurance training program is consistent “long, slow distance” rides. We usually aim for 30 miles per week, spread over three trail-riding days. Our typical routine involves trotting as much as possible, with some walking on steep uphill or downhill. On particularly steep downhill, I often dismount and walk or jog. In Endurance, a rule of thumb is that you’re ready to enter your first 25-mile event when you can cover 10 miles in 2 hours. So, you should seek training routes that allow you to demonstrate this ability. Luckily, our area enjoys favorable weather, allowing training year-round. Even during the rainy season, nearby training locations quickly recover from the wet conditions, and there’s always the option of taking your horse for a jog if it’s too wet to saddle up (we do lots of 4-mile jogs in Jan/Feb!). In our region, we’re fortunate to have well-developed town pathway systems in local communities, as well as over 200 miles of equestrian trails in Open Spaces managed by the Mid-Peninsula Open Space District and the Santa Clara County Parks.

A heart rate monitor is an invaluable tool for both training and competition. A typical wristwatch, such as the one from Garmin shown below, tracks elapsed time, miles, and real-time horse heart rate. A horse’s resting heart rate is around 40 beats per minute. It can reach 60-80 bpm when walking, and 90-150 bpm when trotting or cantering. The heart rate monitor can be used for “interval training” to improve your horse’s cardio fitness. During competitions, a properly-trained horse will settle into a “forever trot” at a heart rate of about 120 bpm. I learned early in this sport that a horse only has so many miles in them if the heart rate is above 145 bpm, so pacing is crucial! During a competition, you’ll undergo several veterinarian inspections. At these “vet holds,” your horse must have its pulse drop down to 60 bpm or less, or you won’t be allowed to continue. Overridden horses will not meet this criterion. Apart from cardio fitness, an elevated pulse can also result from heat, excitement, or the need to urinate. Understanding and managing your horse’s heart rate can become a real obsession in this sport!



My “riding dashboard” to stay on top of how we are doing with pace, overall time, and heart rate. Garmin has many models available. Bottom left-Miles, top right-Elapsed Time, Bottom Right-Heart Rate.

### Endurance Training: Horsemanship & Hazards

Succeeding in the sport of Endurance demands more than just the physical fitness of horse and rider. I categorize our additional training into two broad categories:

**Training for Horsemanship:** In Endurance, your horse must be well-behaved around other horses and riders. All rides involve horse camping, and there are various methods for securely corralling your horse for the weekend. Your horse is expected to behave well when interacting with the veterinarians multiple times during the ride weekend. Proper behavior on the trail includes maintaining a proper “2 horse length” separation, sharing water troughs, and avoiding drama when passing or being passed by other riders. Our most critical ingredient for success is to “ride your ride.” Don’t get caught up in the excitement of keeping up with other horses;

ride within your capabilities. Remember—someone has to be the brains of the outfit, and that’s you.

**Training for Hazards:** Hazards on the trail include water crossings, foot bridges, mountain bikes, wildlife, and gates that need to be opened and closed during your ride. Hikers with umbrellas and “baby backpacks” can trigger fright responses in many horses. The start of a ride, when 20-80 horses or more begin to move out on the trail, can trigger “race brain” in your horse, resulting in a period of “white-knuckled riding” for 3-4 miles until the field thins out. Storm-drain grates, freeway overpasses, and baby strollers, often seen in local training rides, can all pose threats to your horse. These challenges are typically resolved as a horse matures and gains experience.

The past eight years of Endurance Life with Carlos have been filled with countless treasured moments. With rides throughout the West, scheduled nearly every weekend of the year, from the Redwoods to the deserts, to the continental divide, through the canyons and atop the mesas, this sport has taken us on a journey that feels dream-like at times. If you enjoy trail riding, you’re already on your way! There are various entry points into this sport, including volunteering at local rides to learn more, securing a mentor, or signing up for a local Endurance ride. To learn more, please feel free to reach out to me anytime!



Training for foot bridges, water, and mountain bikes just “happens” as a matter of time in the saddle here on the Peninsula!

### Resources

- A local Endurance Club is the Quicksilver Endurance Riders: [qser.net](http://qser.net)
- Active local Endurance Riders include Rachel Miura, Magda Bartilsson, Elaine El Bizri, Rosemary Broome, Nicole Gipp, Kimberly Frank, and Jennifer Stalley-Crenshaw.
- Online records, training resources, a riding events calendar, and more are available at [AERC.org](http://AERC.org)
- Foundational books to read: “Drinkers of the Wind” by Raswan and “Go the Distance” by Nancy Loving

### About the Author

Jerry Wittenauer took up the sport of Endurance in 2015 with the purchase of a 4-year-old Arabian named “Carlos”. Carlos boards at Jerry’s home in Los Altos Hills, and they train on trails throughout Woodside, Portola Valley, Los Altos Hills, and the regional Open Space Preserves. Together, Carlos and Jerry have completed nearly 60 Endurance Rides in 8 different states across the American West. In 2019, they completed the iconic 100-mile Tevis Cup Ride from Lake Tahoe to Auburn. As a team, they are currently ranked 9th in the nation for their Endurance Ride completions in the 2023 season. Jerry serves as President of the Quicksilver Endurance Riders, manages the Annual Quicksilver Endurance Ride, and is a member of the Board of Governors of the Western States Trail Foundation.

# Experience The Wonder of Horses!

By Rachael Parakh

Horses have been a part of ranch life for Californians since the late 1840s when settlers came to the Golden State to stake their claim - both for gold and wide open pastures. The green rolling hills, with stately California Oak trees, were the perfect landscape for families eager to set up ranches for grazing cattle. Many generations have come and gone, with equestrians now riding for pleasure versus livelihood, yet, the rural setting of ranches is a welcome change to modern life here in the Bay area. Children's faces light up when they watch a horse nibble on a carrot, and adults' hearts skip a beat when they see horses running in the field. Three local Horse Associations want to invite the public to experience the joy and wonder of horses. Santa Cruz County, Santa Clara County and San Martin Horsemen's Associations will have consecutive events so you, too, can meet horses and join in the community of others who are looking for a slower pace of life and being present in the moment!

## Santa Cruz County Horsemen's Association

Since 1945, the Santa Cruz County Horsemen's Association has been a center for coastal equestrian activities. During the '40s, their Association was dedicated to routing hiking trails through the county. In the years since, they've sponsored several youth groups, increased horseshow competitions, and brought in special guest speakers as part of their educational program. Most recently, they partnered with fire and emergency personnel and shared their grounds as a community animal evacuation site during several wildfires. September 9th, Santa Cruz County Horsemen's Association will offer unique equestrian demonstrations every hour (vaulting, archery, breeds, and exercise) with horse painting and mini horse/donkey grooming for kids from 10 am-4 pm. Food and drinks will be available for purchase. Horse camping is limited to 40 horses and their riders who RSVP and reserve space. Club President, Robin Musitelli, will be on hand to encourage young and old to gather 'round. For questions or to RSVP for the event, email: [manemom@gmail.com](mailto:manemom@gmail.com).

## Santa Clara County Horsemen's Association

The oldest Horse Association in California, Santa Clara County Horsemen's Association, was formed in 1939 and has played an important role in the Almaden Valley, helping to establish the association. Their clubhouse serves as a meeting hall for weddings,

**COME AND EXPERIENCE  
The Wonder of Horses!**

*Open To  
The Public!  
All Are  
Welcome.*

**Bay Area Horse Associations Will Host Events**

**SEPTEMBER 9<sup>th</sup>**  
Santa Cruz County Horsemen's will host in September on their showgrounds: 1251 Graham Hill Road, Santa Cruz, CA 95060. They will offer unique equestrian demonstrations every hour (vaulting, archery, breeds and exercise) with horse painting and mini horse/donkey grooming for kids from 10am-4pm. Food and drinks available for purchase. Horse camping limited to forty horses and their riders who reserve space. RSVP or questions: [manemom@gmail.com](mailto:manemom@gmail.com).

**OCTOBER 14<sup>th</sup>**  
Santa Clara County Horsemen's will host in October from 3-6pm, at their clubhouse and arena: 20350 McKean Road, San Jose, CA 95120. Fall festival in the countryside with a mounted drill team performance and a variety of horse breeds on display. Participate in fun horse crafts, games and grooming station. They'll have a seasonal photo backdrop and delicious BBQ. RSVP on their website: [horsemens.org](http://horsemens.org) under 'events'.

**DECEMBER 16<sup>th</sup>**  
San Martin Horsemen's will host in December at Harvey Bear Park: Harvey Bear Ranch entrance at E. San Martin Avenue & New Avenue, San Martin, CA 95046. Ride, lead or join without a horse along a flat, paved 2 mile loop and jingle all the way with bells on the horses! A great time spreading holiday cheer interacting with children and families along the route. Event begins at 12noon. RSVP or questions: [toni.whedon@cbtnorcal.com](mailto:toni.whedon@cbtnorcal.com).

*Interact With Horses  
Family Fun  
Great Food + Activities*

school dances, banquets, and community organizations. And their arena hosts many equestrian playdays and buckle shows for surrounding riders. They're currently partnering with the Santa Clara County Parks to bring shared-use trail safety to park visitors and working with Almaden Quicksilver and Santa Clara Preservation Alliance to highlight the historical value of the area and ranching culture. October 14th, from 3-6 pm, Santa Clara County Horsemen's will open their McKean Road property for a Fall Festival, complete with a mounted drill team performance and a variety of horse breeds on display. Participate in fun horse crafts, games, and grooming stations. They'll have a seasonal photo backdrop for individuals and families. Club President, Tami Moore, will be available to answer questions. Come and enjoy the beautiful Fall season out in the countryside. To RSVP for the event, go to their website: [horsemens.org](http://horsemens.org) under 'events.'

## San Martin Horsemen's Association

Nestled between Gilroy and Morgan Hill, San Martin Horsemen's Association was formed in 1968. Each year, they work with state and local parks to keep trails maintained, sponsor charity rides, and hold a yearly canned food drive. They host multiple workshops to help riders learn new techniques or practice important skills such as backing up trailers and desensitizing horses to obstacles and situations. December 9th, San Martin will host a holiday caroling ride through the park. The public is welcome to bring their own horse or to walk alongside others that will be participating. Join President Toni Whedon, in spreading holiday cheer by interacting with children and families along the paved route in Harvey Bear Park. Ride out starts at noon. For questions or to RSVP for the event, email: [toni.whedon@cbtnorcal.com](mailto:toni.whedon@cbtnorcal.com).

# HORSE BREEDS: PERUVIAN PASO



*By Tanya Rebarck*

Modern-Day Peruvian Paso Horses are descendants of horses introduced into Peru by the Spanish conquistador Francisco Pizarro. These horses include the Spanish Barb, the Friesian, the Andalusian, and the Spanish Jennet. Through highly selective breeding over 450+ years, the Peruvian Paso has evolved into one of the world's purest horse breeds without the influence of "outside" blood. Peruvians come in various colors, including buckskin, palomino, grulla, roan, and various shades of gray. The most common colors are chestnut, bay, and black. Excessive white markings are discouraged, and Pinto markings are uncommon. They stand 14 to 15 hands in height, weighing from 900 to 1100 pounds. They typically have thick, luxurious manes and tails, alert expressions, and larger bodies than Paso Finos, a completely separate breed with a much shorter stride.

The Peruvian Paso is 100% naturally gaited. Every purebred, without exception, inherits the breed's trademark gait. No artificial aids or devices are ever used in the Peruvian's training. In fact, at Peruvian Horse shows, they are shown barefoot to avoid any possibility of such practices. While Peruvians can walk, canter, and gallop, the preferred movement is the four-beat natural gait, which comes in two versions - the "Paso Llano," which can be as slow as a walk, and the "Sobreandando," which can be

as fast as an extended trot or slow canter. The Peruvian Paso is the only horse bred for "termino," an outward swinging motion of the front legs originating from the shoulder, not to be confused with "paddling." Like many Spanish breeds, Peruvians have great presence. They may appear small in the pasture but seem to double in size under saddle. "Brio," a breed hallmark, roughly translates to "willing energy." It signifies that the animal is forward, smart, eager, and responsive. It does not mean "hot" or "high-strung."

The Peruvian horse is an exceptional riding horse that provides an incredibly smooth ride for its rider during any task. They are lovely, steady trail and pleasure horses enjoyed by riders of all ages. Owners also appreciate them as show horses in the breed and open-gaited horse shows, showcasing their talents in various disciplines from performance to trail classes. They also excel in trail competitions such as NATRC due to their ability and steadiness on the trail. Most Peruvian Paso Shows include a "Champagne Class," in which contestants ride holding a full glass of champagne. The winner is determined by whoever has the most champagne left at the end. Sometimes it takes quite a while to determine the winner, as very little is spilled due to the horse's smooth gait!

For more information on this remarkable breed, please visit [www.NAPHA.net](http://www.NAPHA.net).

# SMCHA GALA 2023

*By Adeline Forrest*

The Carriage House at Folger Barn set the stage for a truly memorable evening during this year's SMCHA annual gala, where we had the privilege of honoring Jo Egenes as our esteemed 2023 Horsewoman of the Year. The event, themed "Denim and Diamonds," brought together guests who wore either casual western wear with a touch of sparkle or dressed up in glamorous, festive attire.

Introduced by Don Pugh, Jo Egenes charmed the audience as she shared heartfelt stories of her equestrian journey, beginning with the tale of buying her very first horse (which had to be grey!). She also expressed deep gratitude for her trainers and the joy she experiences in showing her beloved horses. With her passion for horses extending beyond personal interests, Jo serves as a board member at Junior Riders and has been a dedicated member of the Friends of Huddart and Wunderlich, an organization that successfully spearheaded the renovation of the historic Folger Barn. Her commitment to the equestrian community is further reflected in her twenty-year tenure on the steering committee of W.H.O.A. (Woodside Horse Owners' Association), founded by Fentress Hall and Donna Poy. Additionally, Jo is an invaluable volunteer for the Day of the Horse celebration.

The gala was attended by over a hundred guests, with four reserved tables dedicated to Jo's close friends who came to honor her. Their heartfelt appreciation was palpable as Jo was met with a standing ovation.

Capelo's of Redwood City provided an outstanding buffet-style dinner, featuring mouthwatering dishes such as spareribs, brisket, grilled chicken, BBQ beans, potato salad, and Caesar salad. We extend our sincere thanks to the Woodside Bakery in Sharon Heights for their generous contribution of delectable cakes that satisfied everyone's sweet tooth.

The evening's ambiance was elevated by the music selections of DJ Martel, while Martha Green beautifully captured the cherished moments through her photography skills. The dance floor was alive with energy until 10:00 PM, with guests joyously celebrating the occasion. Others took the opportunity to reconnect and reminisce as they strolled through the museum, fostering cherished friendships.

We must extend a special round of applause to all the individuals who worked tirelessly to make this gala a resounding success. Their hard work and dedication made the event truly memorable for everyone involved.

The SMCHA Gala 2023 was an unforgettable celebration of equestrian excellence and camaraderie, perfectly capturing the essence of our remarkable horsewoman, Jo Egenes. We are grateful for the continued support of the community and look forward to many more successful galas in the future.



*Photos by Martha Green*

WOODSIDE

# Day of the Horse

## Let it Be in 2023

### THE 60'S & 70'S



**Kick-Off Reception**  
Friday, October 13

**Trail Ride**  
Saturday, October 14

**Family-fun Horse Fair**  
Sunday, October 15

**It's a Party!**  
Food & Drinks  
Music  
Youth Art Show

**Ride the Town Trails**  
Costume Contest  
Overnight Parking  
After Party at  
The Horse Park Woodside

**Pony Rides**  
Equestrian Exhibits  
Arts & Crafts  
Live Music  
Food & Drinks

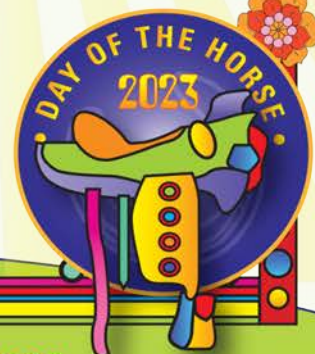


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Organized by the Woodside-area Horse Owners Association



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— SINCE 1952 —



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**2022**  
**\$36,992**  
 All Grants

**2022**  
**16**  
 Causes

**2003-2022**  
**\$586,000**  
 Total Granted

**A 501 (c)(3) organization supporting and promoting equestrian activities**

The Mounted Patrol Foundation is excited to recap another successful year of supporting Equine Activities and Heritage. Since inception in 2003, over 72% of our grants have come from contributions from people like you, for which we and the recipients are forever grateful.

**More about Selected 2022 Grants**

**UC Davis Equine Program**

As a recognition and thanks to the 27 organizations that participated and supported the Woodside Town Council trail ride, the Mounted Patrol Foundation donated \$5,400 to help support equine veterinarian students and equine research.

**San Mateo County Sheriff's Activity League**

We worked with the Sheriff's office to provide horseback training and trail riding in Wunderlich Park for 42 youths, who had a great time and appreciated the opportunity.

**Woodside Equestrian Merit Scholarship**

The Woodside-area Horse Owners Association (WHOA!) and the MPF awarded our jointly-sponsored \$10,000 Woodside-area Equestrian Merit Scholarship to Iliana Close, who demonstrates outstanding involvement in equestrian activities, academic achievement and community service.

We will be awarding another scholarship in 2023. Please send the application to any eligible high school seniors you may know.

**Western Heritage Scholarship**

This scholarship provides financial support for higher education for high school students who represent Western Heritage ideals, lifestyle and history, who have a financial need. This year it was awarded to Michael Procopio Santos. He is attending California State University, Fresno, and is studying Equine Science.

**All Grants Made in 2022**

Western Heritage Scholarship	\$8,317
Equestrian Merit Scholarship	\$5,000
NCEFT (general support)	\$3,000
One Step Closer Therapeutic Riding (Veterans)	\$2,000
Friends of Huddart & Wunderlich Parks	\$1,900
San Mateo County Horseman's Association	\$1,800
SM County Sheriff's Activity League	\$4,725
Sweetbeau Horses (Wild Mustang Rescue)	\$1,500
Jasper Ridge CASA kids, Vet rides	\$1,000
Square Peg Foundation	\$1,000
Barron Park Donkey Project	\$1,000
Bay Area Barns & Trails	\$1,000
San Mateo County 4-H Scholarship Fund	\$1,000
Town of Woodside	\$1,000
WHOA! (Day of the Horse)	\$1,000
Woodside Pony Club	\$1,000
Horsepark at Woodside	\$750

**Please consider donating to support Current Active Fundraisers**



**San Mateo County Sheriff's Activity League**  
 — \$5,000 Goal —

We're continuing this very successful program in 2023. Please considering supporting horseback training and riding for these deserving youths. Since 1997, the Sheriff's Activity League has supported the prevention of juvenile delinquency.



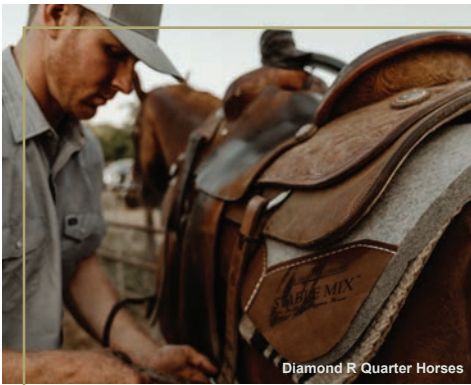
**Western Heritage Scholarship**  
 — \$7,000 Goal —

Scholarship recipient Michael Procopio Santos, above. We're continuing this program to provide another outstanding high school student who supports Western heritage ideals with financial support and an advanced education or training.

Learn more about our grant history or donate at

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





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Half Moon Bay, CA



# San Mateo County Horsemen's Association & Mounted Patrol Foundation *present*

Sundays  
10:00am to 11:30am

September 10, 17, 24  
& October 1, 2023

*Free*

## Fall Riding Clinic

Open to members and non-members

**Come and ride with us!**  
**Improve your skills and confidence!**

- \* **Chris Ellsworth** September 10  
Horsemanship: *The greatest teachers - about riding, about life and all-are horses.*
- \* **Noel Moody** All 4 sessions  
Beginning Western Riding
- \* **Joanne Morrison** Sept. 17, 24 & Oct. 1  
Horsemanship: *Teaching your horse to love their job*
- \* **Joan McLaren** Sept. 17, 24  
Western Horsemanship: *Balance, Transitions & Control*
- \* **Christine Friis & Kristi Eifert** Oct. 1  
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Mounted Patrol Grounds  
Woodside, CA

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# CONTEST ALERT

## What Is Your Horse's Theme Song and Why?



We want to publish a photo of you and your horse in the next SMCHA magazine! Please write to me, Elizabeth Ouellette at [elizabetho@outlook.com](mailto:elizabetho@outlook.com). Send me a high-resolution photo of you and your horse with a short paragraph letting me know your horse's theme song and why you chose that particular song. **Due date is October 15, 2023.**

The top 5 stories and photos will be published in the winter edition of the SMCHA magazine. Looking forward to reading about your horse!

### 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)

Equestrian Legacy: <https://equestrianlegacy.com/home>

Equestrian Trail Riders Action Committee (ETRAC):  
[www.etrac-equestrian.com](http://www.etrac-equestrian.com)

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)

Veterinary Acupuncture and Rehabilitation Services:  
[www.vetacupuncturevc.com](http://www.vetacupuncturevc.com)

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

Woodside Schooling Shows: [www.woodsideschoolingshows.com](http://www.woodsideschoolingshows.com)

# VOLUNTEER



Would you like to meet new people who share your passion for horses? Do you have a unique talent or an idea for an activity/ride to share? Maybe you've always wanted to put on your own event but needed the support of an equestrian committee. Now is the time to bring your ideas to the forefront. The SMCHA wants to hear from you! If you'd like to join our team, have fun and make your dreams come true, send us an email so we can bring your vision to life!

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

# COME ADVERTISE WITH US!

Advertise your business to a broad array of readers in 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 Annie Tyo  
Email: [SMCHA@smcha.org](mailto:SMCHA@smcha.org)

## GENERAL MEETINGS

Mariangela Sonstegard @ 650.868.4702

## RIDES

Adeline Forrest @ 650.743.1665

## PROMOTION & PUBLICITY

Open Position

## HISTORIAN

Adeline Forrest @ 650.704.2996

## 4-H YOUTH PROGRAM

Jennifer Ott @ 650.619.8257

## FUNDRAISING

Elizabeth Ouellette @ 650.248.3409

## FALL RIDING CLINIC

Karen Rowley Shawback @ 510.432.0368

## FACEBOOK

Elizabeth Ouellette @ 650-248-3409  
& 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  
& Marcy Rosenberg @ 408.560.8074

## MEMBERSHIP

Tanya Rebarchik @ 650.867.2987

## MAILINGS

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# SMCHA: 2023 Calendar of Events

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

## September

- 1 - 4 - Los Viajeros Ride
- 3 - Golden Gate Park Ride**
- 8 - SFHA General Meeting & Dinner
- 10 - Fall Riding Clinic**
- 14 - Board Meeting**
- 16 - NCEFT Gala
- 17 - Fall Riding Clinic**
- 24 - Fall Riding Clinic**
- 28 - Fundraiser Dinner 11:00 a.m. to 9:30 p.m. - Canyon Inn, Redwood City**

## October

- 1 - Fall Riding Clinic**
- 6 - SFHA Night at the Grand National Rodeo, Cow Palace
- 9 - 154th Italian Heritage Parade,

San Francisco

- 13 - SFHA General Meeting & Dinner
- 13-15 - Day of the Horse (WHOA)**
- 12 - Board Meeting**
- 21 -23 - Los Viajeros Ride
- 22 - Halloween Play Day**
- 27 -29 - Woodside Schooling Show Fall Final, Horse Park

## November

- 5 - Los Viajeros Ride
- 10 - SFHA General Meeting & Membership Potluck
- 19 - Board Meeting**

## December

- 10 - Holiday Celebration**

SMCHA Events = **BOLD**

## Horsewoman of the year

*Continued from Page 17*

manger in the front. The mare was halfway in when she suddenly decided to back out. The only thought that crossed Jo's mind was to keep the mighty beast moving forward. So, she tightened her grip, determined to load that horse—bad move.

Jo spent the rest of the morning and part of the afternoon in the doctor's office, waiting for him to come and sew up her finger. The doctor warned that if that finger got infected, she would need an amputation down to the first knuckle. By the end of the day, the mare was home and unloaded safely. What an adventure!

Jo boarded the mare at Roy Markegard's farm on Tunitas Creek Road south of Half Moon Bay. So, while working full-time, Jo traveled from Daly City to Half Moon Bay seven days a week to ride her horse. Finally, Lloyd proposed, "Maybe we should think of getting some property down there." Jo readily agreed, and soon after that, she discovered and fell in love with the old Zwierlein Barn with its five additional stalls brought down from Tanforan Race Track when it had closed.

The house was habitable, but the barn was in pretty rough shape; the fences were broken down, the barn was full of pigeons, and the poison oak was plentiful. Her friend Katie lived in the house, and Jo's two or three horses lived on the property. As time passed, Jo received requests from friends who wanted to board their horses there. She had never planned to open a boarding facility, but it naturally happened over time. The running joke was, "If you board your horse at Jo's place, you had to volunteer at a local horse organization, like at Whoa's Day of the Horse or an SMCHA event."

Eventually, Jo joined many equestrian clubs, got involved in horse-centric activities, and volunteered for WHOA's first Day



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of the Horse, which is now in its 19th year! Jo considers the San Mateo County Horsemen's Association to be the eyes, ears, and voices for the horses in San Mateo County. In her own words, Jo insisted, "We all need to support this wonderful organization and keep it going strong!"

Jo's remarkable story is a testament to her determination and adventurous spirit. She made dreams come true by following her heart and embracing opportunities. Jo herself said, "The horse community is my family, and the horses sadly come and go. But your friends, that's the wealth of the crazy things we all do."

**THE SAN MATEO HORSEMAN**

**P.O. BOX 620092**

**WOODSIDE, CA 94062**

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SAN MATEO COUNTY HORSEMEN'S ASSOCIATION

Founded in 1940

A Registered Non-Profit 501 (c) (3) Organization

Presidents: Debra Alvarado, Sharon Butler, and Deb Vasquez

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(Simply put a note in the comments section as to what your payment is for.)

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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.

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Board of Directors | <input type="checkbox"/> Color Guard          | <input type="checkbox"/> Hospitality/Promotions |
| <input type="checkbox"/> Playdays/Gymkhanas | <input type="checkbox"/> Magazine             | <input type="checkbox"/> Clinics                |
| <input type="checkbox"/> Trail Maintenance  | <input type="checkbox"/> Horse Shows          |   |
| <input type="checkbox"/> Member Recruitment | <input type="checkbox"/> Miscellaneous Events |   |
| <input type="checkbox"/> Youth Programs     |   |   |

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

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

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