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Horseman

Spring 2020



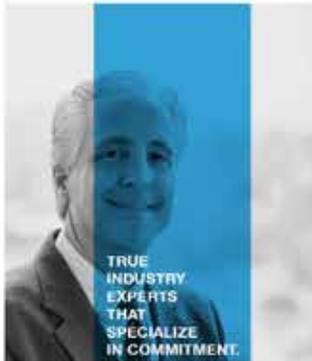


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Grateful for Our Horses—Marty Raynor



Member Spotlight—Larry



Equine Coronavirus

ON THE COVER

Staying safe from Covid-19: Emmet Brophy and Satomi wear their protective gear as they visit with Ranger.

Didja Know?

Bob Rosenberg

<http://www.smcvhp.org/>

A hard worked horse must be rested and his normal digestive power restored before concentrated food of any kind is given. However, because hay is a bulky food, it will not hurt a horse no matter how heated or fatigued he is.



MESSAGE FROM THE CO-PRESIDENTS

Wow! A whole lot of things are different since our last issue! Life as we knew it came to a grinding halt mid-March and our day-to-day routines have been changing ever since. For a lot of us, this pandemic has not changed our horse routines! Our horses still need to be fed, exercised and tended to in every aspect, just like we did pre-Covid-19. So, for some of you, our horse routine has been about the only sense of normalcy for several months. All we hear from all our horse friends is "Thank God I have my horse!"

A lot has changed for SMCHA as well. Our Board of Directors meetings have now been moved to Zoom Teleconferencing. Texts, emails and telephone calls have now replaced all our committee get-togethers, but we are still getting things done! Though we've been unable to host events due to social distancing, we are providing assistance to our members in need; we continue to highlight and support numerous local businesses on our Facebook page, and we've hosted a fun and educational youth contest! We've recently started a "Pen Pal" outreach program to one of our local assisted living facilities, to connect with seniors who may enjoy hearing from others during this difficult time.

SMCHA will continue to create new ways to stay connected as well as put social distancing plans in place to still host some events in the near future.

A big thank you to those who have already donated to our Covid-19 SMCHA Membership Support Fund as well as a thank you to our Board of Directors who have made themselves available to assist with new ideas and create a new, temporary direction for SMCHA.

Stay Well,

Christine Friis and Jenny Mize



The San Mateo County Horseman Magazine

SPRING 2020

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(Application on back cover)

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Are You A Bucket-Filler Or A Bucket-Dipper?

By Jennifer Ott,

Equine Behaviorist and Trainer,
www.starhorsingaround.com

I'm not talking about the literal bucket, but rather the mental "bucket" that holds the good thoughts and feelings you have about yourself. There is a well-known book called "Have You Filled Your Bucket Today?" by Carol McCloud, and it aims to be a guide for happiness. The book is a foundational lesson for an anti-bullying campaign that I teach in elementary school, but the lesson applies to all ages. You see, the way to happiness is to make others happy by filling their "buckets" with kind words and deeds; this in turn fills our "buckets."

This idea can apply to our horses as well because all animals have buckets, some more complex than others. Filling a horse's bucket can create mental balance, calmness, and willingness. How do we fill it? By understanding and appreciating what horses are and how they learn. Too often remarks are heard about a horse being bad, lazy, vengeful, or stupid when these are impossibilities for an animal lacking the developed pre-frontal cortex to plan or plot.

Horses live in the moment and react to the stimuli and environment of the moment. If we assume horses think like we do (which is called anthropomorphism), we not only deeply diminish the incredible creatures they are, but we become bucket-dippers. Treating a horse as a human often leads to frustration and corporal punishment (which doesn't work, but that's another story).

There are three major horse-training philosophies (and various combinations of them) as described in a paper by DeAraugo et al, 2014. Traditional or Conventional methods are the most diverse but all share the "good horse/bad horse" belief that horses must co-operate with us and be willing to please. Horses who react with fear to injections, or who continually spook, or who rush at jumps, or who crib-bite, are said to be misbehaving, when these are all human-created problems. Punishment and reprimands, both huge bucket-dippers, are common in these methods.

The Conspecific or Natural Horsemanship methods focus on ideas of respect, leadership, dominance hierarchy, and assumption of a partnership, none of which is supported by science and much of it disproved. Higher cognition is attributed to horses and therefore these methods can also lead to use of punishment. Both Traditional and Conspecific methods rely heavily on fear/avoidance training (negative reinforcement) which does not typically bolster the horse-human relationship (or human-canine, human-human, etc.).

The Behavioral method is the only one backed by science and decades of research and it applies to how most all living beings learn, including humans. This method puts the horse's emotional well-being completely in the hands of the human and does not expect anything of the horse in regard to higher cognition, ability to respect humans, or a dominance hierarchy. It is based on Learning Theory and never blames the horse for unwanted behavior. Positive reinforcement is heavily relied upon to teach as it yields very quick results without using pain or fear, and greatly strengthens the human-animal bond. Horses are taught what TO DO and never punished for incorrect responses.

This short summary may sound confusing, overwhelming or new so I encourage you to reach out with questions and comments. I would be happy to discuss or refer to reputable sites and books for more information.

Our horses sacrifice so much for us: living in confinement, without friends, without grazing, being ridden at our whim, etc. The least we can do is throw out false beliefs about their mental capabilities and employ the Platinum Rule: Do unto others as THEY would want done unto them.

Now, let's go fill some buckets!



This horse is demonstrating bucket-filling!



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DEADLINE FOR ADS AND ARTICLES
for the Summer 2020 issue is August 1, 2020

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Visit our website at www.smcha.org

ETRAC's (Equestrian Trail Riders Action Committee) 2019 End of Year Report

Equestrians Riding Local Trails

Due to the COVID pandemic, please check (with the appropriate land manager) for current updates on trail closures/openings & Covid regulations (i.e. masks) before riding.

ETRAC (Equestrian Trail Riders Action Committee) volunteer members have been meeting since 2000 to discuss equestrian trail issues associated with the numerous land managers on the Peninsula. Please note that ETRAC can always use more members on our committee; please contact ETRAC's President, Carole Bridgeman (carole.bridgeman@gmail.com), if you are interested in helping create and maintain our equestrian trails. Below is a summary of the current issues that may affect you.

GGNRA (Golden Gate National Recreational Area): In Phleger Estates, the Miramontes Trail, which starts from Richards Rd. in Huddart, has been closed for several years because of a portion of this trail falling into the West Union Creek. GGNRA is willing to a temporary fix while a more permanent fix occurs. ETRAC is working to secure this temporary fix which should only take a day & less than \$1000 to fund. This will occur when authorized by GGNRA.

SMC Parks:

1. Dogs in the Parks: Dec 7th, 2019 SMC Parks Commission approved on-leash (in some parks, only specific trails) @ Coyote Park, Mirada Surf, Devil's Slide Trail, Coastal Trail @ Fitzgerald Marine Reserve, Pillar Point Bluff, Quarry Park and the Loma Mar Addition to the Memorial Park. The Board of Supervisors must still approve this and date is yet to be set. Additionally, off-leash areas are also being considered by the Commission @ Quarry Park & Pillar Point Bluff. If you see a dog walker on a trail/park where dogs are NOT allowed, please contact the office @ 650-363-4020 to report violation.
2. Ohlone-Portola Heritage Trail: This historic trail includes several already existing trails in SMC. For equestrians, it includes the Sweeney Ridge T, CA Coastal Trail, Crystal Springs Regional T & Woodside Town Trail along Canada Rd. There has been a strong push for bikers to be allowed on the "Sand Trail" portion of the Crystal Springs T, along Hwy 280 from basically Edgewood to Runnymede Rd.
3. Towne Bridge: this bridge, in Pescadero Creek Park, has been replaced so that you can ride the entire West Brook Trail (formerly known as the Brook Loop).
4. COVID 19 virus has recently closed many parks, including SMC Parks & MROSD (Mid-Peninsula Regional Open Space District) open spaces, but you should check what the current riding situations are before you ride. Please also check the parking and inquire into whether masks are mandatory for riding.

COASTAL STABLES: Both Palo-Mar and Mar Vista Stables offer rides/boarding on Thornton State Beach, just south of Fort Funston. A Go-Fund Me page has been set up by Thornton Beach Bluff Preserve to help prevent closure of these stables due to developers. It appears that Seahorse Ranch in Half Moon Bay, has had their contract renewed. It remains unclear as to which entity (the Ranch or the Town of HMB) is responsible for the manure cleanup on the Poplar beach. It also should be noted that Chaparral Ranch has obtained the permit & has opened up rental riding in Golden Gate Park.



Scott and Mardi Herron ride the trails on Maverick and Molly.

Town of Woodside:

1. The Center Trail Bridge replacement @ the north end of the Center Trail, has been approved and replacement is scheduled to begin this summer; but subject to change with COVID restrictions.
2. Check with The Town of Woodside Trail before riding the trail that connects Manzanita to Whiskey Hill as it has been closed due to erosion.
3. The Town of Woodside trail section that crosses the creek near Fox Hollow Rd. then after this crossing becomes a Woodside Club Trail as it goes towards Woodside Rd (near Kings Mtn. Rd), has been closed for several years. The Town's Woodside Trail Committee is investigating information towards re-establishing a crossing in this area.
4. Revisions are in the works for a new Town trail alignment along Kings Mtn. Rd, from Manuela to Woodside Rd.
5. MROSD (Mid-Peninsula Regional Open Space District). This land manager offers 21 preserves open to equestrians with 232 miles of trails. Due to COVID, please check online for current trail situation, before riding any of the MROSD's trails.
6. La Honda Creek OSP (which includes Driscoll Ranch) has been open to equestrians with permit use. Permits can easily be obtained by contacting the MROSD Office. See info @ <https://www.openspace.org/visit-a-preserve/permits>
7. Nov. 2019, MROSD's Board of Directors, elected to study e-bike's (electronically assisted bikes) impact on their allowances into its open spaces. (It should be noted that Curt Riffle, one of the directors, currently boards his horse in Woodside). Regular mtn. bikes are

Continued on Page 27

Last Words

Athos the Trick Pony Says Farewell

By Elizabeth Ouellette

“Everything that has a beginning has an ending. Make your peace with that and all will be well.”

— Jack Kornfield

Athos was a cute 27-year old Arabian who transformed lives with his patience, personality and interactions. After my son, Yohan, was diagnosed with a progressive nerve disease – CMT (Charcot-Marie-Tooth disease), Athos became his most reliable friend and confidant. Later in his life, riders of all ages enjoyed Athos’ companionship. Performing his tricks and silly stunts, he made us laugh every single day.



Athos took sick quite suddenly in February, and despite all efforts to save the little man, he crossed over the rainbow bridge, leaving us with huge holes in our hearts. I recently connected with Athos, who assured me he was okay. In fact, he is doing great. Our last conversation went something like this:

Me: Oh, Athos, my world is so lonely without you in it. I miss seeing your sweet face, hearing your whinny and laughing at your shenanigans. You made me so happy. I feel completely lost without you.

Athos: I have a secret to share.

Me: A secret?

Athos: My body is no longer in the pasture, but I’ll always be with you in spirit. Always.

Me: But, I want to go for walks, climb on your back and ride, teach you more fun tricks. My heart shattered into a million tiny pieces that fateful Sunday afternoon and it will never be the same without you by my side.

Athos: Does it help to know that where I am now, the grass is green, the sky is blue and fresh water is everywhere? There are no predators...NONE! Best news of all – my tummy does not hurt anymore. And my bum leg is no longer stiff. I can run like the wind!

Me: That’s wonderful. Sounds like you’ve reclaimed a younger version of yourself.

Athos: I don’t recall much of my last few days. What I do remember is all the love, hugs and kisses from everyone surrounding me. When I woke up, I saw my big sister, Chyna and in back of her, a bright rainbow. Chyna led me to a lush meadow where many of my old friends were just hanging out, soaking up the sunshine. No social distancing here. It was really quite remarkable.

Me: It gives us all such peace of mind to know you are in a better place, with friends and family.

Athos: I have a request.

Me: Anything. You name it.

Athos: Take care of yourself. Find a horse that needs your attention and companionship. There are so many lost and abandoned horses looking for a forever home. When you are ready, I’ll do what I can to make sure the right horse crosses your path.

Me: But no one can ever take your place! You were the best trick pony

in the universe. I’ll never, ever, find another pony like you. You were one-of-a kind.

Athos: You are not looking for a replacement, just another friend to love. Expand your heart. Our lives will never be the same. They will be different, but different can be joyful, too.

Me: I keep telling myself that everything has a beginning and an end. I like new beginnings, but I’m not too fond of new endings.

Athos: We had a lot of fun together, didn’t we? And I loved all the carrots you gave me. I’m surprised my mane did not turn orange!

Me: I know, right? Athos, thank you for all the good times we had together. You helped Yohan through rough times, and profoundly touched the hearts of so many kids, like Sally. I’ve included the drawing Sally created when she heard you died. It made me cry.



Athos: She is such a sweetheart.....and I was just getting to know her. Give her a carrot from me, would you? And please tell her I just love her sketch and message. It means a lot.

Me: You will always be my favorite pony of all times.

Athos: I’m not going anywhere. Know that I’ll be here, waiting for you, the day you cross the rainbow bridge. In the meantime, I’ve got hay to eat and a nap to take. Now, go find a horse in need of your attention and love. It’s time.



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— John Steinbeck

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ASK THE VET

WHAT ARE SOME SIGNS THAT YOUR HORSE NEEDS TO RETIRE?

Most horses can continue some form of activity through their older years, and retirement can mean different things for different horses. Just like with people, horses generally benefit from some activity level at all stages of life. Retirement doesn't have to mean indefinite pasture rest (though in some cases, it may!); it could mean a change in activity expectations. You may need to reassess your expectations for a horse if (s)he shows an inability to thrive at level of desired performance that cannot be treated or managed, either due to the severity of prognosis of the condition or due to financial limitations.

WHAT IS THE BEST TIME TO INTEGRATE MY OLDER HORSE INTO A NEW HERD IN A NEW ENVIRONMENT?

New introductions should be facilitated in stages. The first stage might be for the new horse to live in a corral next to the intended pasture, where the horse can interact with its new pasture mates in a safer/more restricted environment. After some time in this arrangement, and if the horses are all displaying appropriate social cues, the new horse may then be released into the new environment.

WHEN IS IT TOO HOT TO RIDE MY HORSE?

This is a very subjective question and depends not just on temperature but on humidity levels, as well. In general, though, if it is too hot for you to



Skipper is a retired 44-year-old horse!

want to exercise, it is too hot for your horse to want to exercise, as well!

Amanda Hedges, DVM, cVA, CVSMT
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Grateful For Our Horses

How grateful we are for our horses during this COVID-19 pandemic. Our valuable SMCHA members remind us just how fortunate we are to have our equine partners, especially during these challenging times.



Marty Raynor and Shine

Riding in the COVID Classic

By Marty Raynor

The past few months have been some of the most interesting we've ever experienced. Life has changed in many ways, but the one thing that has remained constant is our horses. I am so grateful to work with the horses at NCEFT and with my personal horse, Shine, every day.

In March, just prior to California's shelter-in-place order, Shine and I competed at a Versatility Ranch Horse event in Morgan Hill. It was our first event of the season and we moved up a level from last year. We, well, mostly I, learned so much at the event, and I was very motivated to practice and improve for the next competition. A few days later it was very unclear when that next competition might be. At first, I felt disheartened and found it hard to focus on my daily riding. Then Sarah Clifford, Clifford Horse Training in Carmel Valley, started the "COVID Classic". Each week, Sarah emailed riding patterns for Ranch Riding, Trail Obstacle and Reined Work classes to her clients. Sarah's clients, including Shine and me, worked on the elements of the pattern each week, then rode the pattern like it was a competition. I would then send a video to Sarah. Sarah scored each of the videos and reviewed my performance with me over the phone. Being new to Versatility Ranch Horse,

Sarah's COVID Classic was a tremendous opportunity for me to learn more about the competition rules and specific things Shine and I needed to work on like lope to walk transitions, slide stops and side passes over poles. Sarah also viewed my rides from a judge's perspective and offered tips on how to best present Shine in competition. For example, Shine has a lovely walk and extended trot. Sarah coached me on how to incorporate a few more steps of each of these nice gaits into my patterns to show off my horse.

Participating in the COVID Classic kept me engaged in my riding and offered a variety of things for Shine and I to focus on during a difficult time. I continue to work with Shine daily and feel like I have new tools to use for us to improve as a team. When it is safe for competitions to resume, I'll pack the trailer and Shine will get his game face on and load up!



Larick on Shadow and Fawni on Tequila Sunrise.

Thankful for Our Horses

By Fawni Hill

We are both thankful beyond words that we have our amazing horses and can ride the beautiful Woodside trails during these COVID-19 times. It's easy to social distance when you are 8' above ground and a horse length apart, but we don our masks when we encounter the beautiful young families, walkers, runners and other equestrians. We look forward to getting back to riding in groups with our friends and horse camping all over California. Be safe, take care and happy



Masked Emmet and Satomi spend some time with Ranger!

trails to all.

Our Horses Are Our Salvation!

By Faye Brophy

As of today, April 30, the COVID restrictions are still in place. Even though we know these restrictions help save the lives of all the first responders and us, it has been a huge change for all of us. Whenever we look into a mirror, we're assaulted by so much grey and aberrant hairs... the only way we can go out into public is with baseball caps! Also, lounge wear and masks have become a daily part of lives and though we hate to admit, we've spent more hours watching Netflix and reading instead of using this downtime to complete those many projects we all know about!

Thank goodness for our horses! They bring normality. Despite all the negatives associated with this terrible virus, we can still saddle up, get some exercise and enjoy the beauty of where we live. We're truly thankful our rides, even if only confined to the Town and Woodside Trail Club trails. They are so enjoyable, with the rural settings of green pastures, shady woodland lanes and the babbling sounds of the slowly moving creeks. Not only has the enjoyment come from the scenery, but we've also received many 'approving nods' from all the adults/kids, bikers and walkers that we pass along the way. Also, one great positive outcome for this 'stay in place'; the traffic & the construction noise is down so much! All that urban noise has been replaced with the

Continued on Page 13

SMCHA's Spring Youth Art and Writing Contest

Our Spring Youth Art and Writing Contest was so much fun! We received some beautiful and creative artwork, wonderful poems and some of the most interesting facts about horses! See their winning entries at right.

Congratulations to the following five Spring Grand Champions!

Clara Hause Stephenson, age 12, from the San Carlos/Eaton Hills 4H Equine Project led by Jennifer Ott Cameron, wrote an educational article, *What Do Horses Eat in the Wild?*

Morgan Stein, age 14, entered a digital drawing depicting her most memorable horseback ride on a mustang mare, named Rio, with her sister.

Ella Foster, age 8, from Moss Beach rides at the Lazy H Ranch in Half Moon Bay, entered a pencil sketch entitled, *Foal in a Field*.

Charlotte Stein, age 13, wrote a wonderful poem and drew picture of a Leopard Appaloosa.

Megan Campbell, 5th grader from the San Carlos/Eaton Hills 4-H Equine Project led by Jennifer Ott Cameron, wrote an interesting article - *Whorls: Wisdom or Whimsy?*

What Do Horses Eat In The Wild?

By Clara Hause Stephenson

In the wild, horses eat mostly



grass, but they also eat forage or browse plants such as forbs and shrubs. Grasses are plants with

narrow leaves and parallel veins, such as the Idaho Fescue Grass, Squirrel Tail Grass, and the Great Basin Wild Rye. The wild grasses horses eat tend to look more like weeds than common lawn grasses, which, incidentally, are not good for horses because they do not have good nutritional content. Forbs are flowering wild plants with net-like veins on their leaves found in prairies. Some forbs that horses eat are the Scarlet Globemallow and the Indian Paintbrush. Shrubs are woody plants with multiple stems, such as Juniper, Bitterbrush, or Greasewood. Although horses, in general, are not made for eating meat, wild horses might eat a bite of fish found lying on the ground.

As important as it is to understand what wild horses eat, it is also important to understand how they eat. Wild horses may move up to 20 miles per day, continually eating grass, forbs, and shrubs along the way. They eat for an estimated 15-17 hours per day. This movement is beneficial for the horses because it helps food move through the digestive system.

Another beneficial behavior of wild horses is bending over while they eat. This is their natural posture because their food grows low on the ground. This helps them because it positions their mouths correctly and it ensures that their food mixes well with their saliva. Eating from the ground also positions their heads so that debris in the nasal passages gets flushed out by nasal secretions, reducing respiratory problems.

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Up Next! Celebration of Horses Youth Photo Contest!

The SMCHA wants our youth to submit a horse-themed photo. There are 3 different age categories (7-9, 10-12 and 13-16). The winning entries will be featured in the summer edition of the SMCHA newsletter. Other miscellaneous prizes will also be included.

Rules;

- 1) The winning photo must feature at least one horse.
- 2) Mobile phone, iPad and laptop pictures are

perfectly fine, but please send us the original picture in JPEG format. Please submit in JPEG format. TIP: A good quality image file will usually be over 2 MB's (megabytes).

- 3) Submissions must be received by July 31, 2020.

Please send your photo to: info@smcha.org In the email subject line, please write Youth Photo Contest. Please also give the name and age of contestant. We look forward to seeing your photos!

Grateful for Our Horses

Continued from Page 12

calming quiet we all sorely missed ... and this has added so much to our riding pleasure.

Our horses are our salvation; stay safe and enjoy your 4-legged buddies!

Life During Covid-19

By Cheryl Basin

For all of us, it's been a challenging time, yet with a positive attitude and the will not to be infected by this nasty virus, I've been doing great.

Thank goodness for CeCe, my 30-something QH who I see every day at the NCEFT barn. Sometimes I ride and usually take her for a walk to eat the luscious grass that's in abundance.

Other than daily barn visits and occasional trips to the grocery/drug store, of course wearing the mandated mask and gloves, I've been staying home.

Several of my "horsey buddies" knew I'd be home on my birthday, so they surprised me with an awesome drive-by birthday party. Horns were



CeCe and Cheryl

my front fence was miraculously decorated with balloons and streamers. Hoku, my new doggie, loved bouncing the balloons off his nose and we all thought he had been a circus dog in a former life. Then came the champagne.

After that came the Zoom birthday party with another group of friends. What a fun time and it reminded me that this lockdown isn't such a bad deal after all. Life is pretty darn good, especially with wonderful friends and family.

Stay safe, stay well, and call a friend to say hello.

blaring, a siren screaming, music playing, tin cans dangling from a bumper and lots of Happy Birthday signs covering the cars/trucks. I live on a cul-de-sac so it was easy to park and hang around outside. Then

Therapeutic Use of Equine Movement in Hippotherapy

By Julie Freschi, PT, HPCS, sDPT, edited by Lori Garone, PT, MS, HPCS, DCE, Education Chair for the AHA, Inc.

I took my boyfriend on a trail ride for his first time on a horse. Can you imagine the picture of a first-time rider on a horse? He rode an 1850-pound Shire cross. While he enjoyed himself, it was evident he had never been on a horse. He looked like he was sitting slouched in chair with his toes pointed through the stirrups. I don't bring this up to criticize him, but to begin to understand what makes one novice vs skilled. What are the skills one develops to become a good rider? One of the primary things differentiating a novice from a skilled rider is the stability, mobility, and coordination in the core and pelvis. A skilled rider is able to position his/her pelvis in ways to adapt to and influence the movement of the horse at the same time as providing stability, so that the rider is able to move his/her legs, trunk, head and upper extremities. This describes what some instructors may term an independent seat.

So, why is it so hard to ride a horse? The horse's movement is complex and multi-directional. It takes a while for a person to develop the balance, strength, coordination and body awareness to be in harmony with the horse. For those of us who have been riding our entire lives, we don't realize what processes our body has to go through to adapt. With each step the horse takes, we have to be aware of our bodies being thrown off balance, and then react to regain our balance. And, with each step the horse takes, we are being thrown in a different direction. Knowing to react and reacting appropriately are skills that we develop. At a physiological level, our bodies need to develop the precision in our nervous systems. In our ears, the vestibular system senses the change in our head position. In our tendons and joints, we have receptors that signal a change in body position. Our brain needs to be able to activate the correct muscles in the correct sequence and timing, and our neuromuscular system needs to be able to produce the right amount of force for the response. In addition to the dynamic elements of our bodies, we also need the flexibility to be able to move our bodies in the required ways.

As challenging as riding a horse is for a novice equestrian, you can imagine how the multi-directional movement of the horse could challenge a person with any type of neuromotor deficit. As a physical therapist, I am able to use the movement of the horse to treat my clients who have physical disabilities caused by Cerebral Palsy, Down Syndrome, Autism, Pervasive Developmental Disorder, genetic disorders, ADD, Sensory Processing Disorder, Dyspraxia, and any other problem that causes impairments to sensory or motor function. The movement of the horse to accomplish therapeutic treatment goals is referred to as hippotherapy ("hippo" being the Greek word for the horse). Hippotherapy is recognized by the American Physical Therapy Association (APTA), American Occupational Therapy Association (AOTA) and American Speech-Language-Hearing Association (ASHA) as within the scope of practice for Physical Therapists, Occupational Therapists and Speech and Language Pathologists. It is not a separate type of therapy.

Hippotherapy differs from Therapeutic Riding in that the goal is not to teach the client to ride, but to purely use the movement of the horse to help the client improve his/her physical functioning by the skilled manipulation of the horse's movement to address the client's impairments. The horse provides continuous input, providing the client with the consistency of what we call "perfect practice". The horse can deliver up to 2500-3000 moments of "perfect practice" in one therapy treatment. Once the impairment in the body system has received the "perfect practice", the therapist can overlay therapeutic techniques off



the horse to improve functional movement for the client to interact in his/her environments.

Remember how we talked about how important pelvic mobility and stability (an independent seat) are to becoming a good rider? The implications for a person with a physical disability is really important as well. Improved movement with the horse for one of my clients means that he/she will have developed improvement in strength, balance, coordination, and body awareness. Some examples of goals that my clients may be able to achieve as a result of this improvement are learning to walk efficiently and safely without falling, increased endurance to sit in class in proper alignment to enable writing as well as creating a foundation for further development of gross motor skills. Functional progress often continues even after the client has been discharged.

Julie Freschi is the owner and founder of InStride Physical Therapy. In addition to providing private home-based physical therapy for children and adults, she provides hippotherapy at BOK Ranch in Woodside. She also works with equestrians to prevent injuries and improve performance. She can be contacted at InstridePT@gmail.com



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Youth Art Champions

Continued from Page 13

A Mustang Mare Named Rio

By Morgan Stein

My name is Morgan and I am 14 years old, and I have loved horses for as long as I can remember. I started riding at a summer camp about 5 years ago, and I have been taking lessons for about 3 years now. I don't own a horse and sadly, I am not able to visit the ranch I take lessons at :(I have been trying to make it better by watching a horse YouTuber named Stephanie Prince who does riding vlogs. Below is a digital drawing I created of my favorite horse-back riding memory. It is of me (gray hoodie) and my younger sister (blue hoodie) riding a mustang mare named Rio, who is one of our instructor's horses. This was during a spring break camp, and our instructor asked us if we wanted to try double-bare backing on Rio.



My sister wanted to steer, so I rode in the back.

At first I held onto her waist and we walked around the arena. Then, we started trotting. My sister kept telling me that if I felt like I was going to fall, I better let go of her. So, I decided to just let go completely. We trotted around the arena and I held my arms out. I had never felt so free before. Someone captured a picture of us and when I heard about this contest, I knew I had to draw it. I hope you enjoy the drawing :)

Whorls: Wisdom or Whimsy?

By Megan Campbell

A hair whorl (trichoglyph) is a patch of hair growing in the opposite direction from the rest of the hair. They can appear in many places on horses, dogs, cattle, and even humans. They are also known as cowlicks. There is an anecdote that the placement of the whorl on the forehead can tell you the true temperament of the animal. But is it just a superstition?



Possibly not. Mark Deesing (horse trainer) and Dr. Temple Grandin (PhD in Animal Science), have worked together to prove this theory. When they investigated the relationship between the hair flow of single facial hair whorl, they found, "when they resist having someone pick up their feet, most of the time, the hair whorl will be on the same side the horse was difficult."

Grandin also states, "If he's raised gently, his true temperament will be masked by experience – but

it's only masked and not changed by experience." Deesing and Grandin have published books and articles on equine behavior together.

One of their books states, "Hair whorls located high on the forehead predict a flighty temperament, whorls located below the center of the eyes predict a calm temperament, and left or right side locations predict handedness." There is increasing evidence that shows whorls tell the true nature of a horse, although that nature can be muted or amplified, depending on training methods.



Leopard Appaloosa

By Charlotte Stein

Brown horses are bay
White horses are grey.
But, what I have for you today
Is a Leopard Appaloosa
Which is my favorite horse
On this lovely day.



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Larry on Mocha

MEMBER SPOTLIGHT: Lawrence E. Pelzner aka, LARRY

In the early 1980's, after being married and having two young children, I found my life taking a major turn. I realized that the mother of my adorable children and me had drifted so far apart, and it was better to go our own separate ways.

This life change left a major hole which had to be filled with something meaningful. I had been around and ridden horses since I was 10 years old. A major tax client had also given me two horses over a period of the two previous years. I wanted my children to experience others in the same life change situation, with horses, so we could all share common moments: divorce and horses. And also, a new challenge: training two young horses at the same time as teaching my young children to ride those two young horses!!! It all eventually worked out.

When I first joined the board of the SMCHA in the 1980's, Amos was the president of our group. I decided to sit back, watch and learn from those in command, but that did not last long. I was immediately asked to join the executive board in a financial capacity. At that time, my life was greatly challenged: mainly growing an accounting and tax practice; co-parenting with my ex-wife which involved the responsibility of raising two young children; being on the SMCHA executive

board and maintaining two horses boarded in Moss Beach, AND sitting on other boards of corporations, all at the same time. I felt like a juggler as well as the main person in a growing tax practice and training of two young horses.

Luckily, I succeeded in all tasks placed in front of me.

As the years passed and all facets of my life began to simmer down, I became more involved in the workings of the SMCHA board. With a small team, I helped institute two new By-Law amendments as well as introduced the board to yearly budgets (mainly as a measurement of the efficiency of board financial management procedures). On several occasions, I was asked to take on a higher board role, but could never properly balance the time.

One day, many years ago, Cheryl Basin asked me to assist at horse shows, as a gateman.

Little-by-little, as the years passed, she and I worked closely together on each year's horse shows. I then became more entrenched as the "gateman." I was often asked by other groups if I would also assist as their "gateman" as well.

As fate would have it, Cheryl and I shared SMCHA Horseperson of the Year in 2009 - a moment in time linking the two of us

forever. During that same period, I was nominated to be on the prestigious NCEFT board. I accepted. I have been sharing my time with them each month, as well. I decided to leave the SMCHA board about 5 years ago, as I differed with some of the policies being instituted at the time.

Not too long ago, I was asked to head the financial aspect of SMCHA. I have now returned to the board, under the very able leadership of Chris and Jen.

An Apology

Mariangela Sonstegard and her horse, Cheyenne, were inadvertently omitted from our annual SMCHA Board of Directors photo spread in our previous issue of the Horseman Magazine. Our apologies to Mariangela and Cheyenne!



THE SEARCH IS ON CAN YOU HELP?

As we all seem to have more time to reflect and do some research these days, Bay Area resident, William Holsinger has been going over family history with his extended family. This has brought focus to their grandfather, Thomas Meredith, and his time in San Mateo in the 1940s. It's the family's understanding that Thomas Meredith moved to San Mateo to take over the operation of the Homestead Stables near what is now the Borel Estate area. Thomas Meredith died at Mills Hospital in 1942 at the age of 52 after being injured in a horse training exercise. In William Holsinger's late 20s (1979-81 time frame), he met a horseman named Mr. Ed Peabody, then an older gentleman, who remembered Thomas Meredith as well as William's mother, Lina. Lina was also an accomplished horsewoman, having been captain of her polo team in San Francisco as a teenager. Lina and her sister, Grace, stayed at the St. Matthews Hotel in downtown San Mateo over

several summers while helping out at Homestead Stables. Lina bought a horse from Ed Peabody that was kept at the Homestead Stables and William remembers sitting on him as a young child.

If anyone remembers the Homestead Stables in San Mateo from the 40s, William's grandfather, Thomas Meredith, his mother Lina Meredith, his Aunt Grace Meredith or friend Ed Peabody, William would greatly appreciate learning more to fill in the gaps of their family history. Any information that can give William direction is very much appreciated!!

William Holsinger can be



contacted at ...
(650) 678-2259 (mobile)
(650) 340-7500 (office)

William.Holsinger@me.com



Polo Club Barbecue

The first barbecue under the auspices of the newly formed Homestead polo club, San Mateo, was enjoyed by fifty persons at the Homestead riding club, San Mateo, last Sunday following a spirited game of polo on the club's field at the San Mateo-Burlingame polo club.

After the barbecue there were games of skill and balance, riding the polished pole, and, in the outdoor ring, a series of feats on horseback, races with one, two and three riders on a horse.

The following polo players engaged in the game and the races: Ivin Keder, president; Al Greenman, secretary; Vernon Bernstein, Russell Grossman, Miss Lina Meredith, Tom Meredith, Brougham Morris, Chris Ort, Joe Ryan, Kusty Rufus, Mrs. Bobbie Rufus, Leo Sherry and Mrs. Dorothy Meredith.

At top: Thomas A. Meredith (second from left) with his polo team members in 1938; Inset photo: Thomas in 1910 at about age 20.



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Wilfred “Bill” Harry Bentham

Veterinarian, avid horseman and longtime resident of Woodside, Bill Bentham, 81, died unexpectedly February 11, 2020, while vacationing in the British Virgin Islands. Bill was born August 18, 1938, in Oakland, California to Wilfred Sylvester and Edith Ernestine (Mueller) Bentham.

Bill is survived by his wife Erin Lynn (née Morra); his children, Sally Ann (Joseph) Ferreira, daughter of Bill and first wife Jessie E. Bentham; Ryan Jeremiah Bentham and Jeremiah David Bentham (Leeann), sons of Bill and second wife Linda Gallaher; stepson Justin Macedonio; 3 grandchildren, Justin, Jordan and Jaden Ferreira; 1 step-grandchild Greyson Macedonio and 1 great grandchild, Jake Ferreira. He is predeceased by Wilfred Norman “Billy” Bentham son of Bill and Jessie E. Bentham; his brother David and his parents Wilfred and Edith.

Bill graduated from San Ramon High School, Class of 1956. He attended both UC California, Davis and Colorado State University, Fort Collins, School of Veterinary Medicine earning his Doctor of Veterinary Medicine in 1965. He joined his father Wilfred’s existing practice at Central Veterinary Hospital in Fremont, California, mainly focusing on large animal veterinary services. Bill initiated the concept of 24-hour care for hospitalized pets in the area. Primary interests in pet medicine included surgery, dermatology and pet weight control. He owned and operated this thriving practice with a team of devoted employees for 55 years until the time of his death.

With a veterinarian for a father and a mother with exceptional equine skills, Bill had an avid interest in horses. He became involved in endurance riding in the 1970’s, serving as President and a member of the Board of Directors of the American Endurance Ride Conference, a national organization dedicated to the sport. Over the years, he completed well over 4,000 miles of 50 and 100 mile competitions, finishing as one of the top 10 riders in two of those years. He worked and participated in many endurance rides and ride and tie events as both head veterinarian and staff

veterinarian over a span of 40+ years. In his veterinary capacity, he worked to develop criteria for evaluating horses under stress when participating in endurance events and also lectured on the topic. Bill was past Captain, 8-year board member and standing member of the Mounted Patrol of San Mateo County for over 37 years; part of the staff veterinarians of the Rancheros Vistadores annual trek with upward of 800 horses; Director of the Woodside Trail Club, Shack Riders and involved in the Tevis Cup and Ride and Tie. Bill was on the Board of Directors for The Wine Country Marines helping to raise funds for Wounded Warriors. When not on a horse, he enjoyed calvary history – primarily civil war of which he amassed an extensive collection of memorabilia. His hobbies included: collecting classic cars, building models, specifically radio-control aircraft. travel, fishing, hunting and other outdoor activities. Bill was an animal rescue advocate, dynamic storyteller and a generous and inclusive friend.

The family would like to offer a special thanks to Sir Richard and Lady Joan Branson and the staff of Necker Island in the British Virgin Islands for their compassion, kindness and support.

The private family funeral service was at the Mounted Patrol of San Mateo County, 521 Kings Mountain Rd., Woodside, CA. 94062 on Saturday March 14th at 2pm. In lieu of flowers the family requests donations be made to one of the following organizations:

Colorado State University School of Veterinary Medicine - <https://advancing.colostate.edu/CVMBSMEMORIALFUND>

Or Pay to the order of: **CSU Foundation**
Memo: CVMBs Memorial Fund in honor of Bill Bentham
PO Box 1870, Fort Collins, Co 80522-1870

The National Wildlife Foundation - <https://support.nwf.org/page/8844/donate/1?locale=en-US>

The Golden Gate National Parks Conservancy - <https://www.parksconservancy.org/donate/tributes-memorial-gifts>

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Dawn Williams, ASID
and puppy Layla. 08/18



My thanks to Leslie Dorrance, Conservation Grazing Program Manager, Santa Lucia Preserve, for bringing over her two special friends for the photoshoot.

WELCOME HOME



Private Residence - Guest House "The Cowboy Cabin"
- Santa Lucia Preserve

Roasted Honey and Balsamic Brussel Sprouts

Submitted by Chris Friis

1. Preheat the oven. First, preheat your oven to 425°F. Line a baking sheet with aluminum foil, or use a silicone baking mat.
2. Clean the sprouts. Trim off the outer, dry leaves. Then, cut the bottom off of each one and slice them lengthwise.
3. Coat. In a large bowl, toss Brussels sprouts with olive oil, kosher salt and freshly cracked black pepper. Toss with a spoon to thoroughly coat them.
4. Bake. Transfer the veggies to baking sheet. Arrange in a single layer and roast until they caramelize and become tender, about 20 minutes.
5. Add balsamic glaze. Place the roasted Brussels sprouts back into a bowl, or keep them on the sheet pan. The next step is to toss them in a fantastic combination of flavors. Add remaining olive oil, balsamic vinegar, and honey, then toss to coat evenly. Taste and if necessary, season with kosher salt.

That's it! The entire side dish is ready in under 30 minutes.

Thought there was more to it? Nope, not at all. Sometimes the simplest or easiest can be the best.



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Equine Coronavirus: Quick Facts and Biosecurity

By Jackie Dietrich, BVSc

(edited and updated by Dr. Nora Grenager, VMD, DACVIM)

Equine Enteric Coronavirus and Covid-19 are both coronaviruses but are distinctly different viruses, and there is no evidence to indicate that horses could contract Covid-19, or that they would be able to spread the disease to other species of animals or humans.

Coronavirus is an RNA virus that can cause respiratory and gastrointestinal signs. Horses can be carriers of coronavirus and show no signs (subclinical), but have been found to shed the virus in feces. Horses that become infected can also shed the virus. Infected horses with coronavirus can become clinically sick, but thankfully mortality (death) is rare in uncomplicated cases. There is no evidence that equine enteric coronavirus poses a threat to humans or other species of animals.

How can my horse get coronavirus?

Transmission is through fecal-oral route, meaning that your horse ingests infected fecal material.

How long does coronavirus in horses survive in the environment?

Unfortunately, this is unknown. It's important to practice good biosecurity.

What is the seasonality?

Equine coronavirus can occur any time of year, however it is commonly seen in the colder months (December –May).

How soon will my horse show signs?

Every horse reacts differently, but typically the incubation period is 2-4 days.

How long will my horse be shedding the virus?

The exact period a horse will shed the virus is still under investigation; however, horses have been found to shed the virus 5 – 21 days after being infected. Horses with no clinical signs and horses with clinical signs can shed virus.

What are some signs to watch for?

- Fever >101.5F
- Lack of appetite
- Depression
- Colic signs
- Laying down frequently
- Diarrhea (not always present in every case)

How can I confirm (diagnose) equine coronavirus?

Your veterinarian can confirm coronavirus by submitting a fresh fecal sample to a lab for testing (PCR test).

What is the treatment for coronavirus?

Supportive care based on clinical signs is the best treatment. For more severe cases, hospitalization for IV fluid therapy and treatment for any secondary infections may be required.

How likely is it that my horse will get better?

With supportive care and monitoring for secondary infections, your horse is likely to get better.

How can I prevent my horse from getting coronavirus?

The best method for prevention is good sanitation of facilities, disposing of manure in areas horses can't be infected and good biosecurity practices. Make sure manure cannot contaminate pasture, paddocks, stalls, and drinking water.



Jacqueline Dietrich, BVSc-Steinbeck/Peninsula Equine Clinics

What do you mean by “good biosecurity”?

1. Wash hands frequently, especially before and after handling an individual horse.
2. Don't share equipment and grooming supplies.
3. Isolate horses that start to show clinical signs. Do not walk horses around facilities that have been showing clinical signs or that was in close proximity to infected horses.
4. When cleaning stalls, clean infected and potentially infected stall last. Always handle infected or potentially infected horses last. This way, stalls of healthy animals cannot come into contact with any fecal material from horses shedding the virus.
5. Reduce movement of horses in and out of facilities with horses positive for virus. Horses that are moved from a facility with horses positive for virus should be isolated for 3 weeks. A fecal sample should be taken to confirm no virus is present before removing horse from isolation.
6. Disinfect anything that comes into contact with an infected horse. Remember, you must remove any organic matter (dirt, feces, etc.) before using a disinfectant. This is because disinfectant becomes inactive when in contact with organic matter. Talk to your vet about the appropriate disinfectant to use for different outbreaks. For coronavirus, bleach, povidone iodine, and chlorhexidine gluconate are common disinfectants that have been shown to be effective against coronavirus.

Call Steinbeck Peninsula Equine Clinics with any concerns or questions at 650- 854-3162.

Below are some excellent resources for more information on Equine Coronavirus and biosecurity practices:

Equine coronavirus or ECoV is NOT the same as Covid-19:
<https://bit.ly/2YVpcOf>

Biosecurity Toolkit for Equine Events: <https://bit.ly/2Z3i42D>

What Veterinarians Need to Know: <https://bit.ly/2WpmCP7>

Equine Vaccinations: What Every Owner Should Know

By Dr. Kelly Zeytoonian,
Starwood Equine Veterinary Services

Evidence of “vaccination” for smallpox exists as early as the year 1000 in China, though it is more commonly documented that the English country doctor, Edward Jenner, is responsible for the first vaccine studies. In 1796, he discovered that exposure to cowpox would protect humans from the smallpox infection. His finding led him to be known as “The Father of Immunology,” and created the fundamental concepts for vaccine creation we know today.

Today, humans and horses benefit from the development of vaccines, but knowing what your horse needs and why we vaccinate can be difficult to manage. The following article will help to simplify equine vaccines:

Why Vaccinate?

The pursuit of vaccinating will NOT stop a horse from getting sick, but it can help to reduce the degree of sickness in an infected patient. Vaccination also provides “herd immunity,” meaning that if enough animals are vaccinated against the disease, more vulnerable (young horses) or immunocompromised horses (older, Cushinoid) will be protected.

Aside from the health benefits, you should also keep in mind that many vaccine producers offer an immune support guarantee. Talk to your vet about specifics, but this essentially means that if you use a veterinarian to administer vaccines and your horse becomes sick, the company will help pay for diagnostics and treatments if your horse suffers from a disease they were vaccinated against. I hope your horse never becomes sick, but the guarantee is a helpful “insurance” to cover the cost of care.

What Constitutes a “Reaction”?

True vaccine reactions (such as anaphylaxis) are rare, but an “adverse effect,” such as a small swelling at the site of injection, transient fever, and lack of appetite or soreness at the vaccination site is slightly more common. Adverse reactions are not always predictable and are inherent risks of vaccination. Remember mild reactions are an indication that your horse is demonstrating an appropriate immune response. Most of these signs will resolve on their own in a day or two, but if you have questions or concerns always call your veterinarian.

Which Vaccines Does My Horse Need?

The American Association of Equine Practitioners (AAEP) divides vaccines into two categories - core and risk-based.

Core vaccines, which include Eastern and Western equine encephalomyelitis (EEE/WEE), West Nile virus (WNV), Tetanus and Rabies should be administered to all horses at least annually, following the initial series in foals or previously unvaccinated patients.

Risk-based vaccines protect against a variety of diseases that can affect certain horses, but are not necessarily a risk for all. These vaccines include Strangles, Influenza, Rhinopneumonitis, Potomac Horse Fever, Botulism, Venezuelan Encephalitis, and Leptospirosis. While it is best to discuss risk-based vaccines with your veterinarian, we describe commonly recommend vaccinations for Northern California:



Dr. Kelly Zeytoonian, Starwood Equine Veterinary Services

Horses that travel and compete are at a higher risk of coming into contact with other horses and pathogens affecting the respiratory system (Influenza, Rhinopneumonitis, Strangles). When horses are infected with these pathogens, they can develop clinical signs of respiratory disease such as lethargy, high fever, mucoid (mucous) nasal discharge, and coughing.

Venezuelan Encephalitis, Botulism, and Potomac Horse Fever are less prevalent in California. If your horse is traveling to the east coast, please consider these vaccinations.

Equines in close contact with cattle or regularly exposed to wildlife and standing water have higher exposure to Leptospirosis (Lepto). Infection can result in vision deficits, urinary tract infections, and sudden abortion.

What Vaccines are on the Horizon?

Many developments in vaccine production allow us to administer a single shot that stimulates protection against multiple diseases. Talk to your veterinarian about whether these options are appropriate for your horse and also remember that the “5-Way” vaccine from one company may not mean the same thing for another. There is also promising research from a Swiss company that is developing a vaccine to aid horses suffering from Insect Bite Hypersensitivity. If your horse constantly suffers from “sweet itch”, be on the lookout in the next year or two. If your horse has melanomas, a canine vaccine is currently being tested (and used off-label in appropriate cases) to help reduce the size and/or growth rate of these tumors.

The new developments are exciting and will continue to offer additional protection for more specific disease processes. In the meantime, there are safe and effective vaccinations on the market that will help protect your horse and the equine community at large to stay happy and healthy.

Please contact your veterinarian or info@starwoodequine.com with any questions.



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ETRAC'S 2019 End of Year Report

Continued from Page 7

allowed in 16 open-space preserves (157 miles of access).

8. The SMC managed trail that goes up Page Mill Rd from the end of Alpine Rd & connects through Coal Creek OSP to Skyline/Monte Bello OSP is now under MROSD control. This trail has been washed out, however its repair is being worked on.
9. The use of the Red Barn as a central equestrian parking area to La Honda Creek OSP is currently NOT under consideration due to poor lines of sight for safety to access/exit any parking lot off Hwy 84 and also the neighbors' concern of loss of the historically picturesque site if a parking lot were to be built. They are looking @ equestrian parking on Sears Ranch Rd. again.

WATERSHED: The Crystal Springs Watershed (23,000 acres) has been open to equestrians. Equestrians can ride the 11 mile Sawyer Camp Trail anytime, but the only trailer parking is on Canada Rd. Also you can ride the 10 mile Cahill-Fifel Trail which is great in the rainy weather, but only with permitted use. To obtain a permit, apply online @ <https://sfwater.org/index.aspx?page=147>

PT. REYES HORSE CAMP: Five Brooks Stable has taken over the equestrian campgrounds formerly known as Stewart Ranch Horse Camp. Check for current camping status (due to COVID) @ 415-663-1570 or <https://fivebrooks.com>

Santa Clara Valley Equestrian Issues:

1. MROSD is continuing to work to maintain Bear Creek Stables.
2. Saratoga Gap Trail is complete and under MROSD control: As part of the Bay Area Ridge Trail, this nearly 2 mile trail parallels Skyline Blvd (Hwy 35) and connects trails leading to Sanborn-Skyline & Stevens Creek County Parks, Castle Rock and Big Basin State parks and Long Ridge-Skyline Ridge-Monte Bello OSPs:
1. Bear Creek OSP is open (not during the COVID period) for hikers and equestrians

Portola Valley:

1. Stanford's faculty housing project is threatening a historic connector trail and a beautiful animal sanctuary, from Cervantes to Alpine Rd. near Rossotti's Inn. For more detailed information & your support, go to Portola Valley Neighbors United website @ PVNU.org for more information. If you are interested in helping preserve this beautiful trail, please contact Mary Hufty @ Hufy@mac.com



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Rules of the Ring: Universal Ring Etiquette

Adapted for General Use by Kristi Eifert

12 rules to help riders determine who has the right of way in a crowded arena.

The rules of ring etiquette are flexible and adaptable to the given situation. While riding, the safety of horse and rider should always be the first priority and common courtesy should also be present. When riding in a group, remember to communicate with other riders and keep an eye on patterns and attitudes of the horses around you. However, here are a few standard rules that should help.

Right-of-Way Rules

1. In general, riders should pass left shoulder to left shoulder.
2. Announce, in a loud voice, when you are entering the arena.
3. Keep at least one horse's length between you and another horse.
4. When working at the WALK, stay closer to the center of the ring.
5. When working at a JOG/TROT, work between walking and loping/cantering horses.
6. When working at a LOPE/CANTER, ride closest to the rail. Slower riders should ALWAYS give way to a faster moving horse. Faster horses or horses traveling at a faster gait should avoid getting too close behind other horses. This can be achieved by circling.
7. Don't ride up the tail of any horse. Turn across the arena or circle before you come upon the horse in front of you.
8. When riding a circle, look in the direction you are going to ride and ride towards the center of the ring. This allows other riders to pass you on the outside and not cut through your circle. If you doubt that another rider is aware you are circling, you may call out "circle," to let others know your intentions before attempting the circle.
9. In a lesson situation, the person under instruction should have the right-of-way. Other riders in the arena can be listening to the instructor and anticipating where the horse and rider in the lesson will be going next.
10. Green horses and beginner riders should be given more space by more experienced riders, who also should keep an eye out for the possible out-of-control moments that green horses and riders may experience.
11. Upper-level horses can be intimidating to a lower-level rider as they move around the arena. However, the basic patterns they follow are the same as at the lower levels. They should be treated as any horse and rider would be. By making eye contact, you can avoid potential collisions.
12. The use of voice is another tool to gain the attention of focused riders and to let them know where you are planning to go.

Continued on page 29

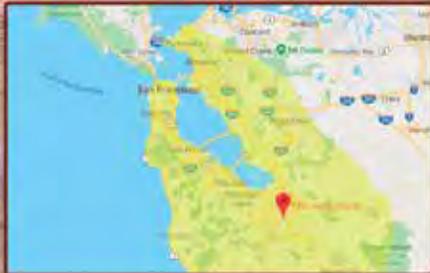


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History's Happening Here!

How Much Do You Know About The History of the SMCHA?

1. In 1939, San Mateo officials asked equestrian and property developer, L.C. Smith, to ask local horsemen to ride in a parade with their:

- A) Dogs
- B) Horse-Drawn vehicles
- C) Lone Ranger Costumes

2. Who is this dashing man?



- A) First President of SMCHA L.C. Smith
- B) Famous bull rider Ty Murray
- C) Well-known Western movie actor Tom Mix

3. In 1940, where were most SMCHA board meetings held?

- A) Pioneer Hotel, Woodside
- B) Howard Johnson's, Belmont
- C) Benjamin Franklin Hotel, San Mateo

4. What color was the Association's first formal western shirt?

- A) Black
- B) Rose
- C) Blue and Gold

5. What was the PINK SHIRT?

- A) A delicious cocktail
- B) A SMCHA fundraiser, featuring cowboys in pink attire
- C) The name of the monthly bulletin publicizing all SMCHA events

6. What was the distance of the Association's first competitive trail ride (1940)?

- A) 5 miles under 10 hours
- B) 65 miles over 2 days
- C) 130 miles, as the crow flies

7. In 1942, some of the newly elected SMCHA board members were replaced due to:

- A) Wives complaining about their absence at home
- B) World Word II
- C) Gambling Addiction

8. During the Association's second year, these social activities were a big hit:

- A) Dances, Moonlight Barbeques and Breakfast Rides
- B) Bingo, Bunco & Scrabble
- C) Pin the tail on the donkey, Limbo, Horseshoes



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Fluff Monkeys are available for online purchase at Portola Valley's Carousel Saddlery <http://shop.carouselsaddlery.com> or at www.fluffmonkey.com. Each sells for around \$25.00.

Rules of the Ring

Continued from page 28

These rules are a good starting point for approaching a ring full of horses. However, there are many situations that call for deviations from the basic rules. If any horse has an explosive moment and comes leaping across the arena while you are trying to warm up your horse and it looks like the horse might be on a collision course, you need to have your wits about you and stay out of the way! Riding requires tact, timing and coordination with your horse as well as the others.

The arena is a place to work your horse. As a common courtesy, DO NOT just sit on your horse and have a conversation. If you wish to sit and talk, do it outside the arena.

Answers on page 33

Shop Local and Support the Equestrian Community

Celtic Rose Candle Company

By Wiyanna Oakley

Celtic Rose Candle Company is a small, local business with an equestrian theme. The creator, Wiyanna, found it difficult to find natural candles that she liked and with a deep love of horses, she knew she had to create something that had an equestrian theme. And if she needed better candles, she thought maybe other people did too. As a three-day eventer, whose horse lives in Woodside, it was easy to find inspiration for all of her candles, room sprays and reed diffuser scents. Her horse, Celtic Rose, is an Irish sport horse. She is one of those rare horses that can win ribbons in the dressage court, jump fast and clean around cross country, go horse camping, ride the Pacific Crest Trail and move cows on a cattle drive in the Eastern Sierras.

At the turn of the recent pandemic, Rose was diagnosed with an abdominal abscess and was hospitalized. She was then moved to grandma's house in Oregon. Wiyanna may not be able to go back to work until July, so she has plenty of time to make

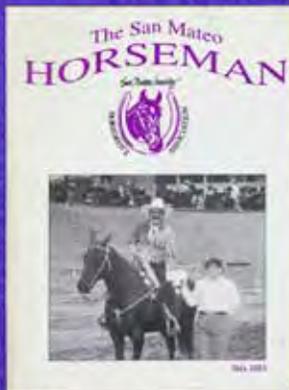


The Celtic Rose Candle company equestrian theme is inspired by a deep love of horses

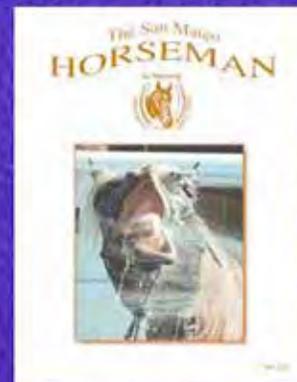
phenomenal home fragrance products for you. Her whole collection can be viewed

and is available for purchase on her website www.celticrosecandleco.com.

**Do You Have Past SMCHA Newsletters?
If so, contact us!**



Looking for past issues:
1940-2015



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We'll come to you!**



Nancy has a vast selection of bags.

Yellow Horse Handmade

By Nancy Edmonds



Yellow Horse Handmade sells unique bags made from upcycled/repurposed materials. They are made from:

- soft leather from discarded jackets
- worn-in, vintage horse tack and belts
- washed linen, canvas and twill
- designer fabric samples and leftovers

When my horse, Gracie, stepped on a nail and was in the hospital for 6 weeks, I needed another hobby to fill my time. As a retired graphic designer, I miss being creative, so I dusted off my 50-year-old sewing machine and decided to make a

tote bag to brush up my skills. I fell in love with bag making; there are so many possible shapes, types of materials and embellishments to use. Being a horse person, I started using broken reins and tack for straps, as well as soft leather from jackets I find at thrift stores. The fabrics used are leftovers and discontinued samples from interior designers. Every bag is unique and many are horse-themed.

I'm sewing even more now during the COVID lockdown. I sell my bags a couple of times a year at tack sales and boutiques. They are reasonably priced at \$35. My goal is not financial; it's just to keep my creative juices flowing! I want to move them out into the world, not piled up in my sewing room. I'm at Webb Ranch every day so I'd be happy to meet you with a selection of bags I keep in my car. If you are looking for a gift and would like to take a look, just give me a call at 650-576-3410.

Or, visit my website: nancy@edmonds-design.com.



Rayn Western Designs

By Merilee Raynor

As a horse owner, I have had my fair share of leather goods. But leather is so much more than tack. Leather is a canvas that allows creativity and expression. Leather is now my business.

Rayn Western Designs started when I received a gift of a starter leather tooler's kit over the summer from my number one supporter, Clay. The kit had all the tools, and I had no idea how to use them.

I would spend hours working with the leather. At first, the goods I made were asymmetrical, discolored and just terrible. I am thankful my family lied to me and told me they loved everything I made.

As I continued my leather work, the goods vastly improved. I started to create earrings, keychains and halter nosebands. I began posting my work on my personal Instagram and giving gifts of leather to my family and friends.

I will never forget the first pair of earrings I sold. They were teardrop-shaped earrings with white daisies. I truly appreciate that first customer. She gave me hope and propelled me to develop Rayn Western Designs.

Since that first pair sold, I have created dozens of leather earrings, countless keychains and many more leather goods. I love creating unique pieces for people across the country. To me, a perfect leather piece will be cherished, loved and well used.

Connect with Merilee & Rayn Western Designs anytime to design your next leather project!

Email: raynwestern@gmail.com

Facebook: Rayn Western Designs

Instagram: @rayn.western



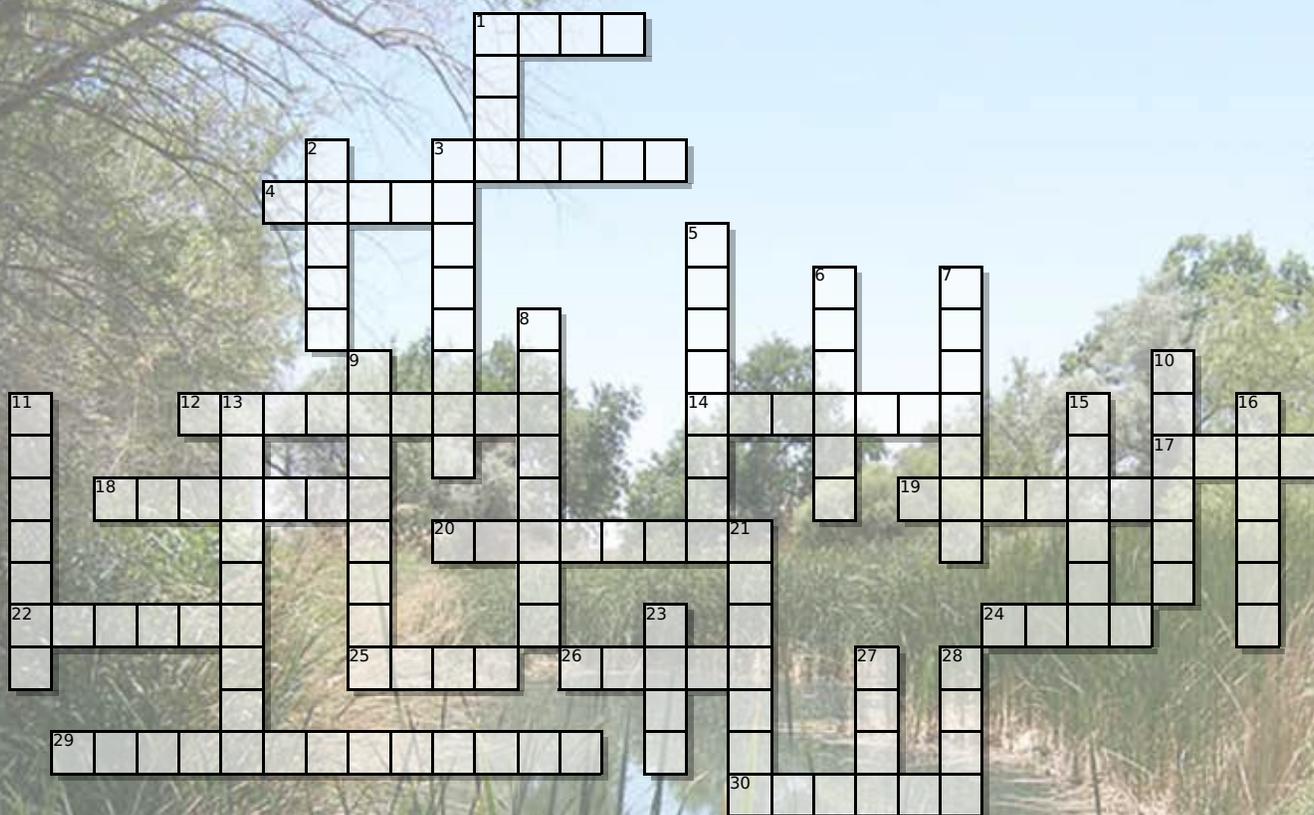
Merilee Raynor



Personalized leather artwork available

Equestrian Terminology

You've Got This!



ACROSS

- 1 Slow Gait
- 3 Horse's midsection
- 4 Enclosed area
- 12 Gallant gentleman
- 14 Pen for horses
- 17 Riding whip
- 18 With one leg on each side
- 19 Joint between the knee and hoof
- 20 One year old
- 22 Equestrians
- 24 Hoof on cobblestone sound
- 25 Jog
- 26 Breed of horse
- 29 Hackamore
- 30 Hind Leg Muscle

DOWN

- 1 Stop
- 2 Untrained
- 3 Vice
- 5 The Father of Classical Equitation
- 6 Horse's headgear
- 7 Carriage for hire
- 8 Without a saddle
- 9 Unshod
- 10 Neigh softly
- 11 Style of riding
- 13 Good luck charm
- 15 Rodeo equine
- 16 Racehorse rider
- 21 Neutered horse
- 23 Suddenly run away
- 27 Jump with 2 or 4 feet off the ground
- 28 Part of a saddle

WORD BANK: ARENA, ASTRIDE, BADHABIT, BAREBACK, BAREFOOT, BARREL, BITLESSBRIDLE, BOLT, BRIDLE, BRONCO, BUCK, CHEVALIER, CLOP, CROP, FETLOCK, FJORD, GASKIN, GELDING, GREEN, HACKNEY, HORN, HORSESHOE, JOCKEY, NICKER, PADDOCK, RIDERS, TROT, WALK, WESTERN, WHOA, XENOPHON, YEARLING



WORD SEARCH

Found Around the Barn

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

ANTIQUES
 BOOTS
 BROOM
 BUCKET
 FEED
 HAY
 HORSES
 HORSESHOE
 LADDER
 LIVESTOCK
 LOFT
 MANURE
 PITCHFORK
 RAFTERS
 ROPE
 SADDLES
 SHOVEL
 STALLS
 TRACTOR
 WHEELBARROW

Just Jokin' Around

- Q. What do you call a pessimistic horse?
 – *A neigh-sayer.*
- Q: You're riding a horse full speed, there's a giraffe right beside you, and a lion nipping at your heels. What do you do?
 – *Get off the carousel and sober up.*

History's Happening Here — Answers

- | | |
|------|------|
| 1) B | 5) C |
| 2) A | 6) B |
| 3) C | 7) B |
| 4) B | 8) A |

SMCHA 2020 Calendar of Events

Check website for updates: www.smcha.org

July

- 9 - Board Meeting
- 11 - Lyn Moe Cowboy Dressage Clinic @Webb Ranch

August

- 13 - Board Meeting

September

- 6 - Tack Sale @ WHP
- 10 - Board Meeting
- 11 - Movie Night @ Webb Ranch
- 13 - Fall Riding Clinic @ MP
- 19 - Horses & Heroes Gala – NCEFT's Benefit Event
- 20 - Fall Riding Clinic @ MP
- 27 - Fall Riding Clinic @ MP
- 27 - Trail Obstacle Clinic @ Webb Ranch

October

- 4 - Fall Riding Clinic @ MP
- 8 - Board Meeting
- 9,10,11 - Day of the Horse
- 25 - Play Day & Halloween Extravaganza

November

- 12 - Board Meeting
- TBA - General Meeting

December

- TBA - Holiday Barn Party

COME VOLUNTEER WITH US!

We've got something for everyone - Enjoy helping with one or more of our great activities. Call for an informative chat with the folks below and help promote our wonderful horse community.



GENERAL MEETINGS

Chris Friis @ 650 704-2996

RIDES

Adeline Forrest @ 650 743-1665 & Carin Zeller @ 650 483-5918

PROMOTIONS & PUBLICITY - Open

COLOR GUARD

Chris Friis @ 650 704-2996

4-H YOUTH PROGRAM

Jennifer Ott @ 650 619-8257

FUNDRAISING - Open

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

Beverley Kane @ 650 868-3379

FINANCE

Larry Pelzner @ (650) 691-8299

SAN MATEO COUNTY FAIR

Adeline Forrest @ 650 743-1665

THE SAN MATEO HORSEMAN MAGAZINE

Elizabeth Ouellette @ 650 248-3409

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Bay Area Savvy Players - bayareasavvyplayers.org

Backcountry Horsemen of California - bchcalifornia.org

Bay Area Equestrian Network - bayequest.com

BLM Wild Horses & Burros - California - wildhorseandburro.blm.gov

California Dressage Society - california-dressage.org

California State Horsemen's Association (CSHA) - californiastatehorsemen.com

CSHA Region 6 - csharegion6.org

Disabled Equestrians - disabledequestrians.org

Horse Park at Woodside - horsepark.org

Horsensei - horsensei.com

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

Jasper Ridge Farm - jasperridgefarm.org

Los Altos Hills Horsemen's Association - lahha.org

Los Viajeros Riding Club - losviajeros.org

Mounted Patrol Foundation - mountedpatrolfoundation.org

Mounted Patrol of San Mateo County - mpsmc.org

San Mateo County Large Animal Evacuation - smclaeg.org

National Center for Equine Facilitated Therapy (NCEFT) - nceft.org

San Mateo County Horsemen's Association - smcha.org

San Mateo County Sheriff's Mounted Search & Rescue - smcmsar.org

San Mateo County Parks Volunteer Horse Patrol - smcvhp.org

Santa Clara County Horsemen's Association - sccha.org

Santa Cruz County Horsemen's Association - sccha.wildapricot.org

The BOK Ranch - bokranch.org

The Square Peg Foundation - squarepegfoundation.org

Woodside-area Horse Owners' Association (WHOA!) - whoa94062.org



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