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2024 Horse Woman of the Year—Jenny Mize

Winter 2024



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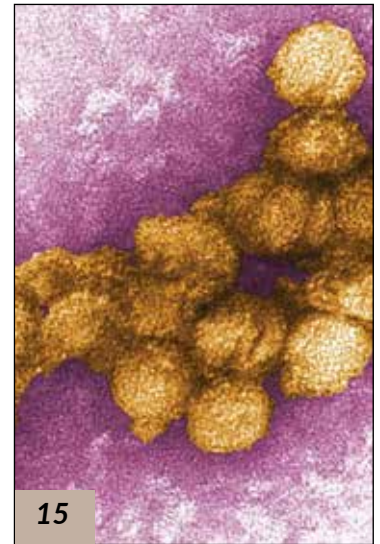
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## Cover

**2024 SMCHA Horse Woman of the Year:  
Jenny Mize with her horse Lil Joe.**

### Horse Quote:

"A horse is the projection of peoples' dreams about themselves—strong, powerful, beautiful—and it has the capability of giving us escape from our mundane existence."

*Pam Brown, Horse Psychology: Understanding Equine Behavior (1992)*

# Cowgirl Quarterly

A Message from Your SMCHA 2024

President **Sharon Butler**



## Welcome to 2024

Welcome to the exhilarating journey that is 2024! This year, I'm taking the reins of the SMCHA presidency and riding solo, setting the stage for excitement and community engagement. But this is not a one-woman job, so I invite you to join me by attending, spreading the word, and raising your hand to volunteer at one or more of our fun and educational events throughout the year. From the Jack Brook dinner and campout to the elegance of the Spring Tea, the splendor of our Annual Gala honoring the remarkable Horse Woman of the Year, Jenny Mize, the enriching four-part Fall Riding Clinic, and the festive Halloween Play Day, there's a spectrum of opportunities to be a part of our vibrant community.

If you have innovative ideas or dream of introducing a new event or activity to our roster, do not hesitate to share your vision. I eagerly await your emails and look forward to collaborating with you (email me, Sharon Butler, at [missshaa61@yahoo.com](mailto:missshaa61@yahoo.com)).

In 2024 we are poised for community growth, boundless opportunities, and prosperity. Let's start the year on the right hoof by renewing your SMCHA membership or gifting a new membership to your loved ones. Or, why not place a reasonably-priced advertisement in our quarterly printed magazine, *The San Mateo Horseman*? Please consider contributing your time, treasure, and talents to ensure SMCHA thrives in the hearts and minds of our entire community, spanning generations.

Get ready for a year that will undoubtedly be etched into the history books! Let's make 2024 a milestone of shared achievements and cherished memories together.



### The San Mateo County Horseman Magazine

WINTER 2024

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# ASK THE VET



## What is Equine Cushing's Disease?

By Dr. Kristy Moding

Also known as Pars Pituitary Intermedia Dysfunction (PPID), Cushing's is the most common endocrine disorder (a medical condition causing a hormonal imbalance) in equines. It most often affects older horses but has been observed in some younger than ten. In cases of PPID, the hypothalamus and pituitary gland fail to communicate appropriately. This failure of typical communication results in the pituitary gland becoming hyperactive, producing excess cortisol, a stress hormone. This process can cause symptoms such as poor wound healing, lethargy, infertility, shaggy hair coat, and ocular issues. It also puts horses at high risk for laminitis (inflammation of the laminae that anchor the coffin bone within the hoof capsule).

### How Do We Test For Cushing's?

We used to wait for obvious symptoms to test for Cushing's, but more current research reveals that symptoms like failing to shed a winter coat are more advanced stages of the disease, and earlier screening may be helpful.

The pituitary hormone routinely measured for diagnosis of PPID is adrenocorticotropic hormone (ACTH). Depending on the time of year, sometimes ACTH levels are measured after a small dose of thyrotropin-releasing hormone (TRH) that will stimulate the abnormal pituitary cells to secrete more ACTH. TRH Stimulation tests are useful in diagnosing the disease in the early stages.



### How is Cushing's Treated?

While PPID is not curable, both medical and daily management changes can reduce the condition's signs and symptoms. The most appropriate medication is pergolide (Prascend), a dopamine receptor

agonist that helps decrease some of the hormone production by the pituitary gland. Other essential components of PPID management are the maintenance of excellent husbandry and general health care. Close attention to nutrition, vaccination, deworming, medical treatment, and horses' hoof care is recommended.

### What is Equine Metabolic Syndrome (EMS)?

EMS is another endocrine disease characterized by insulin dysregulation and resistance and can also occur in younger horses. Causes of EMS include genetics, diet, environment, and, sometimes, coexisting PPID. These two endocrine diseases are often discussed concurrently as they greatly increase laminitis risk.



Breed predispositions to EMS include many pony and mini breeds, as well as Saddlebreds, Morgans, and Paso Finos. Horses may be 'easy keepers,' not requiring as much feed as their friends. Diet can

also play a role, including a high-sugar-content diet or sudden access to lush, fresh grass.

Clinically, these horses may appear overweight and most commonly show regional adiposity (excess of fatty tissue). The fat deposition occurs at the neck, shoulder, and above the tail head. Interestingly, horses that gain weight in the belly region are at a lower risk than those that gain weight in the crest of the neck and tail head. The primary concern is that EMS will lead to laminitis, which can be life-threatening and difficult to treat.

### How Do We Test For EMS?

Testing for EMS involves a thorough physical exam and blood tests to ascertain insulin, glucose, leptin, and thyroid levels.

### How Is EMS Treated?

The mainstay of treatment for EMS is nutritional management and weight loss. If diagnosed, your veterinarian may recommend transitioning hay and grain sources to brands with lower starch content. Sometimes, your veterinarian may also recommend medications to accelerate weight loss and sensitize the body to insulin again. Exercise is also essential to promote weight loss as long as the horse remains comfortable on its feet. Studies have shown that just 15 minutes of daily walking can improve horses' insulin sensitivity. Grazing muzzles can be used to reduce the amount of grass consumed. If your horse is also diagnosed with PPID, treatment with pergolide may improve the signs of EMS.

Consult with your veterinarian to find out if endocrine testing is appropriate for your horse. Dr. Kristy Moding is a local veterinarian with Starwood Equine Veterinary Services. Her article is meant to educate horse owners but is not intended to replace the advice and expertise of your horse's veterinarian.

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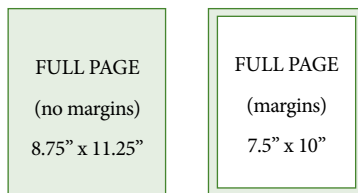
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Membership Rates:

San Mateo County Horsemen's Association memberships are available from \$30 to \$60 per calendar year. You can either fill out and send in the membership form on the back cover of this magazine and send to: SMCHA, P.O. BOX 620092, Woodside, CA 94062-0092, Or simply complete and send through our website: [www.smcha.org](http://www.smcha.org).

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# EQUESTRIAN YOU

## What's Your Story?

### Interview with Trainer and Horsewoman Lauren Locklear-Narducci

By Don DeFranco

#### What is your first memory of being horse crazy?

I knew I was horse crazy after spending weekends as a working student in Florida.

#### Where were you? How old were you? What happened?

I started at eight years old in a small, modest barn where horse care was paramount. Mornings were spent learning barn chores: cleaning and bedding stalls, organizing tack, raking dirt aisles, and tidying the feeding rooms. After lunch, we would have semi-private lessons or go on a group trail ride. My first time cantering was on a trail ride bareback, and my trainer said, "Don't fall off, or you're walking back!" After riding, we would take the tack out to the orange grove and sit in the shade, swapping stories of horses we rode while sharing oranges with our horses who grazed on the lawn.

#### "The Leg Up." Who stepped in and made it happen for you? Was it a neighbor, parent, trainer, or friend?

First, Heather, my initial employer, started me off cleaning stalls but soon entrusted me with grooming and riding at a wonderful barn where camaraderie among boarders and care for horses were of utmost importance.

Then there was Mr. Ed, an infamous barn owner who gave me the opportunity to ride horses owned by absentee boarders, believing no horse should be idle. He was demanding and tough on employees but always for the benefit of the horses. Under his guidance, I discovered my passion for understanding and teaching horses.

Last, but arguably most important, is my husband, Dom, for encouraging and supporting me to return to the industry after a 10-year hiatus.

#### What about your first horse or your "heart horse"? How did they come into your life, and what did you learn?

I bought my first horse, Gwendolyn, from a cold voice message on my answering machine. I'll always remember getting home from school and listening to the message about a yearling paint/draft cross (as it turned out, she was probably neither of those!) and coming up with a scheme to convince my parents to let me buy her. We had a glorious four years together until colic took her from me.

Then there's my heart horse, Pandora's Box, or Dora. Born to a sassy mare named Honey and a massive Palomino stallion named Pay Ya Saturday, Dora was wild from the start. Despite her initial reluctance, I made it my mission to earn her trust. A friend offered to buy her as a project from her breeder, and then gifted her to me when Gwen passed. Now, 21 years later, Dora remains by my side, teaching me valuable lessons in patience, humility, and perseverance.

#### Do you have a favorite story about your horse life?

Though not my favorite, this formative experience defined my path as a trainer. Under a remarkable mentor, I began training horses in my late teens, specializing in understanding and working with horses with unique quirks; I took on the ones whom trainers had given up.



I also started working with young horses - starting them under saddle and ushering them through the beginnings of their show careers.

As an adult, however, I now had bills to pay, and that often meant caving to owners who wanted their horses to show sooner or jump bigger. It just so happens I had a client who pushed for premature advancement with her mare. I knew she would leave me for another trainer if I didn't agree to her demands, so I agreed to her requests to move up a level, but the mare wasn't ready for the change in pace or height. On a warm-up day, the mare often stopped at jumps, and despite my pleas to let me get on her, the client refused. Despite misgivings, I acquiesced, resulting in a crash that shook my resolve. From that day forward, I vowed never to prioritize profit over the well-being of the horses I train, focusing instead on their happiness, fitness, and health.

#### What does your horse life look like today?

As the founder, CEO, and Head Horse Whisperer at Demerara Stables, a boutique training facility on the Peninsula, my passion lies in young horse development and rehabilitation. Most of the horses under my care are jumpers or dressage horses. I prioritize their well-being by allowing them to live as naturally as possible, which has proven to prevent 90% of the physical and emotional issues associated with stall confinement.

My typical day involves caring for my small herd at home, focusing on keeping them fit and sound while gradually advancing their skills in jumping and dressage. By providing daily turnout in a spacious grass pasture, I've observed happier and healthier horses, resulting in reduced lameness, excess energy, and stress.

I'm also overseeing the expansion of Demerara Stables into a 40-stall training and rehabilitation facility on 260 acres in Half Moon Bay. Additionally, I manage the West Coast branch of the Young Horse Show Series, offering age-appropriate showing opportunities for horses aged one through five.

To further my expertise, I continuously educate myself by auditing clinics, staying updated on the latest training and rehabilitation techniques, and avidly observing training sessions. For more information about me or Demerara Stables, please visit [demerarastables.com](http://demerarastables.com).



Coastal Patrol with San Mateo County Sheriff's Mounted Search and Rescue.

## HORSE WOMAN OF THE YEAR: **Jenny Mize**

*By Jenny Mize*

They say, "You're born with that horse gene." Anyone who has had horses knows how much hard work, dedication, and money goes into this lifestyle. At the end of the day, we are all incredibly blessed to be in the presence of these magnificent beings. As far back as I can remember, I have always been an animal lover; unlike many children in this area, I did not start riding horses until high school. I knew I always loved horses and would jump at any opportunity to be around them. Riding was just a bonus.

Noelle Rodolari gave me the opportunity to ride her horse, Red, on the beautiful local trails here in the Town of Woodside. Little did I know this network of trails would become my outlet for many years to come. Taking me under her wing and immersing me in all things horses, Noelle quickly suggested I join the San Mateo County Horsemen's Association (SMCHA) and tagged along for some of the Color Guard events Noelle and Red participated in. Meeting new people, whom I now consider friends and mentors, opened up a brand new world for me.

The SMCHA Color Guard unit soon took on a huge part of my

young adult life, and I quickly bonded with many of the team members. Soon after, Anne Whitten handed over the reins of Unit Leader to Christine Friis. I loved helping with the horses during events and soon became an essential part of this incredible team and, ultimately, the "Ground Crew Manager." The amount of work required behind the scenes leading up to the parades, performances, and competitions is unbelievable. I enjoyed every aspect of the team and soon learned how to help keep riders, horses, and bystanders as safe as possible in difficult situations.

Soon, all these connections led me to an opportunity to own my very own horse! Nan and Kevin Daley owned a once-in-a-lifetime horse named Lil Joe, born at their home in Woodside in 2003. I never thought it would be possible to own my very own horse, but with the support of my parents, I officially bought my Lil Joe in May 2012. Thinking back on owning my first horse, I had no idea what in the world I was getting myself into. We have now been together for almost twelve years, and even though there have been a few challenges along the way, I wouldn't change this experience for the world. Learning to persevere through the inevitable bumps in the road is a life lesson that every equestrian will



experience, and the support of the horse community during these times is amazing. Lil Joe and I have accomplished many things together that I never thought possible. He is my heart horse, and I am forever grateful for everything we have done together.

Every minute not sitting in my college classroom was spent at the barn. We all know how much work it takes to own a horse and all the other aspects that go into horse ownership. I have always loved grooming, mucking, sweeping hay scraps, cleaning tack, the smell of leather, fresh hay, and everything else that goes into being at and running a barn. Getting to know many other horses and their owners made me think that a career with horses would be a dream. I realized that many horse owners need help, so I started helping others at the barn. Soon after, looking through the local job postings on Bay Area Equine Network (BAEN), I stumbled across an ad for Webb Ranch, which was looking for lesson office staff. Working at Webb, I learned the names and how to identify 100 lesson horses, how to doctor wounds, tack many different disciplines, and lead more horses at one time than I ever thought I could handle! Like all horses, we often had ones that needed to be seen by the vet for various reasons. I was so intrigued by the medical procedures and thought this might be a perfect opportunity to learn even more from the vets who would come out to Webb.

In August of 2016, I was hired by Steinbeck Country Equine Clinics as a veterinary assistant for horses. While I had a huge learning curve, I was excited about the challenge and ready to learn about all things horses from a medical perspective. Working alongside a fantastic group of equine veterinarians, I quickly became a sponge, absorbing all kinds of information at every appointment. My background as a ground crew manager for the SMCHA Color Guard unit and the Webb Ranch lesson office



Mom and Dad always support Jenny in the May Day parade.

*Continued on Page 38*

## Nostalgic Nibbles

*By Carey Oberti*

My Grandma, Verla Mae, was born and raised in Des Moines, Iowa (1928). She was a hardworking, churchgoing farmgirl who loved to cook for family gatherings. My Grandma even rode double with me on my horse...bareback. She took every single picture of me on a horse as a kid. I remember her fondly because I spent much time with her when I was younger. So, in honor of Verla Mae, I'm sharing one of her recipes: Deviled Corn, a signature corn dish. Remember, Iowa has a lot of corn!!

### Deviled Corn

- 1 can whole kernel corn
- 1 can cream corn
- 1 beaten egg
- 1-1/2 cup hot milk
- 1/2 cup flour
- 1/4 teaspoon mustard
- 3 tsp Worcestershire sauce
- 2-quart baking dish
- Saltine crackers



Mix together, cover with melted butter and crushed saltines, then bake at 350 degrees for 1 hour.

Carey suggests adding cheddar cheese and jalapeños (or green chilies) for additional flavor.

Do you possess a time-honored recipe you want to appear in Carey's column? If so, kindly forward it to Carey Oberti at [careyoberti@gmail.com](mailto:careyoberti@gmail.com). Your submission might be showcased in our magazine!

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## CELEBRATING EQUESTRIAN EXCELLENCE: A Heartfelt Thank You to the San Mateo County Horsemen's Association

Shoestring Farm, Pamela Daly, and Sophie Thesen would like to extend their heartfelt thanks to the San Mateo County Horsemen's Association for their generosity in sponsoring fine horsemanship.

Sophie Thesen's journey into the world of horseback riding started at the age of six and was marked by fiery determination and passion. Despite facing initial rejection from various riding establishments, Sophie's commitment remained steadfast. Over the past eleven years, her riding skills have advanced remarkably, and she and the horses she rides are competing at levels above the trainers who initially dismissed her.



Today, Sophie gives back to the equestrian community through her endless help at Shoestring Farm. She teaches the youngest riders and trains the youngest horses (even the unruly ones). She's not afraid of picking up a pitchfork, mucking stalls, tacking up horses, and helping with Summer Riding Camp.

Amidst her academic pursuits through remote high school education, Sophie is apprenticing under a Dressage Grand Prix trainer in Ocala, Florida. Sophie, with her trusty steed Amadeus, is tirelessly exercising, improving riding skills, and studying good equine principles.

The support extended by the SMCHA empowered Sophie's journey and ensured the perpetuation of equestrian excellence for generations to come.



## SMCHA Welcomes Cherie Hammer to its Editing Team

A 4th-generation Californian, Cherie Hammer was born and raised in San Mateo County and, other than a few years at college (UCD & Cal) and a stint in New York City in the late 1980s, has called the Bay Area home for decades. A life-long horse lover (growing up she always preferred her horse statues to Barbies), she didn't learn to "properly" ride until her 30s. She has worked as an instructor and office manager at Spring Down Equestrian and last year retired after nine years as the Development Director at NCEFT. Most days, Cherie can be found either riding a friend's adorable Percheron-cross, Wanda, in Woodside or at Spring Down Equestrian still trying to learn to jump after 20+ years! However, the best time she has ever had on a horse was doing mounted archery. She has two 20-something children (Zack & Zoe), three chickens (Pollo, Poulette & Frango), 2 parakeets (Decartes & Copernicus), and her beloved hound dog, Dante.



### How to find a mini horse in tall grass



# Whole Foods for the Whole Horse

By Cassidy Glass

As I researched this article, an old adage kept coming to mind, "Let food be thy medicine." In 400 BC, Hippocrates had an intriguing outlook: food was not about calculating grams of protein or calories, but instead, food was nourishment for the body, preventing and curing ailments. When sick with a cold, do we reach for a fresh orange or juice with orange flavors? Are we thinking about boosting our immune system with an orange's Vitamin C, or are we calculating the grams of sugar, carbohydrates, and calories it may contain? Often, we miss out on many key benefits that come with the unaltered 'whole' food. Regarding equine nutrition, an apple a day could keep the Vet away - seeds, skin, core, and all.



## The Importance of Whole Foods To The Horse

Whole foods, by definition, are minimally processed, if at all. They provide bioavailable nutrients, more readily absorbed than inorganic forms commonly found in expensive supplements. Whole foods are not a single nutrient; they have multiple benefits, and there is no need to balance them. Nature does it for you. If your horse lacks a particular nutrient, I always exhaust whole food forms of nutrients before adding singular nutrient supplements. Over-consuming one micronutrient or not enough of another can impact the action and absorption of others, which leads you back to the original problem. For example, if your horse is low in magnesium, adding raw pumpkin seeds to the horse's diet may provide bioavailable magnesium, beneficial fats, and antioxidants, and they are also a natural anti-parasitic.

Another important function of whole foods is its key to digestion: enzymes. It may be better to reach for a horse-safe whole food that can provide balanced nutrients and other vital benefits. Heavily processed feed and pelletized forms lack the enzymes that live in all plants and seeds. The processing eliminates the enzymes. The equine digestive system is the gateway to nutrient delivery, tissue repair, and renewal. Simply put, whole foods equal a whole horse.

## Forage As A Whole Food

As we move down the food pyramid from forage to whole foods, we discover that forage can sometimes be considered a 'whole food,' but not always. Pasture is considered a whole food, but hay is not. Dr. Juliet M. Getty, Ph.D. Independent Consultant of Equine Nutrition, explains, "Hay, on the other hand, is not a whole food because it is missing much of what it originally contained." Hay is cut, dried, and baled in the sun, and many nutrients and enzymes are lost. Pelleted and cubed forms of forage are the most processed and not recommended. Many of us dream of having a pasture where our horses graze all day, an impossibility for most of us. Like myself, you may be keeping your horse boarded at a stable, and your horse may be lacking whole foods in their diet, but there are many ways to bring whole foods back into your horse's diet, minus the need for more real estate.

## The Journey Back to 'Whole'

At the barn, my shelves are lined with canisters containing nutritious whole foods: raw pumpkin seeds, hemp hearts, chia seeds, and various dried herbs. The ingredients on my shelves didn't always look this way.

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*"Hay, on the other hand, is not a whole food because it is missing much of what it originally contained."*

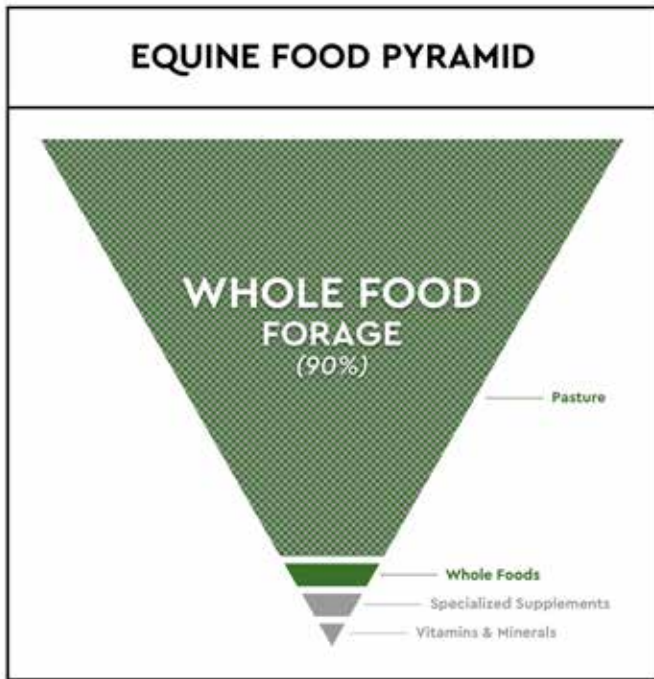
—Dr. Juliet M. Getty

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In the past, I attempted to properly weigh powders of various vitamins from supplement companies. But, when I read the fine print of ingredients, I discovered synthetic forms of nutrition (aka things you wouldn't find in nature). Next was the daunting task of perfectly administering the right ratio of nutrients to keep the other nutrients in balance (which is not easy to do if you do not know your ratios). Lastly, getting my horse to consume the powdered nutrients without it blowing away in one snort was challenging. Even with the careful supervision of an equine nutritionist, my senior horses continued to decline. I made a few observations:

1. My horse didn't look like he was enjoying that powder or pellet (which I now jokingly refer to as astronaut food).
2. I was making his diet much more complicated than it had to be.
3. If I were to perish in some unforeseen accident, no one would be able to replicate my feeding program.

I began researching a more effective way to balance my horse's limited diet, and that is when I started to include whole foods. Horses with variety in their diet have a much healthier microbiome. Many studies have shown that a healthy microbiome is the key to



## Whole Foods Gaining Popularity

There are so many whole foods that can nourish and heal your horse in more ways than just one, with new research studies slowly playing 'catch-up'. Luckily, there has been an increased trend in whole food-based companies in the equine market today, with companies like Hilton Herbs, CurOst EQ, and Silver Lining Herbs. Many companies are even beginning to shift away from single-ingredient supplements to whole-food options. Equine Elixirs developed a forage and whole foods-based hoof supplement called 'Crackdown'. Crackdown's ingredients are a blend of quinoa, pumpkin seed, sesame seed,

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*Chia seeds, another whole food, are touted for being great for horses prone to ulcers, colic, and metabolic conditions. They are high in omega 3s and 6s. Hemp hearts are another highly palatable superfood rich in Vitamin E and amino acids.*

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longevity, brain health, and disease prevention. It took me only a short time to start incorporating seeds, herbs, and nuts into their diet.

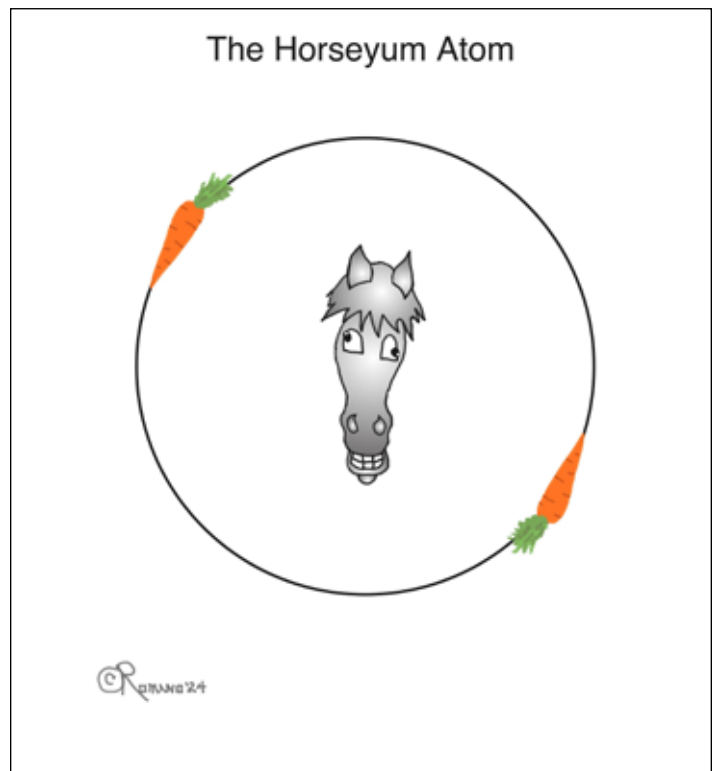
## Herbs, Seeds, and Nuts

Herbs are an integral part of the whole food category. According to many holistic equine nutritionists, including Dr. Tom Schell, D.V.M., CVCH, CHN and clinical researcher at Nouvelle Research, Inc., "Herbs are included as a whole food because they contain macro- and micronutrients. Macronutrients include fats, proteins, and carbs. Micronutrients are numerous and include vitamins and minerals." Herbs also contain polyphenols, which are plant chemicals found in the outer layers of the leaves and stems of most plants. They can also be aromatic, found in the flowers and the fruits/seeds of wild plants, which the equine gut is specially designed to break down the hard outer area of seeds and stems. Fresh or dried herbs like milk thistle can benefit the digestive tract, increase gut biodiversity, and improve overall wellness. One very powerful herb that has replaced the non-steroidal anti-inflammatory drug (NSAID) is turmeric. While NSAIDs can disrupt a horse's microbiome along with a host of other side effects, turmeric is a powerful anti-inflammatory, antiviral, and antioxidant that can reduce arthritic pain in the same way whilst benefiting the horse in many other positive ways.

Chia seeds, another whole food, are touted for being great for horses prone to ulcers, colic, and metabolic conditions. They are high in omega 3s and 6s. Hemp hearts are another highly palatable superfood rich in Vitamin E and amino acids. Horses rely on various plant protein sources to meet their amino acid needs, and hay is typically lacking. Adding hemp hearts may not only give your horse's coat a shine, but may help aid in heart health, muscle recovery, promote joint, and digestive health, while growing stronger hooves. Many nuts are not only safe for horses, but can also be very beneficial. California is notorious for its deficiency in an essential mineral called selenium. Brazil nuts are high in selenium, as well as Vitamin E, and adding only a small handful may fill in the nutrition gap while providing protection from oxidative stress. Caution must be used to not exceed the selenium requirement as it can be harmful. Luckily there is a blood test to ensure your horse is getting the right amount of selenium. Adding whole foods is easy and buying in bulk can be affordable.

almonds, chickpeas, lentils, oats, kale, spinach, and Brazil nuts. Companies like Hilton Herbs have taken away your need to grow an herb garden for your horse by developing blends of superiorly sourced, whole ingredients that can easily be added to your horse's meals. Now, with so many whole food options, there is no reason your horse should be missing out!

*Disclaimer: Before making any changes to your horse's feed or supplements, it is crucial to consult with a qualified veterinarian or equine nutritionist. The information provided in this article is for general guidance only and should not be considered a substitute for professional veterinary advice. Incorrect feeding practices may lead to health issues, including nutritional imbalances, digestive problems, or metabolic disorders.*



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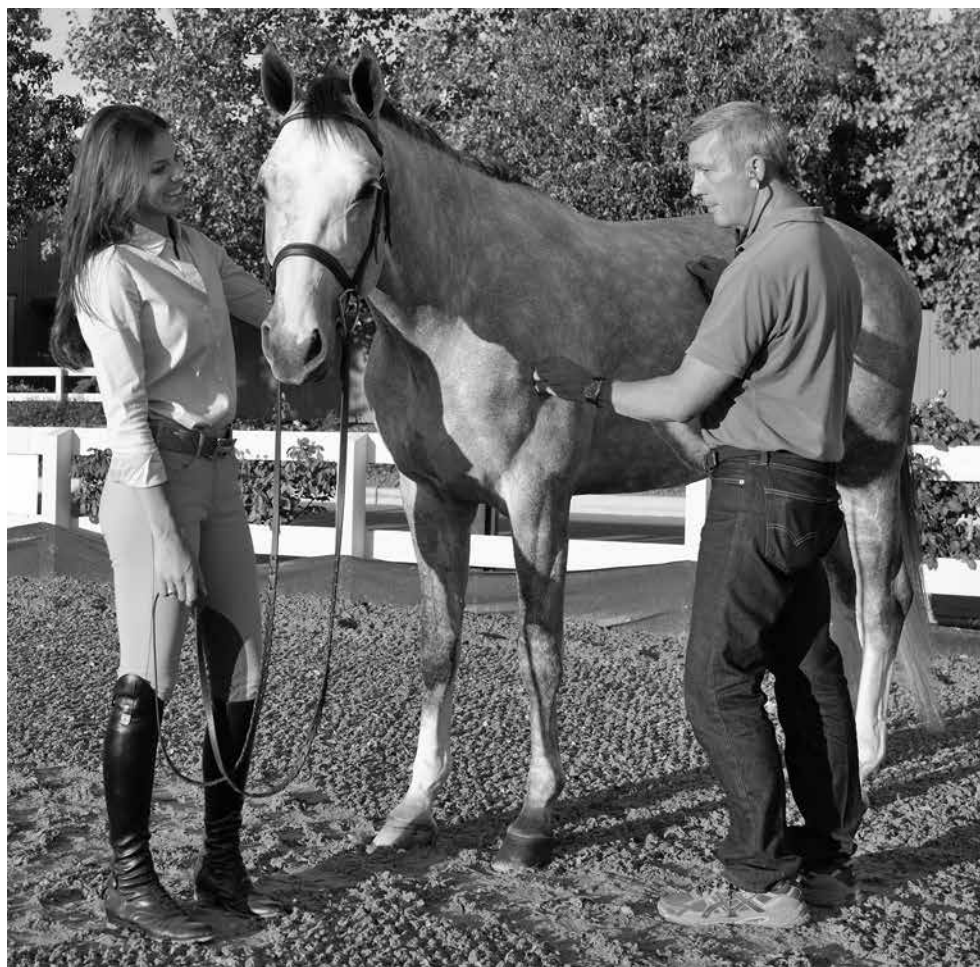
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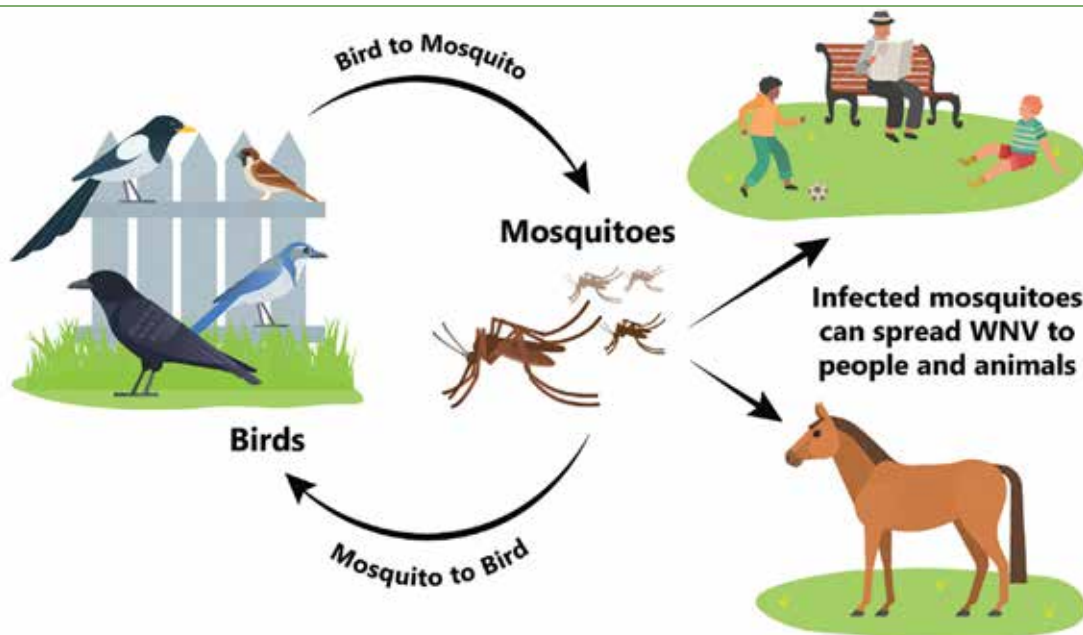
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# Equine West Nile Virus

Information from the California Department of Food and Agriculture, as edited by Rachel Curtis-Robles, Ph.D., San Mateo County Mosquito and Vector Control District

Mosquitoes spread West Nile virus, causing a wide range of clinical illnesses in both people and horses. While there is historically a low risk of acquiring West Nile virus in San Mateo County, the first equine case was detected in the fall of 2023. Although the risk in San Mateo County may be low, the risk is higher in many other areas of California. If your horse travels, you may like to take additional precautions when away from home.

## Clinical Signs

While many horses may not develop clinical illness, some horses can develop a fatal form of encephalitis (inflammation of the brain). Consult a veterinarian if your horse exhibits any of the following:

- Fever,
- Incoordination, especially in rear limbs, causing stumbling and falling,
- Generalized weakness, muscle twitching seizures, or coma,
- Drooping lips and lip-smacking, head drooping, grinding teeth,
- Hypersensitivity to touch or sound and/or,
- Recumbency (inability to rise).

## Diagnosis, Treatment, and Prognosis

Any horse displaying abnormal behavior should be examined by a veterinarian, who will rule out other diseases and will likely take a blood sample for testing. Currently, there is no specific treatment for West Nile virus other than supportive care, which includes administering anti-inflammatory drugs and intravenous fluids. Recumbent West Nile virus-positive horses are at a higher risk of dying or requiring euthanasia. For horses showing clinical signs of West Nile virus, the fatality rate is approximately 33%; however, many infected horses will fully recover following infection.

## Prevention

The following steps should be taken by all horse and barn owners:

- Equine vaccinations are available, and the American Association of Equine Practitioners (AAEP) recommends a West Nile virus vaccine as an annual core vaccine.
- Reduce horses' exposure to mosquitoes by stabling horses during active mosquito feeding times (dusk and dawn) and using fans, screens, flysheets, and repellents (permethrin or pyrethrin—look for one that has an EPA registration number and always follow label instructions).
- Mosquito Control is essential. Mosquitos only need a little bit of water to breed. Remove any non-necessary water, including checking wheelbarrows, discarded tires, folds in tarps, and puddles under leaking fixtures. Water should be dumped out at least once weekly to prevent mosquito larvae from growing.
- For water tanks and ponds, consider stocking with mosquito-fish (fish that eat immature mosquitoes) or using mosquito 'dunks' to treat the water—water treated with mosquito dunks is safe for horses and other animals to drink.

## For More Information

- Talk with your veterinarian about West Nile virus vaccine options
- Visit [www.cdfa.ca.gov/AHFSS/Animal\\_Health/WNV\\_info.html](http://www.cdfa.ca.gov/AHFSS/Animal_Health/WNV_info.html) to learn more about equine West Nile virus
- Visit <https://westnile.ca.gov/> to learn more about West Nile virus in California
- Visit [www.smcmvcd.org](http://www.smcmvcd.org) or call 650-344-8592 to request mosquito fish or learn about mosquito control options

Rachel Curtis-Robles, Ph.D.

Public Health Education and Outreach Officer

San Mateo County Mosquito and Vector Control District, 1351 Rollins Rd. | Burlingame, CA 94010 Office: 650-344-8592 | Fax: 650-344-3843

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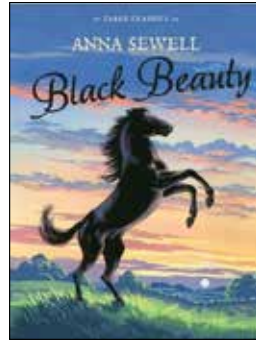
## A New Look at an Old Classic

By Beverley Kane

I must have been around ten years old when I first read *Black Beauty: His Grooms and Companions, the Autobiography of a Horse*, the life story of a horse told in the first person... er...horse. Our emotions swing up and down as we follow Beauty's journey from home to home; some harsh, some kind. Always a sensitive child, I remember crying over Beauty's account of the check rein, applied by a cruel society lady to force a fashionable, but painful, high-headed carriage.

Last September, in the London Times Literary Supplement Mary L. Shannon reviewed the new book, *Writing Black Beauty—Anna Sewell, the Creation of a Novel and the Story of Animal Rights* by Celia Brayfield. Brayfield's book and Shannon's review open up a new and somewhat comforting look at this old classic.

Citing Brayfield's book, Shannon's review and a follow-up letter to the editor describe in depth Anna Sewell's life and her relationship to horses. At age 14, Sewell



had a debilitating fall and broke both her ankles. She was never able to walk properly again, and she relied on horses to provide comfort and mobility. Although animal stories had been popular since Aesop's time, 550 BCE, Sewell is credited with being the first to relate a tale in the voice of the animal. (The first-horse account of joys and horrors in Michael Morpurgo's *War Horse*, 1982, has dubbed it a sequel to *Black Beauty*.)

At its initial publishing in 1877, *Black Beauty* at once had a strong impact on, and lasting significance for, animal rights movements around the world. In particular, it aroused increased sympathy for the Royal Society for the Prevention of Cruelty to Animals (1824) and later the American SPCA (1877).

In 1878, at age 58 and just a few months after the publication of her only book, Sewell died from complications of being a lifelong invalid. Happily, she lived long enough to enjoy the immediate, overwhelming success of *Black Beauty*.

I encourage you to read this book again. Read it with your children and grandchildren. Teach them about how *Black Beauty* helped save animals from brutal treatment, as we see from the increasing involvement of the American Humane on movie sets. American Humane's Humane Hollywood™ monitors over 1,000 productions per year, helping ensure the safety and humane treatment of animal actors. Look for "No animals were harmed in the making of this movie."

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# The Documentary: **Call Me Mule**

By Elizabeth Ouellette

Thanks to the efforts of SMCHA and Don Pugh, we had the great honor of meeting John McDonald, Co-Director of the film documentary, *Call Me Mule*. John traveled to Woodside to show his movie, in person, to the equestrian community at Woodside's Town Hall in November. The film was amazingly powerful, leaving everyone with a profound sense of wonder for Mule's unconventional yet inspiring life.

*Call Me Mule* follows the journey of John Sears, AKA Mule, a 65-year-old man who has been traveling across the western United States with his three pack mules for many years. The documentary dives deep into Mule's yearning for a simpler lifestyle in line with nature, citing concern over urban sprawl, the loss of open spaces, and our growing dependence on automobiles.

Inspired by a chance encounter, John McDonald joined Mule on a 27-month adventure, capturing their experiences in cities, suburbs, and the wilderness. Narrated in Mule's own voice, the film portrays the challenges he faces on his nomadic path, including clashes with law enforcement that result in fines, arrests, and even institutionalization. *Call Me Mule* highlights the enduring resilience of an individual who, against societal norms, continues to walk his path with unwavering determination, leaving an indelible mark on those who encounter his remarkable story.



Don Pugh, John McDonald, and Sharon Butler at the SMCHA showing of *Call Me Mule*.

Follow John McDonald on Facebook (<https://www.facebook.com/3MulesMovie>) as he travels the world showing his thought-provoking documentary. You can contact John through his website: <https://mcdonaldproductions.com/projects/mule>.

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# The Water Trough

Hope you are enjoying *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](mailto:elizabetho@outlook.com)

## KA-KA-KA- KATIE!!!!

Loving wonders never cease; one such is Katie, the mini horse! She can go inside homes wearing slip-proof socks to prevent slipping on slick surfaces. Katie has brought friendly, loving cheer to skilled nursing facilities, schools, and people home-bound with illness. She also made a young girl's Quinceanera celebration perfect. Katie has participated in the Woodside Day of the Horse and May Day Parade. She's enthralled people in campgrounds and at the beach. We are so lucky to have her in our SMCHA family!



## Clarkia Trail Clean Up

A crew of eight SMCHA volunteers (mainly from Webb Ranch) constructed water breaks to prevent erosion on the Clarkia Trail. Ranger Stuart Smith of the San Mateo County Parks Department provided the tools to get the job done. Reports of success have already been "pouring" in! Special thanks go out to Beverly Kane for her organizational efforts.



## Congratulations to Mike Bushue

Mike received the 2023 Outstanding Horseperson Citizen Award from the Mounted Patrol of San Mateo County for his service, trail work, and advocacy. His work in 2023 included preparing for emergencies with San Mateo County's Large Animal Evacuation Group. Active in ETRAC (Equestrian Trails and Roads Action Committee), Mike has been a reliable presence at local government meetings to voice equestrian concerns and needs. Not only does he help out at Jack Brook Horse Camp and work with San Mateo County Volunteer Horse Patrol, but Mike was also instrumental in re-building the Towne Creek Bridge this past fall in Pescadero Creek County Park. Last but not least, he's an all-around great guy!



## Woody

Bob and Marcy Rosenberg's new 1.5-year-old dog should have been named Battery instead of Woody because he is full of stored-up energy. Here is Bob preparing to take him out for a two-mile run on a recumbent bike fitted with a harness. When Woody gets home, he's ready to recharge his batteries.



## Condolences to Deb Alvarado

We'd like to extend our deepest condolences to Deb and her entire family on the loss of her beloved sister, Alynn Mathis (at right with her paint mare Lilly). Alynn was loved and will be missed by the entire horse community.

*"Breathe gently...every breath is a gift of life. Breathe and enjoy this very moment..."*

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## Board Appreciation Dinner

This year's SMCHA Board Appreciation Dinner was a delightful event held at Luttickens in Menlo Park. Board members gathered to share stories, enjoy delicious food and beverages, and celebrate their hard work and dedication to the club. Each member received a beautiful travel blanket as a token of appreciation.

A heartfelt thank you goes out to all SMCHA Board members, past and present, for their selfless commitment of time and effort to our club. If you're interested in being considered for next year's board of directors, please reach out. We are always looking for enthusiastic individuals ready to make a difference!



A person wearing a dark riding jacket and a helmet is riding a brown horse across a vast, green, grassy field. The rider is seen from behind, and the horse is moving away from the viewer. A long, dark shadow is cast on the grass to the left of the horse. In the background, a white fence runs across the field, and beyond that, there are several buildings with brown roofs and bare trees, suggesting a rural or equestrian setting.

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



## CRESCENDO

Michelle Li, at Anderson Equestrian, Portola Valley Training Center



***Up Where We Belong***,  
by Joe Cocker and  
Jennifer Warnes

My horse's show name is Crescendo. At the barn, we call him Jack. I'm an older rider, age 61, who started in my forties at Spring Down because my ten-year was riding there. I'm competent, but still need a partner who teaches and takes care of me, not being an especially athletic person. Jack and I do Hunters and Equitation and will always be

pre-adult. Jack's theme song is ***Up Where We Belong*** by Joe Cocker and Jennifer Warnes. You might not know it because it was released in 1982. I chose it because I could easily rewrite some of the lyrics which are below. (Work Cited: Crocker, Joe and Warnes, Jennifer. "Up Where We Belong." 1982. [https://en.wikipedia.org/wiki/Up\\_Where\\_We\\_Belong](https://en.wikipedia.org/wiki/Up_Where_We_Belong))

*Who knows what tomorrow brings?  
In a world, few hearts survive  
All I know is the way I feel  
When it's real, I keep it alive*

*The course is long, there are fences in our way  
But we practice a bit each day*

*Jack, lift us up where we belong, where no birds fly  
About two feet high*

*Jack, lift us up where we belong, far from the dirt below  
You know, where we don't want to go.*

*Some hang on to the reins too tight  
Ride their courses looking down  
All we have is here and now  
All our rides, out there to find*

*The course is long, there are fences in our way  
But we practice a bit each day*

*Jack, lift us up where we belong, where no birds fly  
About two feet high*

*Jack, lift us up where we belong, far from the dirt below  
You know, where we don't want to go*

*Time goes by, no time to cry, life's you and I  
Alive today*

*Jack, lift us up where we belong, where no birds fly*

---

### Original/Changed Verses

*The road is long, there are mountains in our way but we climb a step every day.  
Love lift us up where we belong, where the eagles cry on a mountain high  
Love lift us up where we belong, far from the world below  
We know, up where the clear winds blow  
Some hang on to used to be Live their lives looking behind*



### Horse Idioms:

#### GET OFF YOUR HIGH HORSE

The phrase "get off your high horse" is an idiom used to advise someone to stop being arrogant, condescending, or self-righteous. It suggests that the person should abandon a haughty or superior attitude and approach a situation with more humility or a down-to-earth perspective.

The origin of the expression can be traced back to the use of horses as a symbol of status and authority. In the past, high-ranking individuals or officials often rode on horses, which elevated them above others in a literal and metaphorical sense. So, telling someone to "get off their high horse" implies a need to come down to a more relatable level, abandoning a sense of superiority. The phrase has become a common way to advise someone to be more humble or less arrogant in their demeanor.



### Welcome to the SMCHA!

We're thrilled to have you join us on this exciting journey. Whether you're here to learn, share, or connect, we're all about fostering a supportive equestrian community where everyone can thrive. Together, we'll make this experience truly unforgettable!

- Anne Chen**
- Bayhill Equine**
- James Quinn**
- Kim Hansen**
- Melinda Stoker**



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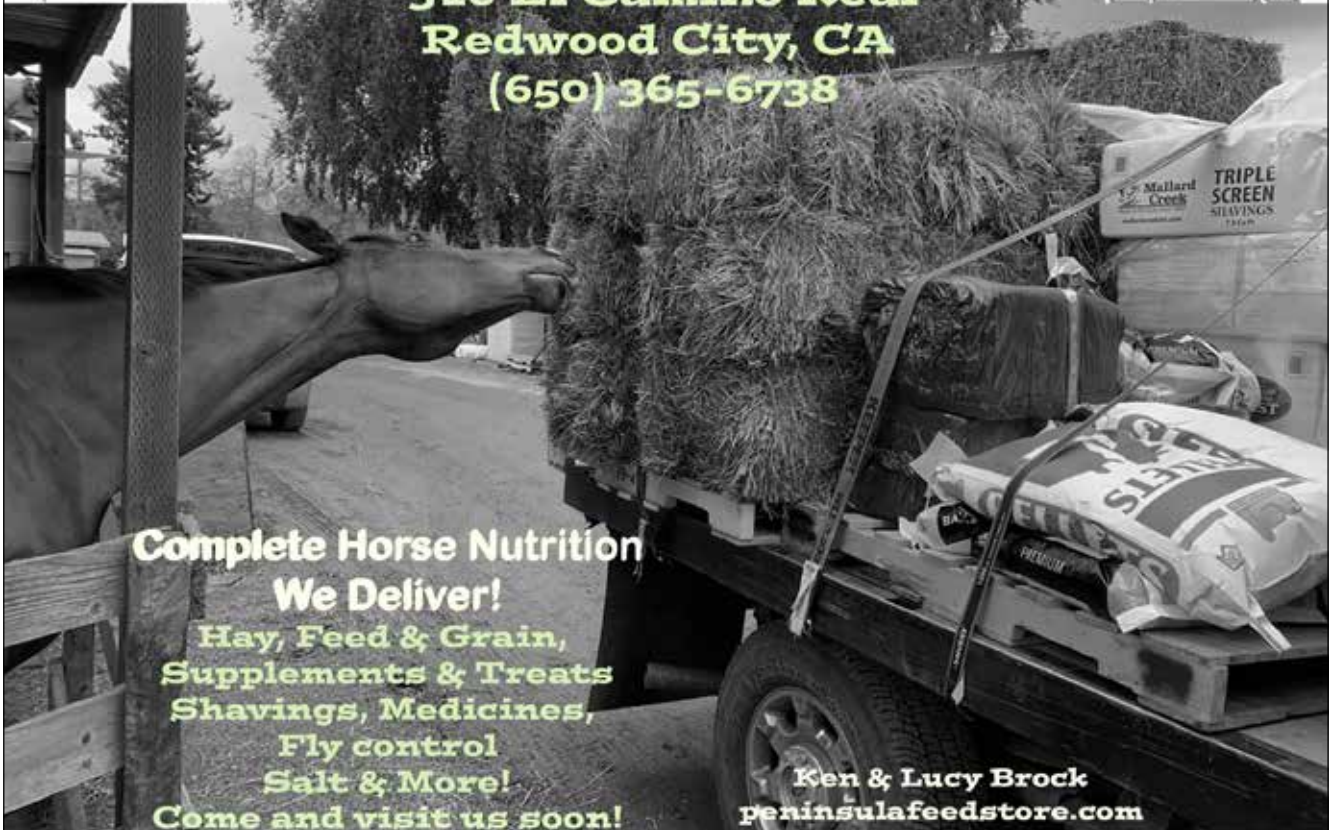
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# TACO Thursday

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# Holiday Party 2023



*By Lucia Mokres, DVM*

*Photos by Martha Greene*

On December 10, 2023, NCEFT in Woodside was the welcoming site of SMCHA's annual potluck holiday party. The weather was perfect, allowing for an outdoor event and encouraging excellent attendance. As always, Santa made an appearance and was very popular.

While the party itself was free to attend, it also served as an essential fundraiser for SMCHA, thanks to the final wreath sales as well as the generosity of donors to our drawing and silent auction. SMCHA especially thanks Gabi Marquez, Tony Agredano, Sharon Butler, Chris Friis,



Deb Alvarado and Sharon Butler thank NCEFT for the beautiful venue.



From Left to Right: Tina Wuslich, Chris Friis, Cheryl Basin, and Jenny Mize with Santa.

and Ken Brock of Peninsula Feed. We had so many donations that the odds of winning something were great! We also wish to send a shout-out to Marty Raynor for coordinating with NCEFT to provide the venue. As always, the party showcased many delicious specialty dishes from our community, including Tanya Rebarchik's VERY popular hot mulled wine and Cheryl Basin's famous turkey chili. The highlight of the afternoon was the spirited announcement of the 2023 Horsewoman of the Year, Jenny Mize.

Proving the point that the Holiday Party is a family affair, Cary Oberti's children, Elwin and Emery, sent in their thoughts about the party:

Elwin, 6 years old, wrote, "I went to the SMCHA dinner. I ate food. It was good. I saw Santa and told him what I wanted for Christmas. I took a picture with him. I had cupcakes, too. I can't wait for next year."

Eight-year-old Emery reported, "I really, really loved going to the San Mateo County Horsemen's Christmas party. I was happy to see Santa. While I was playing hide

*Continued on Page 32*



Santa promises this pup treats to last a year!



From Left to Right: Maggie Mah, Cheryl Basin, Jackie Nicholson, and Jo Egenes.



Carin Zeller prepares holiday desserts.



## Generous Donations Help Achieve Project Goals

The MP Foundation completed another successful year in supporting the equestrian environment. We are pleased to announce that grants to the community have just passed \$636,186, since founding in 2002. Over 68% of this came from generous contributions from many folks and organizations, for which we and the recipients are forever grateful. This year we have awarded a total of \$75,131.

### Major projects include:

- \$16,328 Town Creek Bridge repairs
- \$15,500 Trail repair—Pescadero Creek County Park
- \$8,523 Western Heritage Scholarship
- \$5,400 UC Davis Vet School
- \$5,000 Equestrian Merit Scholarship
- \$3,000 Rodeo Scholarships
- \$2,880 NCEFT
- \$18,500 Other projects



Bridge is done. Thanks to Mike Bushue and his team of volunteers.

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Whereas, the equestrian organizations would like to recognize the efforts of the San Mateo County Parks Department which has elevated equestrian trails to unparalleled heights, offering the finest and most exceptional riding experiences in any populated area in the US. Whether meandering through the gentle hills of Edgewood, conquering the ascent to Skyline, or exploring the refreshing coastal paths of Pescadero, equestrians revel in and deeply appreciate the diverse and outstanding trails maintained by the Department, especially in the following areas:

- Jack Brook Horse Camp
- Pescadero Creek County Park
- Huddart Park
- Wunderlich Park
- Edgewood Park
- San McDonnell Park

Whereas, we wish to convey our gratitude to the dedicated rangers and all those who tirelessly maintain the trails. Our members cherish the beauty and tranquility of riding our loyal horses through the picturesque hills, valleys, meadows, and oak forests. Whether young or old, men, women, or children, healthy or infirm, everyone delights in the well-kept trails that San Mateo County Parks diligently preserves.

Whereas, we extend our heartfelt thanks to the dedicated management and team members at the San Mateo County Parks Department who work relentlessly behind the scenes. Special recognition goes to:

- Nicholas Calderon and his dedicated team, the amazing heroes who make it all happen.
- Scott Lombardi and his team of rangers, the guardians of these magnificent landscapes.

Whereas, the equestrian community, a vibrant group of riders of all ages and abilities, comes together to cherish the tranquility and natural beauty of these landscapes. We've enjoyed countless moments of joy and togetherness in these well-maintained and treasured equestrian grounds.

**Now, therefore Be It Resolved** that we unite in a unanimous and heartfelt resolution to express our deep gratitude and appreciation to San Mateo County Parks, its outstanding management, and its entire team. Its unwavering support for equestrian facilities in these parks has preserved a cherished tradition and continues to provide moments of peace, happiness, and unity in the natural wonders of San Mateo County.

**Signed by the Local Equestrian Community Champions:**

 Lynell Old, President, San Mateo Equestrian Riders and Trails	 Allison White, President, Los Valerosos Riding Club	 Anne Gadd, CEO, Center for San Mateo County Sheriff's Office, Sheriff's Office, Sheriff's Office	 Anne Van Camp, Chair, WETA, Woodside Area Horse Owners Association
 Holly Nash, President, Community Horse Advocacy Program for San Mateo County	 Scott Michelson, Captain, Boarded, Patrol of San Mateo County	 Mary-Carol Rhoads, Chair, San Mateo County Parks Foundation	 Kelli Decker, Program Director, Woodside Area Horse Owners Association
 Mary Huffy and Beverly Lane, Co-Chairs, Equestrian Trail Riders Action Committee	 Dan Pugh, Chair, Woodland Park Foundation	 Anne Cheng, Lili, Luanne, San Mateo County Sheriff's Office, Sheriff's Office	 Rick DeBarnett, Sheriff, Woodside Area Horse Owners Association
 Ann Crisp and Jackie Mendenhall, Co-Presidents, Friends of Huddart and Wunderlich Parks	 Deb Alvarado, Sharon Sellen, and Deborah Vesperas, Co-Presidents, Friends of Huddart and Wunderlich Parks	 Rick DeBarnett, Sheriff, Woodside Area Horse Owners Association	

*This is a heartfelt tribute that celebrates the exceptional dedication of the San Mateo County Parks Department to preserving the cherished equestrian heritage that winds through the breathtaking landscapes of San Mateo County.*

Resolution thanking SMC Parks. Signed by 15 equestrian groups. Presented in December 2023.

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



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## 2023 Holiday Party

*Continued from Page 28*

and seek with Elwin and Xander, Auntie Michelle said, "Boys, talk to Santa about what you want to get for Christmas." We also took a picture with Santa, and we had good food. And after getting a photo with Santa, we went back to playing hide and seek. I hope to come back next year."

Thank you to all the volunteers who helped to prepare, set up, and clean up after the event. A huge thank you to Carin Zeller for her immense help in managing our supplies and decorations—she does this for SMCHA year-round, and members like her make our organization successful.

If you are looking for a fun and relaxing outing or an opportunity to connect with other equestrians in the community, keep an eye out on the SMCHA website and Facebook page for flyers and announcements for upcoming events in 2024 and mark your calendars for the 2024 Holiday Party!



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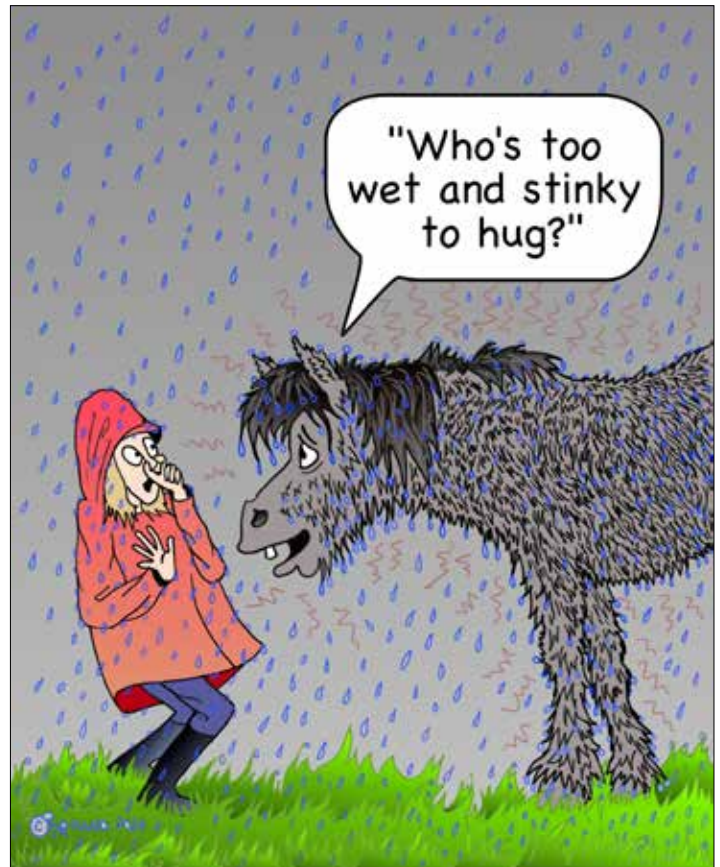
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## 2023 Donor Appreciation

As we embark on a new year, we wanted to take a moment to extend our sincerest gratitude for the incredible support of all donors. Your generosity has made a meaningful impact on the success of our programs and initiatives, allowing us to continue making a positive difference in the lives of horses and horse enthusiasts throughout San Mateo County. Thank you for your support as we work together to keep the spirit of horsemanship alive.

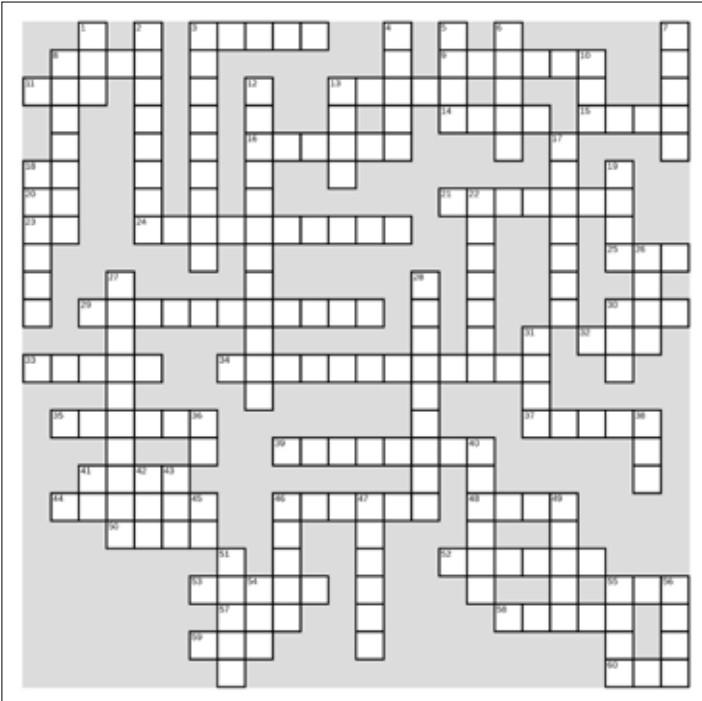
## Thank You to our Generous 2023 Donors!

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Don DeFranco	Maggie Bedecarre	Tony Agredano
Elizabeth Beasley	Mark Lindberg	Woodside Bakery

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SMCHA makes every effort to acknowledge its generous donors. If we have inadvertently omitted your name, please contact us: [SMCHA@smcha.org](mailto:SMCHA@smcha.org).

# WORD SCRAMBLE



## Across

- 3 You might tie your horse to a \_\_\_\_\_ing post.
- 8 Ball game played on horseback using mallets
- 9 2023 SMCHA Horseperson of the year Jo \_\_\_\_\_
- 11 Club used in baseball to hit the ball.
- 13 Acronym of this horse group
- 14 Horse gear
- 15 A thing you do when you're sleepy
- 16 Restaurant on Skyline named after the famous song
- 18 Exist
- 20 Expressing hesitation
- 21 1st president of SMCHA
- 23 Article used with words beginning with a vowel
- 24 Boarding facility on Portola Rd in Portola Valley
- 25 Dined
- 29 This 900-acre, forested park in Woodside offers riding trails, plus picnic areas & an archery range.
- 30 On \_\_\_\_\_ of Old Smokey
- 32 Headwear
- 33 Measurement used to determine a horse's height.
- 34 Horse breed featured in this issue
- 35 Horse breed or actor Freeman
- 37 Straps that go from the bridle to the rider's hands
- 39 Equestrian competition combining dressage, cross country and show jumping
- 41 Leaning tower
- 44 My horse says hello with a soft \_\_\_\_\_.
- 46 Horse's headgear
- 48 Former currency of Italy
- 50 Child's game \_\_\_\_\_ and Seek.
- 52 They are no taller than 14.2 hands
- 53 Belly pain in horses
- 55 Sorrow
- 57 Head move indicating agreement
- 58 Large fire or a wide white marking on a horse's face
- 59 Horse doctor
- 60 Piece that contacts and controls the horse's mouth

## Down

- 1 Small child
- 2 Pants that are close-fitting, especially around the calves, so they fit inside tall riding boots.
- 3 Eventing facility off Sand Hill Road
- 4 Woodside Restaurant with knickknack-festooned decor
- 5 The part of the saddle where a rider sits.
- 6 Sandy area near the ocean
- 7 Pants originated by Levi Strauss
- 8 The part of the lower leg between the fetlock and the foot on a horse
- 10 A horse's sudden movement away from something because it is frightened
- 12 2024 SMCHA President
- 13 White marking from the foot to about halfway up the horse's lower leg
- 17 Roy Roger' Horse
- 18 Fictional horse Black \_\_\_\_\_
- 19 Command to stop a horse or horse non-profit based in Woodside
- 22 Trail in Edgewood sponsored by SMCHA
- 26 Two beat gait
- 27 Park where Folger Stable is located
- 28 2024 SMCHA Horseperson of the year
- 30 Child's game with "You're it!" phrase
- 31 The \_\_\_\_\_ Horsemen of the Apocalypse
- 36 Opposite of yes
- 38 Make stitches
- 40 Horse gait in which horse has all the feet off the ground
- 41 3.14159
- 42 Glide on the snow
- 43 Medical device used to restart a person's heart
- 45 In reference to (abbreviation)
- 46 Used during competitions to keep a mane from tangling
- 47 Gentle giants of the horse world
- 49 Open space or building used for horse training exercises
- 51 Loot
- 54 A large amount
- 55 Horse boarding facility in Portola Valley that hosts many SMCHA events: \_\_\_\_\_ Ranch
- 56 Departure



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# VOLUNTEER



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

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### RIDES

SMCHA Board of Directors

### PROMOTION & PUBLICITY

Open Position

### HISTORIAN

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Elizabeth Ouellette @ 650-248-3409

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Cherie Hammer @ 650.219.7917

### MEMBERSHIP

Tanya Rebarchik @ 650.867.2987

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# SMCHA 2024 Calendar of Events

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

## March

14 – Board Meeting

28 – Dine 2 Donate: Woodside Roadhouse  
Burgers and Brew

## April

13 – SMCHA Board Meeting

## May

2 – Dine 2 Donate: Sanchos Taqueria

9 – Board Meeting

## June

13 – Board Meeting

## July

11 – Board Meeting

18-22 – SMCHA at Jack Brook

## August

8 – Board Meeting

## September

12 – Board Meeting

15 – SMCHA Fall Riding Clinic

22 – SMCHA Fall Riding Clinic

29 – SMCHA Fall Riding Clinic

## October

6 – SMCHA Fall Riding Clinic

10 – Board Meeting

11-13 – Day of the Horse (WHOA)

27 – SMCHA Halloween Play Day

## November

14 – Board Meeting

## December

TBD – SMCHA Holiday Celebration

## The Psychology of Women and Horses

By Delphi M. Toth, Ph D.

If you have it, it is for life. It is a disease for which there is no cure. You will go on riding even if they have to haul you on to a comfortable wise old cob, with feet like inverted buckets and a back like a fireside chair...

When I can't ride anymore, I shall still keep horses as long as I can hobble about with a bucket and a wheelbarrow. When I can't hobble, I shall roll my wheelchair out to the fence of the field where my horses graze and watch them.

- Monica Dickens, the great-granddaughter of the author Charles Dickens, in her book Talking of Horses



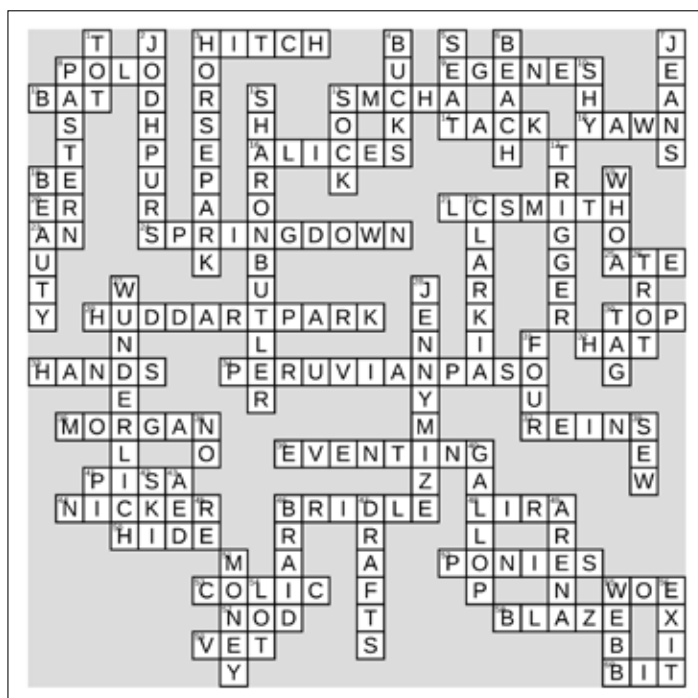
## Horsewoman of the Year: Jenny Mize

*Continued from Page 9*

prepared me to become an organized and efficient veterinary assistant, safely handling even the rankest horses. The name of the game in this profession is to be one step ahead of the doctor at all times to help the appointment be as safe and efficient as possible. Like with the Color Guard Unit, everything that happens behind the scenes in a veterinary practice would astonish anyone who has never experienced it. Learning to stock the vet truck with all the supplies needed for the day's scheduled appointments and all the emergencies that tend to pop into the mix at any given moment is a challenge. Working in this profession, we often see horse owners anywhere on the spectrum, from extreme highs when their equine partner was thriving and during some of the darkest and saddest moments when making heartbreaking decisions. I take pride in trying to be a quiet, calming presence no matter the situation. I am lucky to have come to know many extremely hard-working, passionate veterinarians and amazing clients who have become lifelong friends.

A special thank you to both of my parents for their continued support throughout the years because none of this would be possible without them. Going back to that horse gene we seem to be born with.... I'd like to thank my Mom for passing that on to me!

## WORD SCRAMBLE ANSWERS



## Equestrian Websites

### Bay Area Players:

[www.facebook.com/BayAreaSavvyPlayers](http://www.facebook.com/BayAreaSavvyPlayers)

### Backcountry Horsemen of California:

[bchcalifornia.org](http://bchcalifornia.org)

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

### Bay Area Horse Archers – [bayareahorsearchers.com](http://bayareahorsearchers.com)

### BLM Wild Horses & Burros, California:

[wildhorseandburro.blm.gov](http://wildhorseandburro.blm.gov)

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

### California State Horsemen's Association (CSHA):

[californiastatehorsemen.com](http://californiastatehorsemen.com)

### Community Horse Advocacy Program (CHAPS):

[www.facebook.com/chapsmc](http://www.facebook.com/chapsmc)

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

### Equestrian Legacy: [equestrianlegacy.com/home](http://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)

### 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)

### Monterey Bay Equestrians: [montereybayequestrians.org](http://montereybayequestrians.org)

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

### Portola Valley Pony Club: [portolavalley.ponyclub.org](http://portolavalley.ponyclub.org)

### San Martin's Horsemen's Association

### 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)

### San Ramon Valley Horsemen's Association: [srvha.weebly.com](http://srvha.weebly.com)

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

### Santa Cruz County Horsemen's Association:

[sccha.wildapricot.org](http://sccha.wildapricot.org)

### Summit Riders Horseman's Association: <https://summit-riders.com>

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

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

### Woodside-area Horse Owners' Association (WHOA!):

[whoa94062.org](http://whoa94062.org)



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- |                         |                           |                             |
|-------------------------|---------------------------|-----------------------------|
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| ____ Playdays/Gymkhanas | ____ Magazine             | ____ Clinics                |
| ____ Trail Maintenance  | ____ Horse Shows          |                             |
| ____ Member Recruitment | ____ Miscellaneous Events |                             |
| ____ Youth Programs     |                           |                             |

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