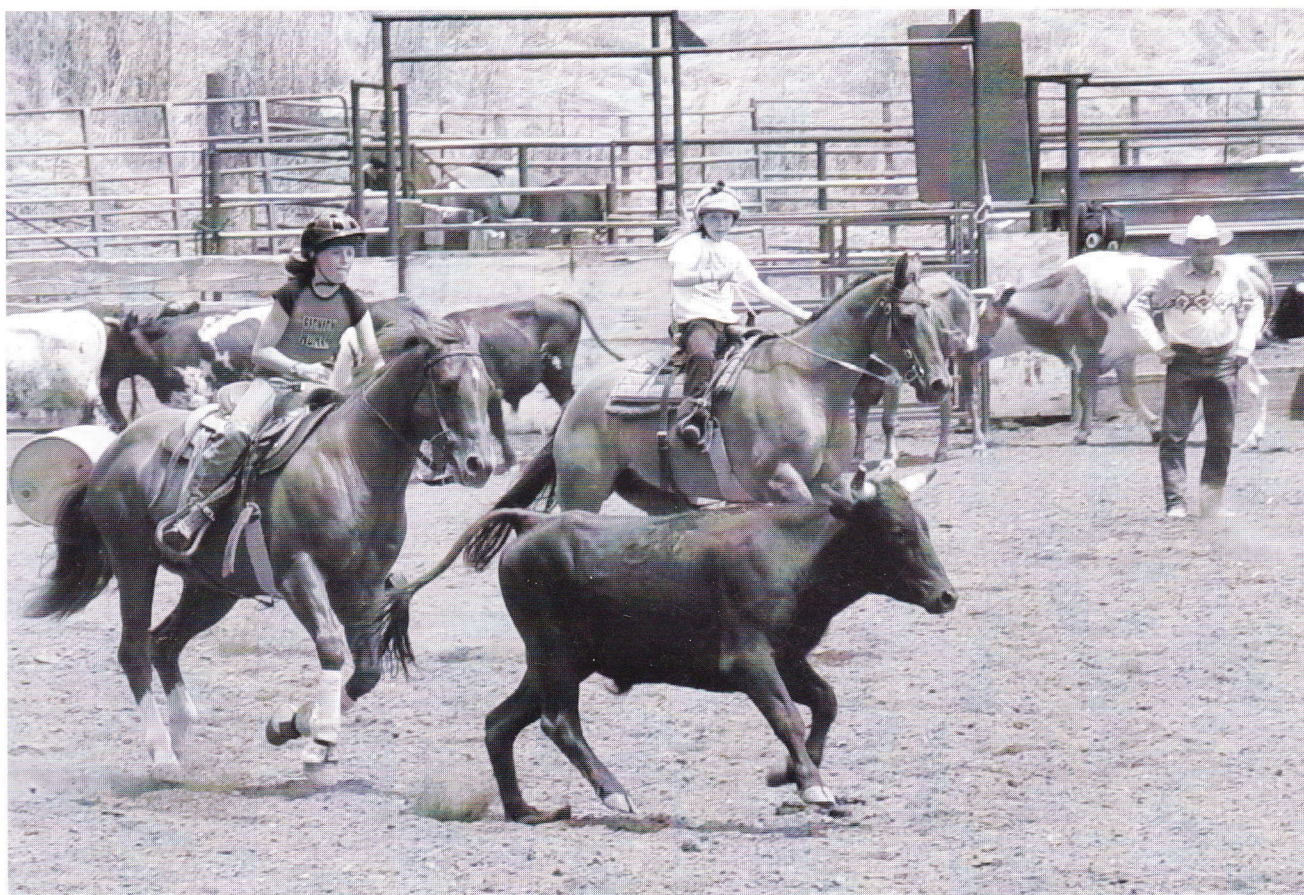


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COVER

Courtney Latter and Christine Flock at
the Junior Team Penning Clinic.

Photo by Sarah Filice

PRESIDENT'S MESSAGE



It is hard to believe that my term as President is half way through; but what a year it has been. We are back on track and living up to our adoption agreement with the San Mateo County Parks and Recreation Department regarding maintaining the Clarkia Trail in Edgewood County Park. We have had two workdays this year and they were very successful. The feedback we have received from the Park Rangers has been very positive. In fact, after our last workday, I received a wonderful thank you letter from Ranger Susie Boyd and a thank you e-mail

from Ranger Rick Trejo. Ranger Susie emphasized that with the downsizing of their manpower due to budget cuts, the Rangers greatly appreciate all of the assistance our Association has done in maintaining the Clarkia Trail this year. They also appreciated all of the members of the equestrian community who volunteered their time and efforts on the work-days in Wunderlich Park, Huddart Park, and the Jack Brook Horse Camp. Ranger Susie also informed me that they have been receiving many positive compliments from the people who have used the Clarkia Trail since we did our maintenance and repairs to the trail. My thanks to the many volunteers who have helped us this year. The next Clarkia Trail maintenance will be held in either late September or early October to prepare the trail for the rainy season; so be on the lookout for any upcoming flyers regarding this event.

I am so excited to see that our Junior Committee is now up and successfully running. We have a very dedicated group of individuals that with the direction and assistance of the Junior members have planned some very special events. On May 7, our Junior Color Guard (Callie Pacheco, Britney Olson, Anna Machado and Emma Francis) proudly carried the flags in the Annual Woodside May Day Parade. Two of our Junior members, Marion Cole and Danielle Bushue, also participated in the parade; Marion on horseback and Danielle assisted Sarah and I with the harnessing and hitching of our draft horses to the wagon; she then rode shot-gun alongside me in the parade. On June 18, twelve Junior members participated in the Junior Team Penning Clinic that was held at Ed Cohen's Rancho Viejo. The clinic was taught by Richard Braun and his assistants; Fred Lonberg, Josh Petrick, and Richard's granddaughter, Sarah Winfield (a junior herself and an exceptional rider). The Juniors became very accomplished at segregating the herd and rode with great determination. It was enjoyable to watch their inhibitions melt away as the day progressed. By the end of the day they were all better riders and team penners. The Junior Color Guard (Britany Olson, Anna Machado, Emma Francis and Jenna Likins) also represented the San Mateo County Horsemen's Association in the Half Moon Bay 4th of July Parade. Sarah and I had planned to attend this parade with our wagon, but unfortunately while driving over to the

continued on page 3

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Summer 2005

The official publication of
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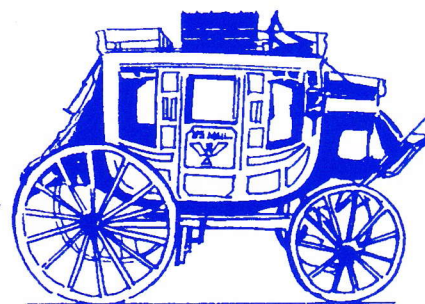
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President's message, continued

coast we experienced a problem with our truck, so we were unable to participate! So the Junior Color Guard ended up representing SMCHA all by themselves and took first place in the Mounted Group division! Way to go Juniors; I'm so proud of you! Two more events are planned for our Junior membership this year. On August 27 a Gymkhana event will be held at the Driscoll Ranch in San Gregorio (open to kids 18 and under) and an overnight trail ride and play-day is planned for September 24 through the 25; also to be held at the Driscoll Ranch. This event is open to the entire family, so everyone is encouraged to attend. I would like to take time to especially thank all those who have participated in the planning and running of these events for our Junior membership; these members are the horsemen and horsewomen of our future.

In order to update our Junior Membership information, I would like to request that anyone who has enrolled in a Family or Junior Membership to provide the following information and e-mail it to smcha@smcha.org or mail it to SMCHA - P.O. Box 620092, Woodside, CA 94062:

1. Junior member's name(s)
2. Junior member's age(s)
3. Junior member's gender - male or female
4. If the Junior member owns a horse or has a horse available for them to use.

This will assist our Junior Committee in knowing how many Junior members the Association has and other pertinent information, so we can continue to grow our Junior programs.

The Western Schooling and Play-day Show at Webb Ranch on May 22 was a huge success. Once again we had a large turn out and most of the riders took advantage of the "free" clinic classes that were offered. Lorili Casipit was our returning Judge and she did a marvelous job as usual; this was also duly noted by many of the participants to the Show Committee Chairpersons (Kathie Goddard and Noel Moody) and myself. Kathie and Noel outdid themselves this year and are actively working hard at planning two more SMCHA horse shows in August. The first show is the English Schooling Show on August 7 at Webb Ranch and the second is the 57th Annual Nor-Cal Show to be held at The Woodside Horse Park on August 21.

The 35th Annual Western Riding Clinic that began on May 19 is in full swing at the Mounted Patrol Grounds in Woodside. Eight Thursday evening classes have been scheduled, with a final session and dinner on July 16th. Karen Rowley Shawback remains our Committee Chair and once again, she is doing an

outstanding job at coordinating and running this treasured event. We have approximately 40 participants riding in the clinic. This year things are being run a little differently. In past years the participants have enrolled in either a beginner, intermediate, or advanced class and then the instructor taught the group their lesson plan. This year Karen and the instructors (Jason and Joanne Attard, Joan McLaren, and Leah Grey) decided they would give the students the opportunity to choose what areas they wanted to work on. So each instructor gave Karen a list of what they would be covering in their sessions and if any skill pre-requisites were required, and then those lists were given to the students at the day of registration. Once the student chose which skills either they or their horse needed to work on, then they were matched with the coordinating instructor. The feedback I have been receiving from the participants has been very positive and everyone seems to be enjoying the new format. I would also like to personally thank Dave Burlingame for the time he spends grooming the arenas prior to each clinic.

The 11th Annual NCEFT Poker Ride is planned for July 9 and will have already taken place by the time you receive this magazine. It will be interesting to see who wins the Club Challenges (most riders belonging to and most money brought in by a Riding Club or Association) and who will be the top pledge earners this year. SMCHA has always had a great turn out for this event in the past and it is my hopes that SMCHA will be well represented this year. I have ridden in this annual event for the last three years, but there are many riders who have ridden since its inception! This shows you how much fun this fundraising event is and how dedicated our equestrian community is to the National Center for Equestrian Facilitated Therapy.

Lastly, we are in the early planning stages for a Technical Large Animal Rescue class that will be a joint effort between SMCHA and the San Mateo County's Sheriffs Mounted Search and Rescue (MSAR). This training will be held over two-days and currently we have scheduled it for December 17 & 18 at NCEFT's facility. The course will be taught by John and Deb Fox with the Large Animal Rescue Company. John is a Captain and his wife Deb is a Firefighter with the Felton Fire Department and both are members of their Large Animal Rescue Unit. We will have more information on this event in the future.

In closing, take advantage of the long summer days and the warm summer nights; enjoy your rides and be safe.

Happy Trails, Al Filice

WOODSIDE'S MAY DAY PARADE

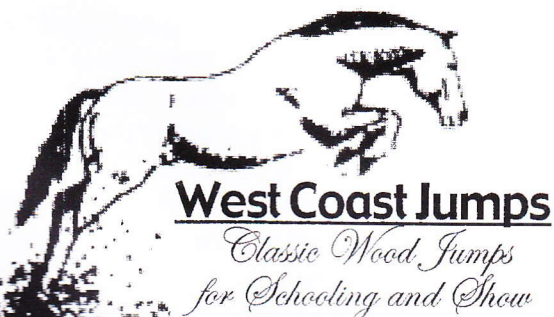
By Sarah Filice

On Saturday, May 7, the Town of Woodside celebrated the annual May Day Parade for the 83rd time! The Woodside School PTA coordinates the event and it is one of the oldest parades in the State. This year the theme for the parade was "Surfin' Safari" and many of the participating dudes and dudettes were very creative with their costumes and props. There were also the traditional kids, dogs, bikes, marching bands, dance groups, and of course horses! The San Mateo County Horsemen's Association, the Mounted Patrol of San Mateo County, the Woodside Junior Riders and Pony Club, and the National Center for Equine Facilitated Therapy represented the equestrian community. This year the parade was preceded by a Fun Run and a pancake breakfast, and then followed by the annual barbeque and carnival.

The parade route is very short. It begins in front of Woodside Elementary School, on Woodside Road, and continues down to the parking lot of Buck's Restaurant; where the

participants make a U-turn in the parking lot and proceed back to their original destination! It is a perfect venue if you want to get your horse used to a parade; the route is short and there are lots of escape routes along side streets if you choose to make a quick exit!

This year the San Mateo County Horsemen's Association was led by our Junior Color Guard; Callie Pacheco, Britney Olson, Anna Machado and Emma Francis. The girls proudly carried the flags for the United States of America, the State of California, the San Mateo County Horsemen's Association and their 2004 Grand National Champion flag that they won in the Junior Color Guard competition. Behind the Junior Color Guard, was SMCHA's President, Al Filice, driving his wagon with his team of Percherons; Mari-Anne and Rosie. Accompanying Al in the wagon was one of our Junior Members, Danielle Bushue. Bringing up the rear were a few of our mounted members; Noel Moody, Donna Poy, Jeanne Carley, Sue Duggan, and Marion Cole (another junior member)! Last, but certainly not least, was our



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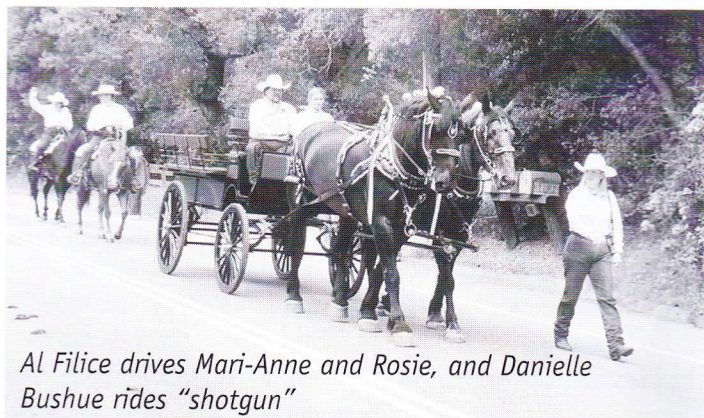
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The Junior Color Guard proudly carries the flags



Al Filice drives Mari-Anne and Rosie, and Danielle Bushue rides "shotgun"

ground crew! These volunteers walk alongside our riders to help ensure their safety. Many thanks go out to Kathie Goddard, Gary McGrath, Terri Pacheco, Janice Olson, Tracy Francis, and Bill Ashton for their assistance and to the many riders mentioned above who made the parade a huge success!

The San Mateo County Horsemen's Association will always strive to be a participating group within this parade and

we hope that next year you will consider joining us. A good time was truly had by all who attended!



Kathi Dancer drives her decorated pony, Presto

Sue Duggan on Ray



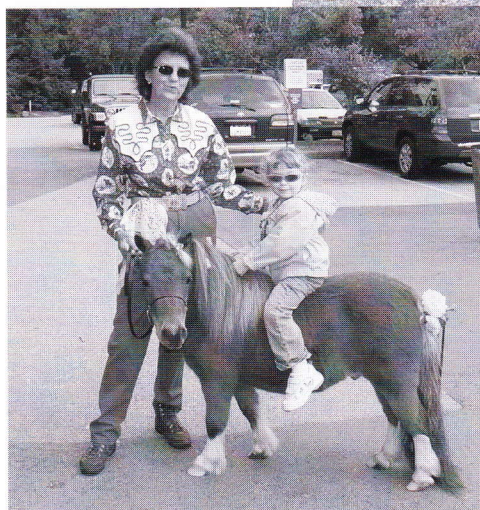
Donna Poy and Noel Moody mount up for the parade



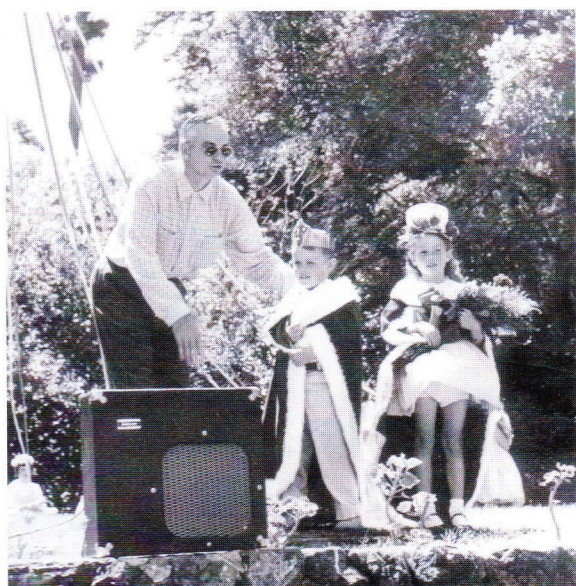
Junior Member Marion Cole rides in the parade



Mary Ann Agosti leads her mini, Indy, while her granddaughter Jessica enjoys the ride



Jeanne Carley (SMCHA member) and Danny Lebowitz were the Princess & Prince in the 1961 Woodside May Day Parade



SMCHA WESTERN SCHOOLING SHOW

By Noel Moody

The SMCHA Western Schooling horse show, which was held at Webb Ranch, was much more than a horse show. It was truly a fun event. This event was low stress with emphasis on fun and learning. SMCHA wanted to put on a show that said riding in a horse show could be fun as well as educational for each rider.

This was our third year for our "Free" Open Clinic classes. The judge, Lorili Casipit has a wonderful manner as she instructed each rider in the clinic classes. The riders then had a chance to use those instructions in the following classes. You could just see the improvements made by

each rider in the classes to follow by the smiles on the contestants who won that blue ribbon. To lighten up the day, we also included the Boot Race, Pole Bending, Ribbon Race and the ever so popular Egg & Spoon race.

SMCHA awarded five door prizes through out the day in lieu of high point ribbons. The winners of the door prizes included: Lauren Traube, Terri Stines, Katie Lewine, Gabriela DeMatteis and Jenna Likins

The horse show committee would like to thank the junior parents for donating their time in our food booth. Thank you, Terri Pacheco, Janice Olsen, Cindy Machado and Melanie Likins, along with Bill Ashton for cooking those hot dogs and hamburgers



Danielle Bushue takes first place in the Egg & Spoon Race

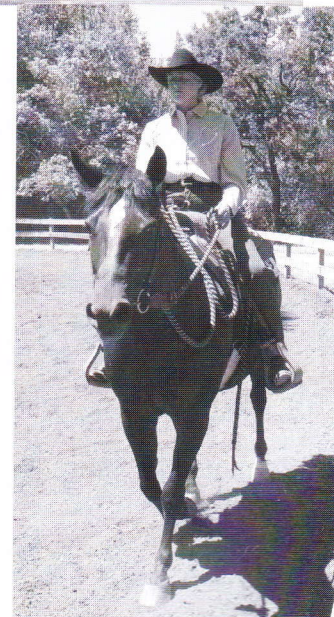
Chloe McNally does well in the Trail Class



Everyone looked great in the Halter Class



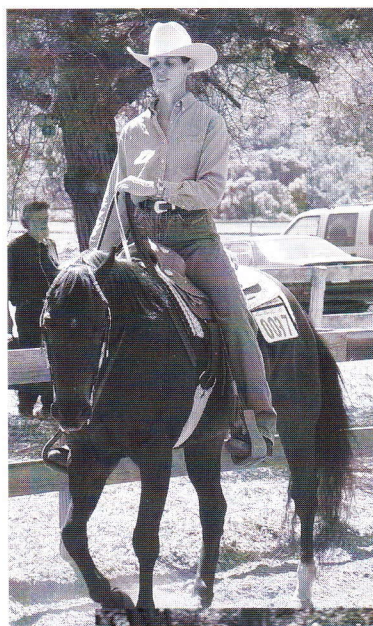
Joan Ravier rides Lady Hawk in the Equitation Class



Kathie Goddard was the show manager, while Karen Shaw-back kept charge of the show desk. Noel Moody was the announcer, and we couldn't have done it without our popular gate man, Mr Larry Pelzner who kept the 30 classes that day running smoothly.

We would also like to thank all the volunteers for making this show continued success. Cheryl Basin our ring steward, Adeline Forrest for standing by and handing out all the awards, Sandy Lees for donating the coffee and donuts, Leah Gray for our trail course, Cindy Machado for our gymkhana judging and our ring crew, Gary McGrath, Al and Sarah Filice.

*Laurie Dubrovic
showing in Western
Pleasure Class*



*Sarah Hansen and
Robbie in the line-up*



*Janice &
Britany
Olson*

*Jenna Likins riding well in
Pole Bending Class*



Danielle Bushue rides with her dad, Mike, in the Ribbon Race



*Denise Ramirez takes first
place in the Reining Class*

EDGEWOOD COUNTY PARK CLARKIA TRAIL CLEAN-UP DAYS

By Sarah Filice

A few years back, the San Mateo County Horsemen's Association adopted the Clarkia Trail in Edgewood County Park. By adopting the trail, SMCHA agreed to take the responsibility of actively monitoring and maintaining this trail; with the supervision and direction of the San Mateo County Parks and Recreation Department.

Edgewood County Park and Natural Preserve is famous in the greater San Francisco Bay Area as a place to see fields of spring wildflowers, but the importance and meaning of the preserve to the horse community go well beyond viewing the wildflowers. Edgewood Park is one of the County parks that still remain accessible to equestrian and foot traffic only. No bicycles or dogs are allowed in Edgewood Park. The landscapes along the trails are beautiful and the views are breathtaking.

On Saturday, April 30, twelve volunteers and two park rangers cleaned drainage ditches, weeded and dug out culverts, and re-rocked existing culverts. The work was demanding, but the reward was well worth it. Many of the culverts were blocked with dirt and debris; which made them ineffective. Once our volunteers cleaned out the drainage pipes, the water began to flow. By maintaining these culverts and drainage ditches, it minimizes the wear and tear on the trail paths. This will help to preserve the rocking that we have done to this trail in the past. My husband, Al, Chris Anderson, and I lugged the large rocks up the hill in wheel barrows. Marion Cole (one of our Junior members) was a huge help by bringing the large rocks to the edge of the truck so we could load them into the

Wildflowers along the Clarkia Trail



Kelly Buehner



Al and Sarah Filice attack with the weed-whackers

wheel barrow. Ann Kirby, John Cole, Phil Kappert, Adeline Forrest, Janine O'Neill, Bill Ashton, Ranger Rick, and Ranger Kevin all worked diligently on cleaning out the culverts and drainage ditches, and then re-rocked the culverts to maximize their effectiveness. Janine O'Neill brought her young daughter, Amber, who was a very good supervisor! Last, but not least, was Cheryl Basin who helped coordinate the clean-up day, provided our crew with wonderful sustaining refreshments throughout the day, and was the official photographer! Our group of volunteers were extremely effective and very hard working!

On Saturday, June 25, another group of volunteers dedicated their time to maintaining the Clarkia Trail. Our tasks for this maintenance day were to string cut the weeds along the trail and trim the bushes that were invading the path. Our crew came ready to work and we got the job completed in 2 ½ hours! My husband, Al, Chris Anderson and I used the weed-whackers to cut the weeds along the

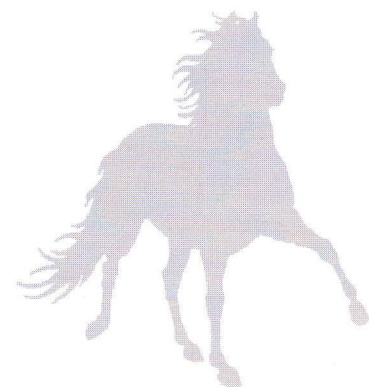
entire Clarkia Trail; top to bottom! Ann Kirby grabbed some hedge trimmers and proceeded to make her way up the path; taming all the bushes, trees, and large weeds that had overgrown and invaded the trail. Kelly Buehner, Brook Fox, and Ranger Susie followed behind and raked up all of the debris that was created; leaving behind a beautiful and well maintained trail! Cheryl Basin once again was our official photographer and provided the crew with nourishing refreshments (including some fabulous apricots picked from her trees)!

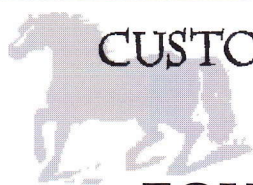
More Clarkia Trail Clean-Up days will be required in the near future, so be on the lookout for flyers and e-mails! The Clean-Up days are actually a lot of fun, with a little hard work mixed in! Again, thank you to everyone who has helped out this year; your efforts and labor are extremely appreciated by everyone in the horse community and by those who use the Clarkia Trail.

*Al & Sarah Filice, Ranger Susie,
Chris Anderson and Kelly Buehner*



Ann Kirby uses loppers to trim large weeds, bushes and trees





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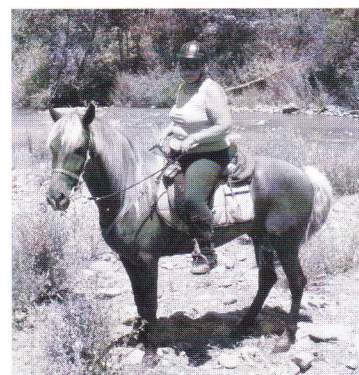
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NEWS FROM OUR MEMBERS

Our condolences to Sue Sheehan on the loss of her horse, Angel, in late April.

We're happy to report that Sue recently found (& bought) a very nice Chocolate Palomino Rocky Mountain/Peruvian Paso Horse named Boogie.



Sue and Boogie

Best wishes for a speedy recovery go to Nola Masterson who recently suffered a broken leg, and to Kitty Haddix who underwent surgery.

Jeanette Hansen was the victim of a dog attack while opening a gate from the back of her horse; her fall resulted in both her arms being broken—thankfully she was wearing a helmet which most likely saved her life. We're happy to report that she is recovering nicely .

Condolences to Ann Farris and Gene Ericksen, who lost their Miniature Mare, Erin, this spring.

Sarah and Al Filice thought people might want to see what their wagon would have looked like if they had made it to the Half Moon Bay 4th of July Parade! Unfortunately, they had a problem with Al's truck en-route to Half Moon Bay and had to turn around and head back home—it was too late to make the parade! So they decided to drive around Webb Ranch and have their own 4th of July Parade!



Joan Ravier hitched a ride with Al

JUNIORS' TEAM PENNING

By Terri Pacheco

The first Junior team penning clinic held at Ed Cohen's place in Portola Valley on June 18th and given by Richard Braun was a huge success. Fun was had by all the parents, friends and siblings. It started out a little shaky worrying about the weather. Go figure—rain in the middle of June, but all's well that ends well.

There were 12 juniors signed up and ready to learn how to watch a steer and learn the art of team penning. We had Callie Pacheco, Britney Olson, Courtney Latter and Anna Machado, all from Half Moon Bay. Jenna Likins and Jacob Ramirez from San Carlos, Marion Cole and Christine Flock from Woodside, Giovanna Fabiani and Haley Davis from San Francisco, Andre Kouchekey from Palo Alto and Danielle Bushue from Belmont.

We had a nice assortment from around the Bay Area and a great bunch of kids!

This was the first Junior event that SMCHA has had for some time, and boy did the kids have fun.

The event started right on time with the kids going to gather all the steers from the beautiful pastures at Ed's lovely ranch. It was so thrilling to see the kids bringing in about 40 head down from the hills. Once they got all the steers down and in the right pens, Richard Braun (Rich) talked to all the kids and explained to them what



Rich Braun watches Andre Kouchekey as he sorts the steers



Callie Pacheco, Danielle Bushue and Marion Cole working well as a team



The Juniors gather the cattle and bring the herd down the hill



The Helpers

he was about to teach them; he also introduced all his help—his granddaughter Sarah, Fred and, last but not least, Josh. One by one all the kids took turns going into the herd and bringing a steer out by themselves. With Rich's help it did look effortless and the kids were off and running literally. Soon they were working together as teams and bringing two, then three steers and penning them. Some of these kids had never done this before. We had a lot of big smiles to go around. We had a lovely barbeque lunch that everyone helped set up for—it's so nice when there is so much help! A BIG thank you to Lee and Cindy Machado for doing the bbq-ing, to Bill for being there with the supplies and emergency grill, to Janice Olson, Nancy Kouchekey, Melenie Likins, Cindy Machado and Terri Pacheco for all bringing extra goodies to make it an extra special meal. Ed and Donna Cohen were lovely hosts, the arena looked perfect, and their picnic area was a big hit. All

the parents helped in one way or another, and a wonderful new friend to all the juniors was a lovely lady named Elizabeth. Last but not least, we'd like to thank Al and Sarah Filice. They did not have to be here, but they were from before we started till after we finished, helping wherever they could. A big Yee Haw to everyone that made this such a success. Richard Braun, you rock with all the kids and parents and also Sarah, Fred and Josh—Thank You, Thank You, you were awesome! This worked out so well we hope we see these kids plus a lot more at our Gymkhana on August 28 at Driscoll Ranch in San Gregorio. Can't wait to see all your smiling faces again real soon, bye for now. Kid Power!

Britany Olson and Jenna Likins work well together



Jake Ramirez and Woody separate a steer from the herd



WESTERN RIDING CLINIC

By Sarah Filice

Back in the year 1970, SMCHA along with the San Mateo County Mounted Patrol launched a new program; it was called the Western Riding Clinic. It consisted of 10 riding sessions that were headed by Western trainers with an emphasis on equitation. The clinic was open to riders



Clinic Chairperson Karen Rowley-Shawback works diligently at the registration desk

of all ages and attracted a large attendance from both Senior and Junior members. Not much has changed over the last 35 years; except probably the individuals involved!

This year the Western Riding Clinic began one wet and cold evening in May; fortunately those riders who showed up were able to register and have an orientation class presented by the instructors. Who could have guessed that we would

still be experiencing unpredictable weather in late May; but now that I'm writing this article in late June and we have still yet to experience a predictable weather cycle, I can believe it! We have already had to schedule one rain make-up day!

Instructor Joan McLaren gives Maria Fonseca direction as she's riding on the rail



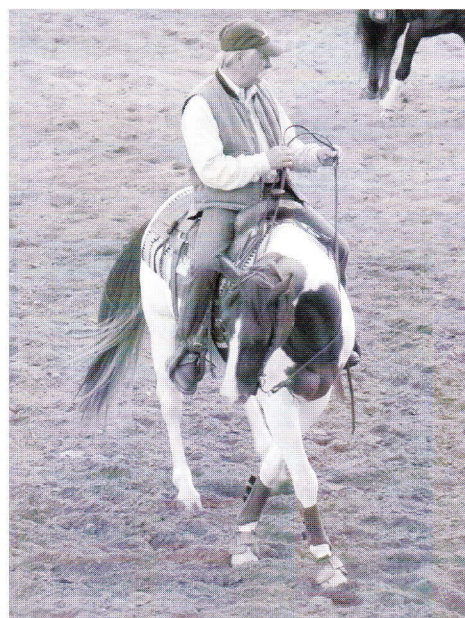
Over the last couple of years, SMCHA has worked very hard at providing two Western Riding Clinics locations for its membership; one was held in Woodside and one was held in Half Moon Bay. Unfortunately, this year the Half Moon Bay location was unavailable to us (the property had been sold) and we were unable to find a different location on such short notice. It is our hopes that in the near future, another location will become available for SMCHA to use so that our Coast Side members do not have so far to travel to attend the Western Riding Clinic!

This year, the Western Riding Clinic Chairperson (Karen Rowley-Shawback) and the clinic instructors (Jason and Joanne Attard, Joan McLaren, and Leah Grey) decided to handle the clinic a little differently. In the past, the students would sign up for a beginner, intermediate or



Instructor Leah Grey gives Alan Demmons guidance on opening a gate while mounted

advanced class placement. Once the students began riding in those classes, the instructors then evaluated each



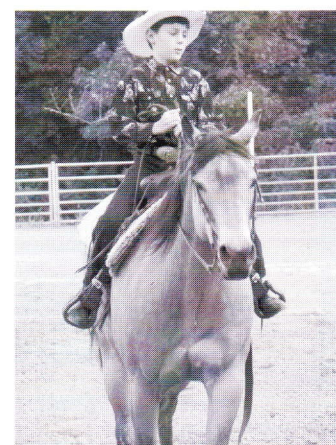
Butch Coggins works with his horse on side passes in Jason's class

rider and horse to determine if they had chosen the appropriate class for their ability. The instructor would then work with all their students on a variety of different skills suitable for their aptitude.

This year it was decided that the students would determine what skills they wanted to master. During the initial registration four sheets of colored paper were

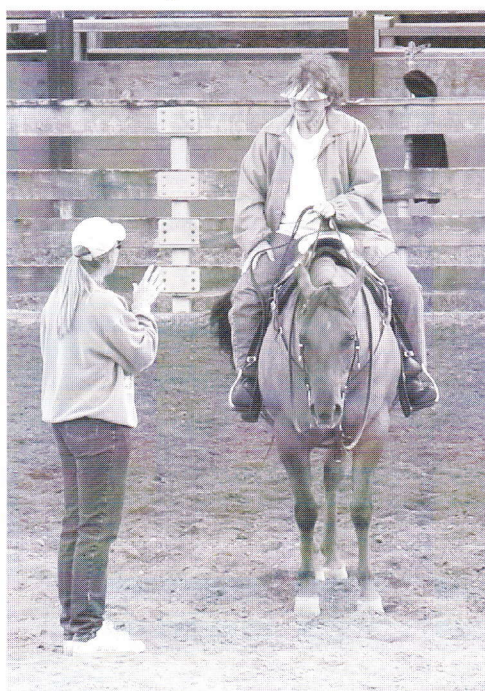
presented to each rider. These pieces of paper listed if any skill prerequisites were required and what each instructor would cover in class. The students were not told which instructors were teaching which classes. For example, the "Blue Sheet" stated there were no prerequisites needed and that the class would cover side passing, speed control, backing, yielding, steering, trail obstacles, and gates. If this was something you were interested in working on, then you would sign up for this class. Whereas the "Green Sheet" stated multiple prerequisites; such as knowing leads, comfortable with extended lope, and confident in both fast and slow speed control. The "Green" class students would be working on controlling shoulders, working around haunches, pivoting, backing, turn arounds, speed control, collection, and flying lead changes.

By tailoring the classes to the needs of the horse and rider, the clinic seemed to better suit those who are participating in it. The feed-back has been overwhelmingly favorable and the students appear to be enjoying themselves! If you were unable to attend this year's Western Riding Clinic, we hope you can do so next year; you won't regret it!

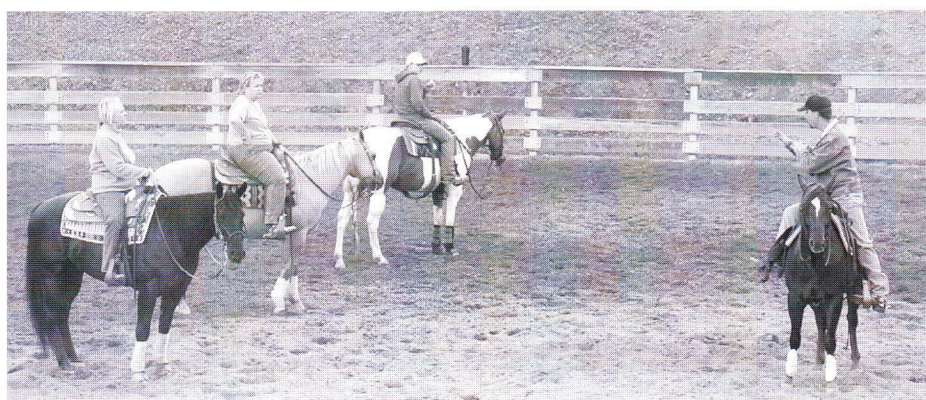


Garrison Grisedale rides Honey Bunny in Leah Grey's class

Instructor Joanne Attard has one-on-one time with Mary Jo Harris



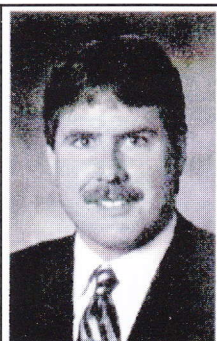
Instructor Jason Attard gives his class some quick instructions



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5. Every tack room would have a photo of Bill Gates rather than Alois Podjasky, George Morris, Rocky Dare, or John Lyons et al. In some cases the photo would be superimposed on a dartboard.
6. Marv Walker would offer clinics in "Geek Speak – Learning to Communicate With Your Horse Effectively".
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COMMON POISONINGS OF HORSES

By Sarah Filice

On May 13, my husband, Al, and I attended the Equine Emergency Symposium held at the UC Davis School of Veterinary Medicine. The entire day was very informative, but one of the lectures really stood out for me. The topic of the lecture was Toxicology and was presented by Asheesh Tiwary, DVM, MS. This was one of the most interesting lectures I had ever heard and I soon learned that I knew very little about the weeds and plants that could be found growing in my neighborhood; and most specifically around my horses!

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

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



Castor Bean

Poisonous plants can also affect the digestive system of the horse. Plants such as castor bean, precatory bean, black locust, buttercup, and jimson weed have varying affects on the horse's digestive tract; ranging

from mild colic to death. A variety of common plants can cause diarrhea when they are ingested by animals that do not have good quality grazing available to them. Invasive

pasture plants such as wild iris, horse tail, English ivy, and a variety of mustards may cause diarrhea and colic. Horses



Black Oak

are also susceptible to oak poisoning caused by the tannic acid that is found in the leaves, bark, and acorns of most oak species. The tannins cause severe damage to the intestinal tract and kidneys when ingested. Oaks are poisonous at any stage of growth, but are more toxic in the spring; when the leaves and flower buds are just opening. Ripe

acorns are less toxic than green acorns. Clinical signs of oak poisoning vary depending on how much of the oak leaves, bark, or acorns were ingested. Initially, affected animals stop eating, become depressed, and colic. Excessive thirst and frequent urination may occur. The manure becomes hard and dark, but bloody diarrhea occurs later in the poisoning course. Intense abdominal pain is noted. Severe gastrointestinal, liver and kidney damage occur. Horses can die within a 24-hour period after ingesting large quantities of acorns, or may live for 5 to 7 days after the onset of clinical signs. I would like to mention that during the question and answer period of the day a man told a story about a friend of his who feeds acorns to his horses on a regular basis; with no apparent ill effects. Dr. Tiwary stated that he would never recommend this practice and that horses, like people, have different tolerances to different things; including poisonous plants. He also stated that these horses may actually have damaged their digestive system from ingesting the acorns, but not be showing significant clinical signs; it is too difficult to determine without physically examining them.

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



Foxglove

Oleander

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



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

A variety of plants that grow throughout North America are known for producing neurologic abnormalities in horses; examples include varieties of sagebrush, horsetail, bracken fern, larkspur, Russian knapweed, yellow star thistle and locoweeds. When a horse presents with an inability to ingest and chew food, has poor motor coordination, is depressed, has convulsions, becomes blind, and has a change in behavior, the animal needs to be evaluated for a nervous system disorder. Locoweeds are known to cause more economic losses to the livestock industry than any other plant-inducing toxicities



Yellow Star Thistle

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

Sudden Death of horses due to plant poisoning is not very common and most often occurs when the horse has been placed in a situation where they are compelled to eat unusual plants; this can be when it is found in their hay or when they have been



Johnson Grass

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

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

cells; causing irregular heart rhythms. Adult horses have been fatally poisoned with as little as 8 to 16 ounces of yew leaves. Drying the leaves does not significantly decrease the toxicity. Death occurs several days after the yew was eaten, so sudden death may be the only clinical sign that is observed in many cases. If you find your horse eating yew, immediately call your vet. Activated charcoal and magnesium sulfate should be given through a stomach tube to prevent further toxin absorption, and atropine sulfate has been found effective in counteracting the slow heartbeat and heart failure; but should be used with caution. Yews should never be planted as hedges around



Poison Hemlock



Yew with berries

animal enclosures and the prunings should never be fed to animals. Poison hemlock is a very toxic plant containing alkaloids. The plant stands 4 to 6 feet tall and the stems are smooth and hollow, with purple spots especially near the

base. The leaves have a fern-like appearance and the plant has multiple clusters of small white flowers which resemble an umbrella. This is one plant I have definitely seen in San Mateo County. At least 8 alkaloids are found in all parts of the plant, but especially in the leaves and stems prior to developing the seed heads. Mature plants are more toxic than younger plants. Sudden death will occur if a horse ingests as little as 1% of its body weight. This plant is so quick acting that the horse is usually found lying next to it dead. Livestock seldom eat hemlock because of its strong odor (it resembles the smell of mouse urine), but they will do so if no other forage is available or if it is incorporated in their hay or silage.

Finally, I would like to discuss the black walnut tree. The toxin responsible for black walnut poisoning in horses is not known, but juglone (a yellow crystalline substance) found in the roots, bark, nuts, and pollen of the walnut tree could possibly be involved with the poisoning in horses. Horses become poisoned if they are exposed to the wood shavings of black walnuts that are used for bedding. Horses bedded in as little as a 5% mixture of black walnut shavings have been known to develop laminitis. It is thought that the development of acute laminitis is due in part to the ingestion or inhalation of the toxic substance present in

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

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

<http://horse.purinamills.com/bulletins/poisoningcontent-bydisease.htm>

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

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

<http://texnat.tamu.edu/cmplants/toxic/by-livestock/horses/html>

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

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



Black Walnut Tree

NOTES FROM NOEL

By Noel Moody

Exciting Summer for Los Viajeros

Los Viajeros is a lucky riding club. Our first ride to Alice's Restaurant was supposed to be rained out but instead it turned out to be 75 degree summer weather! The same thing happened on the April ride to Almaden and Calero Parks in San Jose with an overnight stay at the Santa Clara County Horsemen's Association grounds. Again in May on the Carmel Valley ride the rain came the week before and the ride through Garland Ranch Park was perfect. We are indeed lucky!

The June ride at Driscoll Ranch in La Honda was a winner, too. The grass was tall and waving in the wind, and it was great seeing the cattle grazing on the hillside. It was a good place to get one's horse in shape for the LV Four-Day Ride which took place June 23-26. The annual Four-Day ride is the essence of Los Viajeros (which means "the Travelers"). It is how the club got started in 1941 when friends rode from San Francisco to Santa Cruz. This year sixty-four riders ventured to Humboldt Redwoods State Park in the heart of Old Growth Redwoods. It is a spectacular place to camp and ride with California's tallest trees right outside camp. It's like riding Jack Brook, but every tree is three to four times wider! There are twenty-two corrals in camp and beautiful campsites. Really a five-star place. The Eel river is close to camp. There are even black bears around and a few came to visit. The "Fowl Players" production of "Fiddler on the Hoof" was sensational, and

the silent auction and raffle were a big hit. So was Grace Headquarters Catering, who served up fabulous meals throughout the four days.

By the time you read this, LV will have participated in the Poker ride on July 9th, and the next day LV will ride at Skyline Ridge Open Space Preserve. Then we will venture to the Costa Ranch in San Jose for our August ride. Of course, we will be at Jack Brook Horse Camp in La Honda for Labor Day weekend.

For more information on Los Viajeros Riding Club, call Tanya Rebarchik at 650-367-9773, or Rob Krensky at 650-368-8200 or visit the website at www.losviajeros.org.



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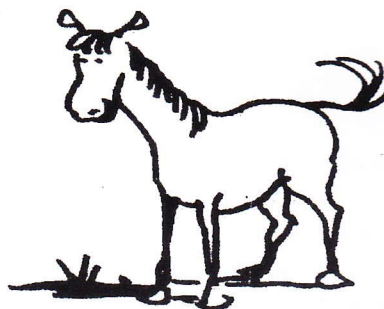
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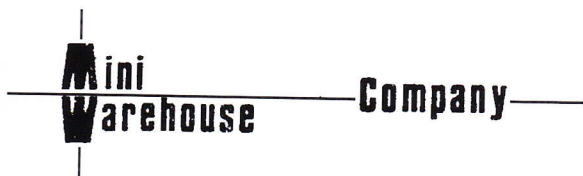
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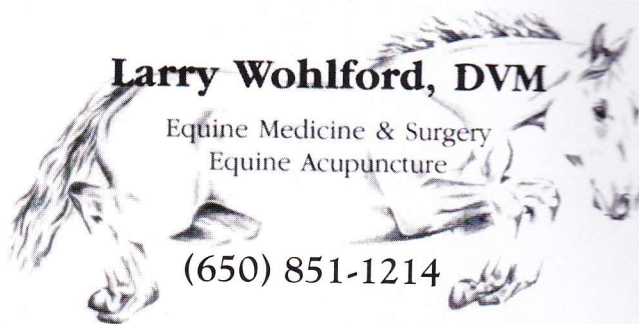
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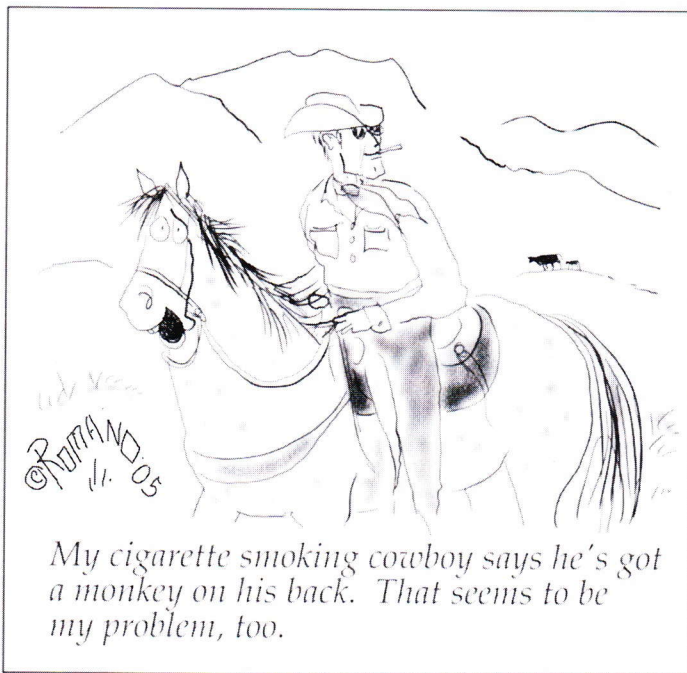
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2. Retrieve tub from corner of barn, get towel to dry off your face.
3. Refill tub with water and Epsom salts. Shorten cross ties. Pick up horse's foot and place in tub.
4. Retrieve tub from other horse's stall, retrieve horse from his own stall. Find bailing twine to fix broken crosstie. Wrap towel around head to dry hair. Check rapidly bruising toe for signs of breakage.
5. Place rocks in bottom of tub to weigh it down. Snub horse to wall of stall, refill tub with water and Epsom salts. Pick up horse's foot and place in tub. Hold up other front leg.
6. Pick self up off of stall floor. Find place outside where tub has been flung. Retrieve horse from neighbor's garden, pull rocks out of horse's water bucket, call spouse for opinion on whether or not wrist may be broken. Explain multiple times to emergency room staff that you did not fall off the horse.
7. Return to home, enlist spouse to hold horse, hobble hind legs, tie up front leg, fill tub with water and salt, slide tub into place, while pinning horse against wall.
8. Apologize to spouse as they view hoof prints across favorite shirt. Wonder if water and Epsom salts is bad for new wrist cast. Check out burgeoning black eye from broken hobbles. Retrieve horse from cattle farm across the road. Share laugh with cattle farmer about how fast horse can move on only three legs.
9. Go to grocery store to purchase ice packs, ibuprofen, more Epsom salts, and scotch.
10. Call vet and ask them to come over and show you how to soak a foot. Pour self tall glass of scotch while waiting.



Strange Horse Laws

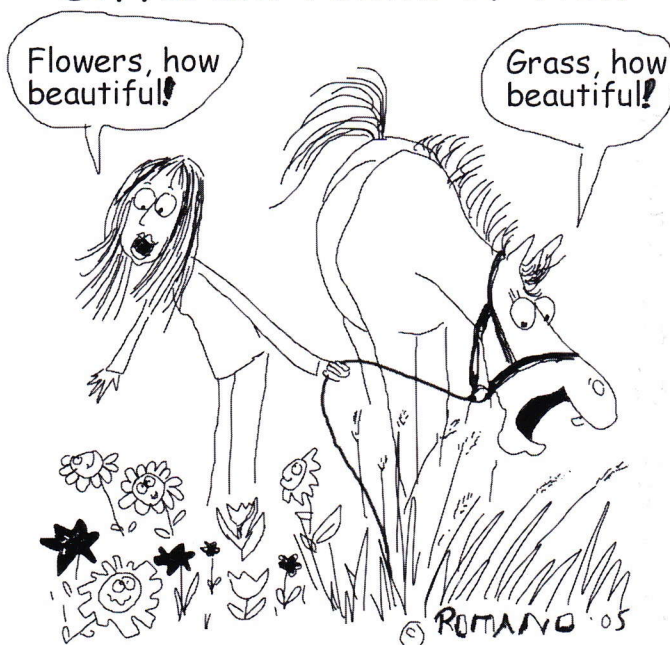
Just some wacky, odd, strange laws from around the U.S. (and a few from other countries, too)

- The horse is New Jersey's state animal.
- In New York City, it is illegal to open or close an umbrella in the presence of a horse.
- It is illegal to fish from horseback in Washington D.C., Colorado, and Utah.
- Tennessee prohibits riders from lassoing fish.
- A British law states that an Englishman must not sell a horse to a Scotsman.
- Horses are required to wear hats in hot weather in Rosario, Argentina.
- In London, England, law required taxi drivers to carry a bale of hay on top of their cabs to feed their horses. The law was in force until 1976.
- In South Carolina, it is illegal for adult males to discharge firearms when approaching an intersection in a non-horse vehicle to warn oncoming horse traffic.
- A misworded ordinance in Wolf Point, Montana: "No horse shall be allowed in public without its owner wearing a halter."
- In Omega, New Mexico, every woman must "be found to be wearing a corset" when riding a horse in public! A doctor is required to inspect each woman to make sure that she is complying with the law.
- Pennsylvania law states: "Any motorist who sights a team of horses coming toward him must pull well off the road, cover his car with a blanket or canvas that blends with the countryside, and let the horse pass. If the horses appear skittish, the motorist must take his car apart, piece by piece and hide it under the nearest bushes."
- In Hartsville, Illinois, you can be arrested for riding an ugly horse.
- Pattonsburg, Missouri, Revised Ordinances. 1884: "No person shall hallo, shout, bawl, scream, use profane language, dance, sing, whoop, quarrel, or make any unusual noise or sound in such manner as to disturb a horse."
- Abilene, Kansas, City Ordinance 349 declares: "Any person, who shall in the city of Abilene shoot at a horse with any concealed or unconcealed bean snapper or like article, shall upon conviction, be fined."
- Marshalltown, Iowa, it is against the law for a horse to eat a fire hydrant.



Yes, I know there's an intresting acumulation of items in my tail.

Different Points of View

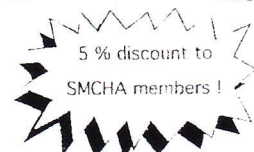


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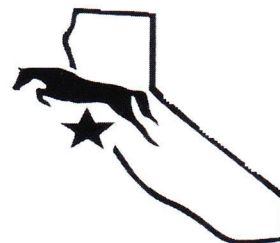
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2005 Calendar of Events

Tentative



August

- 7 LV: Ride
- 7 **English Schooling Show**
- 11 **Board Meeting**
- 21 **Nor-Cal Show**

September

- 2-5 LV Jack Brook
- 8 **Board Meeting**
- 9-11 SFHA Pt Reyes
- 15-18 Grass Valley Draft Horse Classic
- 22 **General Meeting**

October

- 2 LV Ride
- 8 **Woodside's Day of the Horse**
- 13 **Board Meeting**
- 16 **SMCHA President's Ride**

November

- 6 LV Progressive Ride
- 10 **Board Meeting**
- 30 **General Mtg.-Elections**

December

- 2 **Board Dinner**
- TBA **SMCHA's Christmas Party**

January

- TBA **Installation Dinner**

PLEASE CHECK WEBSITE FOR CHANGES AND UPDATES

www.smcha.org

SMCHA events in BOLD

LV, Mtd. Patrol in Italics

LV: Los Viajeros

SFHA: San Francisco Horsemen's Assn.

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WOODSIDE, CA 94062

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www.smcha.org

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A Non-Profit Organization

Member of California State Horsemen's Association

President: Al Filice

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Bobbi Petrov
Misty Ridge Farm
2995 Woodside Rd. #400/128
Woodside, CA 94062



**SAN MATEO
COUNTY HORSEMEN'S
ASSOCIATION**

Membership Application

Annual Dues

____ JUNIOR MEMBERS (17 OR UNDER) \$15.00
____ SENIOR MEMBERS (18 OR OLDER) \$25.00
____ MR./MRS. MEMBERS \$40.00
____ FAMILY MEMBERSHIP \$45.00
(married or single parent and unlimited number of children 17 or under)

☐ New ☐ Renewal

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

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

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

B \$____ E \$____ H \$____ K \$____ O \$____
C \$____ F \$____ I \$____ L \$____ P \$____
D \$____ G \$____ J \$____ N \$____ Other \$____

TOTAL CONTRIBUTIONS _____ TOTAL AMOUNT ENCLOSED _____

Annual dues are for January 1 through December 31 of each year.

Join after October 1 for membership through the following year. Your cancelled check is your receipt.

Do you want to be included in our Membership Directory? ____ Yes ____ No

NAME _____ TELEPHONE _____

ADDRESS _____ EMAIL _____

CITY _____ STATE _____ ZIP CODE _____

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

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