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LET THE CELEBRATION BEGIN!

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Advertising: Sharon Butler (650) 720.0513
Layout & Printing: Express Printing
Cartoons: Chris Romano-Pucket

COVER
Angi and Essex
at B.O.K. Ranch



MESSAGE FROM THE CHAIR

Ann with Buddy & Teresa

Hello Everyone, and Welcome to Spring!

LATE BREAKING NEWS: Before I get into my Message from the Chair, I have great news to share. SMCHA has been granted federal income tax exemption under IRS Code Section 501(c)(3), which now means we're qualified to receive tax deductible contributions (and other things) from the public. This status has been a while coming, and we're so happy and thankful to Barulich Dugoni Group, Paul Barulich and Jennifer Seksaria, who made it possible to achieve this goal. Stay tuned for more information - and now my greetings to our Members and Friends:

Can you believe all the new growth everywhere? What vibrant greens. I take my two miniature donkeys out for a meal each afternoon, then I don't have to feed them dinner! Gary and I were asked to participate in the Woodside Village Church Palm Sunday celebration, mostly because they wanted the donkeys in the procession down the center aisle! Buddy and Teresa behaved perfectly even managing to negotiate over some huge palm branches. They were a big hit. This year I've entered them in the Woodside May Day Parade, so I'll be there along with our award-winning Color Guard, who are always so impressive. Hope to see lots of familiar faces lining the parade route.

SMCHA has a new participant in our 3 horse shows this year, her name is Taylor Singmaster, and she's going to serve as Horse Show Manager. She comes to us with lots of experience, both in and out of the show ring. Our Western Schooling Show at Webb Ranch will be Sunday, May 7, and it's always a fun event for all ages. Many adult participants appreciate the low-key atmosphere where they can hone their showing skills, while learning helpful tips from our friendly judge, Lorali Casipit. Plan on entering, or come cheer on the riders, and I'll introduce you to Taylor.

Our website, **smcha.org**, is now capably run by Bob Rosenberg, who keeps everything up to date all year long, so visit often to see what's coming up. SMCHA has a busy year ahead and lots of opportunities to meet, greet, ride, socialize and share. Without your loyal support and continuing membership, we wouldn't be able to be the strong organization we are. So thank you, and please invite your friends to join. We've kept our dues low in order to allow everyone to enjoy this fine magazine and the many events that have become a true SMCHA tradition.

Enjoy the Ride! Ann Kirby SMCHA 2017 Chair

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Subscriptions are available for \$35 per calendar year which includes membership in the San Mateo County Horsemen's Association. Please fill out and mail in Membership application on the back page of this magazine.

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

DEADLINE FOR ADS AND ARTICLES

for the Summer 2017 issue is July 15, 2017



P.O. Box 620092 Woodside, CA 94062-0092

Visit our website at www.smcha.org



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The official publication of
San Mateo County
Horsemen's Association

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MEMBERSHIP Join SMCHA Mail Application

Mail Application Today!

(Application on back cover)

paid political religious advertisements will be accepted; all articles submitted are subject to editing; all articles or items reprinted from another source must be cited as to source and permission to reprint; items or articles submitted for publication that are not printed will not be returned to the author or persons submitting them. Editing and review will be by a committee of SMCHA's Chair and two board members.

COLOR ADVERTISING

We now offer both color and black and white advertising. See below for pricing chart and ad sizing.

If you are submitting a camera ready ad please be sure it is either a PDF or a .jpg in CMYK format at 300 ppi.

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Philosophy, Benefits, and Programs

By Sharon Doubek, BOK Ranch Office Manager

BOK Ranch, Inc. is a California nonprofit public benefit corporation recognized by the Internal Revenue Service as a charitable, tax-exempt organization pursuant to section 501(c)(3) of the Internal Revenue Code. BOK Ranch was founded in 1985 with a defined mission to provide the highest quality recreationally based horseback riding program to children, teens, and adults with developmental, physical, and emotional challenges (special needs).

BOK Ranch offers lessons year-round at The Horse Park at Woodside - a 270 acre, premier equestrian facility. BOK Ranch is nestled in the training barn area of the Horse Park. This ideal location provides a serene, private environment where our riders can flourish.

Over the years, I have witnessed many amazing riders, volunteers, and horses at BOK Ranch; I agree with Brenda Curry-Mckeon's¹ following observations about what our wonderful horses are saying to us:

- · Put away your fear. I will not hurt you. Relax, breathe, enjoy the moment.
- · I know more than you do. Accept this and if you ask the right way I will share my knowledge with you. If something goes wrong, do not blame me, look to yourself and learn to fix your mistakes.
- · If you are used to always winning or always "getting your way" leave it before you ride me. This is a partnership, not a contest. Be humble and work with me on equal terms. Trying to dominate me will bring disconnect.
- This is a dance between us. If you lead properly, I will follow. When I am in the rhythm of the dance, leave me be. Learn to know when to lead and when to let go by feeling the dance.
- Be grateful for my tolerance and patience as you learn and make mistakes.
 Remember to thank me after each ride and hold onto the gratitude you have for the privilege of dancing with me.

Benefits of Therapeutic Riding

Therapeutic horseback riding is a special combination of a nurturing environment, sport, therapy, recreation, and education. At BOK Ranch, individuals with special needs participate in a structured program to acquire skills leading to the accomplishment of specific physical, social, and developmental goals. In addition, individuals participate in a variety of horse-related activities that provide social and emotional benefits. Riders develop skills that help build meaningful relationships. Caring for horses encourages the understanding and practice of good health habits. A sense of responsibility is developed by participating in the care and feeding of the horses. Horses help to heal both body and soul.

Innovative Programs

In 1985, B.O.K. Ranch focused on horseback riding as a form of physical and mental therapy. Since then we have developed many successful equine-related programs including:

- Horses for Heroes
- Striding for SuccessFull Inclusion Summer Camp
- School-to-Work Transition

Our newest program, School-to-Work Transition, prepares young adults with special needs for post school life by offering a bridge between the traditional school environment and the "next step" in life. BOK's program does this by supporting and identifying one's strengths, interests, abilities and specific goals. While most high schools emphasize college preparation rather than actual workforce readiness, BOK Ranch's richly supportive equine based environment provides the skills needed (or a plan for gaining them) to succeed in the workplace.



How Does IT work?

Working with horses and stable management naturally lends itself to improving a person's daily self-help skills:

· Daily Living

- Personal grooming
- Appropriate workplace clothing
- Appropriate workplace behavior and etiquette

· Time Management

- Using a time card
- Arriving to work on time
- Calling in when sick
- Requesting time off

Communication

- Following and giving directions accurately
- Understanding and processing information
- Requesting or offering assistance to others
- Communicating information

· Social and Interpersonal

- Knowing when and when not to socialize on the job
- Knowing appropriate topics for discussion in the workplace
- Learning social problem-solving techniques
- Knowing appropriate interaction with coworkers
- Recognizing personal and professional boundaries

How can you support BOK Ranch?

As a 501(c)(3) non-profit, charitable organization, BOK Ranch relies on generous donations from individuals, companies, and service organizations to maintain our high-quality program.

- Horse Sponsorships are an excellent way to provide support to our program's most treasured resource
 the horses!
- Rider Scholarships enable us to serve more low income children and adults with our innovative therapeutic horseback riding programs.
- Donate On-line through our secure website: www.bokranch.org
- · Volunteer! Volunteers are essential to the success of BOK. Our volunteers gain tremendous satisfaction helping our riders enjoy the physical, mental and emotional bond that develops with our beautiful, gentle horses.





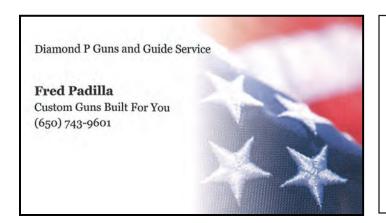




¹ Curry-Mckeon, Brenda. "Comment". Sons of the Wind - Lusitano Farm. Facebook, 3 Mar. 2016. Web.



Contact Tish Dipman at 650-366-2265 or email director@bokranch.org





Company

DICK SANDERS 650-364-6930

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BLASTS FROM THE PAST

The San Mateo Horseman 1987



ELIZABETH MIHALYI: CREATOR OF THE SMCHA LOGO

The logo which adorns SMCHA stationery, membership forms, show ribbons and other items related to the Association was the gift some twenty years ago of a gracious lady who made her living as an artist, and whose love for horses drew her into the company of local horsemen and women. Long time members of SMCHA still remember Elizabeth Mihalyi's annual open house for Association members and other horse people each summer at her home in Redwood City where many of her paintings and drawings were on display.

She was born in London, but grew up in Hungary where her father was manager of a large thoroughbred stud farm. Due to this situation she used to ride quite a bit from an early age and, from her father, learned a lot about horses and horsemanship. She was educated in private school, with instruction in art and music. She was married in the early 20's to a judge and had three sons. In 1945, she left Hungary just ahead of Soviet troops occupying the country. In the early 1950's she emigrated to the U. S., and for a while lived in

Omaha, Nebraska. She started her art work there and fairly soon gained a good reputation. Some memorable commissions were Mr. Freeman, the governor of the Minnesota (state capital portrait), and Arthur Godfrey; she also illustrated the book for Arthur Konyot who was the principal trainer for the Ringling Bros. Circus' horses. She moved to the Bay Area in the mid-1950's, and from that time on, supported herself entirely by free-lance art work. A major forte in her art was an outstanding know-ledge of the anatomy of the horse and the various movements while trotting, galloping, jumping, etc. Among her good friends was Colonel Aloysius Podharjszky, director of the famous Spanish Riding School in Vienna. Her uncle, General Pettko-Szandtner, was the director of Arabian horse-breeding in Hungary before World War II. After the war he became director of Arabian horse breeding in Egypt. He was also the winner of several world championships in driving four-in-hand and five-in-hand teams. Thus her family had been greatly involved with horses and horsemanship, and she carried on the tradition with enthusiasm and knowledge.

Concentrating a lot on horses, she made many outstanding paintings including the famous Arabian stallions Serafix and Natez in Walnut Creek, and othersfor owners mainly in the Woodside area.

Elizabeth Mihalyi died on October 2,



The San Mateo Horseman 1969



Quite a scenic route

PESCADERO RIDERS

One Saturday, in October, eighteen riders started a perfect weekend from Ano Nuevo Rancho (28 miles south of Half Moon Bay.)

Bernice Taylor, our "trail boss" lady, led out at a brisk pace, taking us along the ocean until the incoming tide made it too risky to continue. We crossed into Santa Gruz County and rode up a mountainside that gave us an unforgettable view—to the west—the Pacific Ocean—to the east—miles of wooded mountains.

Cold drinks and lunch awaited us at mid-day. Permission was granted us to tie up our horses at a deserted ranch. From the outside, the barn and corrals appeared to have been a dairy farm. This country was prosperous farming land due to the great activity of the many lumber camps around the 1870's.

Arrangements were made to camp overnight in the Swanton area on private property. We were served deliciously barbecued New York steaks and everything to go with it. A newly purchased catering truck loaded with ice and "supplies" helped keep the "happy hour" going until far into the night.

To the Native Sons of the Golden West, Pescadero, I thank you. Also members of San Mateo County Horsemen's Ass'n. are Jack Rich. Earle Williamson, Lawrence Silva and A. C. Giannini.

...MORE PAST BLASTS

The San Mateo Horseman 1966

SUMMER RIDING PROGRAM

The Woodside Junior Rider's program will start with lessons on June 20th at Mrs. Wm. Duncan's ring.

This program, as it is sponsored by the Woodside Trail Club, provides free riding instruction each summer for all children from grammar through high school age in the Woodside and Portola School Districts.

The group will meet each weekday morning, Monday through Friday, under the instruction of Colonel Vladimir Miloradovitch. Those who do not have their own mounts share horses owned by the Woodside Junior Riders.

The summer program will continue until the opening of school in the fall. A horse show is traditionally held at the end of the season. The show this year will be on Sunday, August 28th at Mrs. Duncan's ring.

This wonderful opportunity for children of the community has been a tradition in Woodside for 17 summers. Approximately 125 children participated last year.



Signs Of Readiness: Lesson Success For Kids And Horses

POSTED BY <u>DONNETTE HICKS</u> ON FEBRUARY 24, 2017 IN ONLINE EXCLUSIVES

Parents often ask me at what age their children will be ready for riding lessons. In short, my answer is, "there's no perfect age: I watch for signs of readiness." Even though a child may be giddy to start riding horses, they may not be truly ready to engage with them.

There are several developmental skills required for success with horses. Readiness for horse activities does not come on a certain birthday, and can vary from child to child. Furthermore, just because a program offers children's lessons does not mean that your child will be physically and psychologically ready for lessons. While many parents feel that putting their child in riding lessons early is the best thing for them, much of the research suggests that pushing an early start can actually be detrimental, causing undesired physical and emotional consequences for both the student and the horse. Another concern with children who get an early start is burnout. Burnout can happen when a child gets physically or emotionally drained and loses interest. This often happens if their lessons and teachers place emphasis on extrinsic rewards, such as shows and ribbons. Emphasis on extrinsic rewards can ultimately decrease intrinsic motivation for a child. A great children's teacher will focus on the joy of learning and helping the child develop a relationship with their horse. A negative early experience can last a lifetime, so I recommend testing a few markers of readiness before enrolling your child in lessons.

Taking direction – The ability to take direction from someone other than a parent is extremely important. Your child's experience in school and other learning environments will be the best indicator as to how well they take direction. How well does your child listen and respond to his or her teachers? Play activities are also a good way to evaluate a child's ability to take direction. Can your child learn a new task from a sibling or babysitter? Can your child engage in group-play with another child as a leader or teammate? Due to the nature of horseback riding, it is also important that your child is comfortable in a lesson situation where their parent may not be in the same room. When riding a horse it's paramount for children to be able to listen to and follow directions given by their instructor. Addressing the following questions will help determine your child's readiness for riding lessons.

Physical readiness:

A child displays physical readiness once their body can meet the physical demands of engaging with a horse. While physical readiness can lead to emotional confidence with horses, over-tasking a child that is unable to physically handle a living, breathing, decision making large animal can have detrimental physical and emotional consequences that can last a lifetime. Before working with horses he or she will need to have stamina, endurance, and muscular strength for specific riding and horsemanship skills. Examples

of these skills include the abilities to lead, tie, and groom a thousand pound equine, as well as

sitting balanced in a saddle and using various muscle groups in isolation. For instance they will use their legs to ask their horse to walk forward (gross motor skill) while keeping their arms soft (i.e., not clenched) and hands "quiet" (fine motor skill) so as not to jerk or pull backward on the reins. A child that has acquired the physical ability to ride a bike, for example, can transfer the skills of successfully steering and pedaling as it relates to horses. Look for markers of physical strength and stamina in your child's other activities to assess physical readiness. Things like skipping and independent foot/side-to-side motions are helpful, as is being able to differentiate and isolate right vs. left sided movements.



Cognitive readiness:

Attention span—Attention span is crucial for anyone, young or old, in a lesson environment. A riding lesson averages one hour. A quality children's instructor will give breaks to help reward focus by stopping and allowing the child to talk or relax after small attainable goals have been accomplished, but a child still needs the ability to focus well. Working with a half-ton animal is no easy feat, and can be dangerous if one isn't focused and mindful. To gauge your child's readiness via focus, notice your child's attention span during various types of activities (e.g., physical activities, focusing on a puzzle, listening to directions, and following through). Parents can model good focusing behavior by showing children how to listen well. Have a conversation with your child. Keep your eyes on them and signal that you want their undivided attention. Say things like, "I'm going to start talking. Show me what attention looks like." See how long your child can keep their eyes on you while you share a short story with them, or describe a task you want them to complete. If these types of exercises are successful, your child may have the attention span needed to begin riding lessons.

Emotional readiness:

Children who are emotionally ready to work with horses tend to be brave, somewhat independent, and able to take direction. The one thing that will bolster these traits is a sincere desire to work with horses. If the push for riding lessons comes from the parent or someone other than the child, this could hinder their entire experience, turning them off to the joys of learning from horses for the rest of their lives. When beginning lessons for the first time, the lines of communication must remain open to ensure that the child's needs are being met, they are still enthusiastically interested in riding horses, and their confidence is building. When children display each of these signs of readiness, they are able to have successful and exciting interactions with horses. They understand and respect that horses are living, breathing, thinking beings. With proper instruction and a safe environment, a child's physical, cognitive, and emotional maturity will set a foundation for a bright future with their equine partners.

About the Author

Donnette Hicks is a horsewoman who bridges her ranch background with nearly two decades of dressage experience. She teaches and works with horses through the Grand Prix level and enjoys exchanging ideas with horsemen across the world. As a freelance journalist, she blends her education with poetry, photography and film. Donnette and her husband Jim own Sage Creek Equestrian in Heber City, Utah. For more information go to sagecreekequestrian.com



By Gretchen King

On February 18, SMCHA held our "annual" bunco tournament, this time including a prize for best boots! It was great to see some new faces (and feet)! We had about ten lovely contestants for the boots prize, including past president Cheryl Basin in a different sort of boot (post foot surgery). The contest was won by Patti Myers with her flashing (literally) battery-operated cowgirl boots and Cher Dinishak was the runner-up in a colorful traditional pair. Patti was awarded a special boot-themed prize hand-made by Chris Friis and Cher received a gift card for Starbuck's. We had many winners at Bunco throughout the evening after

enjoying a pizza dinner from the Round Table on Woodside Road, which everyone says has the best pizza.

Many thanks are due to our fabulous volunteers. Linda Menon and Deb Cutner-Alvarado checked people in; our bartenders dispensing fine wine and craft beer were Susan Jakubowski and her friend Noel Souza-Powers; and appetizers and desserts were provided by Cheryl Basin, Linda, Elizabeth Sullivan, Sharon Butler, and Karen Rowley-Shawback. Set-up and clean-up crew consisted of a combination of the above and our hardworking President, Ann Kirby. Tish Dipman donated the use of her red checkered tablecloths which transformed the Town Hall into a Bunco Bistro, and thankfully Cheryl volunteered to launder them. Jen Mize made up all the baby bunco baggies consisting of horse cookies. Amy Hublou was a roving volunteer. Tanya Rebarchik donated the "mic for



Mike" Bushue who was our ever-patient caller, keeping the players on-track, explaining the game and answering questions, and checking our math.

The silent auction is always a hit. Chris, Jen, and Sharon did a smash-up job with it and earned a tidy sum for the SMCHA ColorGuard. Stay tuned for our next event! *Come & Play with SMCHA!*































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NORMAL EQUINE VITAL SIGNS

	Temperature	Heart Rate	Respiratory Rate
Adult Horse	98° - 101.5° F	30 - 44 beats/min.	8 - 16 breaths/min.
Newborn Foal	99° - 102° F	60 - 100 beats/min.	20 - 40 breaths/min.

BEFORE YOU CALL YOUR VETERINARIAN: Assess your horse's condition

to the best of your abilities. This information will help the veterinarian determine the severity of the condition and be better prepared to provide prompt and efficient treatment upon arrival. When given accurate, detailed information, the veterinarian can often suggest a course of action for you, prior to arrival at the horse's location. Remember to provide detailed directions and a phone number where you can be reached.

COLIC SIGNS

Clinical Sians:

- Horse may be agitated, paw at ground, look at belly, stretch out as if to urinate, and/or curl upper lip
- Sweating and/or hard, fast breathing
- · Horse may lie down, start rolling, or lie down and get up repeatedly
- Horse is often very anxious
- May be depressed, not eating
- May become violent

Useful Information for Veterinarian:

- Temperature, pulse, respiration rate
- Horse's attitude
- · Whether feces present; if so, consistency
- Whether any sedation and/or pain medication has been given; if so when, what type, how much and how it was administered

What to Do:

- Call veterinarian after safely obtaining above information.
- If in pain, keep horse walking in an open area, preferably with soft footing in case horse wants to lie down
- Do NOT sedate or give pain medication unless instructed to do so by veterinarian.

SWOLLEN EYE

- Watch for passing gas or manure.

NASAL DISCHARGE

Clinical Sians:

- Upper and/or lower eyelid(s) swollen
- · Horse may squint in sunlight
- Eve may appear cloudy
- Tears or discharge coming from eye
- Horse may appear to have decreased

Useful Information for Veterinarian:

- · Which eye is affected
- Any obvious laceration or abrasion near eve
- Whether eye is cloudy or teary

What to Do:

- · Call veterinarian with above information.
- Remove horse from direct sunlight
- Apply cold compress if horse will tolerate.

the appropriate emergency supplies to keep on hand.

NOT EATING

Clinical Sians:

- · Horse may pick at its feed
- · May eat hay but not grain or vice versa
- May take a mouthful of feed but
- Horse may be drooling or have a foul odor comina from mouth

Useful Information for Veterinarian:

- Horse's temperature
- · Whether feces present; if so, consistency
- Whether there are any other symptoms, or colic signs
- Whether horse drinking adequate amount of water

- Call veteringrian right away with above information.
- Remove feed.
- Monitor horse for worsening symptoms.

Clinical Signs:

- Blood, pus (thick, yellow discharge), feed material or saliva coming from one or both nostrils
- Coughing
- Horse may be anxious or throwing head

Useful Information for Veterinarian:

- Color and consistency of discharge; whether feed material in discharge
- If horse anxious, coughing, tossing head

- Call veterinarian after safely obtaining
- Remove feed if horse showing signs of distress.
- Keep horse as calm as possible.
- If discharge is yellow, quarantine horse and do not touch other horses until affected horse is evaluated

ALLERGIC REACTION

Clinical Sians:

- Hives and/or swelling
- · Muzzle, evelid, sheath or throat swelling
- Snoring sound when breathing
- Horse may become very stiff and/or
- unwilling to move • May occur after recent vaccination,
- de-worming or drug administration · May occur following insect/snake bite

Useful Information for Veterinarian:

- Temperature, pulse, respiration rate
- Any recent vaccinations or new drugs administered within last few days
- Any recent change in feed
- If horse is in area where rattlesnakes are prevalent (during warmer months)
- Whether there is a localized area of swelling and/or presence of hives:
- If horse is having difficulty breathing

What to Do:

- Call veterinarian as soon as possible with above information, especially if horse is having difficulty breathing
- If hives or localized swelling is present, a cold bath may help.
- Remove feed.
- Move to a cool location if possible

LACERATIONS

Useful Information for Veterinarian:

- Where the wound is located and if it is over a joint or tendon, or if it involves
- · How large the wound is
- Whether the wound is clean
- If the area around the wound is swollen

- Call veterinarian after safely obtainina
- If actively bleeding, apply pressure with a clean towel/cloth and hold in place with a polo wrap/vetwrap.
- Do NOT remove bandage until
- Check tetanus vaccination history.

IN AN EMERGENCY: FIRST AND FOREMOST. REMAIN CALM.

SUDDEN LEG SWELLING

Clinical Signs:

- One or more legs appear swollen in comparison to "normal" leg
- · Horse may or may not be lame
- · Swelling may be firm, or may "pit" under pressure

Useful Information for Veterinarian:

- Horse's temperature
- If there are any cuts on affected leg(s)
- If horse has received any vaccines or injections recently

- Call veterinarian with above information.
- Do not move horse if severely lame.
- Cold-hose leg(s) and wrap with standing wrap.
- Avoid applying any medications or ointments until leg(s) can be examined.

SUDDEN LAMENESS

Clinical Sians:

- Horse cannot bear weight or is
- noticeably lame on one or more legs Horse unwilling to move
- Horse appears very tender-footed

Useful Information for Veterinarian:

- Any obvious heat or swelling in affected
- If horse has received any vaccines or • Whether horse has recently been shod
- or had hooves trimmed • Whether there is a foreign object in foot; if so, do NOT pull it out.

- Call veterinarian with above information.
- · Do not move horse; try to keep horse calm.



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Spring into Bloom: Make a Difference by Volunteering at NCEFT

It takes a special kind of person to help a child like Trent, who was born with a brain malformation. Before treatment at the National Center for Equine Facilitated Therapy (NCEFT), Trent could barely stand or communicate. Today, after long-term work focusing on core strengthening, balance and body awareness, he can walk almost independently and is beginning to talk. Trent couldn't have made the progress he's made without the expert support of his therapist and the volunteers who walk alongside him in his physical therapy sessions, keeping him safely aboard his horse.



Physical, occupational or speech therapy that utilizes equine movement is sometimes referred to as hippotherapy. Adaptive riding teaches horsemanship with instruction adapted to a person's disability

It also takes an extraordinary kind of person to help a disabled military Veteran. Just a few short years ago, one Marine Corps officer came to NCEFT unable to follow directions or enjoy social interaction—but you would never know it today! Now, during his adaptive riding sessions, he can follow multistep directions to steer his horse through obstacle courses. He also manages his own schedule and service dog, chats with his volunteer side walkers and others and is joyfully anticipating the birth of his first child.

So just who are the remarkable people who have made such a difference in these patients' lives? NCEFT volunteers! Virtually every type of equine-assisted therapy NCEFT offers—whether it is physical, occupational or speech therapy, adaptive riding, special-education classes or camp—depends upon the volunteers who walk alongside patients and clients to keep them safe, the volunteers who help sweep, weed and maintain our beautiful 12-acre facility and the volunteers who help with office and event activities.



Every moment volunteers spend at NCEFT is valued. Those over age 16 can train as side walkers; youth ages 12-16 can help with grounds keeping and camp. Email volunteers@nceft.org to sign up.

Maybe you've thought about volunteering at NCEFT but have yet to take the plunge. Would it be fun, you ask? Would my sacrifice of time be worth the effort? Can I volunteer without committing to the same time every week? Yes, yes and yes!

Below, Susan Cranna, one of many wonderful NCEFT regular volunteers, tells us how she feels about the time she spends supporting NCEFT's mission of horses, hope and healing.

NCEFT: How did you discover NCEFT?

Susan: [NCEFT Horse Handler] Darrel Le Blanc is a neighbor and friend. He encouraged me to look into volunteering. I'm not really a horse person, but right away I found NCEFT to be a place of openness and inclusion that appealed to me. We live in an area where the achievement culture can be so demanding, it was nice to find a place where my professional talents are not the first and only thing about me that matters.

NCEFT: What keeps you coming to NCEFT regularly?

Susan: I'm a very responsible person, so when I commit, I truly commit. But it's also a very motivating environment—even on days where I don't particularly feel like pulling on boots and getting outside, once I've visited the ranch, I'm always energized. It never fails to put me in a better frame of mind. I typically side walk alongside the same children every week, so when I'm absent, that means I miss a chance to see their smiles and progress.

NCEFT: What is the best thing about volunteering at NCEFT?

Susan: It's such a pleasure to get to know the children and adults who come to NCEFT. They are so happy to be there and they want nothing more of you than your reassuring presence and careful attention for 30 minutes at a time. What a welcome change that is amid a typical work week. I highly recommend it!



Susan began volunteering weekly at NCEFT in 2015. Of the patients she says, "You get to see them blossom and that makes you blossom inside as well."

At NCEFT, I feel welcomed as an essential part of the community. Ever since my first day, I've realized just how much of a difference I really can make in the life of a patient. Volunteering there is such a privilege. I know they are always looking for more volunteers and I really encourage everyone out there to give it a try.



Volunteers form special connections with patients during hippotherapy and adaptive riding sessions. NCEFT also welcomes volunteers for grounds keeping and administrative work.

NCEFT: What is your favorite thing about interacting with the patients at NCEFT?

Susan: One of the things I most like to tell people about the children with whom I've worked is that they are remarkably polite and agreeable. The children are surrounded by supportive adults who are cheering them on. I think they sense that. They respond so appropriately to a wide variety of people—for any child to learn to do that is such a priceless contribution to our whole community.

administrative work. Also, many of the patients and clients at NCEFT can interact typically, and it's always nice to hear their stories and interests discussed during the sessions. But even with those who cannot communicate as effortlessly, there is always a way to make a connection. Walking in sessions demands that you slow down and learn how to communicate on their terms. There is so much intelligence and good humor in the eyes of the kids. When you earn a good reaction from a child, it's rewarding. You get to see them blossom and that makes you blossom inside as well.

NCEFT: What has surprised you the most at NCEFT?

Susan: I'd have to say it is the temperament of the horses. They're gentle, tolerant animals and I enjoy being around them. It's fun when you get an unexpected lean in or a snuffle from a horse.



Horse person or not, you can volunteer. The herd of 15 very special equine healers, including a mini and two donkeys, will win your heart.

The other thing that has surprised me, or maybe informed me, are the sacrifices required of the families of the patients and clients and how much NCEFT means to them. I have developed such enormous respect for the caregivers whom I've met. I can imagine just how liberating it must feel for parents to see their children in such good hands that aren't their own. Even if it is just once a week, they can relax in that beautiful setting knowing their child is safe and working hard. The NCEFT staff is always thinking of ways to ensure it's a healing place for the families as well as the patients.



Volunteer orientation is available weekly.

NCEFT: What would you say to encourage someone else to volunteer?

Susan: I'd say that there is something magical about this place—
it feels that way—except that it isn't magic. It's actually the result
of a great deal of effort on the part of patients, therapists and
instructors, volunteers and staff. What makes it truly special for
me is that I don't just passively write a check and donate
money. Instead, I am encouraged to give my time. To have
direct involvement with the progress of patients and clients is

very rare and incredibly meaningful. I know a lot of my fellow volunteers feel the same.

The icing on the cake is that I get to carry my experiences away from NCEFT and with me into other interactions. Being there has made me aware of how fortunate I am to be able to move and communicate with relative ease. That awareness makes me so much more likely to be patient and understanding in other areas of my life. Somehow, after time at NCEFT, my worries don't seem like such a very big deal after all. When you volunteer at NCEFT, you definitely take away just as much, if not more, than you give.

For more than 45 years, NCEFT has utilized the power of the human-horse relationship to bring hope and healing to individuals with cognitive and physical challenges. Weekly, NCEFT delivers treatment to more than 100 people of all ages, sizes and abilities. Volunteers are vital members of the therapy team and NCEFT is always looking for dedicated, caring individuals to fill the nearly 200 volunteer spots required every week. For more information, email **volunteers@nceft.org** or visit **nceft.org/giving/volunteering-at-nceft** to sign up. NCEFT is located on Runnymede Road in Woodside.





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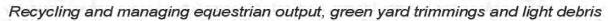


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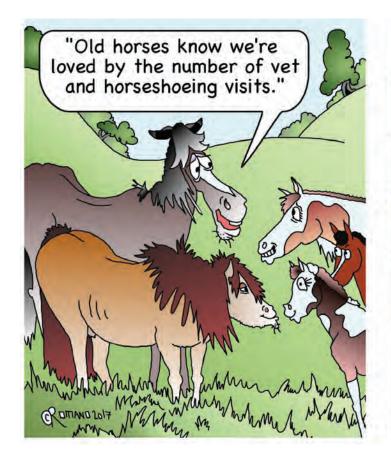
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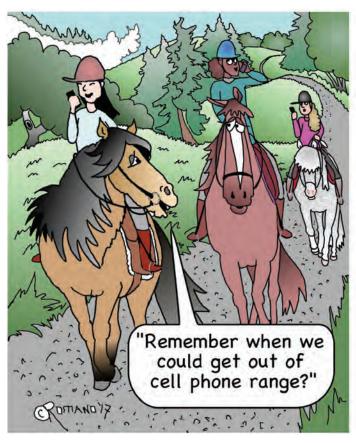
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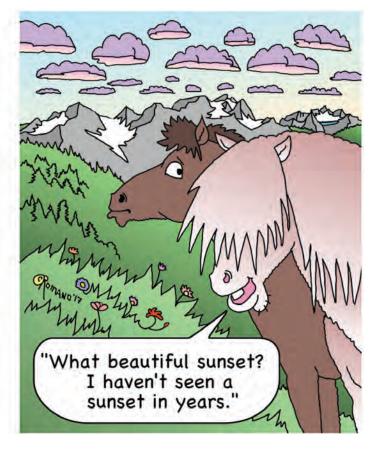


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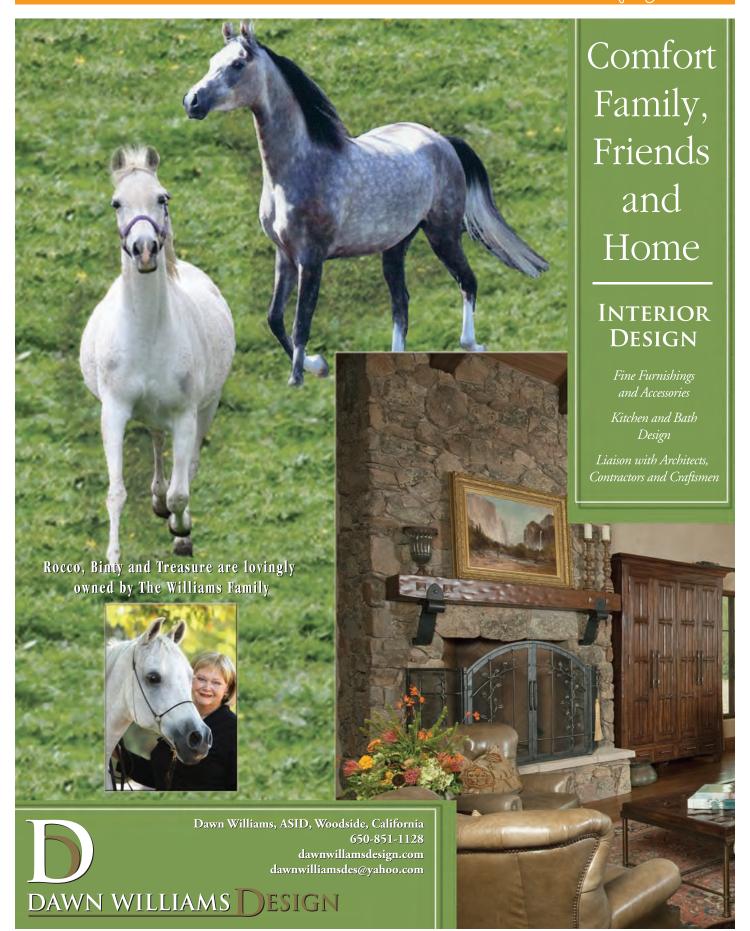
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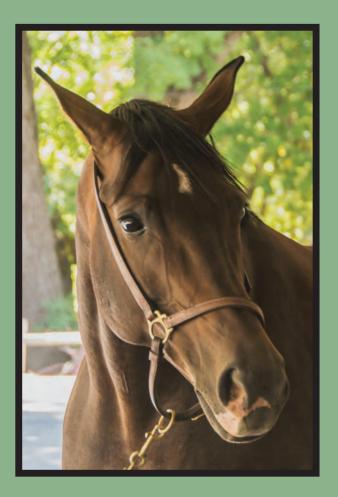








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COME VOLUNTEER ON OUR COMMITTEES!

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

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SMCHA 2017 CALENDAR OF EVENTS

January 2017

12 - Board Meeting

14 - 4H/Youth Project

21 - Installation Gala @ Mounted Patrol

February

9 - Board Meeting

11 - 4H/Youth Project

18 - General Meeting/Bunco

March

9 - Board Meeting

11 - 4H/Youth Project

April

8 - 4H/Youth Project

13 - Board Meeting

22 - Jack Brook Clean-up

29 - SMC Fair Show @ Ocean View Farms, Montara

30 - Spring Ride @ Golden Gate Park, SF

May

6 - Woodside May Day Parade

7 - Western Schooling Show @ Webb

11 - Board Meeting

13 - 4H/Youth Project

20 - Portola Valley Celebration of the Horse 12-3pm

21 - Portola Valley Celebration Trail Ride 9-noon

29 - Hillsborough Memorial Day parade

June

8 - Board Meeting

10 - 4H/Youth Project

11 - Tack Sale @ Horse Park

9-11 - Horse Expo Sacramento

10-18 - San Mateo County Fair

tba - Clarkia Trail Work Day

July

3 - Rodeo Dinner & Dance @ Mounted Patrol

4 - Redwood City Parade

4 - Half Moon Bay Parade

July cont.

4 - Junior Rodeo @ Mounted Patrol

13 - Board Meeting

14-16 - Californios Cow Working @ Mounted Patrol

tba - General Meeting

22-23 - Reining By the Bay

26-31 - Jack Brook Horse Camp

August

6 - English Schooling Show @ Webb

8-13 - Menlo Charity Horse Show @ Circus Club

10 - Board Meeting

12 - Presidents' Ride

September

3 - Open Show @ Horse Park

14 - Board Meeting

tba - Clarkia Trail Work Day

15 - General Meeting & Movie Night @ Webb

17 - Fall Riding Clinic @ MP 10:30-11am

23 - Horses & Heroes Gala-NCEFT's benefit event

24 - Fall Riding Clinic @ MP 10:30-11am

October

1 - Fall Riding Clinic @ MP 10:30-11am

8 - Fall Riding Clinic @ MP 10:30-11am

12 - Board Meeting

14 - Day of the Horse

13,14,20,21 - Grand National Rodeo

14 - SMCHA Night/Bus to Rodeo

tba - Play Day & Halloween Extravaganza

November

9 - Board Meeting

11 - General Meeting, Spaghetti & Bingo

December

10 - Holiday Barn Party

January 2018

11 - Board Meeting

20 - Installation & Gala



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