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Fall 2023





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Horse Quote:

People ought to quit worrying so much about whispering to their horses and just start listening to them." —Greg Darnall

Cover
Happy Holidays!

Cowgirls' Quarterly

A Message from Your Presidents

Deb Alvarado, Sharon Butler, and Deb Vasquez



Changing Seasons

It is that time of year when we prepare for the winter months: repairing fences, putting new roofs on shelters, installing grids and stall mats for mud control, stacking hay, and more. Some pull shoes off their horses, order horse blankets, and others get their horse calendars ready for activities they want to participate in next year.

Your SMCHA Board of Directors organized several well-attended and fun events throughout the year, offering a variety of riding as well as non-riding options to participate in. Jack Brook Horse Camp weekend, the Spring Tea and Presidents' Ride were offered as gatherings where riding was not obligatory, and we all had so much fun!

We love feedback on our activities and would love to hear from our members about what you especially enjoyed and what you would like to see happen again! Or, if you have a unique and creative idea, email us and pitch the idea at smcha@smcha.org.

Furthermore, it is membership renewal time, and we hope to see our membership continue to grow! If you are trying to figure out what to get someone who loves horses for the holidays, why not consider a gift membership to SMCHA? In addition to membership discounts and the opportunity to get to know like-minded folks, you'll receive our first-class SMCHA quarterly magazine in your mailbox. As a thriving non-profit, we are already looking at the calendar for next year to keep equestrian-related events a priority in our county. Be on the lookout for membership renewal forms coming soon!

We wish you a warm and wonderful holiday season! Thank you for all of your support this past year; we look forward to seeing you, your family, and friends in 2024!



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FALL 2023

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ASK THE VET

Photosensitization: Causes, Signs, Treatment and Diagnosis

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Written by: *Camryn McNeill, B.B.R.M.*

Reviewed by: *Dr. Priska Darani, Ph.D.*

This past summer, my friend Caroline and I noticed red, flaky, inflamed, sunburned skin on the faces of our 2 Arabian horses, Junior and Cantaro. At first, we thought it was sunburn but after some research and a call to the vet, photosensitization was diagnosed. We treated the symptoms and are still perplexed about what they are so sensitive to in the pasture. Today, they are both healthy and happy, but we wanted to share this excellent article with you, our readers, in case one of your horses presents with similar symptoms!

Photosensitization, or light-induced dermatitis (photodermatitis), is a noncontagious condition in horses where the skin becomes extremely sensitive to sunlight. This condition often mimics a sunburn, but it is much more serious and painful.

Photosensitization is most commonly caused by ingesting toxic plants containing pigments, which are absorbed from the gastrointestinal tract and transported to the skin. When exposed to ultraviolet (UV) rays from sunlight, the pigments cause a complex photosensitivity reaction in the horse's skin.

Non-pigmented (i.e. white) skin is especially sensitive to reactive compounds, as is skin with little hair cover (i.e. muzzle, eyelids, ears).

Successful treatment of photosensitization requires addressing the cause of the condition and administering supportive care. It is important to alleviate irritation and potential infection in the damaged skin to allow for healing.

Photosensitization is difficult to diagnose and distinguish from sunburn. If you think your horse could be affected by photosensitization, contact your veterinarian immediately for an examination.

Photosensitization in Horses

Horses with photosensitization experience a serious adverse reaction to sunlight due to the presence of photodynamic agents in their skin. Photodynamic compounds can include plant pigments, fungal toxins, bacteria, and chemicals.

Ultraviolet light from the sun activates these compounds, resulting in chemical reactions that damage skin cells and cause significant irritation for the horse.

The face and body can develop red rashes (erythema), lesions, leaking wounds and scabs. In severe cases, necrosis (tissue death) can occur. Horses may begin rubbing or scratching the affected area, resulting in further tissue damage.

Photosensitization can affect both pigmented and non-pigmented areas of the body. However, tissues from lightly pigmented areas of the body or areas with less hair are often severely affected since they have less protection from the sun.

This includes, but is not limited to, areas of the face (muzzle, ears, eyelids, lips) and body (tail, coronary bands, vulva). Horses with light skin and hair are commonly affected all over the body.



Clinical Signs

Clinical signs of photosensitization tend to develop within hours of sunlight exposure. However, some signs of photosensitivity do not present for several weeks following sun exposure.

The following symptoms may indicate photosensitivity in your horse:

- Hair loss
- Photophobia (eye discomfort in light)
- Scratching and rubbing ears, eyelids and muzzle
- Redness and swelling of the skin
- Skin lesions, hives, and scales
- Edematous swelling
- Blisters with pus
- Scab formation
- Oral lesions
- Diarrhea or mild colic

Horses kept indoors during the day or with minimum exposure to sunlight may display subtle signs of photosensitivity, with slight edema of the skin being the most prominent symptom.

Causes of Photosensitivity

Photosensitivity in horses is categorized as either primary or secondary, depending on the causative agent triggering the skin reaction:

- **Primary photosensitivity:** Occurs following ingestion or topical exposure to a phototoxic agent, such as toxic plants or chemicals.
- **Secondary photosensitivity:** Occurs due to liver dysfunction in the horse, resulting in improper clearance of phototoxic agents.

Below are some of the toxic plants and other chemicals that can cause primary photosensitivity.

- **Buckwheat** (*Fagopyrum esculentum*)
- **St. John's Wort** (*Hypericum perforatum*)

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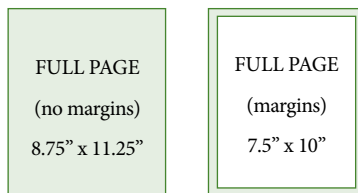
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for the Winter 2023 issue is Feb. 1, 2024

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SMCHA's "Free" Fall Riding Clinic

Our 4-session free riding clinic was just fabulous in every which way. Mother Nature provided excellent weather, and Karen Rowley provided an incredible array of treats and drinks spread out over two seasonally-decorated tables. As usual, Lee Reed kept everyone signed in each week plus promoted our club to non-members. Each week offered something different for riders of every level, and a few attended all four weeks. All in all, we had 34 participants!

Our instructors and classes included:

Noel Moody—Beginning Western Riding; **Chris Ellsworth**—The Greatest Teachers are Horses; **Joanne Morrison**—Teaching your Horse to Love their Jobs; **Joan McLaren**—Balance, Transitions & Control; **Christine Friis & Kristi Eifert**—Intro to Obstacles.

The SMCHA would like to thank all our committed volunteers, our dedicated trainers and all who participated. And let's give a special round of applause to Caprice Teneffoss and Alan Demmons who worked the manure pick-up in the arenas!

Now, more about Chris Ellsworth Clinic and Intro to Obstacles class:



Boundaries

By Chris Ellsworth (Fall Clinic Instructor)

Good fences make good neighbors. Clearly defined, fair boundaries help create good relationships between us and our horse friends, too.

Look closely at the accompanying photograph of horses waiting for their breakfast. These horses are not standing at random; they are all positioned exactly as they should be according to the rules of their society. The bay facing the camera (his name is Picasso) is the unquestioned leader of this merry band. He is given a wide berth all around, and you might notice the others have left a big open lane for him to exit should he decide to leave.

No other horse is any closer to Picasso

than could be reached by an outstretched muzzle. That is the typical distance horses require for personal space. This leaves them enough room to flee from danger without knocking each other over and becoming wolf burgers. This safe distance is something we humans should consider when leading our horses, especially when we ask them to stand near us.

Only Picasso is allowed to put his head over the gate. This isn't because Picasso is particularly mean or threatening, but for another horse to do so would be to put himself ahead, hindering or even challenging Picasso's ability to lead. He's out front for a reason—he sets a good example, and he has a calm, confident demeanor that makes the others want to follow him. That's something else for us to think about when we're holding a lead rope.

The other horses are where they are for good reasons, too. Teak, the bay standing broadside to the camera (only his head and neck are in view), is second in the hierarchy of these boys. He keeps a wary eye on the others and is positioned to take over should the need arise. As an aside, in wild bands, it is not uncommon for there to be two stallions, a senior stallion, and a subordinate. They often share sentinel duties, much like these two here are doing.

The sorrel standing next to him is William, his lifelong best pal. Willie used to be second in command, but his mobility is declining due to a neck injury. Now, their roles have reversed, and Teak has become William's stalwart protector.

What about the other two? The sorrel on the right side of the photograph has placed himself at a respectful distance behind Picasso, the leader. A brown horse is standing parallel to him (he's a bit difficult to see) but slightly further back, keeping his nose behind the jaw of the sorrel. That's intentional, too. This little brown fella is the least experienced, least dominant of the group. He needs to stay out of the way at important moments like these until he's learned the ropes a little better and acquired more status within the herd.

When given a chance, horses create a rich, complex society full of rules, rituals, and understandings. And boundaries, lots of subtle and not-so-subtle boundaries. For almost sixty million years, these natural laws and boundaries helped keep horses alive as herds and as individuals and to flourish as a species. In evolutionary terms, these rules and boundaries all make perfect sense; they developed as ways for a prey species to meet the challenges of a harsh, chaotic environment teeming with hazards and predators.

The horses pictured here are the inheritors of these natural laws, laws that still exist

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Lorelei's Journey: From a Horse-Loving Girl to an Equestrian Champion

By Courtney Ioimo

Visiting horses in the Woodside community was something Lorelei and her mother have been doing since before the young girl could walk. They began bringing carrots and treats every week to Minning and Matilda, a couple of horses living next to the Woodside Fire Station. The occasional trip to Lemos Farm and the annual pumpkin patch at Webb Ranch meant pony rides several times a year. While her mother was keen on exposing the tot to all parts of the natural world, she had no idea she was raising a "horse girl."

Fast forward ten years, and you will find Lorelei Kiel, a proud member and first-place ribbon winner of the Woodside Junior Riders (WJR). Lorelei prides herself on the hard work she has put into becoming an equestrian rider. Coming from a family that does not ride avidly, Lorelei has blazed her own trail. While her late great-grandfather, a true cowboy and horse enthusiast, did own horses on Cordilleras many moons ago, and her mother did take lessons at Spring Down Equestrian in Portola Valley as a child, neither were as smitten as she with the English style of riding and the equestrian life.

Lorelei started taking lessons at Spring Down Equestrian in Portola Valley two and a half years ago at the age of seven. While she's explored many lesson facilities in the area, Spring Down just stuck. She has participated in numerous schooling shows, and her room is decorated with an array of ribbons from first to fifth place. Her love

for horses is deeply rooted in a connection she shares with the animal that is unparalleled and simply cannot be expressed in words. While the excitement of showing and improving her riding skills is a contagious driving force, her commitment to the sport has much more to do with the horses themselves.

Lorelei is loyal to every horse she's ever ridden or even fallen off of. A true testament that defines horse people is that they never blame the animal, no matter what. Lorelei is one of the smaller riders in her age range, weighing barely 50 pounds at ten years old. By nature, she is quite cautious, but her courage and bravery shine in the arena. You will rarely find her on a pony for no particular reason. She has zero qualms about riding horses her mother fears are too many hands high. She looks most forward to her summers in Woodside as a part of the WJR, where she shares in the camaraderie of the horse world and has made countless friends.

This past summer, Lorelei won first place out of eight in her division. The smile that grew from ear to ear as the judges' announcement narrowed from 8th to 7th, to 6th, and so on without her name being called was priceless. It was not worn with arrogance but with pride and gratitude. For a little girl from Redwood City whose family does not own horses and who has had no additional advantages in particular, earning that ribbon through nothing more than persistence,

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LANDMARK: **Woody the Fish**

By Gabby Occhipinti

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A 21-foot salmon sits outside a neighborhood-favorite restaurant in Woodside, protecting the creek that runs behind it. Don't worry, he's made of wood—and his name is Woody. Jamis MacNiven, owner of Buck's of Woodside, has quite an eye for collecting whimsical décor. As Jamis tells the story, back in the 1970s, he spotted Woody in a fellow's yard half a mile west of Buck's. The yard was "chock-ablock with antique cars and speed-boats," but the fish was a clear stand-out. Jamis was determined to have him. According to Jamis, the sculpture was brought to life by Enoch Kadashan in the early 1900s out of a single log. He adds that Kadashan belonged to the indigenous tribe Tlingit, meaning "People of the Tides." The Tlingit people are known for carved totem poles and wooden canoes that display their heraldic crests. Coincidentally, Woody is a silver salmon, the very same type of salmon that spawn in the creek behind him now. It seems that Woody ended up exactly where he was meant to be, thanks to Kadashan's ambitious carving expertise and Jamis' mastery of persuasion. You can visit Woody the Fish in the parking lot at 3062 Woodside Road.

Chris Friis—Thank you for sending this article to SMCHA magazine!



Photo by Annie Barnett

Lorelei

Continued from Page 8

dedication, and genuine hard work made it all the more worthwhile.

One thing has become clear along this journey through the horse community, and that is it takes a beautiful village of horse lovers and enthusiasts to open opportunities and foster the growth of riders today. Lorelei would not be the rider she is without so many wonderful people in her corner. Jo Egenes of Woodside, California, and her ranch hand, Artemio, are two of many mentors Lorelei has encountered along the way. Jo opened her heart and her home to Lorelei a couple of years ago when she was first starting out. Having met a friend of Jo's at Folger Stables one afternoon while admiring an irresistible mini pony by the name of Lightning, Lorelei was referred to Jo's property to visit yet another sweet mini horse by the name of Scout. Visits to see Scout evolved to the point that Lorelei was soon grooming and walking Scout every week with the guidance of Artemio. Her



Lorelei greets Jo Egenes' miniature horse, Scout, one of several visits that guided her toward a larger world of equestrian competition.

mother began participating in volunteer opportunities annually, such as Day of the Horse. Jo had another young lady, older than Lorelei, working on her property over the course of the year named Nadia. Nadia, a Woodside Junior Rider graduate herself, became someone Lorelei looked up to and still admires to this day. Had it not been for Jo and her staff welcoming Lorelei with open arms and offering her access to the equestrian lifestyle, who's to say Lorelei would be where she is today?

Kathi Dancer of WJR and her summer staff have also been highly influential, along with a couple of very special instructors from Spring Down who have helped and continue to help Lorelei excel and grow. Lorelei and her family will continue to advocate for horses and the equestrian community as her own successes take shape in an effort to inspire and support other young horse girls as they too, find their calling.

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Past Presidents' Ride and Luncheon

By Annie Tyo

On Sunday, August 20, we celebrated our past and current Presidents at the beautiful pool house of Rick and Kerry DeBenedetti. It was the perfect setting for our Hawaiian theme! It was a tad hot that day - 90 degrees, oh my! - but everyone hung in there. Too bad we didn't bring our bathing suits.

The day began with horseback riders arriving at the Horse Park to go on a guided trail ride led by Tanya Rebarchik. Adeline Forrest had coffee, donuts, and other goodies for the riders. Gaby Marquez and Maria Fonseca checked the riders in. Off they went and made their way over to the DeBenedettis on a ride through some gorgeous trails around Woodside.

Guests who weren't riding began to arrive at noon to a beautiful natural poolside setting amongst giant redwood trees towering overhead. Awaiting them was a feast of charcuterie delights and fruit followed by a gourmet Hawaiian BBQ.

After lunch, guests watched an amazing hula show by Hula Halau' O Pi'ilani from Sunnyvale. The group went above and beyond, and everyone danced with them at the end!

We decided to do a fundraiser for Maui since the fire catastrophe had recently happened. Deb Alvarado, a native Hawaiian, researched the best groups needing donations, and we decided on the Maui Humane Society and the Malawian Veterinary Clinic. They were both helping people and animals and were very thankful to receive the donations we collected.

I could not have done it without my team of volunteers: Carin Zeller (planning/table decor) and Jose (set up and clean up), Sharon Butler (salad and invites), Cheryl Basin (RSVP list/treasurer), Marty Raynor (food service/cleanup), Lee Reed (guest check-in), Deb and Jose Vasquez (set up and clean up), Mike Bushue (sound system) and my husband Mike Tyo (food service and clean up). Again, we sincerely thank Rick and Kerry for letting us host this event at their beautiful home.

We are sending a big mahalo to all the volunteers, guests, and riders for making this event a special get-together. It was indeed an honor to recognize our past and current presidents, and we look forward to next year's celebration!



LET IT BE IN 2023

Woodside Day of the Horse Brings Families and Horses Together

By Nan Meek

Horses and riders dressed for the theme of "Let It Be in 2023 - the 60s & 70s" rocked the trails of Woodside and celebrated all things equine during the Woodside Day of the Horse weekend of October 13, 14, and 15.

For almost two decades, the second Saturday of October has anchored equine festivities geared toward celebrating the equestrian legacy of Woodside's past, present, and future. Produced by the Woodside-area Horse Owners Association (WHOA!) with the help of many volunteers and local equestrian organizations, this year, the "days of the horse" spanned three days of equestrian events for everyone in the community.

Three Days of Equestrian Fun

Friday's Opening Reception and Youth Art Show kicked off the weekend of fun with 60s and 70s music from Nigel and Clive & the British Invasion outdoors at Golden Gate Sotheby's International Realty. Artists 18 and under displayed their equine art and won ribbons, while guests sported fringed vests, flower power headbands, and bell bottoms as they enjoyed delicious summer nibbles and beverages.

On Saturday, costumed horses and their riders were everywhere on the Town trails and throughout The Horse Park at Woodside. Spectators cheered for bell bottoms on horses as well as riders. There was lots of tie-dye, a mule was decked out as the Beatles' yellow submarine, and a group was clad as the heavy metal band, Kiss. In the afternoon, costumed riders converged on The Horse Park at

Continued on Page 13



SMCHA made a colorful presence at the Trail Ride After-Party at The Horse Park at Woodside.



"Let It Be In 2023" theme inspired creative costumes. First Place winner for costume while completing both ride routes was Joy LaMons of Sonora, CA, and her horse Sarge in matching tie-dye outfits.



"Let It Be In 2023" costumes modeled by Munish Manrao, Becky Witter, and Sarah Manrao.



Costumed trail riders rode throughout the Town of Woodside and The Horse Park.

DOTH

Continued from Page 12

Woodside for an after-party that again featured Nigel and Clive & the British Invasion, plus the announcement of costume contest winners. Polo matches by the Horse Park Polo Club and demonstrations by the Woodside Vaulters entertained and educated spectators.

Sunday's Family Fun Horse Fair activities stretched along the central blocks of Woodside Road from the Horse Fair at the Town Hall parking lot and Woodside Community Museum to The Village Hub at the Woodside Church and across the street for free Pony Rides. It's safe to say that hundreds of children became horse lovers that day. Local equestrian programs provided interactive fun for youngsters with horse-themed crafts and face painting. Demonstrations of the farrier's talent, veterinarian's knowledge, dressage elegance, and many different horse breeds gave families a glimpse into the vast world of horses. Children took home free plush ponies to remember the day and dream of horses long afterward.

Our Horses, Our Heritage

Horses hold a treasured place in the lives of many Woodside-area residents and fill a wide range of roles in our modern life: part of the family, recreation partner, athlete, therapist, business product, and more.

That is a treasure worth preserving, protecting, and promoting for generations to come, and that's the mission of the Woodside-area Horse Owners Association (WHOA!):

To advocate for the preservation of horses' fundamental role in maintaining the rural character of Woodside and the surrounding communities and to promote the enjoyment of horses by supporting equestrian causes and events.

Woodside Day of the Horse, with multiple days of horse fun, introduces families to the love of horses and the unique equestrian heritage of the Woodside area. Let it be said, now and into the future, that "Woodside is Horse Country."

The Woodside-area Horse Owners Association (WHOA!) operates under the fiscal umbrella of the Woodside Community Foundation,

a 501(c)(3) non-profit organization, to ensure that the presence of the horses in Woodside and the surrounding San Mateo County communities is recognized, protected, and promoted. Visit www.whoa94062.org to see more photos from this and past year's events.

Photos by Nan Meek



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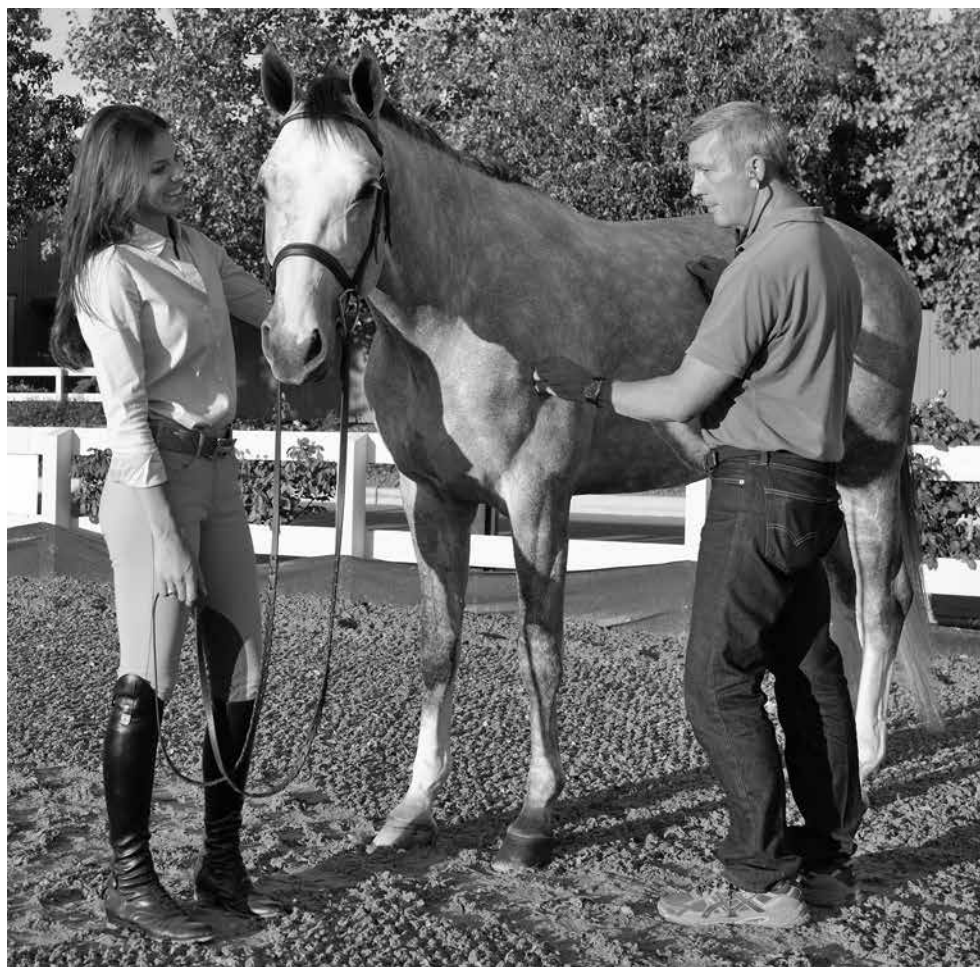
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SMCHA's Annual Golden Gate Park Ride with the San Francisco Police Mounted Unit Leading the Way!

By Chris Friis

One of SMCHA's favorite events was once again so much fun! With a limit of a dozen riders, this event fills up fast, and we always have folks who like to return year after year. Though the morning started out foggy, it added to the essence of being in San Francisco. All our riders arrived on time, and staging at the Old Park Stables definitely added to the nostalgic feel of the day.

Officer Bob and Sergeant Theresa led the way down by the beach and then navigated the group through many of the park's iconic urban oases. Upon returning to the staging area, the sun came out, and Cheryl Basin from SMCHA delighted the group with a delicious BBQ rib lunch with all the fixings!

This was a great time to sit, relax, eat, and visit with our new friends and discuss horses with Officer Bob and Sergeant Theresa. But the day was not over yet! The officers gave us a tour of their barn, and we were even able to meet several other SFPD horses. SMCHA is already looking forward to next year!

Many thanks to the SFPD Mounted Unit for always graciously welcoming the riders and horses from SMCHA!



From left to right: Keysha Scarfone and Lily, Sharon Butler and Breezy, Peter Van Vlasselaer and Seeker.



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Halloween Playday 2023

By Mariangela Sonstegard

Photos by Martha Greene

On Sunday, October 22, 2023, the San Mateo County Horsemen's Association held its annual Halloween Playday at Webb Ranch in Portola Valley. It rained off and on most of the day, but that didn't stop eighteen riders, their family, and friends from coming out to enjoy the costume parade, ghoulish games, and all the other festivities.

We started with the costume contest, everyone's favorite part of the day. The imagination and creativity that goes into the costumes every year is always amazing, and this year proved to be no different. There were two categories for the costume contest: adult costumes 1st - 6th place and child costumes 1st - 6th place.

The 1st place winner in the adult category was Suzanne Cornelius and her buckskin horse, Baby. Suzanne wore a Hawaiian shirt and a floral lei. Baby wore a grass skirt and flowered leis from head to hooves. Suzanne had a ukulele and played the music of Don Ho. She entitled her costume "Dun Ho." The adult 2nd place winner was Annie Tyo and her horse, Wild Bill. Their costume was a very festive, Halloween-inspired pumpkin patch.



At left is the winner of the Junior Division, Brynn Muira and her horse, Theodore the Wonder Horse. Above is adult category winner Suzanne Cornelius and Baby.

Dressed in a green wig, a jack-o-lantern shirt, and a sign on her back that said, "Pumpkin Spice and Everything Nice," Annie rode Wild Bill, who was covered in plush toy pumpkins and jack-o-lanterns. The adult 3rd place winner was Ceci Ellis and her horse Riley dressed as the tortoise (Ceci) and the hare (Riley).

The children were also very innovative in their costume designs. The child's 1st place winner was Brynn Muira and her horse, Theodore the Wonder Horse. Their whimsical under-the-water theme had Brynn dressed as a shark riding Theodore dressed as a sea horse. The child's 2nd place winner was Addie Kurpius dressed as a bee riding her horse, Addy, who was covered in flowers. The child's 3rd place winner was Poppy Puccinelli, dressed as a witch riding her horse, Max.

The judges definitely had a tough job placing the contestants because all the costumes were very clever, and each participant had winning attire.

Continued on Page 39

Canyon Inn Fundraiser

By Mariangela Sonstegard

On Thursday, September 28, 2023, the San Mateo County Horsemen's Association held its second restaurant fundraiser. The participating restaurant was the Canyon Inn, located at 587 Canyon Road, Redwood City, CA 94062. They are open daily from 11:00 am to 9:00 pm.

On the day of the fundraiser, September 28, anyone who ordered food to dine in or take out just had to mention SMCHA, show the event poster on their phone, or present the flyer, and Canyon Inn donated 15% of each order to SMCHA.

The fundraiser was very successful, as many people showed up all day for lunch and dinner to support SMCHA. We reserved the back patio at 5:00 pm, and a group of SMCHA members, their families, and friends met at the restaurant for dinner.

The menu has a wide variety of choices to meet everyone's dietary likes and needs. The Canyon Inn is well known for its delicious burgers, but they also serve sandwiches, hot dogs, salads, pizza, wraps, Mexican food, great french fries, the best onion rings, an extensive kids menu, and more!

Many thanks to everyone who participated and helped support SMCHA!

We plan to hold another fundraiser at the Canyon Inn in early 2024. The date is yet to be determined, so please be on the



lookout for the flyer. We are looking forward to seeing you at the Canyon Inn.

Thank you, Tim Harrison, owner of the Canyon Inn, for your kindness and support of SMCHA.



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THE RIDE OF HER LIFE



BOOK REVIEWS

The Ride of Her Life: The True Story of a Woman, Her Horse, and Their Last-Chance Journey Across America

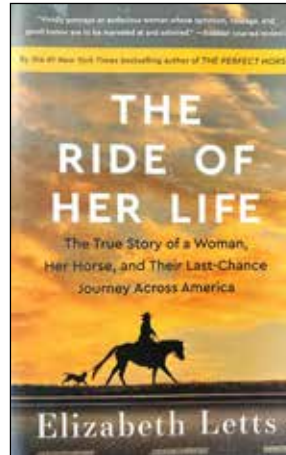
By Jen Breese-Kauth

I waited a long time for this book by Elizabeth Letts to come into our library; I was number 43 on the waiting list when I first requested the book! I read her earlier book, *The Eighty-Dollar Champion*, and was intrigued by the premise of this one. The book details Annie Wilkins' adventures riding horseback from Maine to Hollywood from 1954 through 1956. Annie wrote copious letters, postcards, and journals, which Letts used to detail the story.

The book starts in 1954 and is about Annie Wilkins, a 63-year-old single woman farmer in Maine. She is poor and alone in a way I hadn't imagined before this novel. Annie falls ill and is given two years to live by her doctor. She wanted to see the Pacific Ocean before she died, so her solution was to buy a horse to ride across the United States to the ocean. She rode without maps or a

GPS all the way to Hollywood, California. Annie's horse was a brown gelding named Tarzan and probably a Morgan. She traveled with her little dog, Depeche Toi, French for "Hurry Up."

The years of her travels were a time of extensive change in the United States. We were creating a huge and vast network of highways and freeways. The television was on the way into everyone's home. Annie Wilkins didn't have a TV or indoor plumbing. When she decided to do the ride, she looked in the local paper and found an ad for cheap horses. Annie had no telephone, nor could she afford the toll call. She wrote a postcard describing what



she wanted with her address, put a 2-cent stamp on it, and walked it to the post office. In about a week, the business proprietor drove to her house, saying he had just the right horse for her. The man was eager to sell her a good horse so the gelding didn't end up at the slaughterhouse. I love this story partly because I love to send postcards. The whole book is filled with these little vignettes of a US I have never experienced.

I found the book enchanting. I loved how Annie believed in her fellow Americans' openness and generosity. The press followed Annie's story.

As a result, there were always people along the way ready to house her dog and horse. Often, when she'd ride into a new town, the sheriff greeted her and had places for them to stay lined up. It was a heartwarming and quick read. I give this book four hooves up, so check it out from the library!

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Why We Do What We Do: Woodside's "Art of the Horse" Youth Art Show

For those of us who have been "touched by the angels" that we know as horses, the gift often shows up first in crayon or pencil. The desires of the heart come into expression.

If you love horses, you get it. Maybe you were a child like me, who was secretly drawing horses in class when you were supposed to be paying attention to a math lesson. Or staring out of the window on a beautiful day, just waiting for the bell to ring so you could rush to the barn. Or begging Mom and Dad to "slow down" because you saw horses in that field next to the road!

You may think that we hold this art show each year for the kids - of course, we do. But the real reason is to honor and celebrate you: the parents, grandparents, aunts, uncles, and friends who help. You are making a huge impact and difference in your child's life, and you may even come to love it as much as your child does.

Horses and riding are expensive sports - in both time and money. But you are giving your child a gift that cannot be learned in swimming, tennis, ballet, soccer, or the whole gamut. Horses teach empathy. Horses bring shy children out into the light, commanding these beautiful beasts to jump or to walk, trot, and canter. Horses teach children the discipline of caring - that love is a verb. It's about caring for another's needs above your own. —Don DeFranco



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One Girl's Story

Let me tell you a story of a little girl who was born in San Jose - not into a horse family. One fine day, her mother took her to an "animal farm," and this little one spotted her very first pony. She quickly dragged her mom over to the pony - a magnetic force was at work. She reached through the fence, demanding to get her hands on that pony. Her mom captured the moment here, which is amazing because this was a time when we didn't carry phones and cameras everywhere. Isn't this beautiful?

Fast forward to this little girl and her riding lessons. Mom was already overwhelmed with ballet and other chauffeuring duties, and after 2 lessons, a family summit was called. If the riding lessons were to continue, then Dad had to step up and step in. Mom thought this would be the end of it after 2 or 3 lessons. NOT. Dad stepped in and stepped up, got out of his comfort zone, and made it happen for his daughter. Why? He saw the passion and love that his daughter had - and wanted her to have more of this "horse stuff." Mom was amazed.

Fast forward - the girl works for lessons at the barn. She becomes what we affectionately call a "Barn rat" in our world. Cleaning stalls every day and taking on more responsibility, she is on fire with her love of horses. She follows this passion into a degree at Fresno State, goes back to San Jose, and gets certified as an equine bodyworker. She still can't wait to get her hands on those ponies.

This little girl, with a degree in hand and a heart full of confidence and self-esteem that horses taught her long ago, makes her way to Woodside and starts her career. It's ironic - and no mistake - that the little girl who first fell in love with a pony at a county fair now gives her time and talent each year at Day of the Horse. She produces the Horse Fair each year: Kristina Chancholo. And as a Certified Equine Bodyworker, specializing in red light therapy. Kristina still can't wait to get her hands on the horses. For those of us who know and love Kristina, I would say that her parents' investment really paid off.

We salute you - all of the parents and guardians who have put up with us and our grand passion. We honor you and want to give you support in any way we can. Thank you for stepping up and making your child's dreams a reality.



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The Water Trough

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

SMCHA and DOTH

SMCHA once again showed up for DOTH with pride. On Sunday, we had a booth featuring creative make-a-horsehead-face stickers and the unique opportunity to paint Snickers the pony with sparkly neon tempera paint. Everyone had so much fun, thanks to Kristin and Laura Stevens with Heather Hill Riding Academy, who brought Snickers for the kids to dote upon. We are grateful to Sharon Butler, Caren Zellar, Deb Vasquez, and Carey Oberti for volunteering to make this an extraordinary activity for all.



Shiny Hiney

Bob Rosenberg's horse suffers from fecal water syndrome in the spring and summer which creates messy back legs that need to be cleaned regularly. Shiny Hiney cleans off manure without bathing. It is a spray-on product for horses suffering from diarrhea that will help prevent scalding and hair loss. Just spray on and slick off.



PRCA Vet of the Year

Dr. Tim Eastman has been honored with the 2023 PRCA Veterinarian of the Year award, a recognition he received for his dedication to the California Rodeo Salinas. Eastman, who serves as the official Veterinarian of the rodeo, has deep-rooted connections with the event, having been a director for 20 years and not missing a minute of it in the past 25 years. His career path as an equine vet was influenced from a young age, and he now works as the chief of surgery at Steinbeck Country Equine Clinic in Salinas. Eastman's commitment to safety in rodeo events has been longstanding, and he emphasizes the importance of having a skilled team and equipment ready to respond to any situation.



Thank to Jenny Mize for sending us this amazing news!



Googleween

On Wednesday, October 25, 2023, the San Mateo County Horsemen's Association board members and friends gathered at the Shoreline Amphitheater in Mountain View to attend Google's Halloween Party entitled "Googleween". The theme was Willie Wonka and the Chocolate Factory, and 7000 Google employees, some dressed in costume, enjoyed a fun afternoon of crafts, games, delicious food, and the movie Willie Wonka and the Chocolate Factory, shown on a large screen in the amphitheater. Thank you to Shari McLeod, owner of Studio 5 Broadway Dance Studio for the opportunity to attend this fun event. Shari's Dance Studi is located at 2047 Broadway, Redwood City. Phone: (650) 363-0303.

Antique Horse Tether

In Polson, Montana, Elizabeth Ouellette visited the extraordinary Miracle of America Museum which features artifacts of American history. Filled with so many treasures, I found this cast iron horse tether which packs a ton of weight (50 pounds) and was predominately used in the 1800s through to the 1900s. They were used to 'hitch' your horse and buggy/carriage/wagon and were found out front of places of business and prominent homes. They were also some styles of the weights that were carried in the buggies, wagons and carriages travelers, ready for use at stops along the way.



My Friend Falcon Quil, 31 Years Young

By Noelle Moody

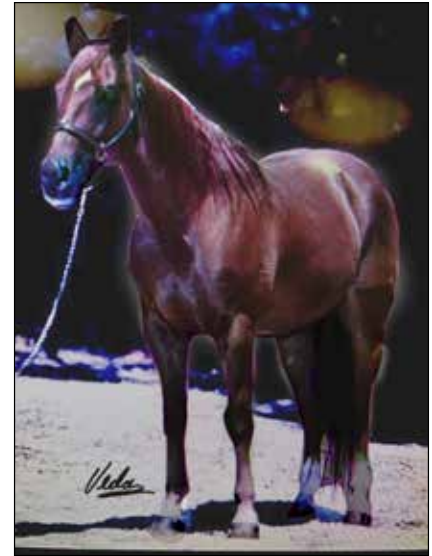
Did you know that Comanche chiefs used falcon quills in their war bonnets? The eagle feathers reached towards the heavens, while at their feet lay falcon quills. Together, they protected the chief as he soared to victory over his enemy. The layers were eagle feather, falcon quill, eagle feather, falcon quill, eagle feather, falcon quill. Falcon quills guided arrows to bullseyes, and Braves sported falcon quills in their headbands. The two great birds of the heavens gave the Comanches bravery, strength, power, and accuracy to win a battle. My horse had a very honorable name.

My husband, Doug Moody, was a great horseman who loved cutting. We were on the NCHA circuit for 11 years. Roy Markegard taught Doug to cut. Later, we trained with Billy Cochrane. That leads us to Falcon Quil. Billy purchased Falcon at the NCHA Futurity three-year-old sale in Fort Worth for a client. Falcon was a very athletic, masculine, dynamic cutter. He could leap 10 feet sideways and crawl on the ground in front of a cow. "Pow, pow! I've got the cow, and he won't get away from me no how!" What spectacular style! The trouble? Falcon Quil's owner was timid. Billy put Doug on Falcon, and it was a match made

in heaven. We purchased him at age 4 1/2. Falcon was the circuit champion at Redmond, Oregon, winning all six classes. He was the circuit champion at Nampa, Idaho, winning five out of six classes. He won in Reno, Las Vegas, all over California, and in Colorado. He won over \$32,000. He earned his Certificate of Ability, and he received his Superior in cutting.

Billy asked me to be Falcon's loper in Reno while Doug and he looked over the herd of cows. I got on Falcon, and I felt this great power underneath me. I was told to trot him out for 20 minutes and lope him for one hour. No circle was to be the same, no patterns. "Go with the horse." I loped around powerfully on a loose rein. It was a blast. Falcon won his class, and he won my heart. It took two years before Doug gave me the horse, but it was worth the wait.

Falcon was a wonderful trail horse. I took him to the Las Estrellas de Valle (Ladies of the Valley) ride in Salinas for nine years with Harriet Quarre. It raised money for the Salinas Memorial Hospital and was always held on a big ranch. Besides trail rides and play days, we did sorting. Falcon was always a star. He went on all the SMCHA rides and Los Viajeros rides, including the 4-Day Ride. He never missed a ride at Jack



Brook horse camp or the Day of the Horse, which he especially loved because of all the carrots he got. He was wonderful to ride on Skyline.

Falcon was always a great horse to be around. There was never any problem. Always gentle and polite, always welcoming, and never any trouble over anything.

Falcon gave me purpose in life. He brought me great joy, happiness, and peace to my soul. He was my friend. May 7th, 1991, to June 23rd, 2023.

How to Draw a Horse in 10 Easy Steps

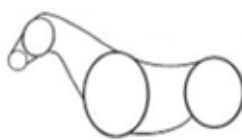
1. Start with a long oval on one side for the horse's chest and a circle shape on the other side for the rear. Leave a bit of space in between as shown.



2. Add two circles for the head and chin near the chest oval as shown.



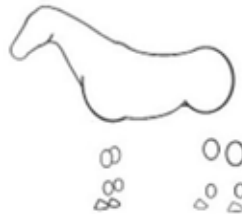
3. Connect all of the circles as shown. Two curved lines for the neck. Two lines connect face. Connect chest & rear with two slightly curved lines.



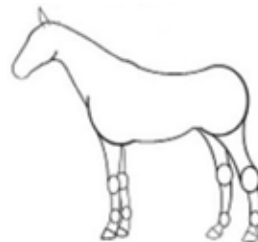
4. Erase areas indicated with dashed lines to form the contour of the horse's body.



5. Start the legs. Look closely at the shapes below the horse and try to replicate them. Pay attention to which shapes overlap & which ones are higher or lower.



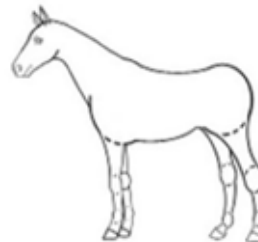
6. Connect the leg joints to the body with curved lines as shown. Add ear shape.



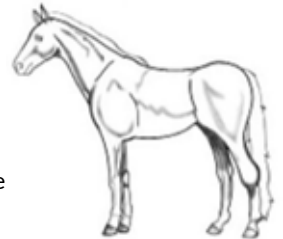
7. Hoof detail: Triangle tip with a curved base.



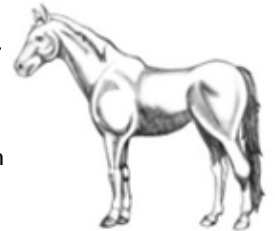
8. Add face details and erase dotted areas as shown at right.



9. Lightly sketch the mane, tail and muscle areas. These areas are indicated by dark shadows on the horse body.



10. Add more shading to the underside of the horse. The upper area is usually lighter because of the light shining from above. Darken the tail as well.



11. Finalize the shading by darkening areas that are in shadow and erasing highlights on areas that should be light. This is contrast. Blend as desired. Notice highlights in mane, tail, rear face and other rounder parts of the horse's body.





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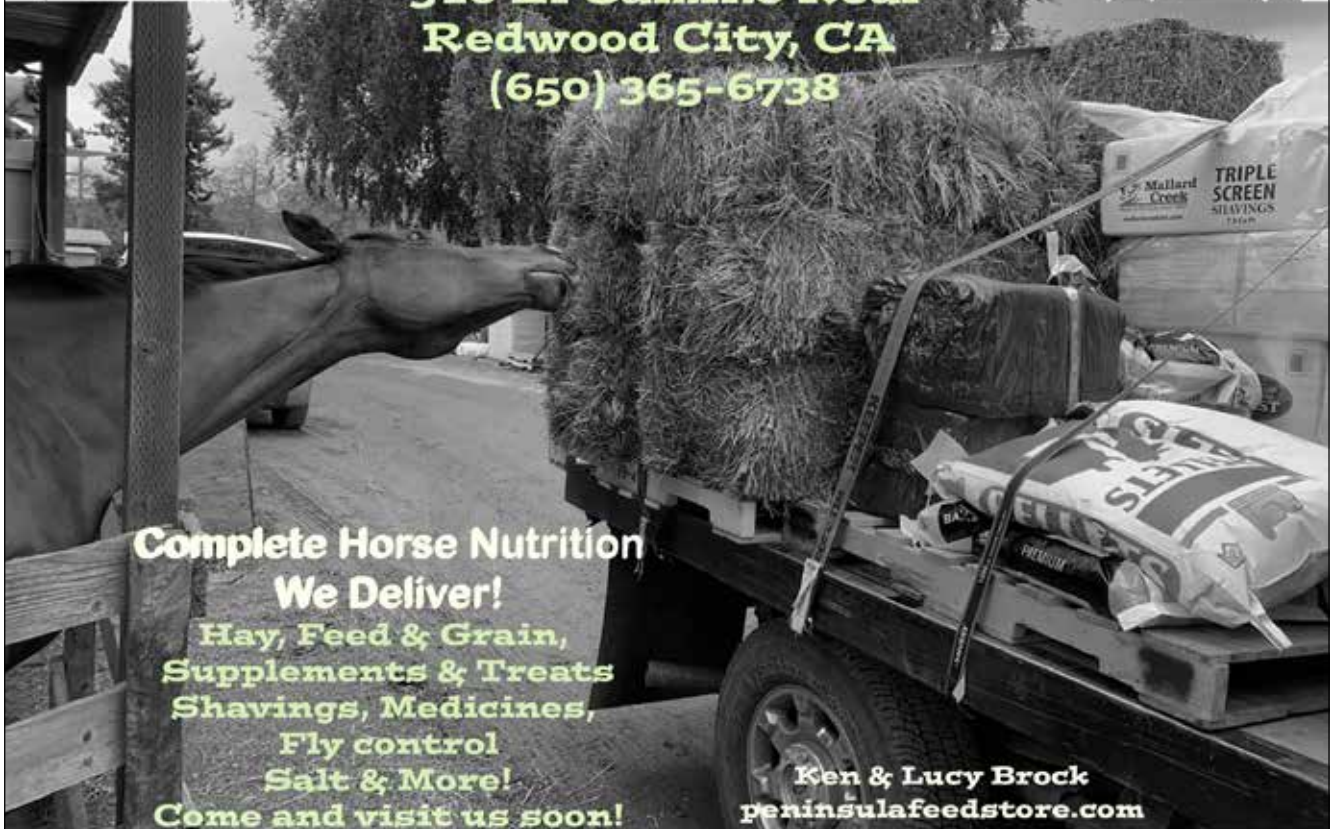
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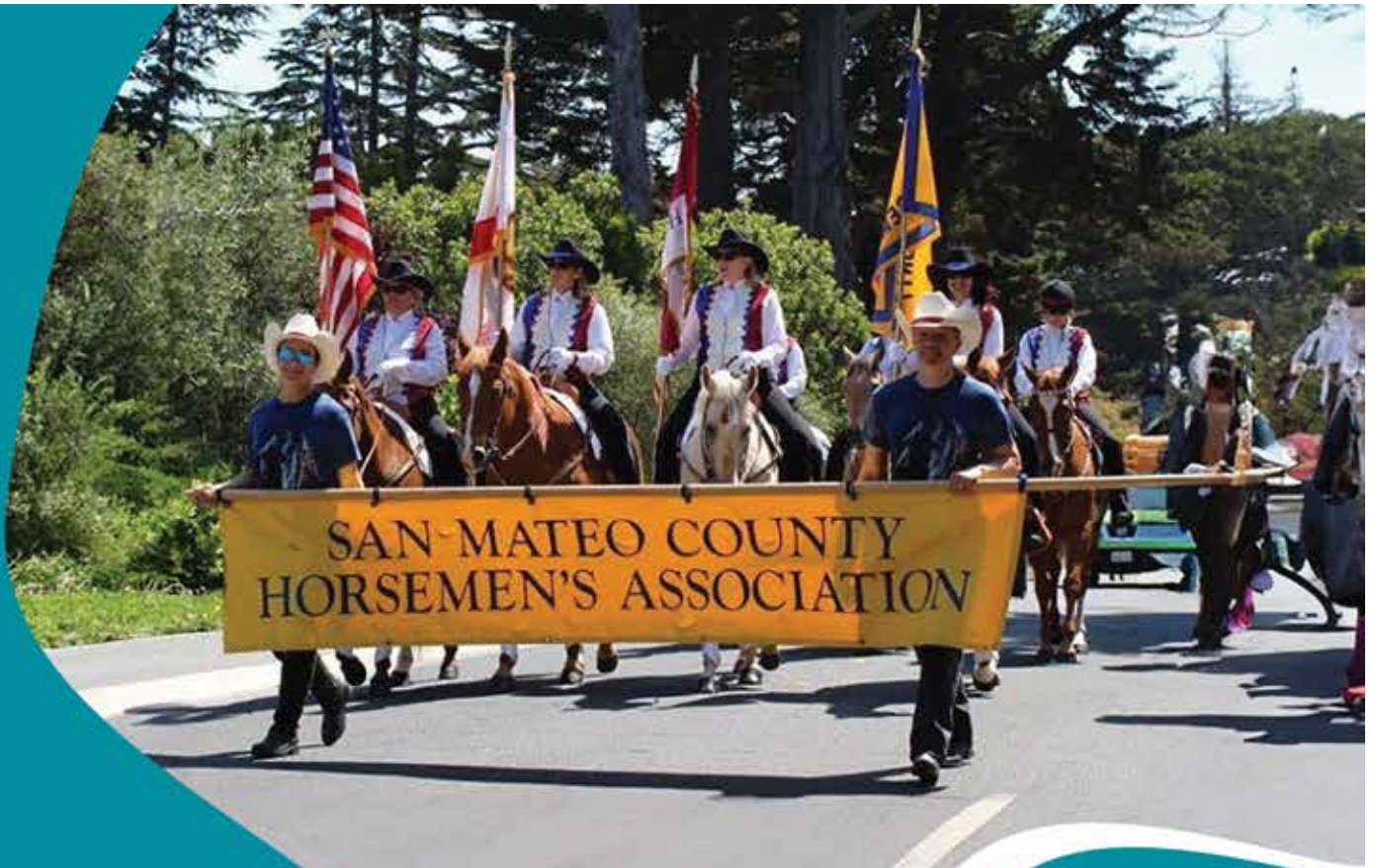


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Contest Results

What Is Your Horse's Theme Song and Why?



Breezy

By Sharon Butler



Pretty Girls Walk, by Betty Boss Vette

My mare, Breezy, was walking through the mud last winter, and I took a video of her ability to get through the deep mud with elegance and poise. At each step, she carefully lifted, placed and balanced each hoof to move forward while minimizing the impact of the mucky ground. I put her video on Instagram and choose the song Pretty Girls Walk, which showed her good looks, grace and style! Every time I watch this video I smile and laugh remembering that day!

The song's chorus,

Pretty Girls walk like this, this, this, this, this

Pretty Girls walk like this, this, this, this....

Rowdy

By Cathy Consani



Sexy and I Know It, by LMFAO

Ladies and Gents, Howdy!
My name is Rowdy!

I'm not the youngest in my herd at 30 years old, but I am a distinguished gentleman and still hot!

My theme song is:

"I'm Sexy And I Know It"

I'm not afraid to show it.

Look at my body! I-I-I

work out!

When I walk through the ranch

This is what I see...

The mares all stopped and stared at me!

I'm sexy and I know it

I'm not afraid to show it

Wiggle, wiggle, wiggle,

Wiggle, wiggle, wiggle,

Yeah!

Rowdy is a ranch favorite and the ranch clown at 30 years old. He also works as a therapy horse. He loves kids. He loves to do tricks and bows to the ladies. He takes off his own halter and unties his lead rope, just trying to help....not.

A horse is a horse until you've met "Rowdy."

Theodore the Wonder Horse

By Rachel Miura

Unstoppable by Sia

The theme song for Theodore the Wonder Horse is “Unstoppable” by Sia. When Theo gets out of the trailer at an endurance ride camp, I see him getting into “The Zone.” Then, when the ride starts, it’s like flipping a switch and turning on a crazy fast engine because he wants to go-go-go! It’s my job not only to condition him well enough beforehand so that he doesn’t hurt himself, but also not let him go too fast! Although he protests, I like to start slow so he has lots of energy left for the last part of the ride. At that point, he gets going into his ground-covering trot, and he truly feels unstoppable!

Excerpt of the song lyrics:

*I'm unstoppable
I'm a Porsche with no brakes
I'm invincible
Yeah, I win every single game
I'm so powerful
I don't need batteries to play
I'm so confident
Yeah, I'm unstoppable today
Unstoppable today
Unstoppable today
Unstoppable today
I'm unstoppable today*



Gore-Baylor Event Photography

Cantaro

By Elizabeth Ouellette

Born This Way, by Lady Gaga

Cantaro is “special” and so am I; two peas in a pod. I purchased Cantaro from a breeder on the coast 3 years ago. Well-mannered, sociable, and elegant, he knocked my socks off. However, when I saw him side-stepping and learned about his dressage background, I worried he was too fancy for me. I bought him anyway.

The first 4 months was fun! But, in October he broke out in hives and almost scratched himself to death. Allergy tests revealed he was allergic to everything in his surroundings (as am I); he went on Zyrtec twice a day and allergy shots once a month (same as me). His tummy bothers when stressed, so he takes medication to keep things moving (me too!). Two years later, he showed signs of lameness requiring cortisone shots (I have foot pain too, so I know what the shots feel like). And,

he’s a little bossy with the other horses, with little patience for those depriving him of water (Me? I’m just a little bossy!)

We are both strong but delicate and we were just “Born This Way!”

Don't be a drag, just be a queen

Whether you're broke or evergreen

You're Black, white, beige, chola descent

You're Lebanese, you're Orient'

Whether life's disabilities left you outcast, bullied, or teased

Rejoice and love yourself today

'Cause, baby, you were born this way

I'm beautiful in my way 'cause God makes no mistakes

I'm on the right track, baby, I was born this way

Don't hide yourself in regret, just love yourself, and you're set

I'm on the right track, baby, I was born this way, yeah

I was born this way, hey

I was born this way, hey

I'm on the right track, baby, I was born this way, hey

I was born this way, hey

I was born this way, hey

I'm on the right track, baby, I was born this way, hey



Mikey

By Bob Rosenberg

You Lookin' at Me Lookin' at You, by Ozzie Osbourne

A picture is worth a thousand words! Here 's the chorus, which is perfect for Mikey looking straight into Bob's eyes.

You, looking at me, looking at you

I wanna talk to you

You, looking at me, looking at you



An Introduction to Obstacles with De Frates Horsemanship

By *Christine Friis*

Saturday, August 19th, was an exhilarating and fun day when SM-CHA sponsored a custom obstacle clinic at DeFrates Horsemanship in Gilroy. Dana DeFrates is a Brandi Lyons Certified Clinician, and we all felt like we were learning from one of the best! We started the day knowing how to manage a spook...just in case! We all learned how to navigate the obstacles by utilizing the Four Pillars of Horsemanship: Speed, Direction, Body, and Emotional Control, which allowed us to tackle any obstacle we came across confidently (and those obstacles were no joke!). As the day went on, the obstacles got harder, yet we were able to get through them all with increased trust and confidence from Dana's guidance. We had a definite range of skill sets and abilities at this clinic, but Dana and her team were able to work with everyone to make it a successful day. If you haven't attended a DeFrates Clinic yet, we recommend you jump on their website and browse their different clinics. To learn more, visit DeFratesHorsemanship.com.



The Little Store's Revival

By *Cassidy Glass*

You may have noticed a recent buzz of activity at The Little Store in Woodside, and we are excited to announce that it has been taken over by a revolutionary food tech bakery called Hero. Imagine having your favorite carby, empty-calorie products like bread, croissants, tortillas, biscuits, snacks, and pasta - but even more delicious, and with virtually no (net) carbs, no sugar, fewer calories, and much more protein and fiber. That may all sound too good to be true, but it isn't! Hero's breads are the top selling breads in the entire country online on Amazon and can be found flying off the shelves at thousands of grocery stores, including local favorites like Roberts Market, Draeger's, and Mollie Stone's. For the past few months, Hero has been busy renovating The Little Store to function as its innovation center and test bakery headquarters. The Hero Test Bakery at The Little Store will be opening to the public at the beginning of next year (perfect timing for all of your New Year's Resolutions), and you will be able to try all of their latest and greatest (net) carbless creations right as the food scientists and bakers invent and iterate on them.



Ask the Vet

Continued from Page 5

- **Bishop's Weed** (*Ammi majus*)
- **Spring Parsley** (*Cymopterus* spp.)
- Some varieties of **clover** (*Medicago* spp.) surrounding cell membranes.

Researchers have also found a potential link between photosensitization and gluten allergy in horses.

Secondary photosensitivity develops due to pre-existing impaired liver function in the horse. The liver plays an important role in detoxifying and breaking down toxic substances in the horse's body.

Many primary photosensitizing agents can induce liver damage in horses, indirectly causing secondary photosensitization. This makes it difficult to distinguish between the two types of photosensitization.

Diagnosis

Early detection is critical to successfully treating and minimizing damage due to photosensitivity. Contact your veterinarian to schedule an examination at the first signs of skin irritation in your horse.

To diagnose photosensitivity, your veterinarian will conduct a complete physical exam of your horse, inspect their environment, assess pasture and hay for contaminants and obtain a full history, including asking about any medications your horse is on.

If you have recently applied any topical products to your horse's skin or coat, make sure to inform your veterinarian about the ingredients in those products.

Photosensitivity is most common in the spring and summer when sunlight is intense. A high ultraviolet index (UV index) can make it easier for your veterinarian to diagnose this condition.

Treatment

Treatment of photosensitization in horses involves removing exposure to the causal photoreactive agent, minimizing exposure to UV light, and soothing your horse's symptoms.

Your horse may require long-term treatment to prevent flare-ups. Horses with secondary photosensitivity must have a lifelong treatment plan to address liver disease or dysfunction.

Remove affected horses from sunlight for immediate relief. Keep horses indoors during the day and provide pasture turnout at night. Feed dry, non-legume hay that does not contain any trace of toxic plants or contaminants.

Keep skin wounds clean to promote healing and prevent infection. Clean affected areas with antiseptic soap daily and apply



topical antibiotics, corticosteroids, or creams to soothe dry, cracked skin. If an infection is present, a systemic antibiotic may be required. Cool the horse with clean, fresh water to reduce pain and swelling from lesions.

Necrotic skin tissue attracts flies and insects, which can lay eggs in the skin (myiasis) or cause infection. Implementing effective fly control measures is essential to supporting healing.

Prevention

The key to preventing photosensitivity in horses is to avoid exposure to phototoxic agents and to support your horse's liver health.

If your horse is exposed to phototoxins or suffers from liver dysfunction, you can prevent photosensitivity flare-ups by blocking UV rays from reaching non-pigmented, sensitive skin.

Keep affected horses indoors during the day or outfit them with sun visors, UV sheets, and UV socks to block sensitive skin from exposure to sun rays.

Milk Thistle

Supplementing your horse's diet with Milk Thistle extract can help support liver health and protect against free radical damage.

Milk thistle contains silymarin, an antioxidant compound that helps to support the liver's normal defenses against toxic compounds.

Prognosis

The prognosis for horses with photosensitization depends on the location and severity of skin lesions and the presence of liver damage.

Horses with primary photosensitization generally have a good prognosis and often make a full recovery, whereas horses with secondary photosensitization can have a poor prognosis.

It can take several weeks for lesions to heal. Fortunately, even in cases of severe necrosis, most skin lesions heal well if supportive care is administered.

For all references and full article, please visit: <https://madbarn.com/photosensitization-in-horses>.

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Making Great Progress on the Pescadero Creek County Park Project

We want to extend our thanks and appreciation to the wonderful supporters who donated \$31,045 to fund the removal of the giant trees, repair of the bridge railings and the crew from the San Jose Conservation Corp to clear the trails.

- **October 4:** *Chris Conner Construction* cut and rolled the big trees off the bridge. It was quite impressive how they handled those giant trees.
- **Week of October 9:** The crew from the *San Jose Conservation Corp (SJCC)* was at Jack Brook for a week, cleaning up the West Brook trail from Jack Brook down to the bridge. The crew also cleared most of the of East Brook trail.
- **October/November:** *Mike Bushue* will be rebuilding the railings with the help of volunteers.



BEFORE: Three giant redwoods fell on the bridge—Winter 2022.

AFTER: Railings removed and trees cut—October 2023



Please consider donating to support Current Active Fundraisers _____

Sheriff's Activity League—Trail Rides for Youths:

We are actively soliciting donations for the Sheriff's Activity League—Trail Rides for Youths: This program provides horseback training and trail riding in Wunderlich Park for youths under theegis of the Sheriff's Activity League.



Read comments from some of the participants on how they enjoyed this activity, at:
<http://www.mountedpatrolfoundation.org/SAL.htm>

Please consider donating to provide an equestrian experience for these young people.
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Forage: From Field to Feed Room



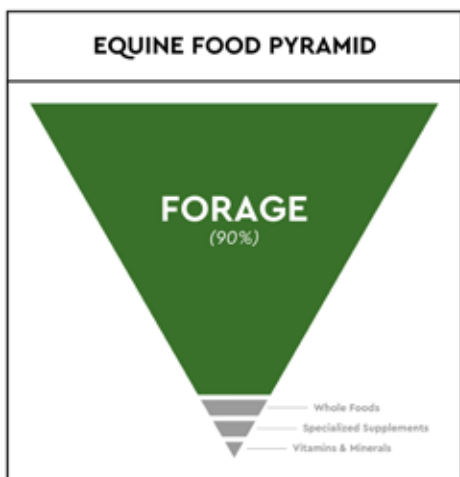
By Cassidy Glass

Forage plays a crucial role in your horse's diet, but not all forages are the same, and equine nutrition is not one-size-fits-all. Nevertheless, experts unanimously agree that forage should constitute approximately 90% of a horse's daily food intake.

Types of Forage

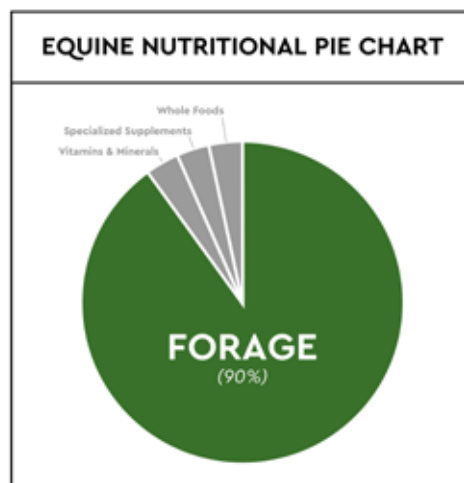
Forage, or 'roughage' can come from fresh pasture, hay (legume or grass hays), and bales, cubes, or pelleted feed. The different types and forms of forage have varying nutritional profiles and purposes.

"Ideally, a horse should have access to forage 24 hours a day. Easy keepers can have slow feeders, soak hay, or mix straw in to slow the consumption," said Doctor Brittany Kerley, MS, Ph.D., and equine nutritionist at Mad Barn.



Customized Nutrition

There is no 'perfect' forage, and you must always supplement it with additional nutrients to meet your horse's unique daily requirements. Your horse's age, level of work, weight, health condition, lifestyle, and personality should all factor into your choice of forage. Just because your horse might look 'well-fed' may not mean they are not missing vital nutrients in their diet. For example, California is known to have low levels of Selenium and high levels of iron. How your horse's body responds will differ from another's based on their lifestyle and everything unique to them. The only sure way to know how they are doing is to ask your veterinarian to do a bloodwork panel on your horse as a 'baseline' and to check the nutrient profile on your forage by sending a sample to a third-party lab like Equi-Analytical.



Continued on Page 41

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Don't Look a Gift Horse in the Mouth

The term "Don't look a gift horse in the mouth" means don't be ungrateful if someone gives you a gift. More specifically, it means do not question the value of a gift as doing so could imply that you had hoped for a better gift, which could offend the giver. This idiom is over 1,500 years old. It originates from the idea that a horse's age can be determined by examining its teeth. Therefore, looking at the teeth of a gifted horse is the same as checking the value of a present.



Can you relate?

Horse RIDDLES

1. A horse is tied to a fifteen-foot rope and there is a bale of hay 25 feet away from him. The horse, however, is still able to eat from the hay. How is this possible?
2. A cowboy rode into town on Friday, stayed three days, and rode out again on Friday. How did he do that?
3. What do an egg and a horse have in common?
4. What has two arms, 2 wings, 2 tails, 3 heads, 3 bodies and 8 legs?
5. Why did the horse go to the doctor?
6. Why is a pony like a person with a sore throat?
7. A man put a bet on a horse to come in at 10 to 1 – and it did! But he still lost. Why?
8. How do you make an Appaloosa?
9. What sort of horses come out after dark?
10. You're riding a horse full speed, there's a giraffe right beside you, and a lion nipping at your heels. What do you do?
11. How do you make a small fortune on horse racing?

Answers on page 42



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Fall Riding Clinic

Continued from Page 7

within the minds of our horse friends today, even if some of the hazards don't. By the way, notice that these geldings are all happy and relaxed. They are content in their respective roles. They have clear boundaries with each other and live by them. By understanding how and why these lines are drawn, by using them as templates in our dealings with our horse friends, we can clear up a lot of the confusion they've had to live with. Keep this photograph in mind around your own horses. Have clear, fair boundaries. Have that steady demeanor. Be the example. Be Picasso.

Intro to Obstacles

By Chris Friis

SMCHA's "Free" Fall Riding Clinic concluded our four-session Sunday series with an "Intro to Obstacles." Over 20 horses/riders and quite a few auditors attended to learn how to get through obstacles safely and reassuringly.



Hand walking a horse over a noisy tarp.

Our trainers started with groundwork. The participants walked their horses by the obstacles, but soon enough, they walked them through the obstacles. Once everyone felt confident on the ground, all mounted up and approached the obstacles on horseback.

As time went on, the obstacles got a bit harder, but horses and riders interacted with them all. Were they scary? They could've been, but with the help of several trainers in the arena, everyone had a successful clinic! We noticed many in the clinic were very excited that their horses did so well and were also very proud of themselves!

The clinic ended with horses and riders walking out of the arena more confident than when they all walked in. Four riders held flags leading the way out of the arena, with all the other horses riding two by two, waving as if they were riding a parade route!

It was a great clinic, and we look forward to doing it again next year! Thank you to Christine Friis, Kristi Eifert, Caprice Tennefoss, and Jenny Mize for a safe and successful day.



Each participant walked smoothly through the noodle gate.





Got Rodents?

Mice and rats seek food, water, and shelter – all of which tend to be abundant in barns and stables. To avoid the damage, diseases, and hazards rodents can cause, consider the following tips and advice:

Proactive prevention

- Store feed, treats, and other food items in metal (or very thick/sturdy plastic) containers with snug-fitting lids. Rodents can easily chew through feed bags and thin plastic.
- Clean up any spilled feed daily and dispose in a metal trash can with a snug-fitting lid.
- If you feed other animals in your barn—a barn cat or dog—don't leave their dish of food out all hours. Place it for a brief time each day and then remove it.
- Keep items off floors and away from walls as much as possible. Storing items at least 18 inches off the ground and away from walls can deter rodents.
- Wood piles, brush, and dense vegetation near a barn can provide shelter for rats and mice. Remove piles and thin-out dense vegetation; keep gaps of at least 18 inches below and around all remaining items to deter rodents.
- Keep mice from using your saddle pads, blankets, leg wraps, and bandages as nesting materials. Store fabric items in tightly-sealed containers. Don't forget to clean and completely dry the items before storage to avoid mildew and mold.
- Periodically lift tarps to check for and deter rodents hiding or nests in bedding or hay stored under tarps.
- If you have empty or unused stalls, thoroughly clean them out, including any water in buckets that could serve as a water source for rodents.
- Block holes, cracks, and gaps where mice and rats can enter buildings. While this is difficult in barns, if you have a tack or feed room with a door, check for gaps and holes around the door and interior or the room. Steel wool and ¼" hardware cloth can be used to fill or cover these potential entry points.

Dealing with an existing rodent issue

Rodents are typically nocturnal and detecting an infestation may rely on noticing evidence such as droppings, gnawing, and rub marks. Rub marks are oily dark streaks that rodents leave on surfaces while traveling well-used routes.

Trapping and excluding rodents are the most effective way to reduce and control a population. Snap traps should be placed along walls or other places where rodents run (rats and mice typically run along walls with a shoulder near the wall). Sticky/glue traps are not recommended. Be careful of where you place traps. Rodents tend to run along walls, so placing traps perpendicular to walls can be a good spot (see photo). Be

'Exclusion' is the term for blocking entrances that mice/rats can use to enter a building.



Droppings



Rub marks



Gnaw marks

sure to keep traps away from areas where children, cats, dogs, and others may accidentally be hurt by a trap.

Rats are particularly cautious in new situations. 'Pre-baiting' a trap —placing bait on the trap without setting the trap—for a few days prior to setting the trap can help increase trap success.

Rodenticides (rat poison) are rarely a solution to a rodent issue—if they are used, the label must be EXACTLY followed. It is illegal to use rodenticides in places and ways that are not explicitly listed on the label. Rodenticides must be kept out of reach of

children and other animals, like dogs and barn cats. Clean rodent droppings carefully. Do not dry sweep or vacuum because this can aerosolize germs. Visit www.cdc.gov/healthypets/pets/wildlife/clean-up.html to learn how to clean up rodent droppings.

San Mateo County Mosquito and Vector Control District provides no-cost rodent inspections for anyone in San Mateo County. We can inspect the property; identify attractants, entry points, and other issues; and give advice specific to your situation. Call 650-344-8592 or visit www.smcvcd.org to learn more.

Rachel Curtis-Robles, PhD

Public Health Education and Outreach Officer



Place trap perpendicular to wall.

me apologizing to my husband: 00:02

me apologizing to my kids: 00:08

me apologizing to my horse after I poke his eye while brushing his face: 1:27:16

sprhodes.com

Halloween Playday

Continued from Page 16

Following the costume contest was the Spooktacular Halloween Trail Obstacle Course, created and judged by Joan McLaren. The course was decorated with pumpkins and colorful fall flowers. Participants had to weave their horse through a series of cones at a walk and then a jog. They had to work a right-handed gate, jog over poles, stop in a box, walk in between two poles, and then back up between the poles. They finished the course by stepping over two cavallettis. The course proved fun and challenged the agility of both horse and rider.

After a lunch break of pizza, salad, Halloween cupcakes, and cookies, the ghoulish games began. All riders were challenged in balance, coordination, perseverance, and speed as they competed in the Egg & Spoon, the Boot Race, The Barrel Race, and the Bareback Dollar Marathon. In addition to the horse games, there was also a guess the weight of the pumpkin contest and a guess the number of candies in the jar contest. Nancy Edmonds, a well-known bag maker at Webb Ranch for her Yellow Horse bags, donated two beautiful handmade bags for a raffle. The winners of the raffle were Aleta Reed and Rachel Muira. Congratulations ladies!

The day was filled with fun, laughter, light-hearted competition, encouragement, prizes, and ribbons for riders of all ages and abilities.

A special thank you to volunteers Joan McLaren, Carin Zeller, Sharon Butler, Deborah Vasquez, Maria Fonseca, Mike Bushue, Jon Hayward, and Greg Sonstegard, who helped make the Halloween Playday a huge success. I could not have done it without you.v

The SMCHA would like to thank Mariangela for her outstanding efforts and commitment, making this annual Halloween Playday such a fun and anticipated equestrian festivity!



Other winners of the Halloween contest are, from left: adult 3rd place winner Ceci Ellis and her horse Riley dressed as the tortoise and the hare; Top above—Addie Kurpius dressed as a bee riding her horse, Addy, who was covered in flowers. Above: adult 2nd place winner was Annie Tyo and her horse, Wild Bill. Their costume was a Halloween-inspired pumpkin patch.





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Forage

Continued from Page 34

The Importance of Pasture

When ranking the best form of forage, Doctor Kerley weighs in, "The ideal is fresh pasture because it most closely mimics their natural environment and behavior." Horses grazing in pasture have a healthier microbiome and significantly lower chance of developing stomach ulcers and bad behaviors. A horse will typically meet their nutritional requirements from a pasture in 17 hours. A horse is a hindgut fermenter, meaning he is designed to eat fibrous material, which is largely fermented in a holding chamber called the cecum, home to trillions of bacteria, archaea, protozoa and fungi working in synergy to break down poor quality and largely indigestible food material (woody-stalky material, seed heads) - into energy," said Doctor Carol Hughes, researcher at EquiBiome. However, not all pastures are the same, with native grasses having lower sugar levels. Overly lush pastures not assessed for sugar and starch content can pose risks for insulin-sensitive and overweight horses, potentially leading to laminitis. Sugar and starch levels are lowest in the mornings and a few hours after sunset. When using pasture as the primary forage, consider grazing duration and pasture nutrient profiles.

Hay as Substitute

In areas with limited pasture, the next best choice is long-stemmed, leafy hays, which mimic pasture grazing and promote digestion. These hays, like Timothy hay, are popular among horse owners for their high fiber content and suitability for easy-keepers and colic-prone horses. However, hay's sugar levels (NSC) can vary based on season, weather, and growth stage, necessitating lab testing. Oat hay is another option, but it has higher starch levels and can lead to insulin spikes, especially in metabolic horses. Teff hay is low in NSC and high in fiber, making it suitable for easy-keepers and metabolic horses, although it contains oxalates unsuitable for growing horses.

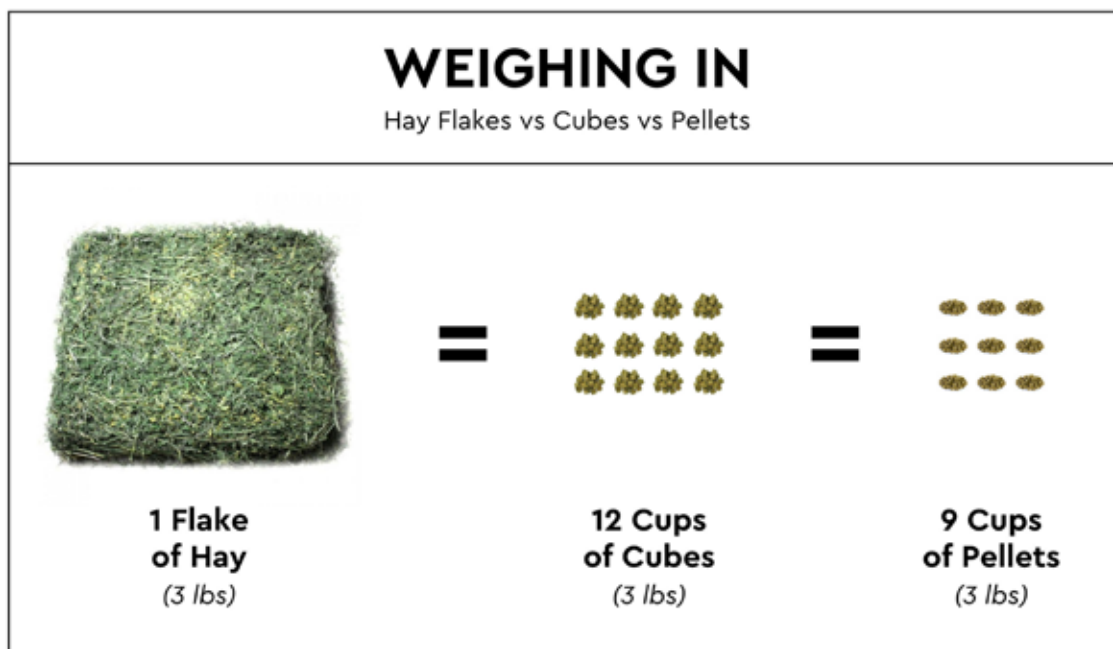
Alfalfa, a legume hay, is recommended for horses in moderate to high work, but it should be fed with caution due to its potential

to cause gas in colic-prone horses, elevated insulin response, and increased heat generation during digestion. It should not be the sole forage source due to its high protein content and potential kidney issues. An alternative to alfalfa is Sainfoin, which is palatable, drought-resistant, and doesn't cause gas colic. Sainfoin has a greater amino acid concentration, increases chew time, acts as a natural anti-parasitic, and offers better topline muscling and hoof horn health while being higher in omega-3s. Although slightly more expensive, Sainfoin's popularity is expected to drive prices down. The choice of hay should align with your horse's specific needs.

Hay Cubes and Pellets

Hay takes longer to chew than cubes or pellets, but these processed forms can still have a place in a horse's diet. Hay cubes, ranked third by Dr. Kerley, contain some fibrous material from grass or legumes. Although most horses can eat hay cubes much faster than hay itself, cubes can be watered down for horses that have dental issues or problems eating hay. They can be a quicker option and are convenient for travel, occupying less space and having lower mold and respiratory risks. Most cubed hay is fortified and offers an easier way to manage a horse's diet. However, caution is needed; undiluted cubes can pose choking and dental issues. The "up-and-down" chewing motion differs from traditional hay, and reduced chew time affects saliva production and the digestive tract. Horses' stomachs can empty within 15 minutes, causing damage and discomfort. Feeding twice daily doesn't suit their natural grazing pattern. Pellets, like cubes, lack the essential fibrous material for digestion. They have even shorter chew times and greater processing, leading to nutrient loss. They are mainly suitable for horses with specific health conditions or as supplement carriers. While pellets and cubes can be pricier, it's advisable to avoid them as the primary forage source for overall equine health, just as humans shouldn't rely on processed foods for 90% of their diet due to health consequences.

I hope this information has piqued your curiosity about alternative forms of forage and sheds new light on the most important pillar of your horse's diet. You are all your horse has, and they are counting on you.



Membership Drive Results

Many thanks to everyone who participated in the SMCHA membership drive, which was a resounding success. A special shout goes out to



our membership drive winners who went on and above to bring in new faces to our organization: SMCHA board member, Gabby Marques, our first place winner brought in 3 Adult, 1 Couple and 1 Family membership and SMCHA board member Don Defranco and Kitty Haddox are both responsible for 3 new Adult memberships, tying for second place. A huge thanks to Jenny Mize for creating an eye-catching poster for this membership drive. What an amazing team effort!

Welcome New Members

Michelle Li

The Keck Family

Lyn Irving

Constance White

Lori Carlson

Elizabeth Jimison

Nina Lewis

Julie White

**Anna Ershova and
Samuel Jackson**

**Courtney Ioimo
and Family**

ANSWERS Horse Riddles

1. The rope wasn't tied to anything.
2. His horse's name was Friday.
3. They must be broken before use.
4. A man on a horse holding a chicken.
5. For hay fever.
6. Because they are both a little hoarse.
7. All the others came in at 12:30.
8. Shake the tree.
9. Nightmares.
10. Get off the carousel.
11. Start with a large fortune.

Equestrian Websites

Bay Area Savvy Players: bayareasavvyplayers.org

Backcountry Horsemen of California: bchcalifornia.org

Bay Area Equestrian Network: bayequest.com

BLM Wild Horses & Burros, California: wildhorseandburro.blm.gov

California Dressage Society, California: dressage.org

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

CSHA Region 6: csharegion6.org

Disabled Equestrians: disabledequestrians.org

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

Equestrian Trail Riders Action Committee (ETRAC): www.etrac-equestrian.com

Horse Park at Woodside: horsepark.org

Horsensei: horsensei.com

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

Jasper Ridge Farm: jasperidgefarm.org

Los Altos Hills Horsemen's Association: lahha.org

Los Viajeros Riding Club: losviajeros.org

Mounted Patrol Foundation: mountedpatrolfoundation.org

Mounted Patrol of San Mateo County: mpsmc.org

San Mateo County Large Animal Evacuation: smclaeg.org

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

San Mateo County Horsemen's Association: smcha.org

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

San Mateo County Parks Volunteer Horse Patrol: smcvhp.org

Santa Clara County Horsemen's Association: sccha.org

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

The BOK Ranch: bokranch.org

The Square Peg Foundation: squarepegfoundation.org

Veterinary Acupuncture and Rehabilitation Services: www.vetacupuncturevc.com

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

Woodside Schooling Shows: www.woodsideschoolingshows.com

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