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Horseman

Summer 2020





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ON THE COVER

Participants in the Lyn Ringrose-Moe Clinic

Didja Know?

Bob Rosenberg

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

Hearing: The horse's range of hearing is far beyond that of a human ear. Additionally, the ears swivel, giving the horse the ability to pinpoint where sounds originate. This was critical for survival in the wild.



28 The Joys & Challenges of Getting a New Horse



12 Helping Hooves



24 Cowboy Dressage Clinic



Message from Our Co-Presidents

Life lately has been anything but normal! If a global pandemic wasn't enough, recent fires triggered local evacuations and I think we all feel like we've been ridden hard and put away wet! As one large fire started in both San Mateo and Santa Cruz Counties, the San Mateo County Large Animal Evacuation Group (SMCLAEG) immediately deployed and moved countless animals to safety. Heroic volunteer efforts by SMCLAEG, as well as many volunteers from our horse community have saved the lives of many animals large and small. Many have also stepped up by donating money and goods to keep our animals safe, healthy and fed. Our local equestrian community has been willing to jump in and assist with whatever needs to be done. You are amazing!

Even during these strange weather phenomena which have created more havoc, we still have to be mindful of being in the middle of a global pandemic. Our county has been able to lift some of the Covid-19 restrictions, allowing for certain SMCHA events to take place. This has definitely given us a morale boost.

Our Cowboy Dressage clinic was held at Webb Ranch on July 11th and what a success! Strict social distancing and mask protocols were followed to keep all participants safe. This was our first event this summer and everyone was extremely thankful for some sense of normalcy on horseback. We hope to share several other SMCHA Covid-19 safe upcoming events such as Movie Night, our Trail Obstacle Clinic, and Halloween Play Day!

You'll notice our magazine is often full of great information from our local equine veterinarians. We are so grateful for them taking the time to answer questions and write great articles to expand our knowledge as well as add to our reading pleasure. Even though we are currently unable to hold our informative talks in person, these tidbits of information are a great way to keep learning about our beloved equine companions.

Please know that the majority of our local veterinarians have also been donating their time and knowledge assisting our horses (and other evacuated animals) during the fires. Please be sure to show your appreciation to all your veterinarians the next time you see them!

We are immensely proud of the support you are giving to each other during these difficult times. We are stronger together when we stand together!

SMCHA is Staying Strong!

Christine Friis & Jenny Mize



Chris and Jen, who are in the same support bubble, work the Lyn Moe Clinic at Webb.



The San Mateo County Horseman Magazine

SUMMER 2020

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Acupuncture and Spinal Manipulation for Your Horse

Q and A session with Dr. Laramie Winfield

What are the benefits of acupuncture and spinal manipulation for horses?

Acupuncture has been used for thousands of years in horses for a wide variety of conditions. Use of acupuncture in horses extends from treatment of the musculoskeletal system to internal disorders encompassing digestion, reproduction, and the nervous system. Common musculoskeletal applications include back and neck pain and stiffness, distal limb pain/lameness, laminitis, and sacroiliac disease. Acupuncture is an excellent adjunctive treatment for some types of gastrointestinal disease in horses including colic, ileus and diarrhea.

Spinal manipulation is analogous to chiropractic treatment in humans. A full body assessment is performed which includes motion palpation of joints (extending from the TMJ to the sacrum) which helps to identify areas with restrictions (reduced range of motion and dysfunction). Restrictions are then resolved with an adjustment, which is a small motion that is applied in a specific location with specific trajectory of force.

Is there an examination performed prior to working on the horse?

Prior to working on any horse, I like to obtain a full history, including rider observations, recent veterinary work, possible traumatic events, and information about the horse's general husbandry. In some instances, such as a recent traumatic event leading to neurologic signs, spinal manipulation may be contraindicated. I then perform a DAPE exam, which is a diagnostic acupuncture physical examination, where a blunt tipped object is lightly traced over the acupuncture meridians of the horse. This allows me to see where a horse is tender and gives insight into regions that are painful or are holding extra muscle tension. The horse is then walked out and turned in both directions to assess its gait and flexibility. For some cases a brief lameness evaluation is also performed. The horse is then adjusted, which includes motion palpation of joints and adjustment in regions that are restricted. If indicated, acupuncture needles are then placed according to the DAPE examination and horse's history.

Do all horses tolerate acupuncture?

Although most horses enjoy acupuncture treatment and will relax when the needles are placed, there are some horses that require



Dr. Laramie works on Susan Jakubowski's horse, Drummer.

sedation to safely perform acupuncture. There is still benefit in these cases, but the drugs used for sedating the horse will slightly decrease the overall effectiveness of the treatment. If a horse has an especially sore or tender region it is not always possible to place needles there on the first visit.

Spinal manipulation is not often performed on sedated horses as the sedation will cause a horse to have decreased muscle tone and could make joints susceptible to injury.



Are acupuncture and spinal manipulation right for my horse?

There are many different, wide ranging conditions that benefit from acupuncture treatment. If you are working with a primary care veterinarian on a specific problem, it is best to consult with them to see if they think acupuncture and spinal manipulation are indicated. If you are hoping to resolve a performance issue or are hoping to improve your horses' overall comfort and relaxation acupuncture and spinal manipulation are excellent adjunctive therapies for many horses.

How did you become interested in acupuncture and spinal manipulation?

My interest in acupuncture stemmed from one of my own personal horses who exhibited back pain and responded very well to acupuncture treatment. My interest then expanded into spinal manipulation as they are very complementary to each other and often when performed together offer the most benefit. I have come to really enjoy having visits with horses who enjoy and find the treatment relaxing. Although my main training is in internal medicine, I have found that there are some problems for which more conventional approach does not offer a complete solution; looking to acupuncture and spinal manipulation as adjunctive therapies has been very helpful in such situations.

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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 Fall 2020 issue is November 1, 2020.

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Caption This!



They say that a picture is worth 1000 words. Well, this horse photo may be worth many more! We are turning to our equine community for suggestions on funny captions for this photo. This is a fun contest for ALL ages, from 5 to 105. So, come up with a clever, funny, or otherwise interesting caption to the "Caption This!" photo contest and send your ideas to us: info@smcha.org. Winner may be eligible for some great prizes and definite mention in the next magazine. Deadline: October 15, 2020.

PLEASE NOTE

TO MEET OUR MAGAZINE DEADLINE, THIS ISSUE OF THE SAN MATEO HORSEMAN WAS SENT TO THE PUBLISHER WITHIN DAYS OF THE CZU LIGHTNING COMPLEX FIRE. STAY TUNED FOR MANY HEROIC STORIES AND PICTURES IN OUR NEXT ISSUE!!



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History's Happening Here

**Do you know the history of the SMCHA?
How many questions can you answer accurately?**

- 1. Mr. Creed Haberlin became the 3rd president of the SMCHA in 1944. How did his presidency change our Association?**
 - a) Membership increased.
 - b) The Pink Shirt became a source of income thanks to paid advertisements.
 - c) An Annual Play Day was started for members.
 - d) All the above and more.....
- 2. Alton C. Cryer became the SMCHA's 4th president in 1945. His slogan for the Association was:**
 - a) Let's Be Alive in '45!
 - b) Get a Life. Get a Horse!
 - c) Hoof It Up!
 - d) Let's Horse Around!
- 3. At the SMCHA's first New Year's Eve Party, on December 31, 1945, the grand raffle prize was:**
 - a) A shiny, new saddle.
 - b) A year's supply of oats.
 - c) Amazon gift card for \$250.
 - d) A real, live horse!
- 4. A membership drive was held in 1947 under the presidency of K.L. McDonald. How many total members did the SMCHA have by the end of the drive?**
 - a) 20. Only the Board of Directors was required to buy a membership.
 - b) 120. Each board member was required to bring on 10 paying members.
 - c) 715. Not as many as originally hoped for, Mr. McDonald proudly settled for 700+ members.
 - d) 1000.
- 5. When was the "first lady" President elected?**
 - a) 1958 – when Barbara Sailor was elected.
 - b) Still waiting.
 - c) Just last year!
 - d) "Real ladies" don't ride horses!
- 6. In March of 1957, a new group was formed, which still exists today. What is the name of the group?**
 - a) Mares for Moms.
 - b) Old Cowgirls Never Die....
 - c) Color Guard.
 - d) Bull Riders of San Mateo
- 7. What was the Enchanted Day Program?**
 - a) Kids were invited to dress up like fairies and ride horses!
 - b) A spa day for all the hard-working volunteers.
 - c) A program for visually impaired children.
 - d) A once-a-year event where historians gave talks on fantasy archetypes from the Middle Ages to the present.
- 8. In 1958, Treasurer Marie Kemm reported a balance of \$3,600 in the coffers of SMCHA. How much would that \$3,600 be worth today?**
 - a) No Clue.
 - b) A dollar in 1959 equals \$8.89 in 2020. So, \$3,600 would be worth approximately \$32,000 in 2020.
 - c) A dollar in 1959 equals \$18.89 in 2020, for a total of approximately \$60,000 in 2020.
 - d) It would be worth a herd of horses, with the addition off a goat and a couple of chickens.
- 9. The first 'out-door' meeting was held in 1962. Where was the meeting held?**
 - a) At home. Everyone used Zoom outside to connect with others.
 - b) Huddart Park.
 - c) The Sculpture Garden.
 - d) Webb's polo field.
- 10. Why was 1965 called the Italian Year?**
 - a) The president, Dr. Arthur Coladarci, was Italian.
 - b) The big event of the year was called, "An Italian Night".
 - c) An authentic Italian dinner was served at the "Italian Knight" in Huddart Park.
 - d) All the above.

Answers on Page 27

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ASK THE VET

WHY DO HORSES LIKE SMELLING OTHER HORSES' POOP?

Horses have a much better sense of smell than we do. When they smell poop, they aren't just smelling the stinky part, they can actually smell chemicals called pheromones, coming from other horses. This gives them information about the other horse and if they may be interested in them.

Sometimes, you may see your horse flipping up their upper lip after sniffing manure. This is called the flehmen response and helps them move the smell to an organ in their nose that is extra sensitive.

WHY IS IT COMMON PRACTICE TO NEUTER MALE HORSES, BUT NOT FEMALE HORSES?

This is a great question - it is interesting why we do that. There are a couple reasons why it is more routine to neuter stallions and not spay mares.

First, stallions can be difficult to handle and can show aggressive behavior that is not preferred by most riders and handlers. Some stallions can be easily distracted by mares, which makes them unpredictable and not great for riding. For that reason, neutering stallions is common practice, as it creates easier and more compliant geldings with which we are used to working.

You may be thinking that you know many mares with bad behavior, too. We actually can remove a mare's ovaries (which may help to improve their behavior). However, removing a mare's ovaries is a much



Flehman Response

more invasive surgery than neutering a stallion, as the ovaries are located within the abdomen. For this reason, we don't commonly spay a female horse.

HOW OLD IS A HORSE IN HUMAN YEARS?

This is a tricky question, as horse years are not entirely equal to human years. To put it simply, we could consider 1 horse year to equal 3 human years, as we could generally say horses live to about 30 and humans live to about 90.

If we look into it a little bit harder, we'll see that horse years don't perfectly line up with human years. Since horses are prey animals, they mature more quickly than humans when they are young. A foal has to be able to stand and walk just hours after being born! Horses are mostly done growing around 4 years of age (though this varies a bit with breed). If we use our previous calculation, that would be about 12 human years, and we know that humans grow for much longer than that.

*By Jacquelyn Dietrich, BVSc
Steinbeck Peninsula Equine Medical Center*



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HELPING HOOVES



By Ashley McIntyre

Twenty-five years, two kids, an advanced PATH (Professional Association of Therapeutic Horsemanship) certification later and I am still learning the value of horses in everyone's life. The power of our equine counterparts leaves me in awe. Not only am I passionate about horses, but people too. I believe in empowerment. I believe in small things equating to big change. I believe in high tides that raise all boats. My clients are the shining examples of these and more. Not only am I their biggest advocate, I am their toughest critic. For me, the world is their oyster, not their cage. Through the opportunities at Webb Ranch, I am able to give them skill sets to break free from their confinement.

During COVID, people of all types have had the opportunity (while practicing social distancing and other important safety precautions) to learn to ride, connect and care for horses at Webb Ranch. This has been a blessing for the emotional health of so many in these isolating times. There are many fabulous options at Webb for most to partake in. We have riding camps with small cohorts, which also includes vaulting. Many of our clients, typical and atypical, have had the opportunity to lease one of our amazing horses. Many of our clients can also give TLC to an older horse or one that needs rehab. This is a great option for those who don't want to ride or are physically unable to get on a horse. Webb is all about inclusivity. And we have many wonderful instructors to teach you to ride, including a few of us who have the special skill sets to teach those needing extra support.

Webb has given me the opportunity to teach typical and atypical students. Over 50% of my clients have special needs, and there are horses that help each client. This allows me to teach people with autism to cerebral palsy to traumatic head injuries. Let me share a story about one of my clients

Imagine being the "it" girl: kind, compassionate, smart, dedicated, artistic and a talented athlete. Then, by no fault of your own, it's taken away from you and you are the shell of the person you once were. Light causes serious migraines, sensory overload is an everyday experience. She was fighting a battle with herself that she did not even know was happening. Her body system wreaks havoc constantly and in order to minimally function, she takes enormous amounts of pills just so her body can regulate, sleep, and destress. Blood pools down her legs, then she passes out.

After her accident, she had much to relearn. She had to start at the bottom and work her way up, while her friends were miles ahead. Imagine losing close friends due to a drastic change in your intellectual state! There are no words to describe the damage done to her body and soul. She battles despair, anger, and loss while trying to find herself again. She needs a full-time caregiver. Her mother takes on that role. No hired person would notice every little change like a mom! Her mom knows every battle and struggle. Sleep is a losing battle, motor planning has dissipated, and her mental focus is not aligned with her body on a regular basis. This led to her fighting with herself to find her mind-body connection again. However, her mom had enough fight for the both of them. She was not going to lose her daughter. Then on one fateful day, both of them arrived at Webb and changes began for all of us.

They came to Webb 18 months ago. I heard her mom say something to another instructor and I commented. This was just the start of our relationship. I had to let her know that my expertise



is working with people, like her daughter, on and off horses. She started taking lessons with me. At this time, when I met her, she was seriously off balance and disconnected on one side of her body. Her dominant side was affected; she never smiled, and only responded with one word answers. She had no warmth; however, I was going to try my damndest to find her old self in that new body. It was in there! I was determined to find it and pull her out.

Throughout her lessons, her first loves were Frisco and Cowboy. She demanded a photo with every horse she tried. From that moment on, the equine love affair began. She was hooked and progress occurred. Eventually, she could walk, trot, and canter. She learned posting diagonals, switching her crop from one hand to the other effortlessly. Of course, this took time and it was a constant uphill battle. As she started to get the riding part, she became just as well versed on the ground. She could groom, tack, untack, feed and clean up after her horse. This can be physically challenging for the best of horsewomen. Imagine doing these physical activities well under optimal circumstances! As horsewomen, we all know picking and bending over to clean their hooves can be back breaking when we feel punk.

As time moved on, she learned to ask for clarification questions and sequences. She even started to joke with me. As her body showed more balance and control, we noticed the cognitive side start to heal and blossom. Her mother and I lived for each lesson to see what her body and mind would accomplish.

On the way to the barn on many days, getting dressed meant wearing compression garments that felt constricting and hot. Putting her beautiful hair in a ponytail and wearing a helmet led to sensory overload. She had to take medications and drink water before she rode, even though it made her sick to her stomach. At that point in time, neither the mom nor my student were sleeping for more than two hours at a time. However, through horses and my version of 'love and shove', she was starting to be the best version of herself in that hour I saw her. Her mom would fill me in and this guided how I connected her and her horse. I would add in comments like, "Brush your hair just like you brush Frisco's tail." or "You care for your horse, so you have to care for yourself, as well."

As time passed, the girl would have moments of joy. We would witness the magic of the horse as she graced us with the insight she had with an amazing smile. We watched days that she would try harder. She gained more physical awareness and pushed herself a little more each time. Her mom was starting to get glimmers of the daughter she had before her injury. Then the pandemic hit.

We were concerned isolation would cause more harm than anything else. The horses are her saving grace and she was cut off from them instantaneously. She quickly started backsliding in self-care. We certainly did not want her to lose hope and let the previous work that we had accomplished backslide. I shared my client's struggles with Summer Hensley, owner of the riding program at Webb. We found that the only way to get her back to the barn was by finding her a horse to lease. Webb delivered! That's when Maui entered our lives. This 33-year-old Thoroughbred connected with her like no other. He waited for her at the gate and followed her out of the pasture. He happily would shove his nose into the halter. Maui would play defensive back by pushing other horses away so they wouldn't crowd her.

Maui offered a very important gift. He was helping to strengthen the bond between mother and daughter. Maui was patient and kind. Some days she would start grooming him, and sometimes it was her mom who would finish. Sometimes she would start bathing him and sometimes mom had to finish that too. Maui was loved. He helped our girl find love again. My client's eyes brightened every time she saw Maui. Since Maui really did not need round pen work, we elicited my horse Gunther as her round pen buddy. Mom and I thought this would be a good way to keep her upright on her feet to help the pooling in her legs. We watched her take her first running, skipping steps so that Gunther would canter at liberty. They moved together in unison, as if they were waltzing. My student had not run or skipped in over a year! Those were good days!

We watched her learn to get more coordinated and use a lunge whip and lunge line. She taught Gunther to jump over obstacles. They recruited their non-horse family members to chop carrots, apples, cucumbers and bake healthy horse cookies every time they went to the barn. She and mom learned to clicker train and taught Gunther to pick up the ball and bring it back using those treats. Then best of all, Maui (the kindest of rides) gave her the opportunity to learn to ride bareback at a walk, trot, and canter. She was able to ride around the property where she was like everyone else. What an equalizer! He took care of her as she learned to balance at the walk, trot, and canter. Those were great days too! The journey is long and we have big ups and big downs. But Maui waits for his girls and calls for them to come. He knows they will care for him. He knows they will care for each other.



Author Ashley and her horse, Celsius



HELPING HOOVES PORTRAITS

Horses and People Healing Together

Colby is a sweet, loving, happy boy with Autism. He likes to ride Macey, Rose and Dylan. These are only some of the lovely and special horses at Webb. Colby learned to ride with side walkers, then to a lunge line, and now is riding independently. He sits the trot and posts. We are learning diagonals. However, he can trot a circle and halt. Colby has been riding with me for 4 plus years. I love that I get to have real conversations with him and he asks thoughtful questions. He is an example of how horses can encourage motor planning. Colby's joyous attitude is infectious to everyone at the barn. Riding is a great modality for people who have Autism. Not only is it a wonderful sensory feedback mechanism, but it also encourages a love for animals and people too.

Nikolai, also known as my 'rocket man', is a brilliant individual with Autism. He can recite everything he reads. He constantly astonishes people with factoids about history, music and science. Nikolai has been riding with me for 6 years. Now that he's a teenager, riding at Webb gives him greater opportunity and freedom. Riding for people with special needs is a great equalizer. I love to watch him engage with others while he is riding. Asking questions, saying hello, offering a compliment to someone or to their horse, are a few examples of how he shares his love for Webb. I see the gratitude and empathy he has for his equine partners and it is truly amazing. He loves Rowdy and TomTom. Nikolai smiles and he truly graces everyone with his joy.



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Cool's mom, Sharon, is so proud of her boy!



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

WELCOME HOME



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

WORDS WITH FRIENDS TOURNAMENT (WWFS): We've got a Winner!!

In the month of June, the SMCHA hosted its first-ever Words with Friends Tournament! After 4 rounds of rigorous competition, Monic Simon, won first place and the title of WWFs grand prize champion! In addition, Monica won \$100 cash, a free SMCHA Membership for 2021 and some definite bragging rights!!!

Monica and her husband have 2 boys (9 and 13). They are all very involved in Santa Clara County 4-H. They also have 4 horses and 6 show pigs, which makes life pretty busy! Monica has been playing Words with Friends since 2012 and in her own words, she admits, "I guess I am addicted!" She wants everyone to know, "I had a great time playing everyone and what a fun idea to have a tournament! Thanks for including me!"

To Monica and all our other registrants, thanks so much for playing in this fun and popular tournament. We are sincerely grateful for your support of our Free Riding Clinics!!



THANK YOU BOBBI!

Many, many thanks to Bobbi Petrova for all the past SMCHA magazines she generously donated back to us! Many of our older magazines had been damaged in the storage space; we feared having lost our history!! Then, a call came in from Bobbi whose magazines, dating back to 1972, filled in the gaps and made us whole again! Bobbi, we appreciate your kindness! Good luck in your future endeavors!! (And many thanks to Cheryl Basin and Sharon Butler for picking them up and delivering them to me!)

If you happen to have magazines dating back to BEFORE 1972, please reach out to me, Elizabeth Ouellette, @650-248-3409 or elizabetho@outlook.com

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NCEFT STRONG!

How Woodside's National Center for Equine Facilitated Therapy (NCEFT) is staying safe as they welcome back their beloved patients.

By Whitney Spaner, NCEFT Horse Handler

One day this spring during California's shelter-in-place order, (It's hard to remember what day of the week it was because they all started to run together!) the essential barn staff at the National Center for Equine Facilitated Therapy in Woodside was getting ready to film a video featuring our very special equine partners. While NCEFT was closed for therapy sessions from March 15th to June 21st, we launched the "NCEFT Live Series," a collection of live, interactive webinars about the therapy programs we offer and our horsemanship principles, helping us to stay engaged with our clients and community (The series can be found on NCEFT.org or [Facebook.com/NCEFT](https://www.facebook.com/NCEFT)). These episodes would show audiences at home how we exercise our horses each morning before physical, occupational, and mental health therapy sessions. As the barn staff tacked up, it almost felt like a normal, pre-COVID-19 day, but when filming ended, we seemed to feel the absence of our clients even more. There were no happy kids squealing with excitement to see Honey, Elf and Lyric, or parents clapping from the viewing stand as their child stands up on the back of their horse. The day went back to being a little too quiet.

I think I can speak for all of my coworkers—both human and equine—when I say that we are beyond happy to be back open for sessions. In May, when California began to lift shelter-in-place restrictions, NCEFT staff started to think about protocols we would need to have in place for our vulnerable population to return. In June, we began with a soft-opening, and each week, we have welcomed more of our patients who were comfortable with returning to the barn.

Each day, every staff member takes his/her temperature and reviews a health screening survey when they get to the NCEFT campus. Then, when clients arrive, they are not permitted to get out of the car until they complete a similar survey and get their temperature taken by their therapist. The therapist then walks the client directly to the arena to mount their horse. The viewing stand, usually filled with proud parents and family is closed, but guests can watch from the car or the lawn outside the arena.

During sessions, therapists, sidewalkers and horse handlers are required to wear both masks and face shields. Yes, it's very hot, but it's worth it! In fact, our clients who can tolerate masks have been the first ones to return. Although we can only see their eyes, the joy that comes through their mask on the back of the horse is palpable. We also have protective coverings over our equipment



NCEFT equine-facilitated physical therapy session COVID-19 style

that are washed every day and we make sure to wipe down gates, tack and toys after use.

COVID-19 has presented us all with a new world but we—and our horses—are happy to rejoin the stream of life and continue to help our patients through the three words that begin NCEFT's mission: Horses, Hope & Healing.



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Horse Cookies – Carrot and Apple

Ingredients

- 1 cup sweet feed
- 2 cup bran
- 1 cup flax seed
- 4 large carrots, shredded
- 1 cup molasses
- 1/2 cup brown sugar
- 1 cup applesauce

Directions

Mix molasses, brown sugar, carrots and applesauce in one bowl.

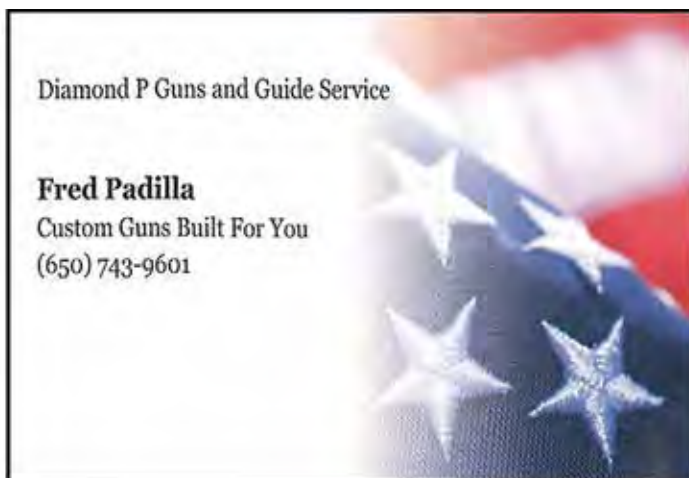
In another bowl mix the dry ingredients. Slowly combine the molasses mixture with the dry ingredients. Add only enough molasses mixture to form a thick dough, add more bran if necessary.

Line cookie sheet with aluminum foil. Using a tablespoon, drop batter onto cookie sheet and flatten slightly to form portions about the size of a silver dollar.



Bake at 300 degrees F for about 1 hour. Flip and bake for an additional 45 minutes until they are dried out. Keep checking to make sure they don't burn.

Recipe from thinklikeahorse.com



Behavioral Science to the Rescue!

By Jennifer Ott

jottcameron@yahoo.com

Behavioral science isn't a method, but rather a framework of knowledge with which to assess given techniques we come across at clinics, in magazines, or in lessons. When you step outside the framework for a too-good-to-be-true quick fix, you and your horse could suffer the consequences. Unfortunately, most people never learn the science of learning and are given "recipes" by trainers or clinicians. Unfortunately, they miss out on a broader understanding or structure that would inform all of their decision-making and interactions with their animals. When you develop an understanding of the science, it's like knowing how to cook so well you can critique those "recipes" and throw out the ones that don't make sense or that might harm your horse.

Behavioral science has taught us that horses can recognize emotions on a human face. Horses can form their own facial expressions; there is even an equine "grimace scale" used to tell how much pain a horse feels. Horses associate positive feelings with people who make them feel good and negative feelings with people who don't, and some people evoke both types of feelings, depending on the situation.

Ever show up to the barn to have your horse nicker and nod his head as you approach and feed a carrot? But then you pull out the brush/ halter/saddle and he suddenly drops his ears and turns away? That horse is telling you something: negative feelings are associated with that object and now most likely with you. The negative feelings could be coming from the immediate object—say, the brush—because the bristles are too hard or there are painful areas from a skin fungus.

Or the brush might signal that the saddle is coming and maybe the saddle causes pain. Or the horse doesn't like the way he's ridden—maybe the methods are painful or he's ridden to exhaustion or a tendon is sore or he was forced into a scary situation. Maybe the horse would just rather eat hay than go for a ride. It's our job to be a detective and find the cause of the negative feelings. By eliminating equipment problems and medical issues, we can begin to focus on helping our horse want to be with us more.

We want to create as many positive feelings as possible and associate those feelings with all aspects of horse care. We could make haltering, grooming, tacking, riding, vet and hoof care become associated with good feelings, which means NO pain and NO fear. We are the only advocates for our horses and the onus falls on us to provide the best life, which includes mental health.

One of the most direct questions I ask clients is, "Why would you want to teach anything using pain and fear?" Studies show that when a brain is in fear mode, learning ceases, yet we need a little bit of "stress" or stimulation to learn effectively. So, where is the sweet spot? That's going to vary a bit from horse to horse, but in general, we want a bit of arousal and excitement with the ability to focus and learn. How do we achieve this? Positive reinforcement training, when done properly, can get us to this sweet spot and create an eager learner.

Positive reinforcement simply means giving or adding a reward (petting, food, praise) after a desired behavior to ensure that the desired behavior happens again. No, it's not a bribe. Bribes come before a behavior and are not reinforcers; rewards come after (like you getting paid for work). Positive reinforcement is everywhere in our lives, yet severely lacking in most horses' lives. The majority of horses are trained using mostly negative reinforcement (removal of pressure to

reinforce a behavior so that it happens again) also known as escape or avoidance learning. This is the training technique used when we pull on the reins or lead rope, kick with our legs, use a crop (even as a threat), or squeeze the fetlock for hoof cleaning. The technique works because the horse learns to respond in order to escape or avoid something aversive. What a way to go through life! Not only can negative reinforcement create a resentful learner, but it takes longer to teach this way.

Horses can form their own facial expressions; there is even an equine "grimace scale" used to tell how much pain a horse feels. Horses associate positive feelings with people who make them feel good and negative feelings with people who don't, and some people evoke both types of feelings, depending on the situation.

Training with positive reinforcement takes empathy, understanding and patience as well as knowledge and good timing. It becomes a lifestyle that filters into every aspect of your relationships. We can take small steps by introducing rewards into our training, and slowly decreasing escape/avoidance methods. Your horse (dog, child, partner) will thank you!

If you are looking for a good starter book to implement some of the strategies above, Emma Lethbridge's, "*Knowing Your Horse: A Guide to Equine Learning, Training and Behaviour*" is a great place to start. It can be purchased here: <http://bit.ly/equinelearning>.

SMCHA 2020 Calendar of Events

Check website for updates: www.smcha.org

September

- 10 - Board Meeting
- 11 - Movie Night @ Webb Ranch
- 26 - Fall Riding Clinic @ MP

October

- 8 - Board Meeting
- 9,10,11 - Day of the Horse
- 25 - Play Day & Halloween Extravaganza

November




- 12 - Board Meeting
- TBA - General Meeting

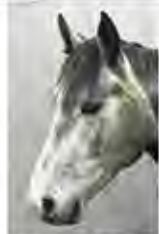


December




- TBA - Holiday Barn Party




Horse Grimace Scale (HGS)

www.researchgate.com




Stiffly backwards ears		
		
Not present (0)	Moderately present (1)	Obviously present (2)
<p>The ears are held stiffly and turned backwards. As a result, the space between the ears may appear wider relative to baseline.</p>		

Orbital tightening		
		
Not present (0)	Moderately present (1)	Obviously present (2)
<p>The eyelid is partially or completely closed. Any eyelid closure that reduces the eye size by more than half should be coded as "obviously present" or "2".</p>		

Tension above the eye area		
		
Not present (0)	Moderately present (1)	Obviously present (2)
<p>The contraction of the muscles in the area above the eye causes the increased visibility of the underlying bone surfaces. If temporal crest bone is clearly visible should be coded as "obviously present" or "2".</p>		

Prominent strained chewing muscles		
		
Not present (0)	Moderately present (1)	Obviously present (2)
<p>Straining chewing muscles are clearly visible as an increase tension above the mouth. If chewing muscles are clearly prominent and recognizable the score should be coded as "obviously present" or "2".</p>		

Mouth strained and pronounced chin		
		
Not present (0)	Moderately present (1)	Obviously present (2)
<p>Strained mouth is clearly visible when upper lip is drawn back and lower lip causes a pronounced "chin".</p>		

Strained nostrils and flattening of the profile		
		
Not present (0)	Moderately present (1)	Obviously present (2)
<p>Nostrils look strained and slightly dilated, the profile of the nose flattens and lips elongate.</p>		



COWBOY DRESSAGE CLINIC—Lyn Ringrose-Moe

By Cheryl Basin

SMCHA proudly hosted the World Renowned Cowboy Dressage Clinician Lyn Ringrose-Moe for a clinic at Webb Ranch on July 11. We had eight participants in each session. The morning session was for those who were familiar with Cowboy Dressage and wanted to fine tune the connection with their horse. The afternoon session focused on those riders who had less experience with Cowboy Dressage.

You may wonder what Cowboy Dressage is, and I found an explanation on the Cowboy Dressage World website. Here are excerpts:

What is Cowboy Dressage?
by Jack Brainard

The words Cowboy Dressage (CD) seem to be a contradiction since Cowboy Horsemanship and Classical Dressage are miles apart in style, execution and format.

Dressage training has been practiced for 500 years and originated in training the warhorse. We know that the Spanish Riding School had its beginnings in the 1500's. The American Cowboy came on the scene after the Civil War in 1865, so he is a relative newcomer in horsemanship skills. Talents were based on riding long hours on half wild horses, chasing cattle 1,000 miles over rough country in all kinds of weather. Why wouldn't there be a wide range of horsemanship styles?

Modern Dressage horses execute beautiful movements in their competitions, and in Cowboy Dressage we will enjoy some of them, only CD horses will be more versatile. We want to ride our horses through rough country, chase a cow, wade through deep water, swing a rope, and run wide open if needed, and not in an enclosed arena. This combination will surely improve the riding quality of our horses and we will have fun doing it!

Lyn has a keen interest in teaching others how to ride their horses and mules into a state of mental and physical soundness, stressing the importance of groundwork for developing a deep connection and partnership. As a coach, Lyn helps riders achieve their personal best through her positive, supportive coaching methods. She is all about balanced horses and mules with balanced riders, while having fun.

Our participants came away from this clinic with new goals to work on while gaining confidence and learning how to maneuver their horses with precision.

In the challenging times of COVID-19, it was wonderful to see riders and their horses while following the required protocols. We provided plenty of hand sanitizer, disinfectant wipes and everyone wore their face masks, although masks were not required while riding.

As usual, the Webb Ranch Arena was in top-notch condition. Thank you, Webb Ranch.

Huge thanks to Joan McLaren who assisted Lyn during the day and set up the poles and cones with the help of Greg Sonstegard. Also, huge thanks to our other helpers; Jenny Mize, Chris Friis, Sharon Butler, Carin Zeller, Deborah Vasquez and her daughter Emily.



Sweet Potato Gnocchi

By Venita Naidoo

Ingredients

4 servings

- 1 sweet potato
- ½ cup parmesan cheese, grated
- 1 egg
- 2 cups flour, plus more to dust
- 2 tablespoons butter
- 2 leaves fresh sage

Preparation

1. Preheat oven to 400°F (200°C).
2. Prick the sweet potato with a fork several times and bake for 40 minutes (or microwave for 5 minutes).
3. Allow potato to cool at least 5 minutes before peeling skin off.
4. In a large bowl, mash potato with masher or fork until smooth.
5. Add parmesan cheese, egg, and flour. Knead the dough until it is firm and no longer sticky, adding flour as needed, forming a ball with the dough.



6. Divide the dough into four equal parts. Take one part and roll it out into a long rope, about a 1-inch (2 ½ cm) wide.
7. Slice into ½-inch (1 cm) rectangles and set aside.
8. Using an overturned fork, slide each gnocchi over the fork prongs so they become serrated in a corkscrew shape.
9. Bring a large pot of water to a boil and add the gnocchi. Boil until the gnocchi float to the top, about 1-2 minutes. Drain in a colander.
10. In a pan over medium heat, melt butter and add sage. Simmer for 1 minute without letting butter burn.
11. Add gnocchi to pan with the sage and butter, tossing until lightly golden.
12. Top with more Parmesan cheese.

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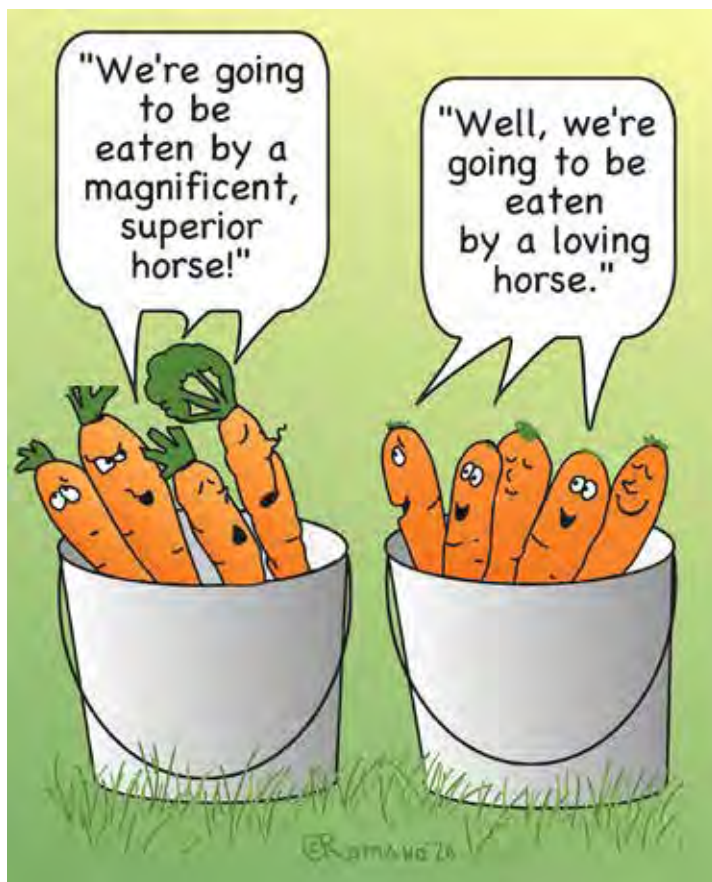
May 28, 1928 – May 31, 2020

By Ronda Goldman

John galloped away just three days after turning 92. Ever an extrovert, John was always surrounded by loving family and adoring friends. He seemed to know people everywhere he went. He was a true gentleman and a gentle man who was admired by all who knew him. For many years, all who encountered him were in awe of his age considering his physical independence and youthful appearance. John was constantly on-the-go, even into his nineties.

Since childhood, John was a horseman. A younger John would often ride up by University Mound, sometimes skipping school to be with his horse. This passion continued throughout his entire life. He would enter Peruvian Paso horse shows, competing and often winning, usually with his wife Jenny as part of his ground crew. John loved to ride in parades and proudly represented San Francisco Horsemen's Association year after year. John put all his kids and grandkids on his horse and would smile from ear-to-ear seeing his passion shared. John was a current board member and past-president (2008-09) of the San Francisco Horsemen's Association as well as a supporter of SMCHA. When visiting a San Francisco Horsemen's function, John was always welcoming with his big smile and a horse story!

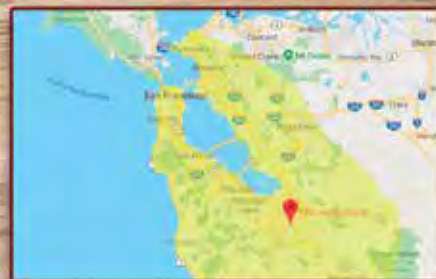
John will be greatly missed.



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TRAILER TALK: Check Under Your Trailer Mats!

By Bob Rosenberg

My trailer is 11 years old and, even though my horses never pee in the trailer, I still put 3 coats of varnish on the floor boards when I first got it to protect against whatever wetness came inside. Well, I looked under the mats recently and found that one of the boards is almost ready to fail. Luckily, it's not one that the horses stand on, but it's still an unacceptable risk. If you haven't checked under your trailer mats lately, hopefully these photos will get you to take a look.



Creamy Portuguese Rice Pudding (Arroz Doce)

Submitted by Venita Naidoo

Ingredients

- 2 1/4 cups water
- 1/2 teaspoon salt
- Peel of 1 lemon (cut into long strips, avoid as much of the white pith as possible)
- 1 cup rice (short-grain, arborio is a good choice)
- 2 cups milk (hot, you can substitute some of this with cream, if you like, for a richer consistency and flavor)
- Garnish: ground cinnamon
- Garnish: paper-thin slices of lemon

Steps to Make It

1. Place the water, salt, and lemon peel into a medium pan and bring to a boil. Then reduce the heat to low and allow the water to simmer with a lid on for about 15 minutes. Remove the lemon peel from the water with a slotted spoon and discard.
2. Add the rice to the water and bring it back up to a boil. Then reduce it to a simmer and allow the rice to absorb all of the water (about 10 minutes).
3. Now slowly add the hot milk, a bit at a time, to the rice mixture. After each addition (of about 1/2 cup), allow the liquid to absorb before adding the next batch of milk. Stir frequently and keep the heat low, so that the rice does not burn at the bottom of the pan. This should take about 25 to 30 minutes.
4. Pour the rice into a serving dish. Sprinkle the top with the cinnamon and the lemon slice if you like.
5. Chill the rice and then serve.



History's Happening Here: **Answers**

1. D	4. C	7. C	10. D
2. A	5. A	8. B	
3. D	6. C	9. B	

The Joys and Challenges of Getting a

Ranch Horse Joins New Team

By Debbie Padilla

A few years ago, we lost our sure-footed, level-headed, 30-year-old horse, Buckshot, to an impaction. I trusted that he would always take care of me and now, he had crossed the Rainbow Bridge. Hence, our adventure of looking for another horse began. It took us a few years before we found Blaze.

Blaze was listed on Facebook by Leslie Davenport, who is a broker. She is not only a broker, but also a trainer and a professional Team Roper who has gone to the NFR (National Finals Rodeo) many times. I went up to Auburn to meet her, but I didn't tell her much about me at first.

We trailed out to a county park to go for a ride. I felt that Blaze was very careful about where he put his feet and he didn't rush. I then explained to the Leslie that I had lost my confidence and so I was looking not only for a horse my husband could ride, but also a horse that I could ride and build back up my confidence. She asked me different questions about how I lost my confidence and my riding abilities.

Leslie told me that she thought Blaze would be great for me. We went over wooden bridges, walked into water, met dogs and then she told me that he had never been into this particular park before. After we got back to her ranch, Leslie told me to talk it over with my husband and to let her know when we had made a decision. I called my husband on the way home and told him about my ride. I also told him I loved this horse. He said, "Well, I guess we're buying a horse!" We did the vet check and brought him home.

Blaze was from Oregon, working as a ranch horse from four until eight years old. Blaze was sold as a 9-year-old grade horse. He

NEW HORSE



Blaze

also has a brand (MH), we can't find any information on, so we decided it would stand for My Horse. It was interesting to learn about all the things he seemed to be unfamiliar with. For instance, he is a bit skittish sometimes in his stall, making me think Blaze had never lived in a stall before, as working horse probably live in pasture.

The first time I gave him grain or a cookie, he did not appear to know what these were, but he very quickly learned to recognize daily treats. The funniest experience was when my sister was brushing his mane and tail. He kept turning around, looking at her as if to say, "What the heck are you doing back there?"

So began our journey of building a relationship. He is a very sweet boy, just unfamiliar with the things I was asking of him. After having a horse for over 20 years and knowing what he was going to do and how he would react, it's been an adjustment - sometimes a very frustrating one.

I began taking lessons with Dana DeFrates of DeFrates Horsemanship in Gilroy. She is a wonderful certified instructor under Brandi Lyons. Dana is helping me with my confidence. I'll go down for a lesson and then she gives me exercises to do as homework until we meet again. The exercises help me and Blaze build a level of trust with one another. They are also showing me that I can handle the situations we may get into, making him an all-around safe horse. Blaze and I have come such a long way in a short amount of time.

While I will always miss the bond I had with Buckshot, I am encouraged that Blaze and I are building that same type of bond and soon we will have many miles on the trails together.

Finding Mr. Right among a Lot of Wrongs

By Ceci Ellis

After 30 years of not riding, I purchased my first horse at the age of 52. Rocky was a little, bay pinto and former roping horse of undetermined age. He was my horsey soulmate. I was devastated when I lost him to a sudden colic on Easter Sunday in 2012. Over the 8 years since I lost him, I have owned two other horses, one who proved to be too much for me, so I sold to a friend and the second who became chronically lame a couple of years after I purchased her. She had to be retired.

Over the past couple of years, I had

NEW HORSE



Riley Boy

been leasing a Webb Ranch lesson horse, but I wasn't really enjoying riding him and longed to find another horse of my own. About six months ago, I decided to get serious about looking for another horse to buy. I found two chestnut mares that both failed pre-purchase exams. My horse search came to a halt when the COVID-19 virus hit in mid-March. I was able to continue riding another Webb Ranch leased lesson horse, but it wasn't a good fit for me and I decided to give up the lease in early May.

I was beginning to believe that I would never find a suitable horse. It seemed that the ones I found either were sold before I could see them, were not what I wanted or failed the pre-purchase exams. The last horse I

Continued on Page 29

What's a Cantaro?

By Elizabeth Ouellette

"When I try out this horse, does the seller have to watch me ride?" I asked. I imagined the trainer acting all judgey, saying, "This horse is too fancy and well-trained for this train wreck of a woman." Or, "Where did she learn to ride? On a carousel? HaHaHaha!" I could actually hear the bursts of laughter as my thoughts ran amuck.

In the 2 months since Athos died, my husband, Gilles, had made it his life's work to find me a horse. My requirements weren't all that steep: a calm, narrow, mostly-trained Arabian gelding between 8-12 years old that doesn't spook easily. We'd looked at a lot of horses on Facebook, Bay Area Equestrian Network, Craigslist, but I hadn't seen anything warranting even a simple phone call. So, when he forwarded me the sales ad boasting a slender, dressage-trained, 10-year old, super-cute Arabian gelding, we did not waste any time. Within 24 hours, we were driving to Atascadero to meet him.

I had serious reservations. Athos had only been gone for 10 weeks. Was it too soon? How do you know it is too soon? When is the right time to buy a new horse? Is there ever a right time? What a big responsibility!

Moreover, I was not looking for a fancy-pancy dressage-trained horse with a pristine pedigree. I know how to get on and off a horse, some basic commands, like go and whoa, and how to teach a horse tricks with a clicker. I like trail riding over arena work and my most basic goal is to stay in the saddle and have fun. Nothing more, nothing less.

When the trainer pointed him out, I remember thinking he was pretty cute, well-mannered, sweet and curious. "Go ahead," said the trainer, "saddle him up and take him for a spin right here." "Okay!" I said with a nervous laugh, wishing she would just go somewhere, anywhere but planted at the gate of the arena. So, with a slight tremor, I saddled and bridled Cantaro, walked him over to the 3-step mounting block and slowly made my way to the top. As I lifted my leg to climb on his back, he quickly and purposefully moved his hind end away from me. Nice.

NEW HORSE



Photo by Bob Rosenberg

Cantaro

In the arena, he was so sensitive to every pressure change, every leg movement, every twitch of my lip, I felt as if he and I were not communicating, as if we were speaking different languages. And his trot was annoying - short and choppy, a factor the trainer said would definitely improve over time with a little work. I wasn't sure if she was giving a sales pitch, so right then and there I Googled "choppy trot remedies" and to her credit, there were potential solutions.

When I tried to dismount, he approached the mounting block with trepidation, as if it were going to bite him right there on the spot. After 10 minutes, I realized there was NO WAY I was going to get him to align his hind end with any solid platform for me to get off. Guess who was watching, already running to my rescue? Yep, the trainer, who, in fact, happened to be

super understanding and really quite compassionate.

On the drive home, I was flooded with reservations. While Athos was abundantly playful, a bit clumsy and amateurish, like me, Cantaro was more mechanical, amazingly graceful and very professional. I almost felt as if we were like 2 unmatched socks....too different to go together.

At the vet check, Dr. Eastman, who knew Athos well confided, "You will not find a better match, not in this market. There is no such thing as a perfect horse, but he's pretty darn close."

Afterwards, I learned about his past.....he was purchased by a family whose daughter could no longer care for him. The family contacted the breeder to see if she would be willing to take him back....he just needed more TLC and a person to care for him, to love him, to ride him regularly.

The story got me, and good. I brought Cantaro to Webb for a 1-month trial. As soon as he walked out of that trailer, I knew he would never be going back to Atascadero. Confident Athos had sent him to me; I just knew he was the one.

It takes time and patience to truly bond with a horse, and vice versa, but we are making good progress. He quickly integrated with the

Continued on Page 30

Finding Mr. Right

Continued from Page 28

had looked at a week before the COVID 19 shut down was with Jeanette Arnaout at her training barn in Gilroy. When I arrived to look at the horse, I could tell he was too big for me so I told Jeanette the type of horse I was looking for and she said she would let me know if she came across such a horse.

After failing to connect with the last horse I had been leasing, I was really discouraged. That afternoon, my trainer, Joan McLaren, told me that she had heard from Jeanette about a new horse she thought would be perfect for me. She had lost my contact information but remembered that I trained with Joan, so she notified Joan. Joan recommended I get out to look at this horse as soon as possible because he looked like a nice horse.

This was on Thursday and I made arrangements to go out to see the horse the following Saturday. I dragged my non-horsey husband with me because I didn't want to go by myself in case I fell off when I did the test ride. When we got there, the chestnut gelding

was standing in cross ties in the barn. I could see that he was the right size for me and I loved his look: white socks and round, quarter horse posterior. I walked up to him from behind and he turned his head to me, ears pricked and nuzzled my hand. Even my husband saw the connection and remarked on the way home that he knew at that moment I would be buying this horse, even before I rode him. He was right!

A week later, Pablo, who I renamed Riley Boy was in my paddock at Webb. I named him Riley Boy after a chestnut horse I saw in a book when I was about 9. Since I got him, I have ridden him in the Lyn Moe Cowboy Dressage Clinic and our first Webb Ranch horse show. He is the first horse that I have loved to ride since I lost Rocky. I now realize that perhaps the reason the other horses didn't work out was that I wasn't ready to allow myself to connect with another horse until now. Riley isn't and will never be Rocky, but he has brought back the same joy that I felt riding Rocky and I am hoping that time will only strengthen our bond. There is nothing more special than the connection we have with a special horse. Riley Boy is a special guy.

New Horse and Owner Bond

By Sylvia Keller

Ernie isn't my first horse, but I feel like he is. I fell in love with him before I even got on his back, and fortunately, it also worked out that he was exactly what I was looking for on the trail. But first I had to have some patience and allow for healing to happen within myself.

My journey to horse ownership didn't start with Ernie. I'm one of those people who did it wrong the first time around, and got in way over my head. My first horse was a "freebie" that we got from a neighbor's relative. My wife and I basically paid for tack and a trailer along with two senior Arabian mares...for the fun of it. These horses were supposed to do it all and be perfect for our trail riding and endurance adventures, so we blissfully ignored the screaming voices in our guts and went ahead with the purchase anyway. We blatantly ignored the breakneck trial ride along a fire trail, where the horses wouldn't go past a certain point and then galloped back home with us (my horse actually ran sideways) only to leap through the bushes and over tree stumps to pass around the gate and onto the asphalt of the main road leading back to the barn. I ignored the little bucks I would get during gait transitions. I ignored the fact that my horse wouldn't ride out unless her companion was along for the ride and in the lead. In hind sight, it was not the smartest move to get these particular horses, despite our good intentions.

That said, I won't go as far as calling it a mistake. We learned a ton from these mares. I learned how to get my horse to tie, to stand still while tightening the cinch and after mounting, and how to desensitize her to scary objects. She was also a champ working at liberty in the arena. Fast forward two years, my wife's horse passed away, and she is now happily riding my horse, which is a much better fit for her riding ability and temperament.

After three years with no horse of my own, I was finally ready to look for one. I started spending more time at the barn, taking care of our remaining horse, and happened to connect with a gelding the barn manager had brought along as a roping/reigning prospect. It sounds silly; maybe Ernie was just desperate for some attention, but he seemed to bond with me right way. This horse, unlike my mare, had actually done it all. He was 14, amazing in the arena, and supposedly stellar on the trail. I wasn't going to take someone's word for it this time though. I asked the owner if I could spend some time to get to know the horse while riding him on the trails.

My first ride in the arena made me look like a floundering fool, as I couldn't even get Ernie to move forward initially; embarrassing to say the least. The first trail ride, along with the owner and his oth-

NEW HORSE



Ernie

er horse, went really well though, considering I hadn't ridden in three years. But I found myself reacting much more severely than warranted during a minor spook Ernie had along the way. I realized I was actually re-living past episodes that had happened on my Arab at various points on the trail. The scary bridge she had refused to cross started my heart racing. The fence with the Corgies behind it made me tense in anticipation. The joggers, the motorcycles, the wind blowing through the trees... I was actually terrified the entire way. Ernie was rock solid.

At this point, I was actually considering abandoning the idea of riding again, sything, just to repair the damage my

last horse-human relationship had done to me. So, of course, I decided to ride out alone, because that's exactly what one should do when one is terrified of riding...right? Seriously, I wasn't quite that daft or brave, but I did want to make sure the horse would go out on his own, so as to not repeat history. I decided it was a requirement the horse would be willing to go out alone and that I could actually ride alone. I spent some time walking Ernie down the trail to see how he'd behave alone with me and to spend some time bonding with him on the ground first. Next, I rode him in the arena. I was still terrified of riding out the gate and down the road, but when I finally got up the courage, I felt confident he wouldn't dump me and run off into the sunset.

We started going out on little trips, extending the distance each time. Ernie did great. I discovered his likes: other horses and walking super slowly; and dislikes: dogs on long retractable leashes, flocks of pigeons, and horses who walk faster than he does. I still get anxious, but I find that playing music on my phone and singing helps me manage my anxiety. Perhaps Ernie is also getting used to my anxiety. And because no horse is without its moments, when Ernie does spook, I know I can handle his reaction. Unlike my Arab, who would spin, back up, or go racing back to the barn, Ernie, at his worst, plants his feet, takes a few big breaths, and then continues on his way. Even anxious, he listens to me and cooperates when I want to change speeds or direction.

After two months of riding him in different places on my own and with other horses, I knew I could work with this horse, so I decided to make the purchase. Ernie still surprises me occasionally with behaviors he didn't exhibit during the trial, but he is very trainable and we're working through the issues as they come along. Now we are both having fun and deepening our connection, while taking on new adventures together.

What's a Cantaro?

Continued from Page 28

fifteen-horse herd without a hitch. He's discovered carrots, of which he's grown quite fond. Just this past week, we successfully overcame the mounting block woes. I learned how to side pass him, and he learned that squaring up at the mounting block was not so bad - treats were involved!

We are still learning one another, but his true colors are starting to shine. He is uncharacteristically curious, asking to check out all the stalls, horses, new places he's never been. He's gentle with children and pretty darn solid for an Arabian. If he does happen to spook,

he just splats, meaning his four legs shoot out in all directions and he freezes. I'll take that any day over a 6-foot jump to the side fear reaction.

He's not Athos, but there will never be another Athos. He's Cantaro, which means: Mexican percussion instrument made from a clay pot, and my love for him deepens as the days and months pass. I am forever indebted to my husband for putting his heart and soul into finding me a horse. They say, "There is no greater gift than the love of a horse." But, I'd argue you first need a horse for this to be true. So let me restate: The gift of a horse is the most meaningful gift one could ever receive, and to reach a state of mutual connection and trust with that horse is nothing short of exhilarating.

Winners of our Youth Photo Contest!

Congratulations to Mickey Cohn and Julie Costa for their winning entries in SMCHA's Youth Photo Contest! We are proud to share these wonderful photos taken by some of our local youth and hope you are inspired by their talent, vision, and enthusiasm.

By Julie Costa



Such a beautiful picture taken by Julie of her horse Lily during a sunset at Webb Ranch.

By Mickey Cohn, age 13



Mickey's brother, Max Cohn, 9 years old, heading on his sorrel AQHA horse, 'Thomas', and Mickey's 11- year-old sister, Maci Cohn, heeling on her grey AQHA horse 'Grey.' Max and Maci come from a long line of team roping family!



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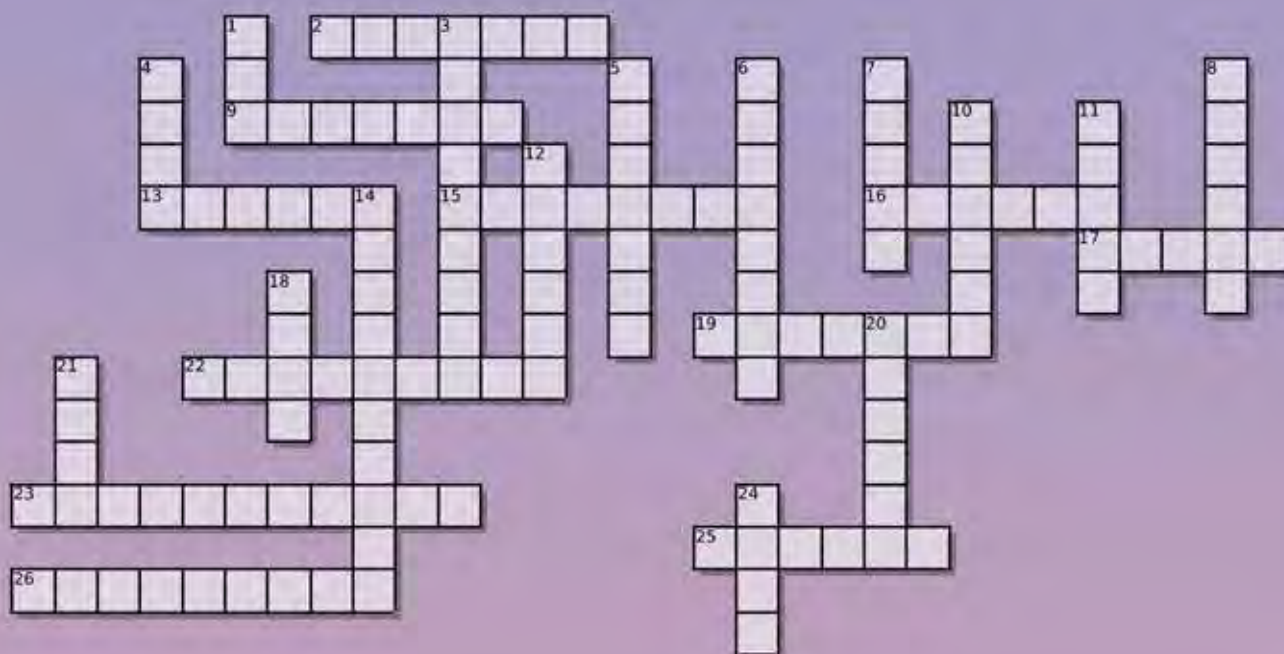
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HORSES

Tack & Equipment



ACROSS

- 2 either of two leather holders for the feet attached to a horse's saddle-like stirrups
- 9 a fetter or shackle, esp one used in teaching a horse to amble
- 13 a horse's bit for a double bridle
- 15 a piece of armor for a horse's head
- 16 a band fastened around a horse's belly to keep a blanket in position
- 17 either of the two side straps that connect a horse's harness to the swingletree
- 19 a strap from the back of a saddle that passes under the horse's tail to prevent the saddle from slipping forwards
- 22 a girth for a horse which goes around the body, used esp with a racing saddle
- 23 the strap of a harness covering a horse's breast
- 25 seat for a rider
- 26 a U-shaped product made to protect a horse's hooves from wear

DOWN

- 1 a mouthpiece for controlling a horse on a bridle
- 3 the strap of a harness that passes behind a horse's haunches
- 4 a small bundle, as of hay or straw
- 5 simple jointed bit for a horse
- 6 leather sidepieces attached to a horse's bridle
- 7 the flaps on a saddle that protect a rider's legs
- 8 a loop of cord used to control a horse by drawing it tight about its upper lip
- 10 headgear for a horse, usually with a rope for leading
- 11 a band around a horse's belly
- 12 the back part of a saddle that slopes upwards
- 14 a strap to prevent the horse from carrying its head too high
- 18 an ornamental caparison for a horse
- 20 the raised part on the front of a saddle
- 21 a sharp spiked wheel fixed to the heel of a rider's boot to enable him to urge his horse on
- 24 riding harness for horses, such as saddles, bridles, etc

Answers on Page 35

Just Jokin' Around

Q: What would you put on a horse that was going out at night?

A: A *satellite*

Q: What do you get when you cross a horse with the house next door?

A: A *nei-ei-ghbor*

Q: What do you call a happy cowboy?

A: A *jolly rancher*

Rising star, Emily Vasquez, helped out with the FUN pages!!

A big thanks to Emily!



Word Search

B	A	F	O	B	S	F	A	O	U	I	E	L	I	BRIDLE
G	P	A	E	O	P	A	L	S	L	O	E	E	H	DRESSAGE
H	H	O	D	F	U	Y	S	A	L	H	G	O	B	EQUINE
L	H	H	O	D	R	N	L	E	N	K	S	R	B	FLANK
L	K	S	R	O	O	B	O	O	O	K	I	A	B	GALLOP
G	A	L	L	O	P	O	A	H	O	D	G	U	S	HAY
D	R	E	S	S	A	G	E	S	L	G	G	A	T	HOOF
L	E	L	D	A	G	L	Y	E	O	A	E	L	A	HORSESHOE
O	A	S	E	E	S	L	L	S	D	H	A	Y	B	POLO
A	S	R	R	S	H	L	Y	R	P	O	L	O	L	RODEO
L	E	E	Q	U	I	N	E	O	L	K	O	R	E	SADDLE
S	A	D	D	L	E	R	E	H	H	F	S	E	R	SPUR
O	R	L	R	R	L	F	O	O	H	O	O	U	A	STABLE
D	A	A	R	Q	D	Y	N	R	S	A	L	G	D	

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BLM Wild Horses & Burros, California:

wildhorseandburro.blm.gov

California Dressage Society, California: dressage.org

California State Horsemen's Association (CSHA):

californiastatehorsemen.com

CSHA Region 6: csharegion6.org

Disabled Equestrians: disabledequestrians.org

Horse Park at Woodside: horsepark.org

Horsensei: horsensei.com

Into the Light Horse Rescue and Sanctuary:

(facebook): [intothelighthorserescueandsanctuaryinc](https://www.facebook.com/intothelighthorserescueandsanctuaryinc)

Jasper Ridge Farm: jasperridgefarm.org

Los Altos Hills Horsemen's Association: lahha.org

Los Viajeros Riding Club: losviajeros.org

Mounted Patrol Foundation:

mountedpatrolfoundation.org

Mounted Patrol of San Mateo County: mpsmc.org

San Mateo County Large Animal Evacuation:

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National Center for Equine Facilitated Therapy

(NCEFT): nceft.org

San Mateo County Horsemen's Association:

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San Mateo County Sheriff's Mounted Search &

Rescue: smcmsar.org

San Mateo County Parks Volunteer Horse Patrol:

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Santa Clara County Horsemen's Association:

sccha.org

Santa Cruz County Horsemen's Association:

sccha.wildapricot.org

The BOK Ranch: bokranch.org

The Square Peg Foundation:

squarepegfoundation.org

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

whoa94062.org

Answers to Crossword Puzzle on Page 32

HORSES: Tack & Equipment



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