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SMCHA glitterati take center stage at the 2022 Annual Gala at the Elks Lodge, Emerald Hills Golf Course, in Redwood City.

Cowgirls' Quarterly

A Message from Your Presidents

Deb Alvarado, Sharon Butler, and Deb Vasquez



Moving Forward

Wow! 2022 has already been quite the year for us horse lovers in San Mateo County! Many events had to be canceled and horses isolated while EHV-1 infections rose. But, something extraordinary stood out amid all the chaos. Volunteers were out in force. Those whose horses were affected found that there truly was a village of helpers. Individual owners, trainers, ranch workers, ranch owners, and friends came through for those needing assistance and emotional uplifts.

Jenny Mize, a board member and past President of SMCHA, works for Steinbeck Peninsula Equine. She noticed a great need for supplies, like disinfectant and gloves at Webb Ranch. She approached the board with a request for funds to purchase these badly needed supplies, and everyone was unanimous in the decision to lend a hand.

To those who lost a horse, our hearts go out to you. There was a great cartoon that Chris Romano created for our Spring 2020 magazine, which seems so appropriate now. It says, "We are all in this together. SMCHA strong!"

As we move forward, we have planned a lot of fun events. We have a tea party, a spring ride, a summer campout at Jack Brook, a mini-seminar and dinner at the Jerry Tindell clinic, a microchip clinic, a movie night, and a fall riding clinic. There is something for everyone!

We want to hear from you! Have you especially enjoyed a function? Is there an activity you would like to help organize? Feel free to reach out to a board member to let us know! We welcome new people and new ideas. May the rest of the year be healthier for all humans and equines!



The San Mateo County Horseman Magazine

SPRING 2022

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ASK THE VET

Cribbing

By Dr. Greg Myhre, Myhre Equine Clinic, NH

Q: CAN YOU TELL ME WHY CRIBBING OCCURS AND IF THERE ARE ANY LONG-TERM NEGATIVE SIDE EFFECTS I SHOULD BE CONCERNED ABOUT?

A: Cribbing or Crib Biting is considered a behavioral stable vice. The horse will take hold of an animate object with their incisor teeth (front teeth) and by pressing down hard will arch their head and neck. They do this by contracting sternocephalicus and sternohyoideus muscles (ventral neck muscles). This occurs in varying frequencies depending on the individual horse's need and desire to crib.

Some horses are easily distracted and some horses seem to avoid all means instituted to prevent the cribbing. Some horses will also "wind suck", or swallow air during this cribbing. This air can accumulate in the intestine and can cause abdominal pain or colic. It is important to ascertain whether the horse is swallowing air and take needed precautions to stop the cribbing.

Usually a cribbing collar placed around the throat latch, and occasionally over the poll, will put pressure on the affected muscles thus making it uncomfortable for the horse to crib. These collars vary in form



from a leather strap, to straps with metal projections to increase the severity of the prevention. Surgical intervention should be reserved for those horses that do not respond to the cribbing collars.

In 1929 Dr. Forssell described a technique in which the muscles that attached to the hyoid bone were excised, thus preventing air swallowing. Since that time modifications of Dr. Forssell's technique have been described where less muscle has been excised, thus preventing any cosmetic damage. A neurectomy of the accessory spinal nerve has also been described and proven to be beneficial, however these modified techniques are not as efficacious as Forssell's technique



Ocular Squamous Cell Carcinoma

By Amy Young

Reprinted with Permission from: UC Davis Center for Equine Health

What is ocular squamous cell carcinoma?

Ocular squamous cell carcinoma (SCC) is the most common form of cancer to affect the eyes and eyelids of horses, and the second most common cause of cancer in horses overall (after equine sarcoid). The tumor arises in the outermost layer of skin, conjunctival, or corneal cells, with UV light (sunlight) exposure being a known risk factor. Horses that lack pigment in the skin surrounding their eyes (have white or pink eyelids) are at greater risk of developing SCC on their eyelids than horses with pigment around their eyes. Additionally, horses with a chestnut-based coat color appear to be at higher risk.

Tumors may grow rapidly and can spread to invade adjacent tissues, causing visual

impairment and destruction of the eye. Lesions typically occur in one eye, though both eyes can be affected. In a small number of cases, tumors spread to other organs such as the brain by growing behind the eye and along the optic nerve, or to the lungs through metastasis. Certain breeds, including Haflingers and Belgians, have a genetic predisposition to ocular SCC development, and a genetic risk factor has been identified. This risk factor also explains the only reported case in the Rocky Mountain Horse breed, two Connemara Pony horses with ocular SCC, and a Warmblood cross with cancer on the right eye. Further research has identified the causative variant at low levels in Holsteiners and Belgian Warmbloods, indicating that further evaluation in additional breeds is warranted.

What are the clinical signs of ocular squamous cell carcinoma?

Ocular SCC can occur in numerous different locations around the horse's

eye, including the cornea (clear part at the front of the eye), the conjunctiva (thin pink tissue covering the white part of the eye), limbus (where the cornea meets the sclera), the eyelids, and the third eyelid (also called the nictitating membrane). Lesions are often raised, have a rough appearance, and are pink in color when they arise from the cornea, conjunctiva, limbus, or third eyelid. Thick yellow ocular discharge may be observed. When the upper and lower eyelids are affected, clinical signs of ocular SCC often begin as small, red areas that may look like burns, bleed intermittently, and form scabs.

How is ocular squamous cell carcinoma diagnosed?

A veterinarian may suspect ocular SCC if a horse has a raised, pink mass or ulcerated lesions around the eye. However, other conditions, such as summer sores (cutaneous habronemiasis), can look like SCC. Therefore, histologic analysis of a biopsy from the affected area is required to confirm a diagnosis of ocular SCC.

How is ocular squamous cell carcinoma treated?

Treatment options are determined by the size and location of the tumor(s). Smaller lesions are generally easier to

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SMCHA TRAILBLAZER: Carol Estep

Part 1 of 3

Burlingame is my hometown. My parents bought a house on the Carolands estate in Hillsborough in the late 40s. Carolands had a chateau, an estate barn, and five houses sitting on 550 acres of land at different locations. I used to hike over to the barn from my house. I feel so grateful to have had the opportunity to ride on that land! At the time, San Mateo County had a lot of open space and many fancy estates: Mills, Crocker, Howard, Taubes, Henderson, etc. It was so much different than today.

My family was middle-class. My father had an automobile body and paint shop in Burlingame; he was probably one of the biggest independents on the Peninsula at the time. My mother also had a knack for real estate. She worked with a man we called Old Man Warlock; he was a contractor, a self-made man who did the remodeling.

After the war, you could buy a house for a thousand dollars down. The two of them would purchase homes with the goal of remodeling and selling for a profit. If you took an old house, added bay windows, updated the kitchen, and cleaned up the bathroom,

you could turn around and sell it for a profit of \$10-\$15 thousand.

The lot next to our house in Burlingame was empty, so my mom had it plowed and farmed. We had our very own Victory Garden. During the Second World War, you couldn't get products because the trains were being used by troops, and there were all military lockdowns throughout the United States. People did not travel freely at the time, and even if you wanted to travel, gas was not available. So, to save energy and help the war effort, Victory Gardens enabled people to grow their own vegetables and fruit trees.

At the Carolands Estate Barn, I befriended Roy Schweninger, who cared for the horses. Roy's dad, Gene, used to give lessons, too, but I never even got on a horse until after I was there for at least 18 months. Instead of riding, I learned barn basics like watering the stalled horses twice a day, which meant leading them out to the water trough. While the horses were drinking, I'd clean the stalls. I also learned to groom and saddle up the 4 lesson horses, but I was not allowed to ride. I used to sit and watch Gene teach, and they said I'd learn



by watching. And so I did!

One day, Roy decided it was time for me to get on a horse to see if I could ride. From that moment on, he'd say the way to gentle a horse was to put Janet on it! And, of course, this was all using his saddle, which was much too big with stirrups much too long.

If you looked across from my house over to the Crocker Estate, you'd see a hillside with about 200 head of cattle in Hillsborough. Mrs. Roth, who owned Filoli's, also had Why Worry Farm and property up on Skyline. She allowed us to run cattle on her

Continued on Page 30



Janet riding with her grandfather.

THE BIOLOGY OF **HORSE COLORS**



Both horses have functional MSH Receptors. Which horse also makes functional ASIP?

Part One

By Betsy Hart

Horses, as we know, come in a wide variety of colors and patterns. Bay, black, chestnut, gray, palomino, the list goes on and on. What are all the colors, and how exactly do they develop in horses? What about spots and other patterns?

After thinking about how to present horse color biology, I have decided to start by going into detail on three basic horse colors— black, chestnut, and bay. Understanding the molecular mechanics behind these three colors can help you understand how all colors of horses work and are inherited from their parents. So after doing our “homework” today with these first three colors, I’ll talk more next time about the rainbow of horse colors and patterns. Bear with me!

I’ll start with how a black horse ends up being black.

Horses are colored because they have pigment-making cells in their hair roots that put the color into their hair. Horses can only make two colors - black and red, and this is an essential fact when learning about horse colors. There are only two colors (we will not address white horses today; white just means neither black nor red got into the hair).

Each pigment cell can make either black or red, but they “default” to make the red color. If the cell gets a signal from a hormone in the blood called MSH (Melanocyte Stimulating Hormone), it will not make red— it will make black, instead. This is basically what happens in a black horse all over its body.

A black horse has its MSH going around the bloodstream and to each pigment

cell. The MSH will fit into a special MSH Receptor on the outside of each pigment cell, like a key into a lock. The MSH Receptor’s lock part pokes out of the cell, but it also has a part located inside the cell. Once the MSH “key” is attached to the outside, it triggers many changes inside the cell that shift the cell’s machinery over to making black pigment instead of red. The result is a black horse.

Chestnut is the second color I’ll talk about today. Why is a horse chestnut? Because its MSH Receptors don’t work! A mutation in the receptor changes its shape, and now that MSH “key” doesn’t fit into the lock. So as the MSH hormone gets to the hair pigment cells, they don’t fit into the mutant receptors, and the cells never switch to making black. They only make the red. Some chestnut horses can be quite dark, but it’s still just red pigment

coloring their hair. Without that working MSH Receptor, there will not be a single bit of black pigment.

Now that you know about the MSH Receptor and its role in making a black horse black and a chestnut horse chestnut, I’ll talk about bay horses. A bay horse has a red/brown body and black points (mane, tail, lower legs, ear tips.) What’s going on here?

Bay horses, just like black horses, have functional MSH Receptors over their whole body. But, what makes a bay horse different from a black horse is a different molecule called ASIP (Agouti Signaling Protein). The horse makes ASIP in its skin and reaches nearby hair pigment cells. But the horse only makes ASIP on its trunk— not its mane/tail/legs/ears. ASIP is an MSH Blocker! ASIP sticks over the lock part of the MSH

Receptor but doesn't trigger the changes inside the pigment cells that switch the cells over to black instead of red. The MSH can't fit into the receptor because the ASIP is stuck over the "lock," so that part of the horse ends up red. The MSH signal goes through just fine on the parts of the horse that don't make ASIP, and those parts end up black. Hence, you get a bay-colored horse.

Now let's address black horses. Black horses have a mutation in their ASIP genetic recipe. They make defective ASIP that doesn't work to block the MSH. That's what makes a black horse different from a bay horse. Both bay and black horses have black manes/tails/legs/ears because there is never ASIP there, but black horses are also black on their bodies because the ASIP they make doesn't work. Does this make sense?

You may be wondering about



A chestnut horse has mutant, non-functional MSH Receptors so they only make red hair pigment.

darker bay horses. There are more genes than just the ASIP at work, and scientists are still not exactly sure what they are. But part of the difference between the shades of bay horses is that horses can inherit one regular (bay)

and one mutated (black) ASIP gene— one from each parent. If a horse has one "bay" gene and one "black" gene, a little of the black pigment develops in the trunk hairs and darkens the bay color.

Now that you have a deeper understanding of black, chestnut, and bay horse color biology, it will be easier to understand the genetics of the other horse colors. We'll tackle this subject in the next issue of SMCHA magazine!

An advertisement for Half Moon Bay Feed & Fuel Co. The background is a red barn building with white trim. The text is as follows:

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The advertisement is framed by a decorative gold border at the top and bottom.

Woodside is Horse Country

By Dick Brown

Mayor, Town of Woodside

Horses and the equestrian lifestyle that comes with them are the heart and soul of Woodside. The Town of Woodside's General Plan explicitly states that a goal of the Town is to protect, maintain and expand the equestrian trails. Today the Woodside trail network is over 40 miles and is like a series of arteries feeding the Town of Woodside.

The Town of Woodside was incorporated in 1956 with the stated goal of preserving Woodside's rural character. This concept of maintaining a rural character has been a constant since the construction of the early estates and rustic retreats in the late 1800s and early 1900s. Our Guiding Principles incorporate Community Character and support for the equestrian heritage, lifestyle, and facilities of the Town as our unique and defining attributes.

My job as Mayor of Woodside is to maintain this Woodside character. I do this by working with our two Town of Woodside Equestrian Standing committees: the Trails Committee and the Livestock and Equestrian Heritage Committee. They are an integral part of Town planning and implementation and a constant reminder of how important the Equestrian community is to the Town. These groups of volunteers meet regularly to determine opportunities to grow our trail system and identify roadway, fencing, barn, and best practices for equestrians.

Our building permitting process is difficult for some because our Planning Department insists that projects retain our rural character in project design and scope. Barn structure, horse-safe fencing, and horse-friendly paving regulations are commonplace discussions, as are wildfire safety evacuation routes and roadway widths for horse trailers.

My family history goes back to 1853 when my ancestors moved to Solano County and began cattle ranching, eventually running a 3000-acre ranch that included cattle, horses, and sheep. I grew up working on my grandfather's ranch in Dixon, where I learned what it means to get up early, fix fences and take care of the animals.

College at UC Davis was an obvious path for me, where I could wake up each morning to the smell of hay and animals and say HI AGGIE to other students. It was a very peaceful, unspoiled lifestyle for a student in the late 60s. Then I went to graduate school in Business at UC Berkeley. What a



culture shock! A career in business and raising a family in Atherton took me away from my Aggie roots, but my wife (also an AGGIE) and I decided to relocate to Woodside 11 years ago. We wanted to get away from the frantic pace and high-pressure cooker of life in Silicon Valley and return to the more rural lifestyle we enjoyed so much.

When we turn off Highway 280, going west toward Woodside, we feel a sense of calm and release a sigh of relief when we see the Pioneer Inn sign at the top of the rise and then the "Spring" and "Sprite" horse sculptures overlooking the Town Center. How many cities and towns can be defined by horses tied up at a hitching rail in front of Bucks, Roberts Market, and Independence Hall, horses walking down tree-covered country roads, a rodeo, and equestrian activities in every corner of the Town?

Woodside has been the center of equestrian activities on the Peninsula since the early twentieth century. The current trail system started in 1931 and was expanded considerably when Huddart Park and Wunderlich Park were donated to the County of San Mateo. The Mounted Patrol of San Mateo County holds an annual Junior Rodeo in July that attracts competitors and visitors from all over Northern California and beyond. The Woodside Area Horse Owners Association (WHOA) holds an annual Day of the Horse event, which includes a Progressive ride through the community. WHOA also operates the Born Again Barns and Back in the Saddle (BITS) program to assist people

who want to get involved with horses on any level. The National Center for Equine Facilitated Therapy performs Equine Facilitated Therapy for special needs persons. The Junior Riders, Woodside Vaulters, and Pony Club cater to young riders, and a wide variety of activities such as eventing, dressage, jumping, vaulting, polo, and trail rides can be enjoyed in the Town.

Woodside residents strongly support the equestrian community through donations to support WHOA, the restoration of the historic Folger Stable, and contributions to maintain the trail system and build bridges for stream crossings.

Looking forward, I think the challenge for the equestrian community is to attract horse people to move to the Peninsula and raise their children in an equestrian lifestyle. The cost of homes and living on the Peninsula is a challenge, as is housing and upkeep for horses. In my view, there are only a few communities in the US that have equivalent equestrian facilities and lifestyles, and we should be promoting what makes us special. Silicon Valley and our other Tech industries attract people from around the world to the Peninsula. They can afford the cost of homes and living and can afford the upkeep required for an equestrian lifestyle. Importantly, they want the peace and quiet and relaxation that comes with riding a horse. That is what Woodside and other equestrian communities on the Peninsula have to offer that sets us apart.

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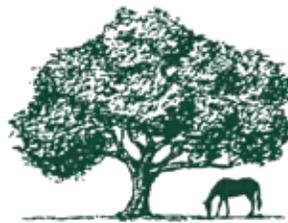
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UnBelizable!

By Sharon Butler and Deb Alvarado

While in Belize, one does not just enjoy the beautiful beaches and incredible snorkeling! As we found out, you can take the girls out of the country, but you can't take the country out of the girls. A few of our SMCHA members traveled to Belize recently, and three of us just had to go on a wonderful trail ride while staying in Placencia. We enjoyed riding through coconut and Valencia orange groves and up a mountain where we saw a Toucan, a beautiful waterfall where we could swim and get a free pedicure from the minnows. The vegetation was varied, and our two guides were amazing and incredibly knowledgeable about plant and animal life. The horses were well cared for and pleasant to ride. While in Belize, go for a ride; it will be UNBELIZABLE!



Deb, Sharon and Jan went horse riding!

From Left to Right: Alison White, Sharon Butler, Deb Alvarado, Claire Butler, Marcy Rosenberg, Tanya Rebarchik, Jan Lazzara, Adeline Forrest.

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GETTING TO KNOW THE SAN MATEO COUNTY LARGE ANIMAL EVAC GROUP

SUPPORTING OUR COMMUNITIES SINCE 2008

By Renee Wheeler, Robin Camozzi

Welcome Spring! With winter behind us and sunny days ahead, it's a great time to revisit that list of barn chores and start taking stock of all the possibilities the new season brings. The San Mateo County Large Animal Evacuation Group (SMCLAEG) is here to help! From big barns to hobby farms, we are always available to lend a helping hand (or hoof!)



Our team's mission is to provide evacuation services and safe shelter for farm animals in the event of natural disasters and countywide crises. Working in conjunction with the San Mateo County Department of Emergency Management, we also partner with first response teams and groups such as CERT (Community Emergency Response Team), HAM organizations, livestock ranchers, boarding facilities, and individual farm owners to ensure that large animals are transported and held in safe locations away from harm.

Did you know that SMCLAEG evacuated more than 1,500 animals during the CZU Lightning Complex and transported them to safety?



A lot has happened within our organization since then!

SMCLAEG is now a fully operational 501c(3), and we report directly to the County of San Mateo Health – Public Health, Policy & Planning. Through the generosity of our donors, we now have two Operational Trailers, one Water Trailer, several portable lightweight pens, and we will soon be building out and outfitting those trailers with other much-needed supplies.

Our ongoing member training offers regular sessions in Animal

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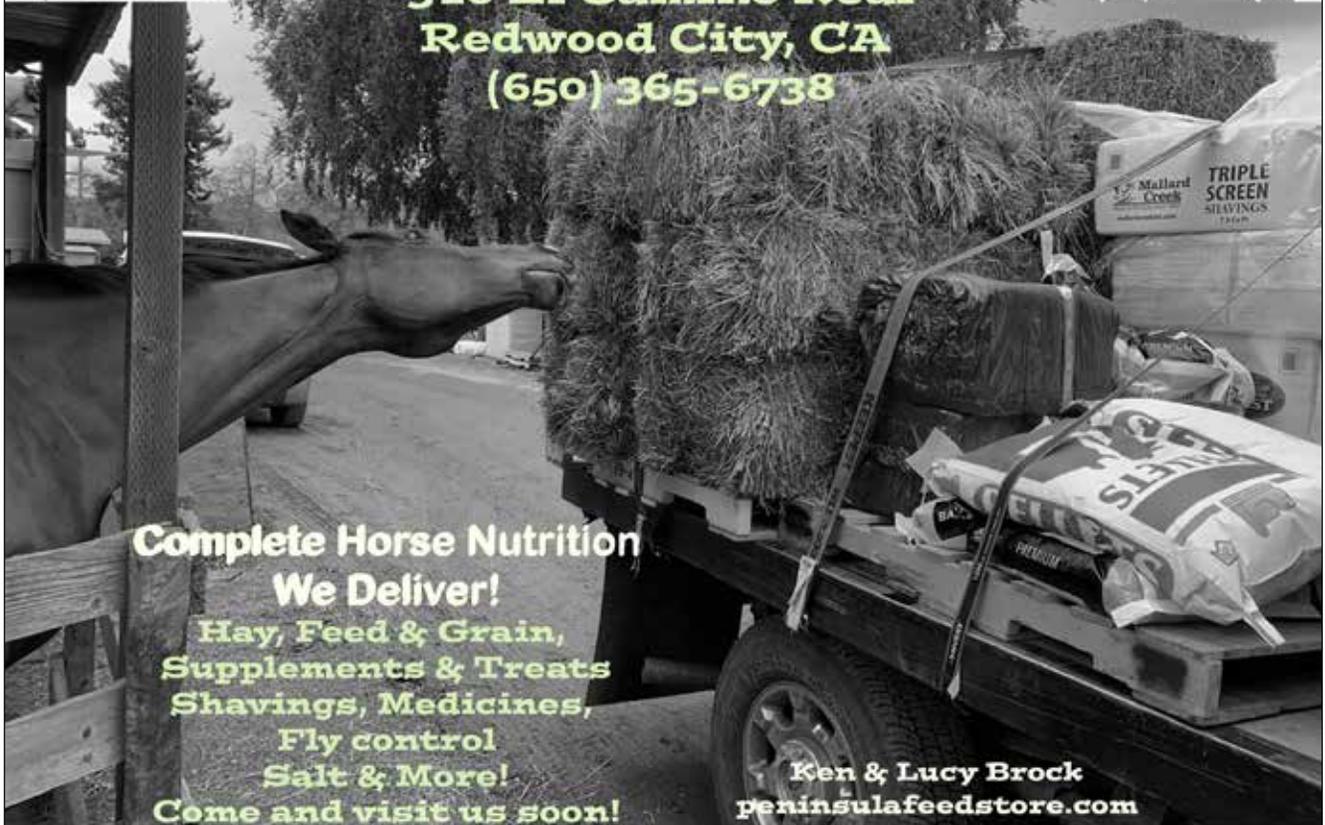
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Ocular Squamous Cell Carcinoma

Continued from Page 5

treat. Unfortunately, many tumors are large by the time they are noticed, especially if they are located on the third eyelid, which can be difficult to see. The longer the tumor is present, the more likely it will invade surrounding tissues, and the more difficult it becomes to treat. Surgery can be performed to remove the tumor, but recurrence rates have been reported to be as high as 83.3% in the absence of adjunctive therapy (treatment in addition to surgical removal of the tumor). Adjunctive therapy options include chemotherapy (creams and injectables), radiation therapy, photodynamic therapy, and cryotherapy (freezing). In some cases, ocular SCC can be treated in the field, though horses with large tumors should undergo an advanced diagnostic imaging technique called computed tomography (CT) to determine the full extent of the tumor prior to surgery. Horses with large or invasive tumors may require removal of the affected eye.

What is the prognosis for ocular squamous cell carcinoma?

The prognosis for horses with ocular SCC depends on a variety of factors including the size and location of the tumor. If tumors are identified early, there is typically a good chance that a horse may be treated such that they do not need to have the eye removed. For horses with extensive tumors, it may be necessary to remove the eye in order to fully remove the tumor, and this can sometimes be a life-saving procedure. If a tumor is extensive enough that it has invaded the underlying bone, prognosis for life is poor.

How can ocular squamous cell carcinoma be prevented?

A genetic mutation for ocular SCC in Haflinger (pictured here), Belgian, and potentially the Rocky Mountain Horse breeds has been identified.



Researchers at UC Davis discovered a variant in the damage-specific DNA binding protein 2 gene (DDB2 for short) that has been identified as the causal risk factor for ocular SCC in several breeds. The function of this gene is to repair DNA that has been damaged by UV light. Horses with two copies of the

Take Aways:

- Ocular squamous cell carcinoma (SCC) is the most common form of eye cancer in horses.
- UV light exposure is a predisposing factor for ocular SCC development.
- Ocular SCC can cause visual impairment or blindness and can be life threatening.
- Early detection of tumors may lead to a more successful outcome.
- A genetic risk factor for ocular SCC has been identified in breeds including Haflingers, Belgians, Rocky Mountain Horses, Holsteiners, Belgian Warmbloods, and Connemara Ponies.
- A DNA test is available to identify at-risk horses from these breeds and can help to inform breeding and clinical management decisions.

variant (homozygous) are at increased risk of developing ocular SCC compared to horses with only one copy (heterozygous) or no copies of the variant. Approximately 80% of the cases in Haflinger and Belgian breeds were homozygous for this risk variant. Therefore, this risk factor does not explain all cases of ocular SCC and it is likely that additional genetic risk factors are contributing to cancer in these and other breeds.

Owners can use the DNA test available through the UC Davis Veterinary Genetics Laboratory to identify horses that are at higher risk for ocular SCC development and take precautions to protect them. It is advised that homozygous horses have routine eye exams performed so that tumors are caught early. Additionally, these high-risk horses should wear UV-protective fly masks and be stabled during peak sunlight hours. The test can also be used to help breeders of Haflingers, Belgians, Rocky Mountain Horses, Connemara Ponies, Holsteiners, and Belgian Warmbloods make informed decisions when selecting breeding pairs and avoid producing horses that are at risk of developing ocular SCC.

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SMCHA Gala 2022

On April 23, 2022, the SMCHA held its Annual Gala at the Elks Lodge, Emerald Hills Golf Course, in Redwood City. After a 2-year hiatus, approximately 100 people attended the Gala to celebrate Don Pugh, Horseman of the Year 2021, and Elizabeth Ouellette, Horsewoman of the Year 2020.

It was exhilarating to finally have a gathering of the equestrian community where folks could mingle, catch up, meet new people, embrace old friends, and dance the night away! Crystal Springs Catering served a delicious meal, and the Woodside bakery donated a to-die-for chocolate mousse cake. Thank you to Cheryl Basin and SMCHA committee members Sharon Butler, Mariangela Sonstegard, Ceci Ellis, Christine Friis, Deborah Vasquez, Adeline Forrest, Tanya Rebarchik, and Carin Zeller for their hard work and dedication to making this a fabulous evening.

Mark Kaye was our DJ, and he kept everyone bopping on the dance floor until 10:00 PM. Martha Greene and Krista Kahl creatively captured the spirit of the evening with stunning photography! They were clicking away all evening, so we hope you love their photos as much as we do.

Photos by Krista Kahl



The Art of Equestrian Vaulting

By Krista Kahl

Equestrian vaulting is one of the most popular and fascinating of all horse sports to watch because it involves sophisticated dance and gymnastics moves on a cantering horse. It's one of the six FEI (Fédération Equestre Internationale) disciplines, and its beginnings go as far back as 2000 years ago to the ancient Roman games. Stone paintings from around 1500 BC depict horses with people standing on them, artwork from ancient Crete shows riders performing acrobatics on bulls - "bull leaping" - and athletes doing "artistic" riding in ancient Olympic Games in Greece. Vaulting also has origins in the ancient military, where commanders saw vaulting as a way to help soldiers be more adept at wielding weapons while on horseback.

During the Middle Ages and into the 17th century, knights and nobility used it as part of their education and to show off wealth. This sport was known as La Voltige in France, Voltaggio in Italy, and Voltieren in Germany.

Vaulting became of interest after World War II as a way to get children into riding. American dressage legend, Elizabeth Searle, was first exposed to vaulting during a trip to Europe in 1956. Upon her return to the US, she shared her knowledge with her Santa Cruz Pony Club, and in 1966, Searle and J. Ashton Moore founded the American Vaulting Association (AVA). It quickly became popular, and by 1983, vaulting was officially recognized by the FEI. The first European Championships were held in Austria, and the first FEI World Championships were held in Switzerland. Vaulting competitions are staged at the World Equestrian Games.

For vaulting, horses need to be larger and heavier with a calm, steady temperament. These horses tend to have a smoother gait and the necessary strength to support multiple athletes, as in the pas de deux (2 people) or team of vaulters (up to 6 athletes) with 3 on the horse simultaneously as they rotate through the routines. Generally, vaulting is one of the best ways to become introduced to horsemanship since it helps beginning riders understand the true movement of a horse. It can improve the confidence of jumpers, polo players, equestrians, eventers, and even western riders. Plus, it's not just for females! Many vaulters are male in Europe and across the US, especially in pas de deux and team competitions. Just take a look at YouTube. Type in word championship vaulting, and you will be blown away by the number of male vaulters. Vaulting can turn a docile, fearful youngster into a daring and confident adult.

In Woodside, there are a few vaulting clubs: Pacific Coast Vaulting (with amazing world champion vaulters), Mount Eden Vaulting Club, and the largest one being Woodside Vaulters, located at the Horse Park. They have 2 arenas, a large barn for the multiple horses, and a gym equipped with barrels and various apparatus for strength training necessary for the athletes.

Woodside Vaulters has beginnings going back over 30 years. Linda Bibbler was a jumper, and her daughter, Isabelle, practiced gymnastics. Linda saw an article about vaulting, and at age 6, at Sundance Vaulters, Isabelle found her calling. Along with Susie Bors, her parents decided to start Woodside Vaulters, which has become multi-generational. Each club has a great story behind it, with international champions.



Sidd and Adagio at Demo Day 2022.

Linda became very involved with USEF (US Equestrian), and after Isabelle reached the highest level of competition, she too got involved in coaching. In 2018, USEF announced the appointment of Isabelle Bibbler Parker to the newly created position of Vaulting Director of Performance. According to a press release from US Equestrian Communications Department, "She brings 35 years of experience as a vaulter, coach, club manager, USEF committee member, and American Vaulting Association judge." She is, essentially, a vaulting rock star.

What makes vaulting so unique in a world of so many varieties of horse sports? To begin with, you don't just hop on and ride with the typical saddle. Vaulting requires a special apparatus called a surcingle or a wide leather band with handles strapped just behind the withers with a foam pad to keep it in place and a thick gel pad to protect the horse's back.

For vaulting, a lunge keeps the horse cantering in a 15-meter minimum circle while the vaulter runs toward the horse and jumps with both feet using the upward momentum to swing the hips and legs up and over the horse's back into a seated position.

Continued on Page 31

Equine Herpes Virus (EHV): Goodbye and Good Riddance!

In April, Webb Ranch hosted a party for boarders and staff who worked so hard to keep Equine Herpes Virus outbreak under control. Bonnie Bertetta sums it up well in the following speech she gave at the party!

Today we are gathering to celebrate and honor one of our own stars, Webb's Summer Hensley. Summer stepped up to the plate and took on one of a horseperson's biggest jobs. Facing an EHV outbreak at Webb, she took control of 200 horses and approximately 100 owners and pulled it all together. She put a mitigation plan in place, held us all accountable, and rewarded us for our good behavior by having this party.



Summer and Nate did a fabulous job keeping EHV under control at Webb Ranch.

As many of you know, I own a skilled nursing facility. We all went through Covid. When the virus hit, it seemed like we were starting Covid all over again, but now it was affecting our horses and the virus was called, Equine Herpes Virus. Many of us went to our computers and consulted Dr. Google to find out what EHV would mean for our horses and how to treat it.

In the meantime, Summer put her mitigation plan together. It consisted of this:

- Test any horse with a fever for EHV,
- Identify the potential for the virus by taking temperatures twice a day,
- Isolate the horse in its stall while awaiting test results.
- Quarantine 14 days in the temporary barn for horses testing positive,
- Inform the owners and leasers daily with a status report.

This mitigation plan is like the one used in skilled nursing and acute hospitals. Summer followed her plan to the letter, and the owners, horses, staff, and community followed suit. Everyone obeyed the rules she set in her mitigation plan, and we achieved the reward. After two months,



Bonnie Bertetta gives her speech.

Webb Ranch is virus-free.

As all things go in medicine, the unexpected can always happen. That is why we all need to follow precautions, listen to our horses and adhere to the protocols to remain free of the virus. We have all learned a valuable lesson, and we can count this as a learning experience and move forward.

Here's to Summer, her team, and all the borders! Congratulations on a job well done!



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Mounted Patrol Foundation

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Supporting and Promoting Equestrian Activities



The Mounted Patrol Foundation believes that horses and equestrian activities have helped create a vibrant, healthy community in Woodside, California and the surrounding area.

The Mounted Patrol Foundation seeks to honor this legacy by continuing to support, maintain, develop and encourage equestrian facilities, activities and heritage in the town of Woodside, the county of San Mateo and the state of California. Our vision also includes the preservation of horse habitats and trail systems to provide both opportunities and environments conducive to the enjoyment of horses for horse owners and the public at large.

**Celebrating the 10th anniversary of completion of
the All Weather Trails
in Huddart and Wunderlich County Parks**

Huddart Park - 5.5 miles - 2008-2009

Phase 1 - Lower Loop - November 2008 - 2.74 miles \$30,000

Phase 2 - Upper Loop - October 2009, 2.4 miles \$30,000

Wunderlich Park 2011 - 2012

Phase 1 - Lower Loop May 2011 - 1.4 miles - \$18,450

Phase 2 - Upper Loop November 2012 - 1.44 miles - \$27,470

Many thanks to all the generous donors who made these projects possible. Thanks to San Mateo County Parks for their support and effort. And appreciation to Yakima Construction, who hauled, placed and compacted 3,500,000 pounds of base rock. The trails are still in great shape and can be ridden all year long.

CURRENT PROJECT:



Young riders in the third session of Trail Rides for Youths program, from left to right is: Alondra, Diana, Evelyn, Mia, Emily, George.

Sheriff's Activity League – Trail Rides for Youths

This is an exciting new program continues with sessions in February and March. We would like to expand it through the summer and are seeking donations to enable more youths to enjoy horses. Read more about it on the website.

Please help support this program by using this link: <http://www.mountedpatrolfoundation.org/DonateNow.htm>.

Check out our website for more information on these projects and history on others.

www.MountedPatrolFoundation.org



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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

Happy 92nd Birthday to our dear friend Ramona Martinez! Ramona rode her horse, Whiz, a 23-year-old Arabian gelding until she was 90 years old! Ramona joined SMCHA in 1969, which means she's been a member for over 70 years! Thank you Ramona and we hope your birthday was magical!



Aleta Reed and Linda Menon, longtime SMCHA members, lost their beloved Ty this past January.



News from Caroline Mameesh: My fiancé, Bryce, and I went to Old San Juan, Puerto Rico and Vieques Island in late March. We only stayed in Vieques for 21 hours. Of course... I had to pack a trail ride into those 21 hours (how could I go this entire 9-day trip without horses?). We rode along some of the most beautiful white-sand beaches in the world with horses unafraid of the crashing crystal blue waves. At one point, the trail guide – who I was directly behind – said to “hang on” since the horses were going to “gain speed” up a hill. Being a trail company that accommodates lots of tourists who've never been on horseback before, I thought she meant the horses would mosey up the hill, maybe pick up a relaxed jog. Wrong. My horse, Abbey, bolted up that hill as fast as he could, reminding me of the little spit-fire Arabian at home I was missing. What a trail ride it was!



Our very own Nora Grenager, DVM, who now lives in Ireland with her husband, David, her daughter Sally and dog, Riley, has just published this phenomenal book: *Comparative Veterinary Anatomy: A Clinical Approach 1st Edition*. This is the culmination of 6 years' worth of work, countless hours of editing, late night check-ins with publishers and editors. Congratulations! Available on Amazon.



Bob Rosenberg writes:

After 12+ weeks after knee replacement surgery, I'm at 95% - the knee hurts only on tall stairs. When I came home from surgery, there was a clear plastic bandage over the 10-inch-long vertical incision. Its red line was very bright. But, there were also two-inch red lines going horizontally every inch down the entire incision. It turns out that those lines were merely ink - written there so the surgeon could realign the skin properly when sewing my leg back up. Pretty low tech, huh?



For the safety of all, cyclists must slow down and yield to everyone. Runners, hikers and dog walkers must yield to equestrians. We ask that everyone please take extra care around horses, and to especially keep dogs on-leash and under control. When you encounter someone else on the trail, be friendly and kind (and say hello!). Let's keep everyone safe on the trails.



Intriguing Horse Facts

By Jaymi Heimbuch

www.treehugger.com

Horses have existed for 50 million years. Our own human history has been greatly shaped by our partnership with these creatures, and they have been shaped by us as well; since domesticating the horse 6,000 years ago, humans have created hundreds of horse breeds used for everything from racing and war to plowing and pulling carts and carriages.

In honor of the great horse, here are 6 fascinating facts you never knew about them.

1. They Are Related to the Rhinoceros.

Horses are members of the genus *Equus*, which is considered the only extant group in the horse family. The genus includes not only the domesticated horse (*Equus caballus*) but also the Przewalski's horse, zebras, and asses such as donkeys.

But they are not the horse's closest living relatives. As an odd-toed ungulate, the horse is closest related to the similarly hooved rhinoceros.

2. Arabian Horses Have a Unique Build

Arabian horses stand out for their historical importance, particularly to the culture and lives of desert tribes in the Middle East. But they are also distinct from other horse breeds because of their unique build. Arabians have a greater bone density than other horses, and they also have a shorter back with one fewer lumbar vertebra. Additionally, Arabians have one fewer pair of ribs, and their ribs are set wider apart. And while they are known for carrying their tails high like a flag behind them, that may have less to do with high spirits and more to do with having two fewer tail vertebrae than other horse breeds.

3. Ponies and Miniature Horses Are Different

All miniature horses are ponies, but not all ponies are miniature horses. Any horse that is shorter than 14.2 hands (58 inches) at the withers qualifies as a pony. According to the American Miniature Horse Association, miniature horses must be no taller than 34 inches, which puts them squarely in the pony category in addition to being their own group.

However, many enthusiasts consider miniature ponies to be a distinct breed of horse because they maintain standard horse body proportions, unlike ponies that have shorter legs, longer bodies, and an overall stockier build.

4. There Is Only 1 Truly Wild Horse Species

There is only one subspecies of horse that is truly wild, not feral: Przewalski's horse. It's had a narrow brush with extinction and is listed as endangered on the IUCN Red List.¹

However, there have been worldwide efforts to bring this horse back from the brink. Just one example is the Foundation for the Preservation and Protection the Przewalski Horse; it worked for almost 40 years on breeding strategies and ultimately released over 350 horses in Hustai National Park in Mongolia.

5. They Have Muscular Ears

Horses' ears may be small, but they are mighty. Each ear



contains 10 muscles (compared to humans' three) and can move 180 degrees, from facing directly forward to directly backward. They can also distinguish and identify distinct sounds by directing their hearing to specific areas.

Horses also use their ears to communicate, such as by pinning them back to indicate anger or for guidance. In a 2014 study by the University of Sussex, horses were found to make decisions based on where another's ears were pointing, telling us that the animals may use their ears to direct each other.²

6. Horses are smart creatures, and there are studies to prove it.

Research published in 2012 found that horses use input from several senses to identify – and remember – people. The horses were able to distinguish between a familiar and unfamiliar human by their voices alone (without using sight or smell). The horses could also do the opposite, telling the difference using just the sight and smell of the people, not hearing their voices.³

Meanwhile, the Equine Research Foundation has disproven an assumption about horses that they cannot transfer information between different sides of the brain. Their study found that horses were easily able to employ this skill of interocular transfer, recognizing objects with one eye that they had learned about with the other.

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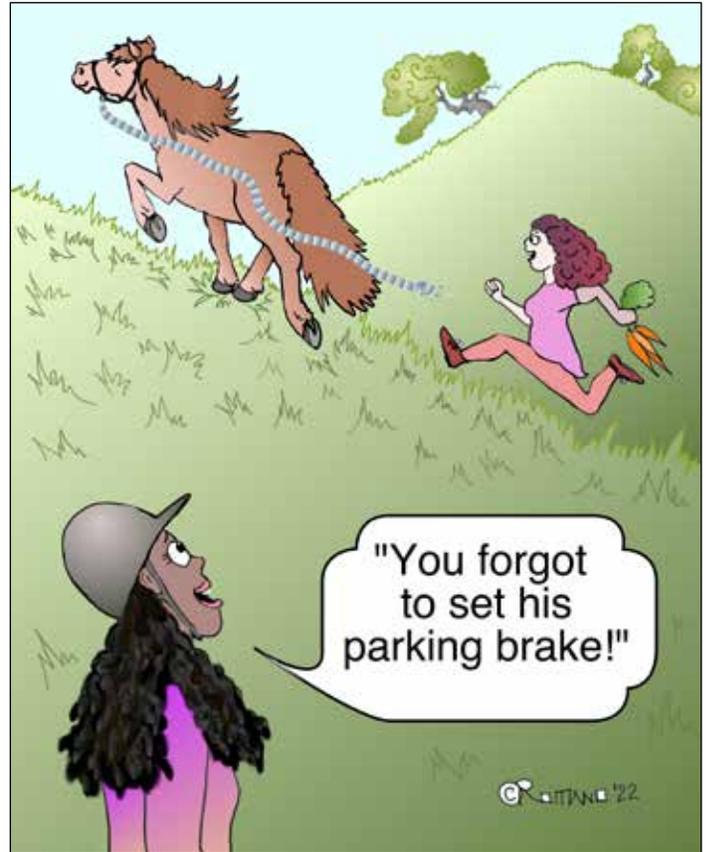
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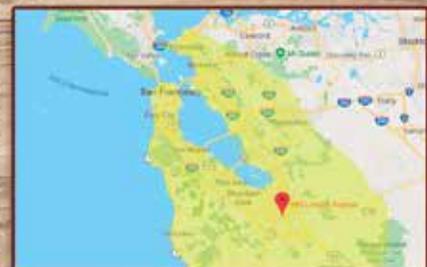
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Menlo Charity Horse Show Celebrates Its 50th Anniversary

By *Caroline Mameesh*

Images courtesy of Alden Corrigan Media.

After a two-year pandemic hiatus, Menlo Charity Horse Show (MCHS) returns for its 50th-anniversary. The event will take place August 9-14th at the Menlo Circus Club in Atherton.

The Menlo Charity Horse Show is a 501(c) (3) organization that began in 1970 as a one-day horse show. It has a history of hosting world-class equestrian competitions while raising funds for charities, including Planned Parenthood, Amigos De Las Americas, and, currently, Vista Center for the Blind and Visually Impaired.

Vista Center was founded in 1936 and serves as a leading resource for those suffering from vision loss in San Mateo and surrounding counties. Vision loss or impairment does not have to mean the end of a remarkable life; Vista Center works tirelessly to promote independence and improve the quality of life of individuals in our community. MCHS has contributed over \$7 million to Vista Center so far, and, with the support of community members like you, we can continue to contribute to this meaningful organization.

MCHS is proud to have been designated a USEF Heritage Competition in 2012. USEF has over 2,000 recognized shows in the US, of which only 33 are heritage competitions. The designation of heritage competition is only for horse shows that have made a significant contribution toward the development and promotion of equestrian sport within the broader community. As fellow members of the horse community, the 150+ committee members invite you to share in the celebration of sport and 50 years of philanthropy.

Enjoy nightly events and the excitement of show jumping combined with entertainment, including dinners, wine, and beer tastings. Horse show highlights include the \$25,000 USHJA International Hunter Derby Presented by Dr. Daryl K. Hoffman, M.D. on Thursday, the \$10,000 Rhys Vineyards Ryman memorial Speed Class on Friday, the \$50,000 Stephen Silver Grand Prix on Saturday night, and the 50th-Anniversary Gala.

There's something for everyone at the Menlo Charity Horse Show, whether you love horses or not, so bring your friends! We hope to see you at the show.

Questions about the show? Shoot me an email at cmameesh425@gmail.com.



Winner of the \$40,000 Stephen Silver Grand Prix—Harley Brown & Mylord Cornet.



Winner of the Rhys Vineyards Ryman Memorial Lowlands Speed Class Cassio—Rivetti and Dakota of the Lowlands.



Brooke Morin with For Fun (L) and Avery Glynn with King of Hearts (R).

Microchipping is NOT Enough!

Is your horse microchipped and registered?

95% of the microchipped horses in San Mateo County are not fully registered, registered incorrectly, or have incorrect/outdated owner information.

If your horse is lost/displaced, will your chip information lead your horse back to you?

Without accurate chip information, we cannot connect you with your horse. Horses that change owners can still have the old owner information.

What can you do now?

- Contact your veterinarian to install a new chip, or read the chip already installed for your chip number.
- With a newly installed chip:
 - Register the animal by accessing the manufacturer's database or registry. Enter the requested information as completely as you can. (Your Veterinarian WILL NOT register the chip after installation. It is the owner's responsibility to register the animal and keep the information updated).
- With an old/previously installed chip:
 - Search the chip number on AAHA.org to find out which manufacturer to contact.
 - Access the manufacturer's database or registry to check the information associated with the chip number provided by your Vet or the Chip Reader. Enter/update the requested information as completely as you can. (Your Veterinarian DOES NOT register the chip after retrieving your number. It is the owner's responsibility to register the animal and keep the information updated).
 - Allow SMC LAEG to keep your information in their secure local database by filling out their form. C
 - **A Chip Clinic is in the works for Saturday, September 24. Details are coming soon!**

Many horse owners have expressed growing concerns about the impact of wildfires in our state, and many are looking for ways to protect their animals if evacuation services are required. San Mateo County Large Animal Evacuation Group, San Mateo County Horseman's Association, Woodside Mounted Patrol Foundation, and Woodside Horse Park strongly encourage owners to consider microchipping their horses, donkeys, and other equines before a disastrous event. We are working together to gather microchip information from as many equine owners as possible in the greater San Mateo County area to create a secure local database that can be readily accessed if an equine is found without its owner. This secure database will only be used to reunite owners and their equine partners.

Microchip identification is an excellent tool for improving traceability in the event of separation.

Microchipping your horse is a safe and simple process performed by veterinarians which lasts the duration of a horse's life. Just like microchipping small animals like cats and dogs, a microchip in a horse can be used to positively identify your animal during natural disasters, disease outbreaks, and competitions. In some cases, microchips can link directly to your horse's



Sample Microchip

medical history allowing veterinarians to provide critical care if you cannot be contacted. They also count as equine legal identifications for sales documentation and transfers.

The chip is the size of a grain of rice and is implanted halfway between the horse's poll and withers, just below the mane on the horse's left side. The injection site is cleaned and disinfected prior to injection and sometimes shaved, with little to no adverse reaction. Microchipping usually only takes a few minutes. The chip is encapsulated in glass and etched with a unique, one-of-a-kind number. A handheld scanner reads the microchip through the skin of the animal. The scanner reads the number on the chip through radio frequency identification technology. Although several different companies manufacture these microchips, most scanners are now considered universal. SMCLAEG has three scanners to aid in recovery services when needed.

Once the chip is implanted, it is the owner's responsibility to record the microchip number and register the chip with the manufacturer's database or registry. It is equally important to regularly check and update the contact information associated with the microchip to ensure the most current and correct information is on file. Your veterinarian can provide you with your chip number and company of origin to assist you with this process.

Sponsored by:

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MOUNTEDPATROLFOUNDATION.org



Large Animal Rescue

Continued from Page 14

Handling, Trailer Maneuvering and Safety certification, HAM Radio Operation, Map Navigation, and all our members are FEMA Incident Command Certified.

Over the years, we have continuously trained with our local firefighters. This year, we will be extending that mutual training by hosting our first Multi-agency Animal Handling Class, where we will share our experiences and skills with our partners from CERT HAM organizations and PHS (Peninsula Humane Society).

Getting our horses and livestock prepared for any possible emergency can be a daunting endeavor. Many horse owners have expressed growing concerns about the impact of wildfires in our state, and many are looking for ways to protect their animals if evacuation services are required.

And we can help! Did you know that SMCLAEG not only evacuates but educates as well? Community outreach is one of our passions!

Our Preparedness Workshops provide valuable information to help you prepare a plan for yourself, and your animals BEFORE the emergency happens.

Our Barn/Site Inspections can help you ensure that you have all the tools you need to prepare your animals and your environs. Having a good plan is vital to quickly reaching your "RECOVERY" period!

Disasters are stressful enough, and being separated from your animals can be devastating. Microchip identification is an excellent tool for improving horse traceability. SMCLAEG now has 3 Universal Chip Scanners that enable us to positively identify your animal during natural disasters, disease outbreaks, competitions, or daring paddock escapes for those horses that like to roam! These scanners will help us reunite you with your animals sooner, and they also count as equine legal identifications for sales documentation and transfers.

SMCLAEG is working with other local groups such as San Mateo

County Horsemen's Association, Woodside Mounted Patrol Foundation, and Woodside Horse Park to gather microchip information from as many horses as possible in the Greater San Mateo County area - to create a secure local database that can be readily accessed if a horse is separated from its owner.

SMCLAEG strongly encourages owners to consider taking advantage of this low-risk preventative identification option and sharing that information with us.

As always, SMCLAEG is available to answer any questions you may have regarding our workshops and facility inspections, the chipping project, or our evacuation services. Lastly, we are always looking for new members! Please check out our website (smclaeg.org) and consider joining or donating to our team!

SMCLAEG is a 501c(3) non-profit organization. Your donations are tax-deductible and help raise funds for much-needed resources to better prepare us to support urgent needs within our communities.

Happy Trails, and Stay Safe! Thank You!



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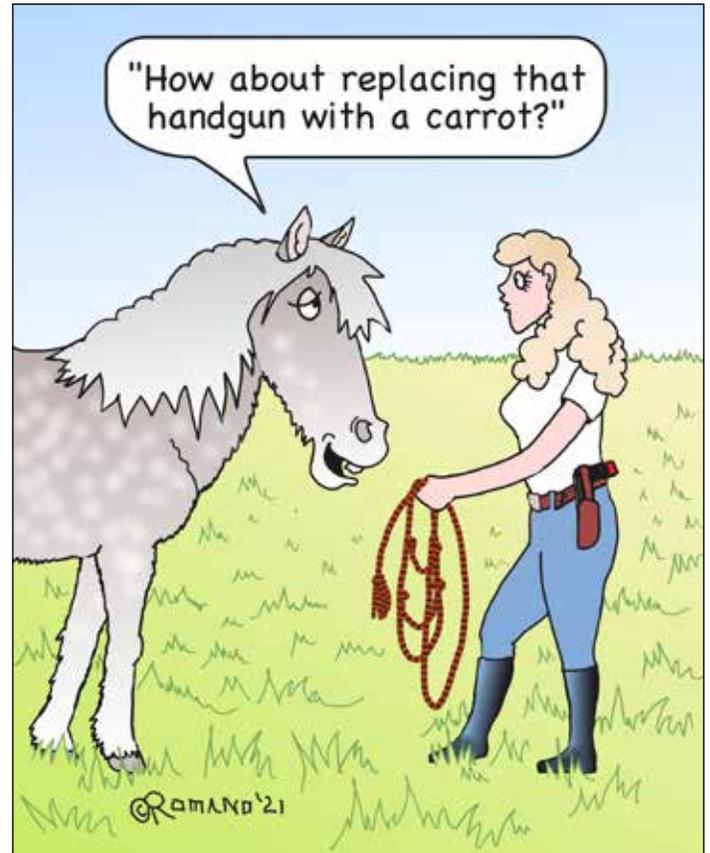


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SMCHA Trailblazers: Janet Estep

Continued from Page 7

property. One day, Roy took me along to deliver grain to the cattle. I rode a horse with a 100-pound bag of grain in front of me, which was heavier than I was, across the hills, on the trails to deliver their feed. What an adventure!

After World War II, everything started to change. California had an influx of people, and the job market was booming. San Francisco was developed because of the steel. We had steel mills up in South San Francisco, and the Navy built shipyards.

However, agriculture was deeply rooted from the Hills to the Bay, so you still had cattle runs and the dairy industry. The dairy business continued to flourish in San Mateo County through World War II. One of the last dairy institutions was Piers Dairy Farm. Piers came to the United States in 1912. Years later, he became a founding member of the Woodside Mounted Patrol. He was a member of the Palo Alto Rotary Club for 52 years and the Palo Alto Elks Lodge for 63. Since then, the cows have had to compete with human beings over the right to call our rolling hills home.

I rode with my friends in Burlingame throughout high school, but then my family moved to Santa Rosa because my father had had a heart attack, and my mother had sold the business. At this same time, local horse activities and the barns were all shutting down. Eventually, I made my way back to this area, but I did not touch horses for 18 years after high school because I got married, had 2 kids, and started working.

(To be continued.....)

Editor's note: In the next edition of the SMCHA magazine, Janet gives us a glimpse of equestrian life in San Mateo County in the 80s, recounting some unbelievable adventures on horseback!



Janet riding Pinto Pal at Carolands Estate Barn.

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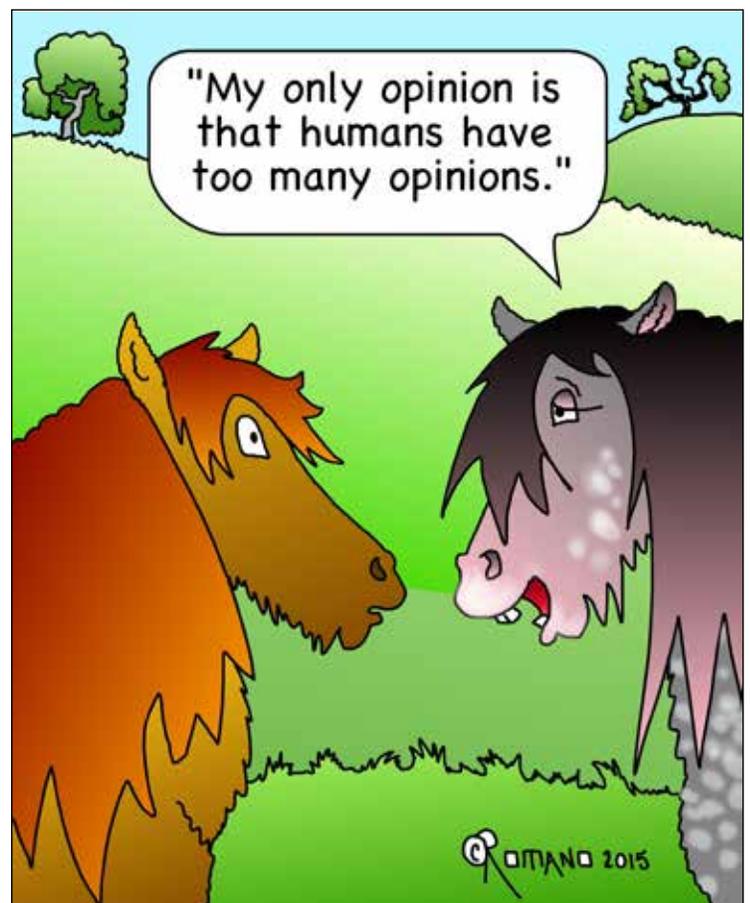
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Vaulting

Continued from Page 19

Similar to gymnastics, vaulting has compulsory and freestyle routines. The compulsories are universal, with variations depending on athletic levels. The range for competitive vaulting starts with walk, then trot. The highest level is canter, which then has its own levels of progression leading up to the 3* (star) world championship level, which is similar to the Olympic level.

Novice vaulters first practice on barrels equipped with a surcingle or only handles to get accustomed to the feel of the movements before getting onto the horse. There's also a fun and exciting type of mechanical barrel called a "movie," invented to move like the rhythm of a cantering horse so advanced athletes can practice the more daring skills before trying them out on a horse. As an aside, did you know that vaulting is considered to be not only the safest equestrian sport but also safer than riding bicycles, playing on playground equipment, and even playing soccer?

Vaulting has many benefits that aren't typical of the individual equine disciplines. People come from martial arts, dance, gymnastics, and more. It's also considered a form of hippotherapy, which is psychologically beneficial to children and adults with mental health issues or physical challenges. It also builds trust, teaches teamwork, shows how to care for animals, and encourages fitness. Sharing the horses helps build community and reduces the cost of this equestrian sport.

At Woodside Vaulters, Woodside native, Krista Mack, is the main coach and lead lunger. She started vaulting when she was 8 years old and continued for 5-6 years. She took a break to complete her studies, and at age 22, Susie Bors asked if she'd be interested in coaching and lunging for the club. She's been there ever since and has won many awards. In 2013, Krista won lunger of the year and was featured on the cover of *Vaulter Magazine*. She has traveled extensively throughout Europe for team competitions and continues to be the glue that keeps Woodside Vaulters together.

Sarah Twohig is an all-star equestrian who wears many hats: barn manager, lunger, horse handler, rider, trainer, and groom who travels to all the competitions. Siddartha Kreaden is a 3* level vaulter who still competes while attending college. She's been vaulting for 15 years and came from a dance background before being recruited at a vaulting camp at 8 years old. From the moment she began, she knew it was her sport. Over the years, her love, passion, and dedication to her sport have inspired many young vaulters. She says that vaulting taught her about teamwork and communication. Even the social sacrifices required to achieve such a high level were worth it. It helped her grow and accept new challenges as a way of life.

As you can see, vaulting is an excellent equestrian activity; it's also mesmerizing to watch. There are a few upcoming competitions at the Horse Park, May-July. There are also summer camps for kids at each club, so check the websites for each club's camp schedules. Looking forward to seeing ya'll out there practicing your handstands!

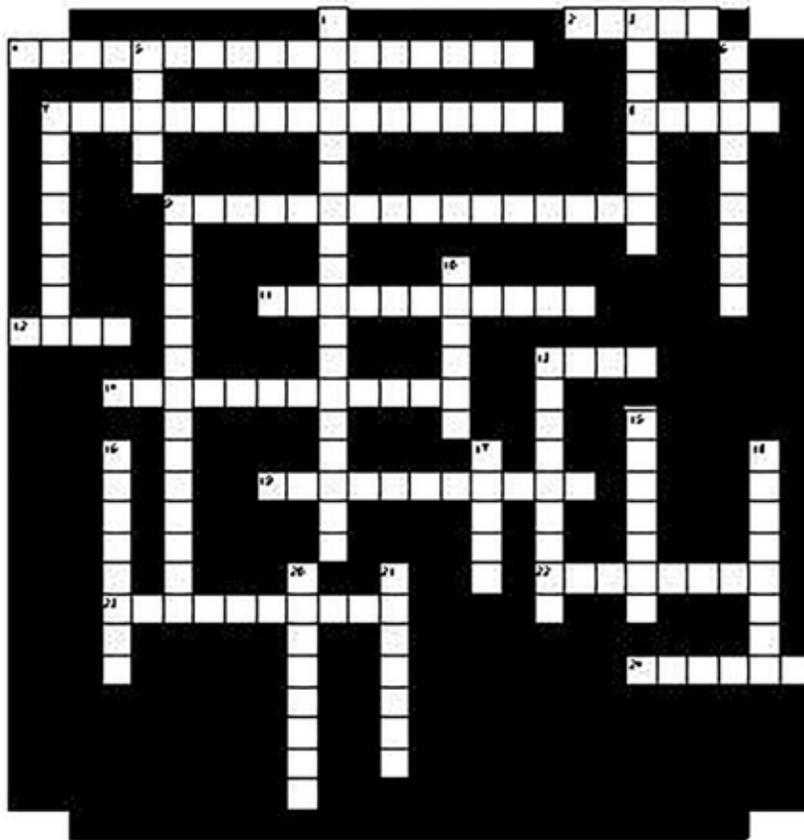


Tilly Mack and Mooney at Demo Day.



Julie and Boscoe at Demo Day 2022

Crossword Puzzle for Horse Lovers



Across

- | | |
|--|--|
| 2. Another name for a loose ring snaffle bit | 12. Number of inches in a hand |
| 4. Type of pony breed, very similar to the Appaloosa as it possesses the same coloring | 13. Name of the sport that has "chukkas" |
| 7. Estimated number of horses in the world: _____ million | 14. Type of knot that you should always tie your horse with |
| 8. Result of a cross between a female donkey and a male horse | 19. Name of the only breed of horse to descend from a single stallion |
| 9. Name of the only breed of horse that has never been domesticated | 22. Ohio, USA town that is home to the All American Quarter Horse Congress |
| 11. Name of the famous horse story that Anna Sewell wrote | 23. Name of the breed of horse used at the Spanish Riding School in Vienna |
| | 24. Number of months the average mare is pregnant |

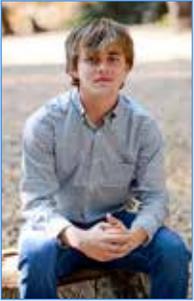
Down

1. Breed of the horse that starred as Mr. Ed on the TV series
3. Name of the first cloned mule, produced in May of 2003
5. Name of a type of paint/pinto coat pattern with jagged, irregular spots, and white that does not cross the horse's back
6. Name of the 2003 Kentucky Derby winner
7. Age of the oldest recorded horse, a barge horse in England named "Old Bill"
9. Name of the Tri-County Equestrian Club's president
10. Name of the first filly to win the Kentucky Derby
13. Type of show jumping competition where a single jump is built higher and higher with every round
15. Term for the color of Suffolk Punch horses
16. Inventor of the "forward seat" used in jumping
17. A great companion animal for horses
18. French word referring to the methodical gymnastic training of the horse
20. Canada's national breed of horse, sometimes referred to as "The Little Iron Horse"
21. Name of Roy Roger's famous horse

Grandma Tackles Equine Herpes Virus

Part 2

By Freddie



As you may recall, my Grandma, the little old weird lady who took up horses at age 67, turned out to be pretty smart for a Grandma. She really nailed it when the Equine Herpes Virus (EHV) hit the ranch where her horses live. When she heard that her horse Tucker (the wild one) was positive for EHV, she hit the reserves of PPE (gowns, gloves, booties) at her nursing home, Carlmont Gardens. My Grandma knew where

things were heading because she was the Covid pro. My Grandma was one of the first people to get Covid before the vaccines.

Then her nursing facility had an outbreak, so she knew the signs. As the horse boarding facility was putting its mitigation plan together, my Grandma gathered gloves, gowns, booties, disinfectant spray, and an infectious waste garbage can. She wanted everyone to know that they knew what they were doing. Like dominos falling ... one after the other, the horses developed symptoms of EHV. Fevers developed, some horses had runny noses, and it spread like wildfire - just like viruses among a group of kids.

The facility where my Grandma's horses live had over 200 horses in residence. Like Covid, as my Grandma predicted, the fevers signaled the need to offer PCR tests. If the test came out positive, they needed to go to the "red zone" or on-site isolation tents installed for EHV-positive horses until they had had 2 negative tests, 14 days apart. EHV is a viral disease like the common cold (Corona Virus) that mutated into Covid 19.

Of course, my Grandma freaked out. Her horse Tucker (the wild one) got the virus immediately. Gracie (the Princess) had a fever and was confined to her stall. So my Grandma had no horse to ride. She only had worry on her mind. The virus continued to run through the ranch, and then despite all precautions mandated by the State veterinarian, it popped up all over California. A few horses got the neurologic strain (EHM) and went to the University of California, Davis. Most got better after a few days, and when their quarantine was up, they went back to work. My Grandma threatened to take up golf again because she was so bored with no horses to ride. But, she gave up that idea when her horses recovered. She really does love her horses.

So, this is the end of my story, and it is a true story.

Love, Little Freddie

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Where Are They Now? A Pictorial Update

By Sue Winslow

My husband Neal, Mr. Bean, dog Rufus, and I moved to Minden, Nevada, in 2017 (Dancer came over a few weeks after Mr. Bean).

Jobs had dried up, Mr. Bean had to leave Page Mill Pastures when Stanford took most of its land back, and the traffic and craziness of city life had just been too much for us. We bought a five-acre property on the east side of the Carson Valley with expansive views. The property also offered a nice horse barn, one acre of irrigated pasture, a field and turnouts, a large greenhouse, and a beautiful custom house with vaulted ceilings. We are halfway between Minden and Carson City, about an hour south of Reno, and 45 minutes to Lake Tahoe. We see The Carson Range of the Sierra Nevada to the west, the Pinenut Mountains to the east, and other mountains to the south.

We do have quite a lot of wind here and very distinct seasons. We are in a "high desert" climate (almost 5,000 feet), and the winters are cold (our lowest temp in the 5 years we have been here was 8 degrees F).

Summer temps get up to the high 90s, but the humidity is so low that it doesn't seem terribly hot; plus nighttime temps are in the 50s. The past two summers were miserable because the



Owlets in the Cottenwood trees.



Sunset colors in the Pinenuts.



Wild Horses.

smoke from the California fires settled in our lovely Valley, and we had horrible hazardous smoke for months.

This drought is tough on everyone. The people we have met are very nice, but the internet blogs are full of hatred of Californians. Our Bay Area horses adapted to the weather with no problem. They LOVE the snow, but they do always have access to their huge stalls in the barn. I had dreams of riding out in the sage, right off of our property, but Mr. Bean's arthritic knee (he is 28) makes him too lame to ride.

Our growing season is short, but we have a large vegetable garden and some apple trees; plus, we built a chicken coop two years ago, so we have lots of eggs and veggies for us and to share with our friends. We have found that five acres of horse property is a LOT of work, and we rarely get to go away for a vacation.

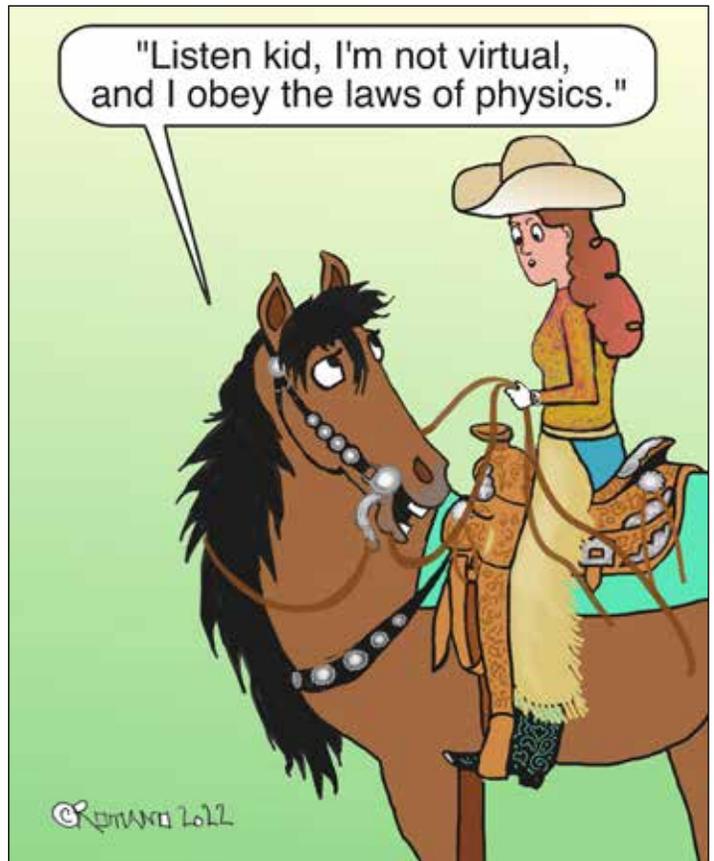
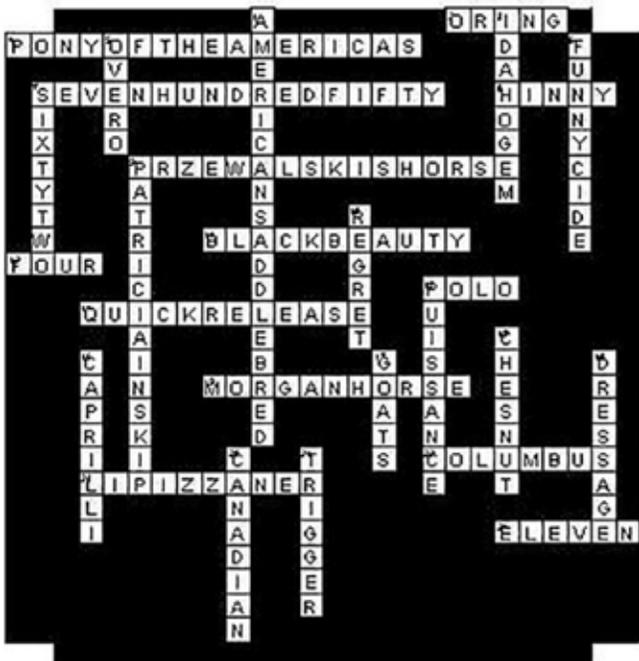
I do a lot of photography, and there are wild horses 20 minutes away and owls nesting on our property (the babies are so cute!). Rufus treed a bobcat, and many quail and other birds are often in sight. In the Valley, we have Bald Eagles during calving season, Sandhill cranes and swans migrating through, and many 100-plus-year-old timber barns, plus scenery. Not far away, you can also find bears up at Lake Tahoe and Bighorn Sheep at Walker Lake (2 hours away).

Besides participating in a few Art Fairs each year, we mainly stay around our new property. However, I miss my Bay Area and SMCHA friends, but I keep track of them on Facebook.



Mr. Bean and Dancer mow the lawn.

Answers to Crossword puzzle from page xx



Remembering Mark Musante

Mark passed unexpectedly on March 15th, 2022 from a fatal heart attack. We are devastated by this loss and completely unprepared.

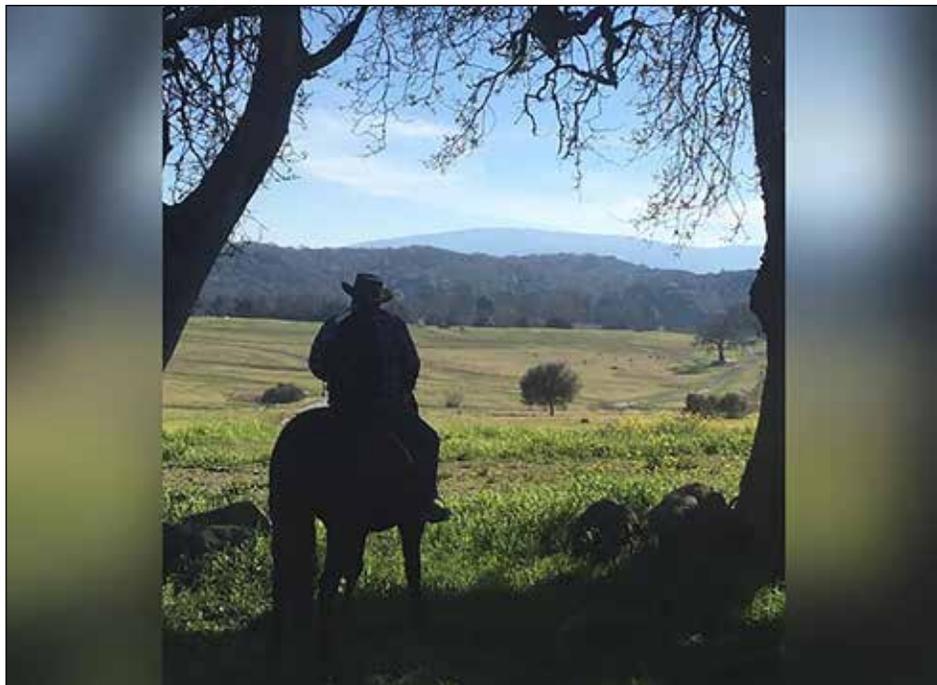
After high school, Mark played keyboards and sang vocals as the youngest member of a touring band. He loved it and referred to it jokingly as his 'rock god' days. As an adult and during a demanding career as a Director of Operations for Assyst Technologies, he went on to pursue a B.S. in Business Administration from St. Mary's College; graduating with honors with a well-deserved 3.9 grade point average.

After leaving corporate life, Mark started his own property development business while earning his General Contractor's license and continued his business until his death.

Mark was a devoted husband to Micaela, his wife of 28 years, and a loving uncle and brother who adored his family.

Mark was passionate about horses, music and cooking. He was deeply intuitive, possessed a quiet strength and found joy in helping others. Mark had the ability to listen and learn without judging; offering an opinion fairly and without ego.

Mark's presence is sorely missed and his loss is deeply felt. His love was given



generously and without expectation. We feel blessed to have known him.

Mark Musante has been a big supporter the San Mateo County Horsemen's Association, cooking for many of our events/galas. His kindness, warmth and laughter

will be missed by all who knew him. He is forever in our hearts. Sending our deepest condolences to Mark's wife, Micaela and his family. For more information, please visit his memorial site: <https://everloved.com/life-of/mark-musante/obituary/>

In Memoriam – Erin Lynn Bentham

Erin Lynn Bentham (Morra), a professional organizer and resident of Redwood City, California, succumbed to her battle with cancer on Sunday, April 10, 2022, at the age of 62 in the comfort of her home.

Erin was born October 12, 1959, Huntington, NY to Eduardo and Marlo Morra. An avid student, she graduated Magna Cum Laude from Long Island University with a degree in Business Administration. She went on to earn her master's degree in Business Administration at Hofstra University followed by her Juris Doctor degree from Lincoln Law School of Sacramento.

A world traveler, Erin explored and documented much of the world throughout her life. She was a skilled cook and party planner, and organized hundreds of private events for the enjoyment of her friends and family. Erin enjoyed crafting and scrapbooking and created a large collection of

memory books including family, friends, and travel. Additionally, Erin was very involved in several organizations including The Colonial Dames, Daughters of the American Revolution, The Mayflower Association, and the John Howland Society. Her warm heart and outgoing personality will be sorely missed by her family, friends and all whom she shared a table with.

Erin is survived by her son Justin Macedonio, his wife Elizabeth, grandson Greyson, brothers Dean and Brian Morra. She is predeceased by her mother Marlo Morra, father Eduardo Morra, and her husband Wilfred Bentham II.

A memorial service was held at Crippen & Flynn Woodside Chapel on Tuesday, April 26, 2022, from 12-2pm. As an expression of sympathy in lieu of flowers the family welcomes donations to: TRI-CITY animal shelter, 1950 Stevenson Boulevard, Fremont, CA 94538



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Would you like to meet new people who share your passion for horses? Do you have a unique talent or an idea for an activity/ride to share? Maybe you've always wanted to put on your own event but needed the support of an equestrian committee. Now is the time to bring your ideas to the forefront. The SMCHA wants to hear from you! If you'd like to join our team, have fun and make your dreams come true, send us an email so we can bring your vision to life!

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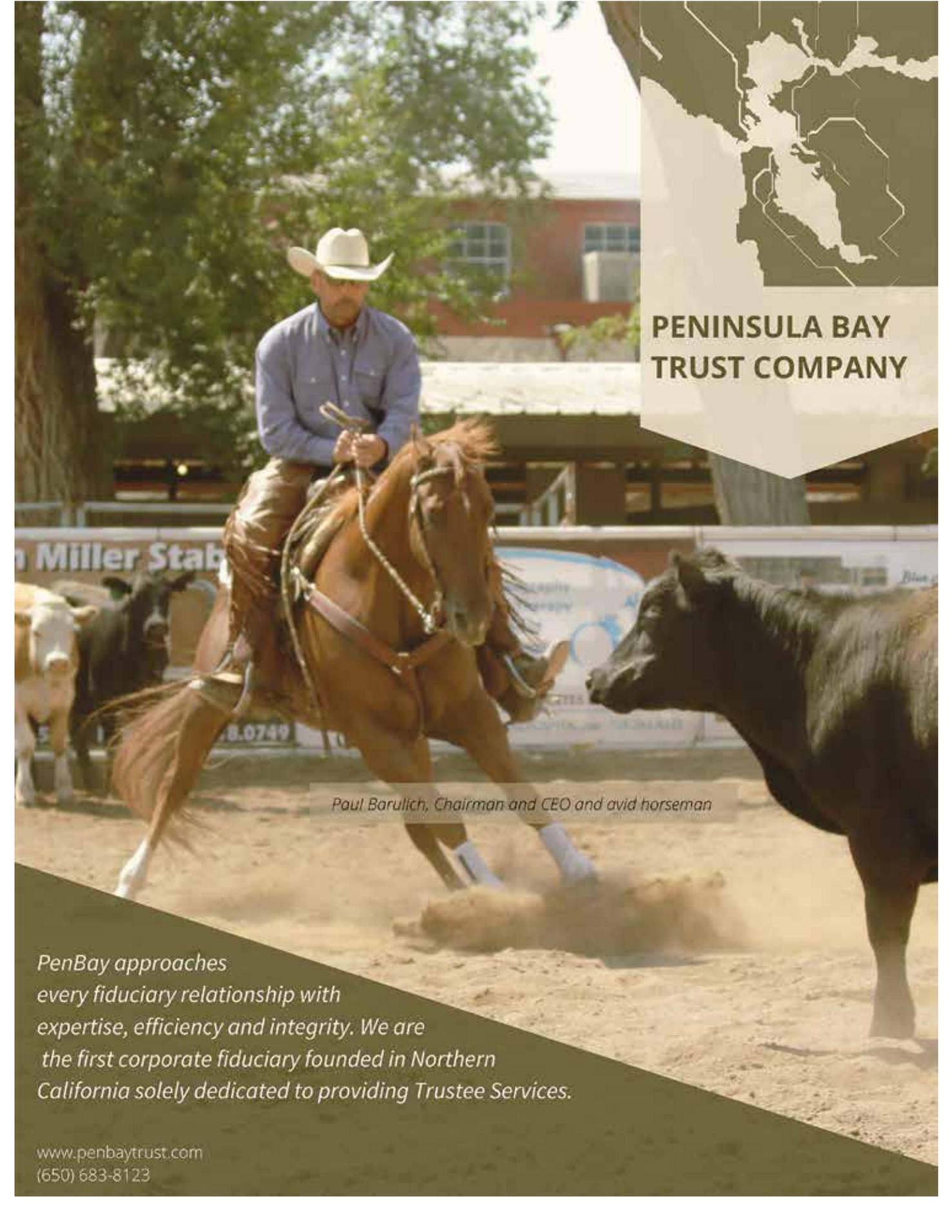


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SMCHA: 2022 Calendar of Events

Check our website for updates: www.smcha.org

June

- 19 Equine Events Tack Sale @ Horse Park
- 20 Webb Ranch Dressage Show
- 24-26 Jerry Tindell Clinic/SMCHA-sponsored dinner

July

- 10 Los Viajeros Ride
- 14 SMCHA Board Meeting
- 16-23 Reining by the Bay @ Horse Park
- 23-24 Chris Ellsworth Clinic/SMCHA sponsored @NCEFT
- 20-25 SMCHA Jack Brook Campout
- 29-08/1 Los Viajeros Ride

August

- 9-14 Menlo Charity Horse Show @ Circus Club
- 11 SMCHA Board Meeting
- 12-14 *GSVRHA – Carmel Valley
- 27 GG Park Ride with SFPD

September

- 2-6 Los Viajeros Ride
- 8 SMCHA Board Meeting
- 10 SMCHA President's Ride – Location TBD

- 11 SMCHA Fall Riding Clinic

- 16 Movie Night
- 17 NCEFT Gala
- 18 SMCHA Fall Riding Clinic
- 25 SMCHA Fall Riding Clinic
- 30-10/1 *GSVRHA - Lone, CA
- 30-10/3 Los Viajeros Ride

October

- 2 SMCHA Fall Riding Clinic
- 3-4 *GSVRHA – San Luis Obispo
- 7-9 Day of the Horse (WHOA)
- 13 SMCHA Board Meeting
- TBD SMCHA Halloween Play Day
- 27-30 *GSVRHA – Los Vegas

November

- 5 or 6 Los Viajeros Ride
- 10 SMCHA Board Meeting

December

- TBD SMCHA Holiday Celebration

**Golden State Versatility Ranch Horse Association*

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

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: 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

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

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If you do not want your name to appear in our membership roster, please check here ____ Annual Dues are for Jan 1 through Dec 31. (Memberships of new members, joining after November 1, will be paid through the following year.)

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____ Trail Maintenance	____ Horse Shows	
____ Member Recruitment	____ Miscellaneous Events	
____ Youth Programs		

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PDF versions of the SMCHA magazines are also available online, in the member section, at www.smcha.org. SMCHA wishes to honor our donors on a yearly basis by posting their names and a thank you in our first-quarter magazine. If you do not want your name to appear in this issue, please feel free to email smcha@smcha.org or call (650 704-2996) to let us know.