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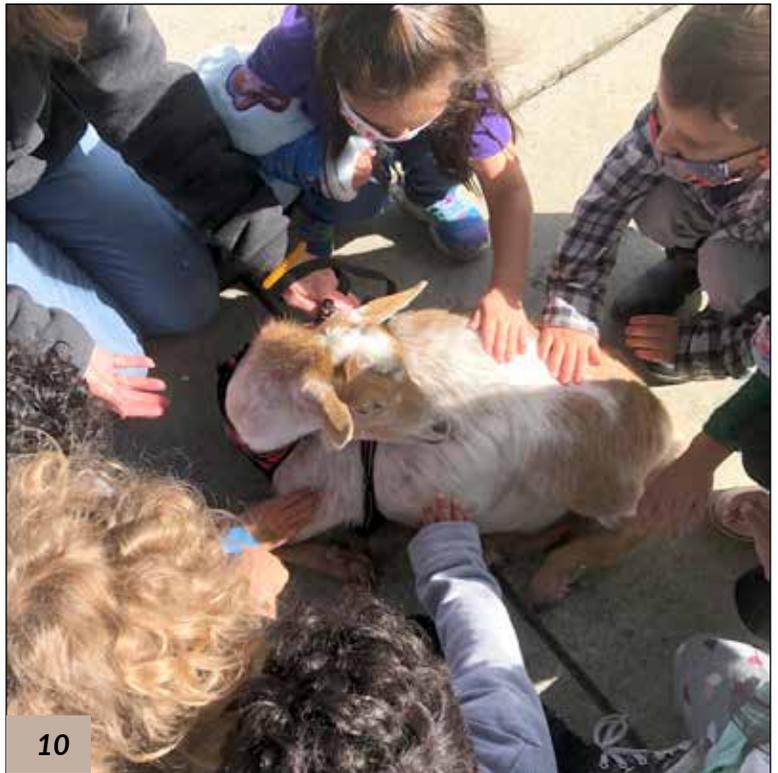
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### Cover

Celebrating and Honoring Noel Moody.

# President's Message – Christine Friis

## Feels Like I've Been in an 18- Month Serpentine Exercise



Recently driving back from Lake Tahoe on the winding roads of Highway 50, I flashed back to my many riding lessons and how many times I had to serpentine! My trainer would have me walk/trot in that arena until my body position was correct, my hands were

light, and my balance traveled down to keep my horse and me in rhythm. Still navigating those windy roads, my mind once again wandered, thinking that these last 18 months of COVID have also felt like a constant serpentine! We work hard to get to a series of halfway points and end up turning around and going the other way. Neither those riding exercises nor COVID has been a lot of fun.

Serving SMCHA as President before and during, I've learned a lot about our equine community! Prior to COVID, we were on our way to being well-positioned, teaming up with many other equine clubs and associations as well as park departments and so forth.

Looking at the big picture now, I've noticed some folks have faded away to a slight tiptoe, and others have stepped away from being integral parts of some of these groups. Unfortunately, loss of enthusiasm and interest seem relatively normal for folks during COVID, even in our horse world.

On the other hand, over these last 18 months, I've also noticed so many of you jumping in to keep that serpentine moving forward! You're out there helping other equestrians, sharing your knowledge, and lending a hand. Those who have not lost their horse mojo are signing up for clinics with a strong need to get back to learning more, improving their skills, and having fun!

Those who can donate have reached in their pockets and given to help keep our horse community alive.

I'd like to take a moment to encourage everyone to pitch in and do whatever you can with whatever unique talents, gifts, creativity, ability, and love you have to help support and preserve our horse community. As much as that serpentine can get tiresome, we need to keep moving forward to get through it!

Positive thoughts, new ideas, and volunteers are always welcome at SMCHA!

I hope to hear from you! [Smcha@SMCHA.org](mailto:Smcha@SMCHA.org)

**Christine Friis**



## The San Mateo County Horseman Magazine

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# ASK THE VET

By Steinbeck Peninsula Equine Veterinarians

## IS THERE SUCH THING AS A HAIRLESS HORSE?

While horses can lose patches of hair due to disease processes, fully hairless horses are rare. But they do exist within the Akhal-Teke breed. A genetic mutation of the Akhal-Teke horse results in a process called Naked Foal Syndrome. These foals are born with little to no hair on their bodies. They may also have problems with their teeth, feet, and digestive tract. These horses have a decreased life expectancy of fewer than three years. UC Davis Veterinary Genetics Lab offers a test to assess the genetic carrier status of a sire or dam: <https://vgl.ucdavis.edu/test/naked-foal-syndrome>.

## WHAT DOES A HORSE'S URINE SAY ABOUT ITS HEALTH?

We can learn about a horse's health status based on its urine.

**Color** - the color should be pale yellow to bright yellow. Dark or brown urine can be suggestive of dehydration or muscle stress. Red urine can be suggestive of trauma to the kidneys, bladder, or urethra.

**Opacity** - the opacity should be clear to slightly opaque.

**Consistency** - the consistency should be similar to water. Mucoid or stringy urine can indicate build-up of sediment in the bladder.

**Act of voiding** - the urine stream should be strong with a distinct start and stop. Dribbling urine can be suggestive of a physical obstruction, or neurological disease.

**Frequency** - increased frequency of urination can be suggestive of Equine Cushing's, kidney disease, or a thirsty horse. Horses that posture but do not void urine or only void a small amount may be suffering from back pain, bladder problems/inflammation, or colic.

Contact your vet right away if you notice: dark color or red color; sudden onset of dribbling urine or posturing to urinate with nothing coming out.

## WHAT IS CRIBBING AND WHY DO HORSES CRIB?

Once thought of as an indicator of unsoundness, cribbing is now considered a "vice." Cribbing is displayed by placing the upper teeth on a firm object and rocking back, flexing the neck, pulling air into the esophagus, and often is accompanied by a grunting



Naked foal syndrome

sound. While there may be a genetic component, environmental/management conditions play a stronger role in a horse's tendency to crib. There is no evidence that horses learn this behavior from each other. Current research suggests that horses will start cribbing as a self-soothing behavior, a coping mechanism in response to a stressful situation, and that cribbing is linked to endorphin stimulation. A stressful situation may be a physical illness, such as gastric ulcers, or due to environmental stimuli (or lack thereof). Once learned, the horse can then continue the behavior, called a "stereotypy," even after the stressful situation has passed.

It has been suggested that cribbing increases a horse's risk for colic, especially colic due to epiploic foramen entrapment (displacement of a segment of the small intestine through a small hole or foramen that separates the omental bursa from the peritoneal cavity). It also damages the incisor teeth. It is very difficult and often unrealistic to stop a cribber. Rather than getting a horse to stop cribbing entirely, a better goal is to manage the behavior. Adjust your management style so that your horse's physiological, behavioral, and social needs are met. Consider installing rubber surfaces over cribbing areas to minimize tooth damage. Redirect the behavior with stimuli in the form of food, toys, or social stimulation. Once all medical and environmental considerations have been investigated, some adjunctive therapies, such as acupuncture have also been suggested to decrease the incidence of cribbing.

There is an excellent article written about cribbing in *Equus Magazine*: <https://equusmagazine.com/behavior/thinking-about-cribbing>.

## 4-H Equine Project

By Jennifer Cameron Ott

The 2020-2021 4-H Equine Project had another bumpy year due to Covid, but everything smoothed out this past spring and our youth were able to do research and present on a topic of choice. On Saturday, June 5, we were so excited to listen to our youth's presentations, in person, at Jasper Ridge covered arena.

First, we were entertained and educated by the Brownstein family children, Adelaide, Audrey and Finn, who presented on flies and all the problems they can cause. Next came Hailey T. And Jacqueline L., presenting on hoof abscess causes and remedies. Clara Hause gave a very thorough talk on the digestive system, and how poor feeding protocols can affect equine welfare (see article, this issue). Alex Becker finished up with a thought-provoking presentation about horses perceiving human expressions and emotions (see article, this issue). All information is researched, evidence-based, and



Equine Presentations by 4-H Participants

cited and is meant to educate both the learner and the community. Four of our youth members moved out of state this year, so please spread the word for next year; signups are available now and meetings should start in October. Please contact me, Jenifer Cameron Ott, @ [jottcameron@yahoo.com](mailto:jottcameron@yahoo.com).

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# Celebrating Carol Goodstein: Visionary, Horse Whisperer, Animal Advocate

“The horses are the teachers - I am simply their interpreter.”

Carol Goodstein

*By Christine Friis and Elizabeth Ouellette*

As we drove slowly through the front entrance to Spring Down Equestrian Center, my energy shifted from chaos to calm. Located in Portola Valley, this 3-acre sanctuary is a world unto itself, facing green hills, trees, vast open spaces with access to miles of trails around Portola Valley and through Windy Hill.

## Entrance to Spring Down today.

Arriving a few minutes early, Christine Friis, Cheryl Basin, and I stood in front of the lesson office and basked in the beauty of our surroundings. Within just a couple of minutes, a vibrant, fashionable, and slender woman walked toward us, greeting us with a smile and warm welcome. Cheryl introduced us, “This is Carol Goodstein, owner of Springdown.”

And so, the interview began.....

Carol Goodstein was born in San Francisco. At seven years old, she attended a summer camp where she rode her first horse. Little did she know, her life would be forever changed, as this experience launched her into a world of understanding, teaching, loving, and rescuing horses.

After her initial introduction to horse riding, she took lessons at San Francisco's Stanyon Street Stable across from Golden Gate Park and often rode in the park as her father once did. Later, she became riding manager for the after-school horseback riding program at Lowell High School. After high school graduation, she purchased her first horse with the money she'd saved from giving riding lessons.

During this time, Carol met Stan Goodstein, and the couple married when she was nineteen. Together, they owned and operated a chain of thirteen “Slumberland Mattress” stores throughout California. At the age of twenty-one, Carol had her first child, Gary, and nineteen months later, welcomed her daughter, Lori, into the world.

After marrying Stan, Carol continued her riding education while raising their two children. The Goodsteins moved to Woodside in 1969, where Carol kept and showed horses. She also acquired six rescues, boarding them at her home in Woodside. In 1972, Stan retired, and Carol, who had been training dogs and horses for years, became a professional horse trainer and opened her own riding business.

In 1984, the Goodsteins purchased a 12-acre property in the heart of Portola Valley. The barn on the property was first built in 1968 by H. Myrl Stearns of Ladera and was known as Valley Farm Boarding Stable. Carol and Stan called the new facility Spring Down, which was the name of Mr. Stearn's daughter's favorite horse.

In 2000, the Goodsteins decided to sell 6 acres of the 12-acre equestrian center property to the Town of Portola Valley to use as public open space (Spring Down Open Space).

On February 10, 2021, The Portola Valley Town Council formally approved the conditions of a Pledge Agreement whereby, on Carol's passing, Spring Down Equestrian Center will be gifted to the Town to operate and maintain as a public equestrian facility.

As we toured the grounds and took a tour of the facilities, it quickly became apparent why Spring Down is such a popular and cherished



Carol, with her current favorite rescue, Ebony.

facility. It has two lighted arenas, one is covered and the other outdoors, with unbelievable waterproof, dust-free footing that feels like riding on the beach at low tide all the time, rain or shine, night or day. It also has many ample box stalls, a barn, and a round pen.

Spring Down also has thirty-five professionally trained horses (most are rescues) with unique skills, abilities, and personalities. Carol has several Mustangs, the most recent a beautiful Mustang called Ebony, adopted from the Bureau of Land Management's (BLM) California Rio Cosumnes Correctional Center (R3C). This collaborative program allows inmates to take care of and start horses under saddle, thereby learning valuable life skills like patience, responsibility, and pride.

Spring Down offers so much to all equestrians, young and old, beginner to advanced. Remarkably, Carol is still giving 45-50 lessons a week and is supported by a full-time staff of qualified instructors who teach seven days a week and specialize in English Hunt seat, Dressage, and Western riding. The vast array of horse-related activities and programs is extensive, including camps, riding clubs, Mommy and Me, birthday parties, clinics, horse shows, and so much more! With safety as a number one priority, participants learn how to groom, clean tack, muck stalls, and ride. As a bonus, they are also schooled in horse psychology. “We give people an opportunity to see the world through the eyes of a horse,” Carol says.

Today, Carol has a permit for 60 horses on three acres of land. Two members of her current staff, Manuel and Francisco, have been with her since 1984, the year the Goodsteins purchased the property. And, if you think your horse bills are bad, they are probably nothing compared to the \$10,000 Carol pays in vet bills per month (including farrier and meds). Carol loves Quarter Horses, Thoroughbreds, and now, Mustangs, but in reality, Carol loves and cherishes all horse breeds!

And, at the end of a long day, Carol spends many evenings watching the much-loved TV series, Heartland, a multi-generational saga set in Alberta, Canada, centered on horses, family, relationships, and did I mention horses?

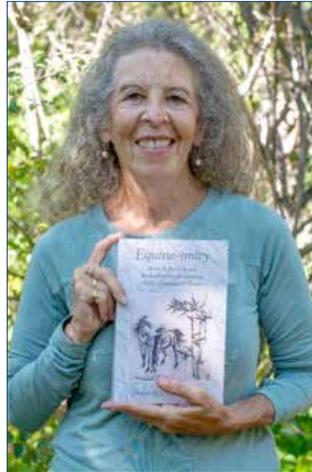
Carol, your friends at the SMCHA want to thank you for your commitment and dedication to our horses and the entire equestrian community. What you have created will live on in the hearts and minds of your students, parents, peers, staff, and horses. You are a shining role model of success, tenacity, and dedication with a stellar reputation in our community and beyond. And thank you for delving deep into the minds of our horses so that riders and trainers will better understand and work with these majestic beings. We are forever grateful.

# Equine-Imity: Stress Reduction In The Company Of Horses

By Marty Raynor

Long-time San Mateo County Horsemen's Association (SMCHA) board member Beverley Kane, MD, recently published her first book, *Equine-imity*. Beverley is an Adjunct Assistant Clinical Professor of Medicine and an integrative medicine physician in the Stanford Division of Primary Care and Population Health. Based on the classes and private sessions Dr. Kane conducts in the Stanford University BeWell Programs, *Equine-imity* uses techniques from qigong, tai chi, yoga, Reiki, and nature-based therapy that have medically proven health benefits.

I had the opportunity to sit down with Beverley in July and delve into the details of her experience as an author and learn more about her practice and her new book, *Equine-imity*.



## What does *Equine-imity* mean?

Beverley: It's a pun on "equanimity," which means calmness, composure, and evenness of temper, especially in a difficult situation. *Equine-imity* is all about creating horse-human relationships to improve health by reducing stress and channeling emotions through moving meditation.

## Why did you write this book? And how long did it take to complete?

Beverley: I wanted to share love and joy from horses, stress management secrets, scientific and philosophical knowledge, and wisdom.

*Equine-imity* was an eight-year undertaking. I was able to finally finish it due to the enforced isolation of the pandemic.

## How long have you been offering your program? What is the scope of your practice?

Beverley: *Equine-imity* has been offered since 2013, as a 4-week class and as private or semi-private sessions. When working with a single horse, I partner with my own horse, Serena. However, when doing herd work, we go out among the Webb Ranch lesson horses. Over the course of a year, about 200 people come through the classes.

## Your book synthesizes a great deal of information from a variety of health and wellness disciplines, as well as horsemanship practices. What is your medical background and when did you start working with horses?

Beverley: To start, I have an MD from the University of San Francisco. I was previously Board Certified in Family Medicine and also did an Ob-Gyn Fellowship at Children's Hospital San Francisco and a Sports Medicine Fellowship at the University of London. I've worked at Stanford University off and on since 1987. I've also worked at Apple Computer, Philips Medical Systems, and WebMD, as a doctor-patient communications expert.

On the equine side, I'm a life member of Eagala (Equine-Assisted Growth and Learning Association) and a Level 1 English and Western riding instructor through the Certified Horsemanship Association. I also volunteered at our local therapeutic riding facilities - National Center for Equine Facilitated Therapy (NCEFT) and BOK. Several years ago, I was a client at NCEFT after I fractured my foot, so I even have personal experience receiving equine-assisted therapy.

## *Equine-imity* is an amalgamation of multiple schools of thought, including various eastern stress reduction practices. What is your personal experience with these eastern practices?

Beverley: I teach tai chi and qigong at Stanford, the latter with and on horses. I've also practiced a little bit of yoga and Zen meditation. Through my classes, I see the benefits of these practices regularly.

## Your writings focus not only on the core principles of qi gong but also other well-known eastern practices. What is the relationship between horses, eastern medicine techniques, and better health?

Beverley: Both horses and meditation techniques teach us to live in the present. They also exemplify being one with nature, a proven modality in nature therapy. Horses also teach us to use our bodies and energy centers to move "ch'i"—the life force—and blend with their ch'i both on the ground and, especially when mounted.

## What is your definition of natural horsemanship? How does it interlace with other practices?

Beverley: Natural horsemanship arose in response to horse training and "breaking" methods for ranching and cattle drives in the late 19th century (1866-96) that were cruel and often vicious. Eastern meditation practices, especially moving meditations like qigong, tai chi, yoga, and aikido, help people develop an awareness of their own and the horse's body for calm, compassionate communication—what the Dorrances (brothers and horsemen, Tom and William "Bill" Dorrance are considered among the founders of the modern-day natural horsemanship movement) and Ray Hunt (American horse trainer and Natural Horsemanship clinician) call "feel."

I do want to say that there's a danger in over-structured forms of natural horsemanship taught by even the most well-meaning clinicians. These clinics and educational resources teach skills and techniques, often resulting in the horse's Person over-relying on the expert, trusting herself less and less to develop real "feel."

## Can a horse heal a person? How?

Beverley: People take great emotional comfort from horses and often become joyful watching them. Most of my stressed clients report that they feel so much better after their sessions at Webb Ranch. Some animal communicators will tell you that some horses know they are healers. Mostly, I think the horses are not aware, not volunteering to "heal" us. It is the nature of their being and the horse/human relationship that facilitates stress reduction and emotional healing.

## Do you have to own a horse or know how to ride to benefit from this book?

Beverley: No! 95% of my clients are non-equestrians. The book was written for them and people like them! *Equine-imity* is about awareness of breath, energy, and movement. Horses help with this on the ground—no need to ride. (Though the meditation ride puts all this together.)

## Can you give us an example of how this program can be beneficial to a non-equestrian?

Beverley: I am hoping that a) thousands more people will come to relate to and appreciate horses and b) equestrians, including specialized riding schools and therapy centers, will learn to add moving meditation techniques to their services and create better relationships between their clients/patients and horses.

*Continued on Page 35*

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# The Healing Power of Animals: Jasper Ridge Farm

By Alyssa Houk, Executive Director and Corie Thompson, Program Director at Jasper Ridge Farm

"This place saved my life." The place this person refers to is nestled into the ridge on a beautiful three-acre patch of Webb Ranch in Portola Valley. It's Jasper Ridge Farm, and we're a nonprofit that was created to be a peaceful, serene space for people in need to experience the healing comfort of animals.

Most of us have had some connection with animals and experienced the joy they can bring to our lives. Human-Animal Interactions can influence the health and well-being of both humans and animals. Some research has found it can decrease blood pressure and cortisol levels, improve mood, reduce stress, decrease loneliness, and have several other positive influences.

## Senior Group with Kachina



At Jasper Ridge Farm, we strive to enrich the lives of children and adults who are facing physical and emotional challenges. We are dedicated to providing our clients with the comfort and unconditional acceptance of interacting with horses and gentle farm animals in a supportive environment. We offer a variety

of programs to children and adults with special needs or facing life-threatening illnesses. We serve families dealing with homelessness or domestic violence, youth struggling with mental health issues, Veterans and active military – many suffering from PTSD or traumatic brain injury, seniors living in extended care facilities, and incarcerated women and youth.

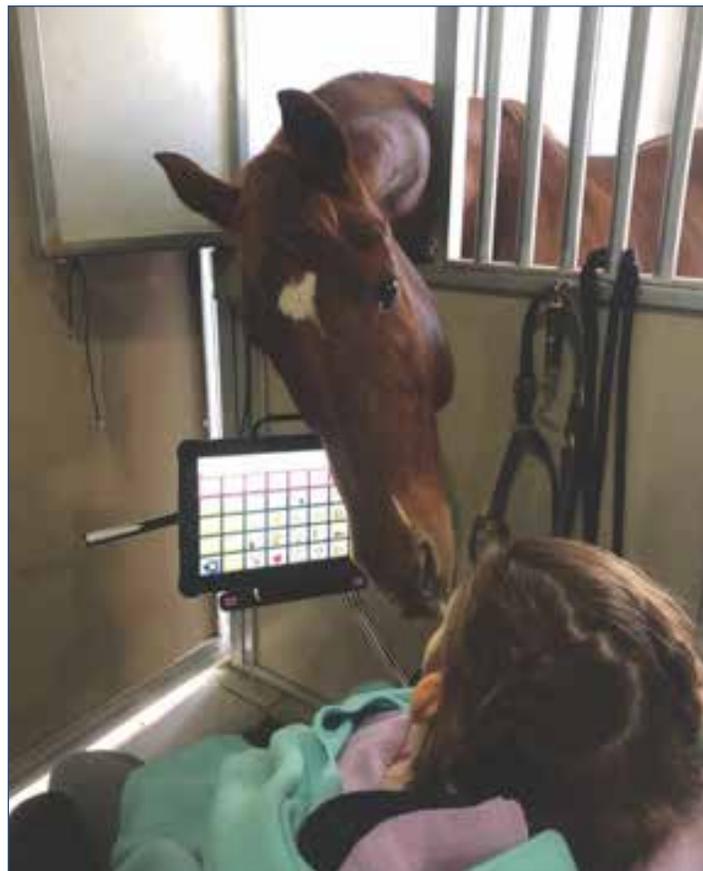
## Kara Grief Center

Now, our support staff includes: two sweet bunnies, two curious guinea pigs, nine sassy chickens, four mischievous goats, one sage sheep, three busy mini horses, one standard-sized equine clown, and their supervisor; a barn cat who loves belly rubs.

These "therapists" work hard in all of our programs:



- **Animals Helping Children:** serving groups such as Ronald McDonald House, Kara Grief Center, and shelters through LifeMoves.
- **WellnessBuddies:** focusing on youth mental health issues by partnering with organizations such as Children's Health Council, One Life Counseling Center, and the Bill Wilson Center.
- **Animals Helping People:** serving adults with special needs, seniors, and those living in extended-care facilities.
- **Animals Helping Inmates:** bringing emotional support to incarcerated women at Elmwood Correctional Facility.



Emma and Bert

## HorseBuddies

And our experiential horseback riding programs include:

- **HorseBuddies** which serves special needs students from local schools. These children come to our farm three times to ride a horse and build upon the skills they've learned. This unique program increases physical activity, promotes emotional and social well-being, and improves cognitive skills. It's also often the first time these children have seen a horse!
- **HorseHeroes**, in partnership with the VA Palo Alto Health Care System, is a program that serves veterans and active military members, providing them the opportunity to ride horses with a group of their peers. One of the Veteran's groups is specifically designed to prepare them for a week-long VA-sponsored trail ride at Lava Lakes in Idaho. In eight to twelve weeks of instructions, we give them the skills needed to be safe and the confidence to ride a horse for multiple hours a day in open country.
- **Horses Helping Children** is one of our newer programs that provides horseback riding for children living in foster care through CASA and at-risk youth through the San Francisco Police Department. This program gives these children an opportunity to be in nature and experience something they wouldn't usually have access to.

Our riding programs are done in a Therapeutic Riding context, but our focus is on the experience the clients have and the connections they make with their horses. As any horse person knows, horses can be a powerful source of connection and can mirror our energy and mood. They are excellent therapists.

*Continued on Page 35*

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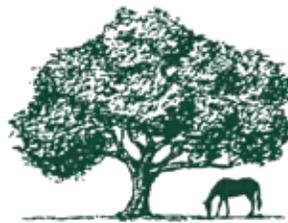
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# Trail Obstacle and Horsemanship Clinic

By Ceci Ellis

The Trail Obstacle and Horsemanship Clinic with Joan McLaren was held on July 11 on the trail obstacle course at Webb Ranch. The day was a scorcher so both the morning session and afternoon sessions were combined and held in the morning to avoid the afternoon heat. Participants were treated to Joan's expert guidance navigating a field of eight obstacles, including a bridge, logs, boxes, poles, a gate and more. After working through individual obstacles and a practice course, Joan put together a pattern that would resemble the type of course that might be used in a show and each rider got to ride the pattern as their "final" exam, so to speak.

I have participated in these clinics with Joan before and I highly recommend them. I learn something new each time and gain confidence in my horse and myself. I have always been particularly worried about having my horse trip or fall over the obstacles. Joan teaches you how to ride your horse over and through each obstacle smoothly and I found myself feeling much better about them each time I went over the course.

The next Obstacle Clinic will be held on September 5th and I am looking forward to signing up for it. Mark your calendars and be sure to sign up early as these clinics are very popular and usually fill up fast.

Photos:

Top Right - Laurie Carlson riding Dusty

Bottom Left - Mariangela Sonstegard riding Cheyenne

Bottom Right - Kelley Loder riding Bijoux



## Summer Equine Forum with Jennifer Ott Cameron

By Jennifer Ott Cameron

The July Equine Forum was an uplifting event! It was wonderful to see so many dedicated horse owners and lovers ready to dig in and learn more about how to connect with and provide for these special creatures. The forum included much discussion and many questions and anecdotes springing from many equine-selected topics.

The forum opened with reviewing the five domains of animal welfare and how they apply to horses. Next, we touched on the ten principles of equitation science, and ended with an introduction to learning theory and emotions of horses. There is so much to cover and we barely scratched the surface of these topics, so the forum is now set to become a monthly series. Why not join us?

The upcoming schedule is as follows:

All meetings are on Sundays at noon and will run 60-90 minutes, depending on the needs of the attendees.

**September 12th** - Reinforcers and Punishers: what they are and how they affect your horse.

**October 3rd** - Communication and Motivation: can't change behavior without them!

**November 7th** - Assent or Consent: is your horse really with you?

**December 5th** - Unwanted Behavior- a human's problem or a horse's solution?

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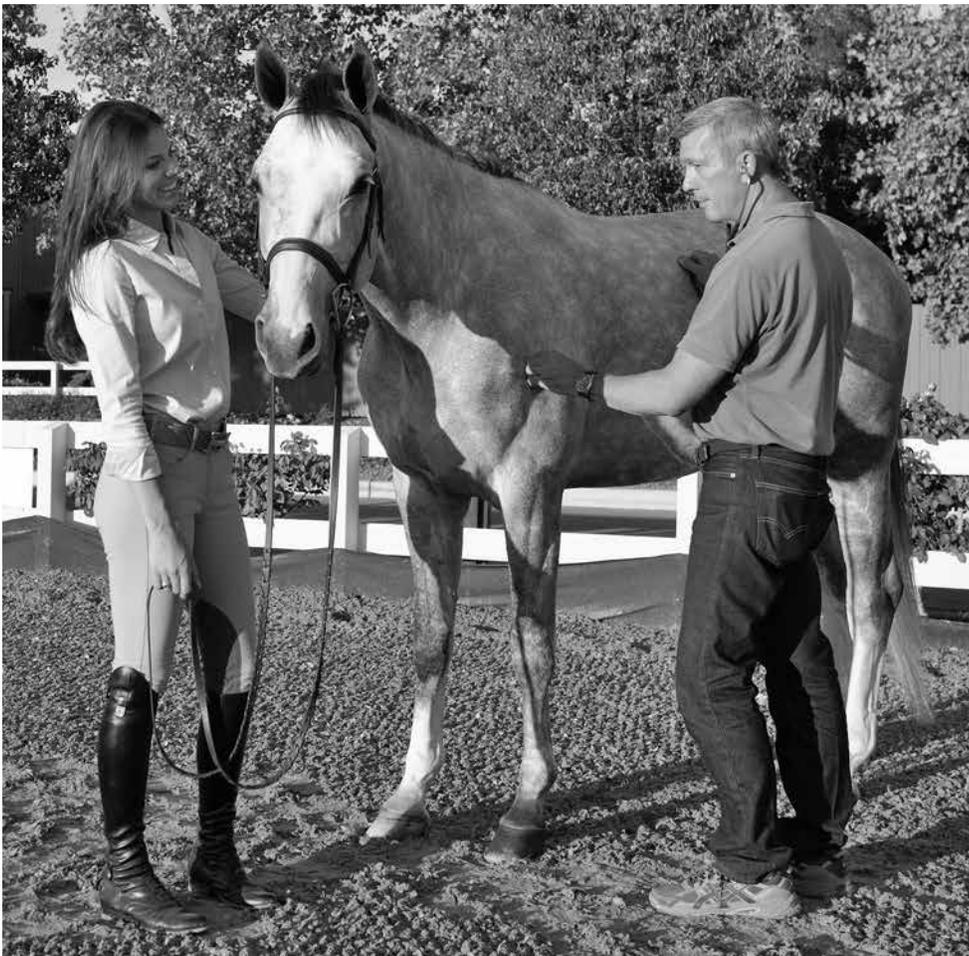
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# San Mateo County's Large Animal Evacuation Group

By Robin Camozzi

President San Mateo County Large Animal Evacuation Group

Since the devastating CZU firestorm of last year, the San Mateo County Large Animal Evacuation Group (SMCLAEG) has continued to work diligently to ensure operational readiness for possible future events. Over 1500 animals were aided by the group during the CZU fire, and the organization was honored to receive a resolution from the San Mateo County Board of Supervisors commending their actions during the event.

As the County's officially adopted volunteer resource for large animal evacuation, SMCLAEG emphasizes inter-agency cooperation by including groups such as Peninsula Humane Society and Cal Fire in their training exercises. With a steadily growing membership, the group ensures that volunteers are prepared to respond to both large and small activations by conducting exercises and drills throughout the year.

Recent training days have included trailer maneuvering, animal handling, documentation, and an "All-In" exercise conducted last week which covered all aspects of a typical activation, including HAM radios, animal loading and transport, holding and staging area operations, and dispatch.

SMCLAEG has recently obtained non-profit (501c3)



Volunteers train for evacuations.

status, and generous donations received from the community have allowed the purchase of vital equipment including a water trailer, two cargo trailers outfitted with supplies, and a forty foot cargo container used to store holding and staging equipment.

The SMCLAEG team is also available to conduct site visits to large animal facilities in San Mateo County, for the purpose of reviewing Emergency Barn Preparedness and providing recommendations concerning site evacuation plans.

If you would like to make a donation, find out more about the group, or would consider volunteering, please visit: [SMCLAEG.org](http://SMCLAEG.org)



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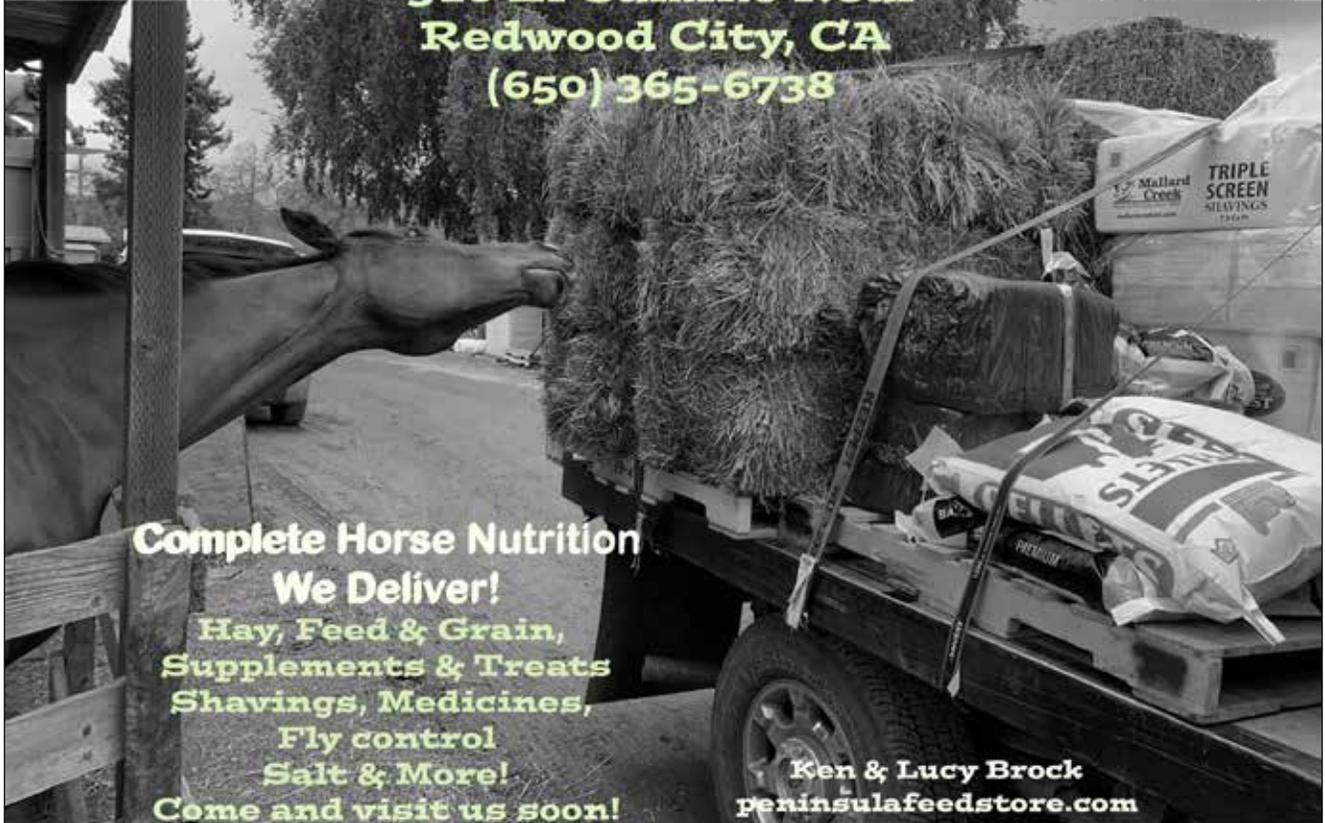
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# The Water Trough

*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 with me, Elizabeth Ouellette @ elizabetho@outlook.com*

At a small ranch on Alpine Road in Portola Valley resides a 39-year-old mare named Poco Star Bumpkins, owned by Joan Kuntz. She is affectionately known to us boarders as Queen Bumpy of Alpine Rock Ranch or Bumpy for short! Joan acquired Bumpy about 25 years ago and she is, without a doubt, her heart horse/soul mate!

Bumpy was born on March 23, 1982! This photo is from March 23, 2021. Every year, on her birthday, Joan buys a cake for the humans and puts up a birthday banner in front of Bumpy's stall!

Bumpy is a fine friend, an exceptional listener, and a big love sponge! Her favorite pastimes are eating her pony porridge and stealing drinks of water out of the small bowls on the property that are there to offer up a refreshing drink to the local birds! Cheers to long-lasting friendships with our horses and ranch mates!



After losing Cool Alpine Breeze in December of 2020, Sharon Butler purchased this beautiful 6-year-old Quarter Horse mare, whose name is Keanu, meaning "Cool Breeze Over the Mountain," in Hawaiian.



Shan Egan helped paint the wood for the obstacle clinic at Webb! A huge thanks from all Webb's horses and riders to Mike and Andrea Hertert for donating the wood and supplies for all to use!



Deb Cutner Alvarado's mare, Amy, recently gave birth to a healthy filly, whose name is Della! Cute!



At Webb Ranch, on the evening of May 9th, one of the new lesson horses, Duchess, surprised everyone with a colt! His name is BOGO (Buy One Get One!). Mom and baby are doing well and what a thrill to drive by his pasture and watch him zoom around his mom.....when he is not sleeping, of course!



Annie Tyo rode her horse in the July 4th parade in Half Moon Bay this year!



On Saturday, July 19, Venita Naidoo, was married to Brandon Tirado at Blinds Ranch in Jamestown, CA. Congratulations to Mr. and Mrs. Tirado!

# Celebrating and Honoring a Legend: Noel Moody

*By Jenny Mize*

Noel Moody is known by many for being an amazing woman who has spent most of her life significantly involved in the equestrian community and way of life. Noel joined SMCHA in 1974 and has become one of the most influential people to ever join the club. Noel quickly became involved in the many different activities the club was having and is still, to this day, a matriarch for our club.

Noel initially joined the club to meet new people and learn the local trail system and you can still see her riding down the trails of Woodside to this day! What better way to honor such a vital member of SMCHA than to make her a lifetime and honorary SMCHA board member?

With the COVID restrictions easing this summer, we were able to have a gathering of people to celebrate this acknowledgement. Many thanks to Carin Zeller who readily offered to host the party at her spacious home in Woodside.

After socializing over a wonderful meal, a few individuals were able to stand up and share a variety of stories and experiences that they've shared with Noel throughout the years. Make sure you read Noel's biography on the SMCHA website ([www.smcha.org](http://www.smcha.org)), to learn all about this woman of many talents and amazing history in our local equestrian community.



Adeline Forrest and Aleta Reed. On right.....Noel and her sister, Trudy



Larry Pelzner and Carin Zeller



Jo Egenes and Noel

# Thank You for this Honor!

By Noel Moody

I am so grateful to accept SMCHA's recognition of Honorary Board Member alongside the great Ross Meredith. How awesome is that? Ross was a great horseman – way above me! He was a legend.

Ross got me to join SMCHA. He also signed my application to get a Woodside Trail key. He sent me to Creed Haberlin at Olson Nolte saddle shop to get the required second signature. I had to sign a form swearing I was not a communist!

I enjoyed SMCHA because I wanted to meet people to ride with and to learn the trails. SMCHA had rides every month, led by Lew Reed. There were always thirty-plus riders. The Spring Ride averaged sixty-plus riders. My filly, Ginger, was only four years old, so I rode up front with Lew for safety. He showed me every trail in Woodside and got me involved with Los Viajeros Riding Club.

I wanted to work on horse shows for SMCHA. They told me I didn't know enough. Lew kept me busy with trail rides, so I kept my membership. He had sign-up tables for the event you wanted to work on, but no one went to the horse show table. Lew announced, "Well, we won't have any shows." So, I said, "You actually mean a horse club wouldn't have any shows?" "Yes," he replied. So, I raised my hand. At that time, SMCHA had Wednesday shows once a month, along with three Western shows and three English shows. Have you ever tried to get a water truck during the week? I hand-watered the ring with the help of a member's son. The following year, things changed, and the Wednesday show was canceled.

We had two Western shows and two English shows. We changed the classes and offered \$100 stake classes: Walter Kerr and crew barbecued hamburgers. Larry Pelzner worked the gate. Karen Shawback, Christine Eppstein, Cheryl Mason, and Aleta Reed (no relation to Lew), worked the desk like pros. We revamped the Western schooling show. When the Mounted Patrol said they wanted 40% of our entry money, I moved the shows to Webb Ranch and the Horse Park. The SMCHA volunteers were the best. I am incredibly proud of the fact that we made money on our shows. We never went into the hole. Not once.

Doug Moody got SMCHA involved with building the Jack Brook Horse Camp on the Pete Towne Ranch (Pete Towne Ford). The four-horse clubs in Woodside, the Mounted Patrol, the Shack Riders, Los Viajeros Riding Club, and the San Mateo County Horsemen's As-

sociation built the bathrooms, put up the corrals, put in the road, water, and electricity.

The four clubs raised all the money to build the Horse Camp by having different events. It took more than three years, working every weekend, to build it. Doug Moody formed an ad hoc committee to work with San Mateo County to have a horse camp, not a hiker or biker camp.

Mike Hertert and Rick DeBenedetti also helped. They established the rules before the horse camp was turned over to San Mateo County. Janet Estep designed the trails.

A major reason to join SMCHA is to be involved with San Mateo County to have our horses and horse people represented. Otherwise, our horse camp and trails will vanish. We need numbers. I have served as president of SMCHA twice. I was LV president two times. I was Horseman of the Year in 1979 (They did not have horsewoman of the year at that time). I have received many special service awards. But the real reason that SMCHA is so special to me is that SMCHA is family. It is part of my heart. Being chosen for the SMCHA 75th Anniversary Hall of Fame was a highlight of my life because this club selected me to be on it. I have been blessed by this club, and I will always be eternally grateful. Thank you all!

Photos by Martha Greene (<https://martha-greene.smugmug.com>)



Susan Jakubowski and Sharon Butler



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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.

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# Bomb Proof Your Horse – Part 3

By Bob Rosenberg

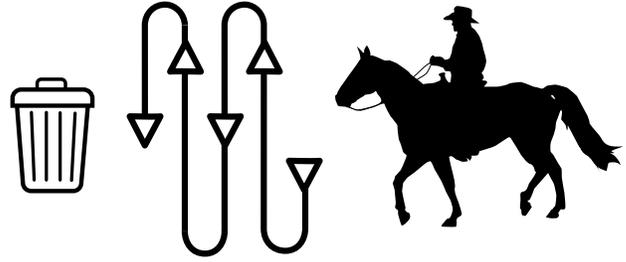
*My wife and I are members of the San Mateo County Sheriff's Mounted Search and Rescue Unit. Our horses received a great deal of sensory training there and my horse is considered among the top few in terms of being able to handle new and strange things. I was asked to write some articles on sensory training.*

In the previous issue, I wrote about your first few times taking your horse out on the trail. In this article, I'll explain my favorite way of desensitizing your horse when he comes across a scary object and "locks up."

When out on the trail, and particularly if riding in areas where there are lots of man-made objects, your horse will look at everything strange, moves, and/or makes noise as a threat.

A common reaction is that your horse will "lock-up" and refuse to move forward. While there are quite a few ways to proceed, here is the one I've successfully used most of the time:

Position your horse facing the scary object, but at a distance where he is aware of it without getting so close that he wants to back away. Ten to twenty feet is usually the "sweet spot." Now, the goal is to move your horse's feet while ignoring the scary object. So, begin by turning your horse either left or right and start walking perpendicular to the thing. After a few steps, turn your horse a full 180 degrees, but in the direction of the scary object. Now walk past it in this opposite direction until you've gone a bit past it. Do another 180-degree turn, again turning in the direction of the object. Keep doing this - back



and forth - perpendicular to the object for several passes.

Your horse will eventually realize that the object is not doing anything, and you'll be able to get him to approach it.

Best of all, if you do this regularly, your horse will take fewer and fewer passes with each new scary thing before he's ready to approach.

While I've found this to work almost all of the time, occasionally, your horse will still be afraid to go forward.

In those cases, try one of these other two methods:

1. Have your horse closely follow another horse who is NOT afraid of the object. This is called "following a good lead."
2. Dismount and lead your horse over to it. I'm pretty sure that my horse always figured that if it were a predator, it'd kill me first, thereby giving him time to run away. :)

I hope these articles have proven helpful to you. Marcy and I LOVE trail riding - and we look forward to seeing you out there enjoying it too.



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# Feller Named Tindell

My friend, Brandon, wrote about our mentor, Jerry Tindell, who we've known for fifteen years. We met Jerry at Bishop Mule Days and knew right away he was the guy who'd be able to take our riding and horsemanship to another level. He's been so supportive and humble over the years and has always been available for anything we need. If you get a chance to do one of his clinics, I highly recommend it. Jerry is one of the best teachers and clinicians around.

Annie Tyo

## By Brandon Penserini

I once met a feller named Tindell, no bigger than a kid.  
But to understand the man, let's go back in time a bit.

He says, "green on green will get you black  
and blue."

I know what he means now, but back then didn't  
have a clue.

I reached out to this Tindell, considered locally to  
be a legend.

Was told he'd know where to find a steed, so I didn't  
end up dead.

I'd seen him once at a clinic, firm handshake, but not  
real tall.

I put in my inquiry for a good horse or mule, but he  
didn't return my call.

I don't think I like this feller, no matter how scrappy  
or good a hand.

How hard could it be to find something stout, stand-  
ing over 16 hands?

Was excited to prove him wrong, that little guy in  
chaps.

I'll buy the costume, put in the time and make him  
put the feather in my cap.

But he's a tough little bugger, and I asked him for  
some private time.

We met at the round pen, sippin' coffee, for fifteen  
minutes, he watched me ride.

"So what can I do for you, sir?" he asked me with a  
tone a bit condescending.

"Hand me a rope, put me on some cows, ol' man.  
Let's get to the gettin'."

Course, I was kidding and nervous at the same time.

"Why don't you get your horse to back straight?" he  
began to whine.

Well, I'll show the little man a back-up, better than  
he'd ever seen.

But that bugger, Hank, held his head high, only  
backed circles to embarrass me.

I know what you're trying to do, Tindell. And it ain't  
gonna work.

I'll see you in the clinic... I'll be the one with the  
fancy shirt.



I couldn't wait to ride alongside this little guy  
Shoot, he was closer to the ground than the sky.

He barked commands like a drill sergeant, but he  
was no bigger than a kid.

I tried real hard to keep up, and it was tough- the  
more he asked, the more I did.

Every time I ride with Tindell, he puts me in my place  
As time goes by, I'm getting better, but I'm sure as  
hell no ace.

As for Hank and I, we get along swell- at least I  
know which end to feed.

Before all this started, I needed a ladder, or I'd end  
up in the weeds.

Putting in time on horseback, I'm better than before.  
What he does is still magic to me; he still ain't lost  
his lore.

Putting in long days a course and still paying the dues,  
Honestly, me and another hundred men couldn't  
fill those boots.

And boy, watching little Tindell work stock is sure  
a sight to see.

I adore the man, aspire to be like him- that's just  
between you and me.

You see, I don't want his head to get too big. He  
knows he's the best around.

He doesn't try to hurt my feelings, but he won't  
allow me to mess around.

I want to be as good a horseman as I can- you  
know, before I die.

I don't know if I'll amount to much, but I'll be  
damned if I don't try.

I want to make that man proud to know me- his  
protege buckaroo.

Let everyone know who learned me and with  
whom I went to school.

"Keep your horse honest," he'd tell me. "And always  
reward the try."

I was kinda wrong about lil Tindell; he's not a half-  
bad guy.

"You see, if you can control their feet, you control  
their mind".

He doesn't beat them to break them- he does it by  
being kind.

He calls me lil Buck, and he pokes fun at me and  
my costume.

But a cowboys-a-brewin', Tindell, just wait til I'm  
in full bloom.

We get along pretty good now, but he doesn't know  
dinner from lunch.

Although he won't admit it, I know I'm his favorite  
outta the whole bunch.

So, keep coming round these parts, Tindell, and I'll  
show you what me and Hank got.

Maybe right now I can't hold a match to ya, but  
from you I've learned a lot.

Truth is, you inspire me, buddy- as little as you are.  
One day real soon, you mark my words; I'll be up  
to par.

I'll back straight lines, stop on a dime and lead  
change- you'll see in the end.

Despite your size, you've taught me well, and  
you've been a really good friend.



# Digestion, Metabolism and Welfare: The Science Behind Feeding Your Horse

*By Clara Stephenson*

I have been in the 4-H Equine Project for three years. During this time, I have loved learning about animals, their care, science, and welfare. Due to the COVID-19 pandemic beginning in the spring of 2020, many 4-H events were canceled, so Equine Project couldn't meet in person.

In the past, our project leader, Jennifer, built up a partnership with the San Mateo County Horseman's Association (SMCHA), who gave me an excellent opportunity to write an article for your newsletter, "What Horses Eat in the Wild." I learned a lot from this opportunity, and I am super grateful to you.

This year, we met on Zoom, which was a good opportunity for each project member to research their topic. This year, I decided to learn more about horse digestion and metabolism. I made a poster: Digestion, Metabolism, and Welfare: The Science Behind Feeding Your Horse.

When we understand how the horse body functions, we can better support horse health and welfare. How we feed horses is such a big part of their lives, it is imperative to understand horse digestion, metabolism, and what can go wrong. When we feed horses certain food and restrict their exercise except in short, intense bursts, we cause them to live very different lives than they would in the wild, and we may inadvertently cause digestive or metabolic problems. It is essential to understand these problems and their treatments so we can better care for our horses.

## Horse Digestion

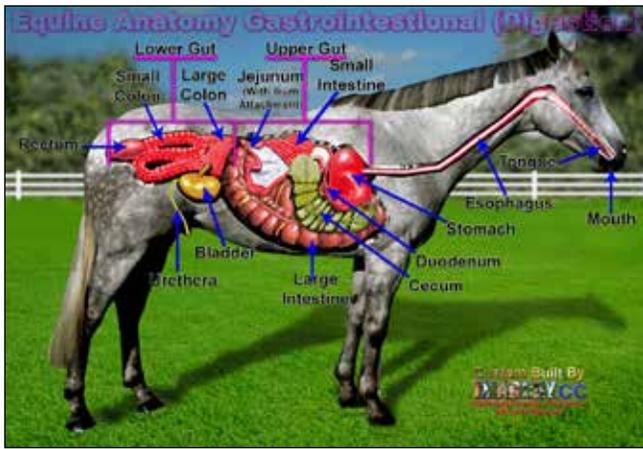
- A horse's digestive system is large, complex, and in some parts, seemingly haphazard. However, it is uniquely designed to meet horses' needs. Horses eat grass and forage like cows do, but they only have one stomach and digest their food by fermenting it. This means that they fall into the category of non-ruminant herbivores. The horse's digestive system works like most other mammals. However, it has three main differences:
- The stomach is tiny for the horse's size. This is because most forage cannot be digested, and therefore food passes through the stomach very quickly.
- Most digestion takes place in the small intestine.
- There is no gallbladder because horses don't store bile; they need it continually, as horses are designed always to be eating.

Now a little bit more about the long journey a horse's food takes every day.

## Mouth

Once a horse has sorted through its hay bale or the grasses in its field to find the best, most juicy food to eat, the teeth grind and break it up. Horses chew with an outside to inside motion. Saliva breaks down the tough cell walls of the food particles and wets them so that it will travel through the rest of the gastrointestinal tract smoothly.

Fun Fact: Horses can produce up to 10 gallons of saliva a day. That is ten milk jugs worth!



stomach, enzymes and hydrochloric acid break down the food particles. Food only remains in the stomach for about fifteen minutes. Then, the now liquified food moves on to the small intestine.

### Small Intestine

There are many twists and turns in the small intestine as the food goes through the three sections. The first section is called the duodenum. More digestion occurs here. The second section is called the jejunum, and it continues the digestion process. The final section is called the ileum, and in this section, the nutrients are absorbed. The small intestine would measure over 70 feet in length if stretched out from end to end!

### Cecum

Food then travels to the cecum, the first section of the large intestine. Here, it can digest cellulose and other fibers through microbial fermentation. Horses get a lot of their energy and nutrients from fermenting their food. Fermenting is the process of using bacteria, fungi, and protozoa to break down food into volatile fatty acids. There are millions of microorganisms in the cecum and large intestine. It takes seven hours for the food to ferment in the cecum and then pass into the rest of the large intestine.

### Large Intestine

Food continues to ferment in the large intestine. The health of the microbes that ferment the horse's food depends on the proper acidity or pH in this part of the intestinal tract. Significant changes in the pH can cause the microbes to change, which interferes with nutrient utilization. Large grain meals often lower the pH in the

*Continued on Page 31*

This saliva is crucial because it helps neutralize the stomach acids and lubricate the food. However, horses only produce saliva when they are chewing so it's important to provide them with lots of opportunities to eat food like forage which requires them to chew a lot.

### Esophagus

Although no further digestion happens in the esophagus, it is vital. It helps bring food to the stomach with peristalsis, which means regular muscle contractions. A horse's esophagus only works in one direction. Horses can't throw up.

### Stomach

The horse's stomach is very small because most of the forage that horses eat can't be digested; it has to be fermented. In the

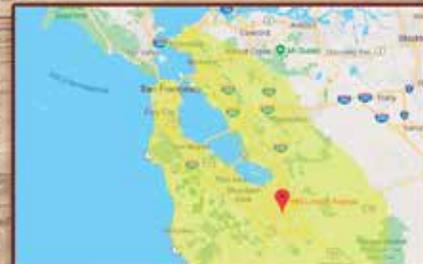
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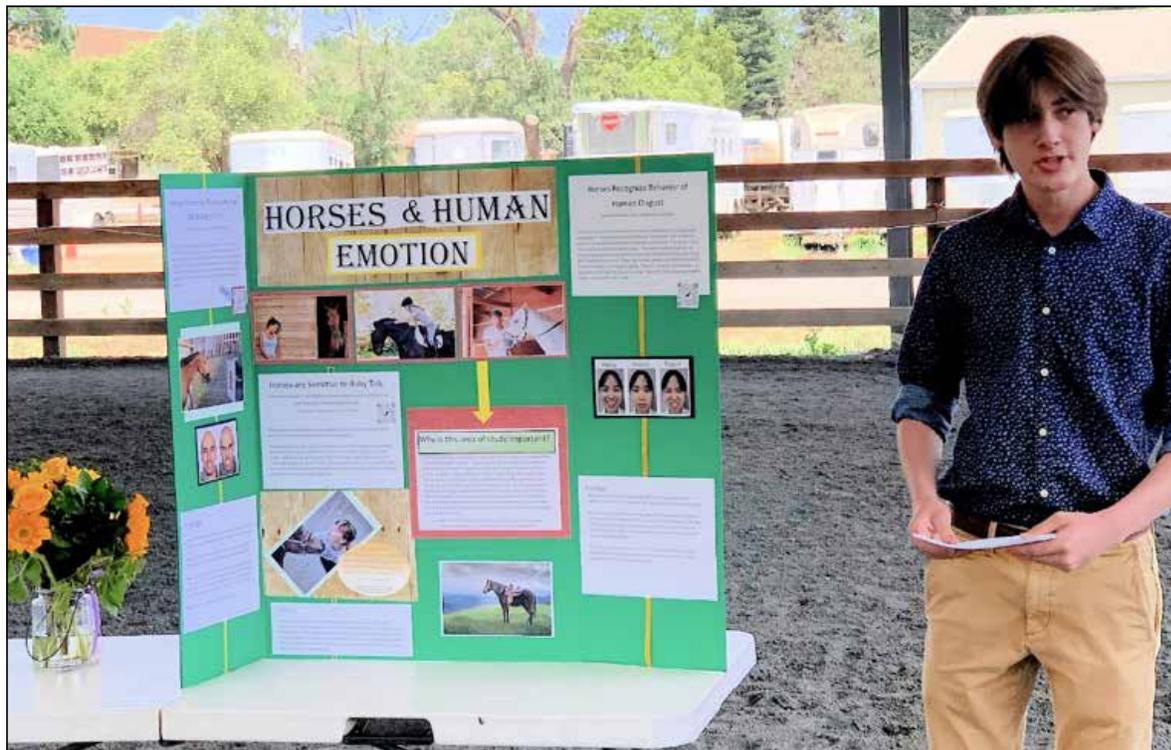
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# Can Horses Understand Human Emotion?

By Alex Becker

As part of the 4-H program, I researched if horses can genuinely understand human emotion. Guess what? My research indicates horses do recognize and react to human emotion. Growing in our understanding of how horses respond to our emotions will increase our ability to care for, manage and train our horses in positive ways. If our goal is to seek the highest welfare of our horses, we must understand the part our own emotions play.



**Study 1:** <https://www.sciencealert.com/horses-recognise-and-remember-emotional-human-facial-expressions>

One study I found particularly interesting was conducted by the Universities of Sussex and Portsmouth in England. Two researchers studied 24 horses in 4 different locations. They showed each horse a photograph of a person who was either happy or angry. A few hours after seeing the photograph, the horses met the subject in the picture. Only this time, the person wore a neutral expression. The researchers collected data on the heart rates and behavioral responses of the horses to the person they had previously seen in the photo.

This is what they found:

- Horses will respond differently to a person based on whether a previously seen photograph shows them with a smile or a frown.
- Horses don't only notice when you're in a bad mood; they remember it later, even if you've done nothing to upset them.
- "What we've found is that horses can not only read human facial expressions, but they can also remember a person's previous emotional state when they meet them later that day – and, crucially, that they adapt their behavior accordingly," says psychologist Karen McComb. "Essentially, horses have a memory for emotion."
- For those who work with horses, why is this important?
- Our emotional state has the potential to influence the emotional state of our horse.
- A better understanding of what creates a positive experience for our horse will help us make advancements in the welfare of our horse, as well as their training and management.



**Study 2:** <https://horsesandpeople.com.au/horses-recognise-our-disgust-and-they-dont-like-it/>

Japanese researchers investigated a horse's reaction to the human expression of disgust.

They tested 14 horses to observe their behavior when a human expressed happiness, neutrality, or disgust in reaction to looking behind a black screen.

The experimenters set up opaque black barriers to give the horses the impression that something was hidden behind them. Then one researcher would look behind the barrier and either act happy (smiling and saying, "Wow!"), neutral (no reaction), or disgusted (crinkling the face and saying, "Eww!").

They documented the horse's response.

Findings:

- Surprisingly, the horses didn't show any significant differences in behavior between the happy and neutral expressions.
- The horses followed the human's gaze less frequently and for a shorter period of time when the human expressed disgust. Maybe the horse was trying to avoid the disgusting object or the person showing disgust - that's not yet known. But, the horse responded negatively to this person.
- Including a neutral reaction, instead of just happy or disgust, allowed this study to show that horses can evaluate the human disgust emotion as a negative emotion.

### Why is this study important?

Domestic animals, especially horses, have built a close and cooperative relationship with humans.

Social signals like emotional information play essential roles in how these animals live and interact with humans.

As compassionate caretakers of horses, it is important for us to understand these phenomena.

Don't be afraid to talk "baby" with your horse!

**Study 3:** <https://horse-canada.com/horse-news/new-research-examines-horses-react-baby-talk/>

So, if horses are shown to be sensitive to human emotions, it makes sense that they would also be sensitive to how we speak to them too.

Another bit of research that I found really interesting looked at Pet-Directed Speech, which is basically sort of like talking "baby talk" to your horse rather than normal adult speech.

An example of Pet-Directed Speech (PDS) might be when you put on a high-pitched voice and use repetitive words such as "Who's a good boy?" "What a good boy!" And don't be embarrassed if you use this type of talk with your animals - 93% of people do!

Basically, this study looked at how horses respond to Pet-Directed Speech (baby talk) versus Adult-Directed Speech or ADS (normal talk).

The researchers in this study used two different ways of speaking while performing two different tasks and noting the horse's response. The first was while grooming the horse - scratching them. In the second task, the researchers did a pointing exercise where they pointed at a bucket of treats (carrots) and instructed the horse to have one.

Findings:

These results thus indicate that horses are sensitive to PDS. They reacted more positively. In the grooming exercise, the horse was more compliant, moved less, looked at the researcher, and carried out mutual grooming gestures toward the researcher. In the pointing exercise, the horse found the location of the treats more often when spoken to with baby talk than with adult talk.



### Why is it important?

This is important because we are beginning to understand that horses read the emotion of our voice, too. If we want a more cooperative and positive experience with our horses, we need to consider how we speak to them.

### Conclusion:

Recognizing the ways we can improve our relationship with horses will allow for better welfare of horses living in the human world. As compassionate caretakers of horses, it is important for us to consider how our emotions affect the horse. So, next time you interact with your horse, put on a happy face, avoid showing disgust and feel free to talk baby talk!



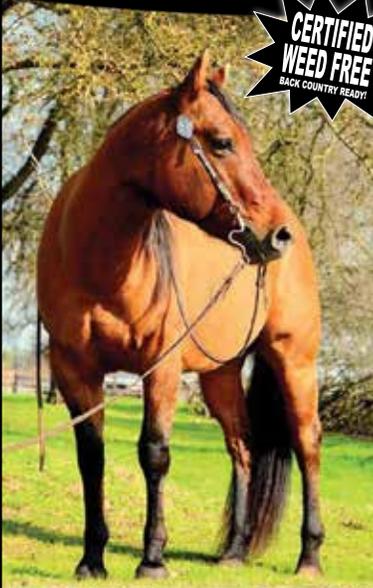
# Horse Emergency Evacuation Planning

By the Town of Woodside's Livestock and Equestrian Heritage Committee (Reprinted with Permission)

The Town of Woodside's Livestock and Equestrian Heritage Committee encourages all barn owners, horse owners, and barn managers / trainers to prepare and plan for wildfire and emergency evacuations. Please review these guidelines below and have your plan in place. You can find this article on the Town of Woodside's website: <https://www.woodsidetown.org/council/town-hall>

1. Sign up for San Mateo County Alerts ([www.smcalert.info](http://www.smcalert.info)) and review the San Mateo Large Animal Evacuation Group website for emergency preparedness alerts and <https://smclaeg.org> notifications. Do not wait for an evacuation order; get prepared now.
2. If you receive an Evacuation Warning and cannot evacuate your large animals, call 911 and request the assistance of the San Mateo County Large Animal Evacuation Group.
3. Make sure each horse has identification. Microchipping and tags that have your name, address and phone number are highly recommended. Also copies of ownership papers.
4. Keep a leather halter and cotton lead rope directly outside your horses' stalls or paddocks. Do not keep nylon materials for emergency use; they can melt in high temperatures.
5. Keep Grab-and-Go documentation visible in a water-proof envelope. Include details on feed, supplements, medications with dosing info, and health issues and should be seen and reached easily. Include horses' Coggins tests, vaccinations / veterinary papers, identification photographs with distinctive markings and any other vital information.
6. Keep a Horse First Aid Kit handy. It should include electrolytes, Banamine, wound care, and feed you can mix with water in case your horse refuses to drink. This will help to minimize the risk of dehydration or colic.
7. Bring at least a 4-7 day supply of hay and supplements with you and have at least 2 gallons of water per horse and water buckets in your trailer.
8. Keep a Go-Bag with items such as fly spray, fly mask, horse blanket and shipping boots or wraps.
9. Train your horse before the emergency to calmly load in a trailer. Make advance arrangements to have enough trailer space for all your animals, or to have a friend or hauler in mind to trailer your horse and any other livestock to safety.
10. Make sure your equipment is in good working condition. Your trailer should be serviced regularly, and tires and brakes should be checked each year.
11. Plan your evacuation route. Team up with friends and neighbors to prearrange a place to relocate your horses out of Woodside.
12. Post your plan in your barn and discuss with all concerned. Place in your barn or tack room along with your own emergency notes for evacuation procedures along with contact information of all horse owners.
13. During an emergency, the time you have to evacuate is limited. Remain calm and never free your horse to fend for itself. Make sure you are prepared so you can act quickly. With an effective plan in place, you will be able to efficiently move your horses to safety.
14. Additional information will be provided by the Town of Woodside's Livestock and Equestrian Heritage Committee in the coming months. Meantime, WHOA! has a supply of green reflective horse signs that identify properties that house horses. The signs are available to all in the Woodside Fire Protection District with horses on their property. Please contact WHOA! <https://whoa94062.org/> To get a sign to display at the entrance to your property arrange to pick up a sign at Woodside Town Hall.

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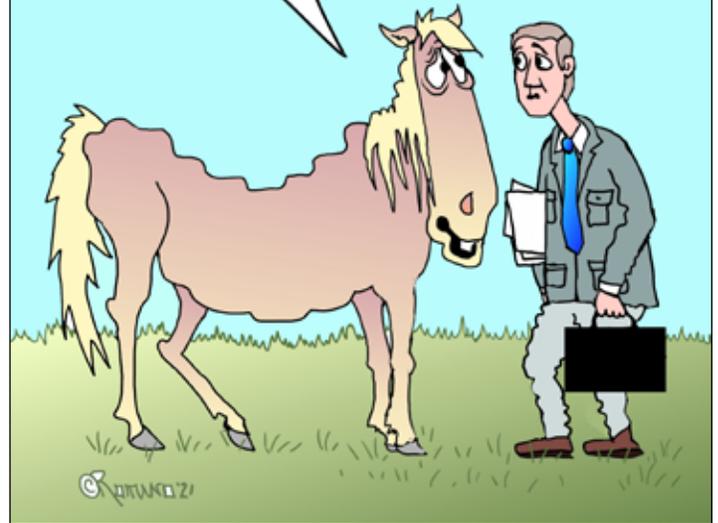
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2021 After Lockdown

"Getting back in the saddle is not my favorite phrase."



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# Jack Brook Camp

By Adeline Forrest

We had a terrific weekend at Jack Brook Horse Camp. Some of the eighteen campers came up Thursday and stayed through Sunday. It was fun having a bunch of kids camping with us (hopefully future riders!). Some first-time campers said they can't wait until next year.

On Friday night, we ate pizza and salad thanks to Larry Rebarchik. Mike Garman, the caterer, thought our event was the next weekend, but it all turned okay as he arrived with his son at 11:30 p.m. with all the fixings for the rest of the weekend.

The weather was on our side that weekend: warm day with fog burning off in the morning. Riders seem to like the West Brook and East Brook trails the best; they often ate lunch at the waterfall or at Shaw's Flat.

Some forty people came up to have Hawaiian dinner and visit with friends; some long-time members, Noel Moody, Jeannette Hansen, Christine Wright, Gina Silva were just a few. Everyone wore either a Hawaiian shirt or a lei. After a dinner of pulled pork, ahi tuna, coconut



## Jack Brook

*Continued from Page 30*

rice, and bread pudding with bourbon sauce, the raffle began. Guests donated items: a mounting block, a couple of new horse blankets, some sterling silver jewelry and belt buckles, a large mosaic of a horse, and a print by Rebecca Holland. We appreciate everyone's generosity.

There were a few new faces at camp: Silvia Keller, Kersten Doerre and their daughter, Roxanne, and Steve Doupe and their granddaughter, Jamie, Carrie Oberti, her husband and their two boys, and longtime member, Michelle Goodspeed, her husband, Wayne, and their son, Zander. Anne Gadd, Anne Farris and Gene Erickson were our Volunteer Horse Patrol. Luckily no one was lost or injured while riding!

The third weekend in July 2022 (July 20-25, 2022) has been reserved by SMCHA for the Jack Brook Camp. Once you have come to Jack Brook the first time you will be back again and again! See you then.



## The Science Behind Feeding Your Horse

*Continued from Page 25*

intestinal tract, and this can cause serious harm. Small, frequent meals of forage help keep the pH at a healthy level.

### The Small Colon, Rectum, and Anus

Here, fecal balls form, and excess water is absorbed before manure is expelled. It takes anywhere from 36 to 72 hours for food to pass through the digestive system.

Fun Fact: Horse poop should be soft, spongy, and the poop should be piles of defined ball shapes, a little bigger than a golf ball.

Poop is a good indicator of horse health, so it is important to check your horse's poop regularly, known as a "poopspection."

### Horse Metabolism

Metabolism is the process of converting food to energy for the body. It is the conversion of food to various important building blocks of life like nucleic acids and proteins and the elimination of metabolic wastes.

Here is a quote from the website, *The Horse.com*: "The horse's metabolic processes provide the body with the fuels it needs to sustain itself....it refers to chemical reactions occurring within the body that ultimately provide it with the components required to sustain life." Many factors like eating, exercise, and the environment can pose challenges to the horse's body. Usually, these challenges are met by hormonal actions, but sometimes the horse's body has a hard time adapting to the daily challenges it faces, and things can go wrong. This can manifest itself in a metabolic disorder, such as Equine Metabolic Disorder, Rhabdomyolysis, Cushing's Disease, and Founder's Laminitis.

Through all my research, I learned that when we know more about what and how horses eat, their digestive and metabolic systems make more sense, and we can better support the health and welfare of horses.

### Welfare

We can apply the idea of welfare to everything we learn about the horse. The more we know about horses, the better we can abide by the platinum rule: Treat others how they want to be treated.

Having a deep understanding of the horse's complex systems can enable us to feed and care for them so that their needs are met. Welfare means promoting happiness, health, safety, wellbeing, and prosperity for yourself, others, or the world. The Five Freedoms

are an example of welfare. They are used to make sure that captive animals are treated humanely.

The Five Freedoms are Freedom from Hunger and Thirst, Freedom from Discomfort, Freedom from Pain, Injury, or Disease, Freedom to Express Normal Behavior, and Freedom from Fear and Distress.



### Ways to Incorporate Welfare into Your Horse's Diet

- The best food is not concentrated, excessively sugary, nutrient-dense, or starchy because these foods can cause insulin resistance, obesity, and metabolic disorders such as EMD.
- Horses don't have a gallbladder and can't store bile.
- Horses are naturally designed to eat 16-18 hours a day, and they have a continuous supply of bile in their stomachs to break down food.
- When a horse is fed only a couple of large meals per day, bile sloshes around in its stomachs, causing painful ulcers and other problems.
- Feeding horses small meals frequently is a way to give them a more natural and healthy life and feed them how they want to be fed.
- Horses need to eat from the ground. Horses in the wild eat from the ground, and when they do, their mouth is positioned correctly and the food can mix with the saliva better. Eating from the ground also positions their head so that debris in the nasal passages gets flushed out by nasal secretions, reducing respiratory problems.

In conclusion, horse digestion and metabolism are complex processes that are essential to horses' functioning. When we have a sound scientific understanding of these processes and combine this knowledge with a commitment to horse welfare, we can help them live the happiest, healthiest life possible.

Thank You To:

Jennifer Ott Cameron  
The San Mateo County Horsemen's Association  
Bert (the Horse), Kachina (the Mini-Horse), and the Staff at Jasper Ridge Farm



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WHERE ARE THEY NOW?...

# Country Roads ...Take Me Home



Susan Snook in front of her new home in Grass Valley

## By Susan Snook

*SMCHA member since 2005 & past San Mateo County Horseman's Magazine Editor*

It was after I retired as an RN in 2016 that I began searching for a new area to move to. Having grown up in Sunnyvale, I later lived in San Jose, Redwood Estates, Berkeley, Oakland, San Francisco, Germany, Italy, and Spain (not afraid of moving). From 1983 until 2018, my family lived in Los Altos. Over the years, Santa Clara County has become Silicon Valley (SV); the landscape keeps changing, new construction increases both housing and commercial density, new roadways are built, and the population greatly increases. Traffic keeps growing, and the increased stress level of SV inhabitants is a real thing.

So, I began spending time online with Zillow and Realtor, looking for an alternative with land in the country! My husband, Tod and I wanted to stay in California. Our four children are all married with children of their own and live in San Jose, Santa Rose, Roseville, and Seattle...all spread out. In April of 2018, we found our new home in Grass Valley on Realtor. We then put our Los Altos home on the market, and it sold in 5 days! In June, we moved into our beautiful 9-year-old house on twenty acres.

After living here for 3 years, we named our property Moss Rock Ranch and put that signage on our entry gate. We do have some great neighbors nearby...especially Eileen, who has been



Todd and Susan on the trails around Grass Valley.

very helpful with teaching us the "ropes" of living the rural country life. She got me involved with her fiber arts guild whose members weave, spin fiber, knit, dye wool, and some even raise fiber animals like alpaca and sheep. I have learned to spin wool into yarn and enjoy knitting sweaters and caps.

My favorite hobby (besides horses) is sewing, and during the pandemic I put my sewing machine to use making clothes and over 50 face masks which were given to family and friends. Here on the ranch, we have a well, septic tank, full house back-up generator, two chain saws, a wood splitter, a Kawasaki UTV, Honda ATV, vegetable and flower gardens, grape vines, fig and persimmon trees, big lawns, lots of white oak trees, a chicken coop with six chickens, and an Aussie puppy named Wrangler. We enjoy watching a neighbor's cattle graze part of the year through the back portion of our property. There is no lack here of ways to keep busy.

We now frequent stores such as Tractor Supply, and Echo Valley Feed and Tack Store! We have made good friends with like-minded horse people where we board our two horses at Blue Fountain Farm in Grass Valley. We are members of the Gold County Trail Council which is very active in Nevada County. We do miss our friends and the activities of SMCHA and the Los Viajeros Riding Club!

Grass Valley is a very beautiful area in the Gold Country. It is much warmer in the summer than in the Bay Area, but we do have air conditioning. This time of year, it is good to get up early to do outdoor activities while it is still cool outside. Season changes are more distinct here, and I like that in the country. People are very horse and animal savvy. Birdsong is heard throughout the day, and the sky fills with stars at night. Our life here is more relaxed and people are friendly. I like to say that I have always been a country person at heart!

# Wildfire Smoke and Horses

By Amy Young

(Reprinted with Permission from UC Davis)

## Wildfire smoke

Severe fires throughout California in recent years have exposed humans and animals to unhealthy air containing wildfire smoke and particulates. These particulates can build up in the respiratory system, causing a number of health problems including burning eyes, runny noses and illnesses such as bronchitis. They can also aggravate heart and lung diseases such as congestive heart failure, chronic obstructive pulmonary disease, emphysema, and asthma.

## What is in smoke?

Smoke is comprised of carbon dioxide, carbon monoxide, particulate matter, soot, hydrocarbons and other organic substances, including nitrogen oxides and trace minerals. The composition of smoke depends on the burned material. Different types of wood, vegetation, plastics, house materials, and other combustibles all produce different compounds when burned. Carbon monoxide, a colorless, odorless gas produced in the greatest quantity during the smoldering stages of the fire, can be fatal in high doses.

In general, particulate matter is the major pollutant of concern in wildfire smoke. Particulate is a general term used for a mixture of solid particles and liquid droplets found in the air. Particulates from smoke tend to be very small (less than one micron in diameter), which allows them to reach the deepest airways within the lung. Consequently, particulates in smoke are more of a health concern than the coarser particles that typically make up road dust.

## How does smoke affect horses?

The effects of smoke on horses are similar to effects on humans: irritation of the eyes and respiratory tract, aggravation of conditions like heaves (recurrent airway obstruction), and reduced lung function. High concentrations of particulates can cause persistent cough, increased nasal discharge, wheezing and increased physical effort in breathing. Particulates can also alter the immune system and reduce the ability of the lungs to remove foreign materials, such as pollen and bacteria, to which horses are normally exposed.

## How to assess and treat smoke inhalation in horses

Horses exposed to fire smoke can suffer respiratory injury of varying degrees, ranging from mild irritation to severe smoke inhalation-induced airway or lung damage.

Knowing what is normal versus concerning can help to know whether a veterinarian should evaluate your horse.

Respiratory rate at rest should be 12-24 breaths/minute.

Horses should be examined by a veterinarian if any of the following are noted:

- Respiratory rate is consistently greater than 30 breaths/minute at rest
- Nostrils have obvious flaring
- There is obvious increased effort of breathing when watching the horse's abdomen and rib cage
- There is repetitive or deep coughing OR abnormal nasal discharge
- Horses should also be monitored for skin and tissue injury, especially for the first few days after exposure.

## How to protect horses from air pollution

- Limit exercise when smoke is visible. Horses should not engage in activities that increase the airflow in and out of the lungs. This can trigger bronchoconstriction (narrowing of the small airways in the lungs).
- Provide plenty of fresh water close to where your horse eats. Horses drink most of their water within 2 hours of eating hay, so having water close to the feeder increases water consumption. Water keeps the airways moist and facilitates clearance of inhaled particulate matter. This means the windpipe (trachea), large airways (bronchi), and small airways (bronchioles) can move the particulate material breathed in with the smoke. Dry airways make particulate matter stay in the lung and air passages.
- Limit dust exposure by feeding dust-free hay or soak hay before feeding. This reduces the particles in the dust such as mold, fungi, pollens and bacteria that may be difficult to clear from the lungs.
- If your horse is coughing or having difficulty breathing, contact your veterinarian. A veterinarian can help determine the difference between a reactive airway from smoke and dust versus a bacterial

infection and bronchitis or pneumonia. If your horse has a history of having heaves or recurrent airway problems, there is a greater risk of secondary problems such as bacterial pneumonia.

- If your horse has primary or secondary problems with smoke-induced respiratory injury, you should contact your veterinarian who can prescribe specific treatments such as intravenous fluids, bronchodilator drugs, nebulization, or other measures to facilitate hydration of the airway passages. Your veterinarian may also recommend tests to determine whether a secondary bacterial infection has arisen and is contributing to the current respiratory problem.
- Give your horse ample time to recover from smoke-induced airway insult. Airway damage resulting from wildfire smoke takes 4-6 weeks to heal. Ideally, plan on giving your horse that amount of time off from the time when the air quality returns to normal.
- Attempting exercise may aggravate the condition, delay the healing process, and compromise your horse's performance for many weeks or months. It is recommended that horses return to exercise no sooner than 2 weeks post smoke-inhalation, following the clearance of the atmosphere of all smoke. Horses, like all other mammals, tend to have an irritation to particles, but should recover from the effects within a few days.
- Air quality index (AQI) is used to gauge exercise/athlete event recommendations for human athletes. It may be reasonable to use those for equine athletes as well. The National Collegiate Athletic Association lists the following recommendations on their website: "Specifically, schools should consider removing sensitive athletes from outdoor practice or competition venues at an AQI over 100. At AQIs of over 150, all athletes should be closely monitored. All athletes should be removed from outdoor practice or competition venues at AQIs of 200 or above."

## Takeaways

- Unhealthy air containing wildfire smoke and particulates can cause health problems in people and animals.
- Particulates from smoke tend to be very small, which allows them to reach the deepest airways within the lungs.
- Wildfire smoke can cause respiratory issues for horses. They may experience reduced lung function and difficulty breathing.
- Knowing what is normal versus concerning can help to know whether a veterinarian should evaluate your horse.
- Limit exercise when smoke is visible and give your horse ample time to recover from smoke-induced airway insult.

## Jasper Ridge

Continued from Page 10

You may be wondering how COVID has affected our work? Like so many others, we went virtual! Through the magic of Zoom we created our Farm Academy program, a series of educational, interactive Zoom sessions focusing on the care, anatomy, and personality traits of the different animals at our farm. Even our riding programs switched to virtual sessions showing how to groom a horse, basic horse anatomy, safety around horses, tack, and ending with a virtual ride on Bert, our Dutch Warmblood star.

We also expanded our mission and reached out to teachers who were in the chaos of distance learning and provided virtual farm tours. The animals quickly made the connection between the "camera" and "treats" and became expert photo-bombers.

We're happy to be back in person now for some of our clients who are ready for it and will continue with virtual for as long as our clients request it. With the stress and unpredictability of the last year and a half, we know that mental health struggles are on the rise and realize our clients need us now more than ever to experience the connection and comfort our animals can provide, whether in person or over Zoom.



## HorseHeroes

One Veteran in our HorseHeroes program shared his experience at Jasper Ridge Farm with us. *"Where other therapies failed me, here I found a pathway to sanity. When others rejected me, here, I found acceptance. When I have failed others, here I have been given support, purpose, direction, and a desire to move forward in a positive manner. Here veterans learn or relearn the value of communication, partnership, and the power of connecting with another special living creature, providing veterans with the opportunity to find a way to reconnect to the world. This place saved my life. This place is where the magic happens."*

At Jasper Ridge Farm, we run all our programs free of charge for our clients and operate through the generosity of our community from grants and donations. You can help bring the joy of animals to those in need in our community by donating at <http://bit.ly/JRFGT>. You can also learn more about our programs and how to get involved by going to our website [www.jasperridgefarm.org](http://www.jasperridgefarm.org) or by following us on Facebook and Instagram.

## Equine-Imity

Continued from Page 8

**To summarize, what can humans learn from horses? What do they teach us about stress and stress management? Our bodies? Physical, spiritual, and emotional health and well-being?**

Beverly: Horses teach us the following concepts:

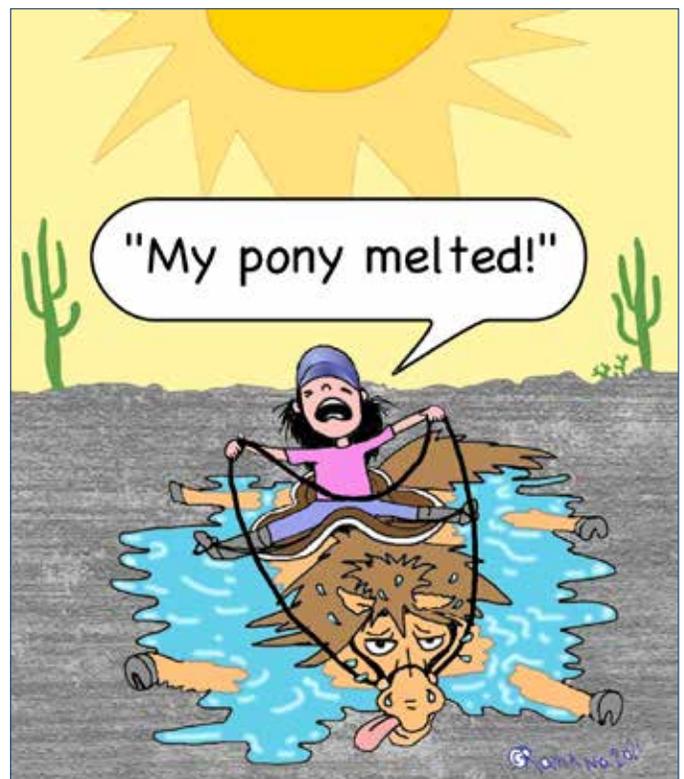
1. "Back to grazing" principle—returning to a state of equanimity after a stressful event.
2. Living joyfully in one's body without resorting to body shaming.
3. Refreshing social skills, especially since coming out of the pandemic, when we're all rusty.

**Is there anything else you like to add or highlight any particular resources?**

Beverly: There's an excellent group called "SHAINA" (Somatic Horsemanship Association InterNAtional), which has a great discussion group on the topic. "Somatic" means "of the body." Somatic horsemanship is a way of relating to horses and mules, primarily through heightened awareness of the physical interactions between our species. It focuses on breath, touch, position, muscle tone, smell, and energy. I would encourage those interested in joining this Facebook group.

**If I want to delve further into your Equine-imity program, how do I do that?**

1. Go to my website: <http://www.horsensei.com>
2. Read the book: <http://equine-imity.com>
3. Watch the Equine-imity video on YouTube: <https://www.youtube.com/watch?v=49PiUYifhUs>
4. E-mail me: [bkane1@stanford.edu](mailto:bkane1@stanford.edu)
5. Starting next Spring, register through the Stanford BeWell Healthy Living Program: <https://bewell.stanford.edu/healthy-living>
6. See and use: Special "friends and family" local purchase pricing in the ad for the book, in this issue of the SMCHA Magazine.



# How Many Horses Do You See?

In 1975, an artist Bev Doolittle painted a gorgeous painting titled Pintos. Bev and her husband were traveling around the southwestern region of America when they came upon a group of chestnut horses. Bev was inspired and knew what she would be painting next. The way these chestnut horses stared and studied her and her husband left an unforgettable memory in Bev's mind. This is what inspired her to paint Pintos.



## Laugh a Little! 14 Funny Horse Puns

1. You're not that special.  
Get off your high horse!
2. 401k... Check.  
It's nice to be financially stable.
3. I wasn't planning to take a vacation, but I did.  
It was a spur of the moment decision.
4. Lost the bet?  
Pony up.
5. Why the long face? Friends bailed on you?  
That's lame.
6. Late to your appointment?  
Better hoof it!
7. I appreciate your unbridled enthusiasm.  
But it's a bit much.
8. This shindig's getting too rowdy.  
Rein it in, party people.
9. Quit stalling and answer the question.
10. Did you see her new boyfriend?  
He's such a stud! What a mane man.
11. Yessss! Just got promoted.  
But now I'm saddled with a ton more responsibility.
12. Sore throat?  
You sound a little horse.
13. Spending time around those two is exhausting.  
They're constantly jockeying for position.
14. Horse walks into a bar, and the barman says, "Hey!"  
The horse says, "Oh yes please."

# COME VOLUNTEER WITH US!

Want to meet new people who love horses? Interested in helping out with our many activities and events? We are always looking for volunteers! If you'd like to be part of our team, send us an email and a member of our club will contact you.

Email: [SMCHA@smcha.org](mailto:SMCHA@smcha.org)

# COME ADVERTISE WITH US!

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## Contact Jenny Mize

Email: [jennymize9@gmail.com](mailto:jennymize9@gmail.com)

Cell: 650.380.1574

**FREE CLASSIFIED ADS FOR MEMBERS!**

## GENERAL MEETINGS

Christine Friis @ 650.704.2996

## RIDES

Adeline Forrest @ 650.743.1665

## PROMOTION & PUBLICITY

Venita Naidoo @ 650.716.8372

## COLOR GUARD

Christine Friis @ 650.704.2996

## 4-H YOUTH PROGRAM

Jennifer Ott @ 650.619.8257

## FUNDRAISING

Christine Friis @ 650.704.2996

## HORSE SHOWS

Horse Show Chair Position – OPEN

## FALL RIDING CLINIC

Karen Rowley Shawback @ 510.432.0368

## FACEBOOK

Beverly Kane @ 650.868.3379 & Jenny Mize @ 650.380.1574

## TRAILS

Adeline Forrest @ 650.743.1665

## FINANCE

Cheryl Basin @ 650.722.0606

## SAN MATEO COUNTY FAIR

Adeline Forrest @ 650.743.1665

## THE SAN MATEO HORSEMAN MAGAZINE

Elizabeth Ouellette @ 650.248.3409

## MEMBERSHIP

Tanya Rebarchik @ 650.867.2987

## MAILINGS

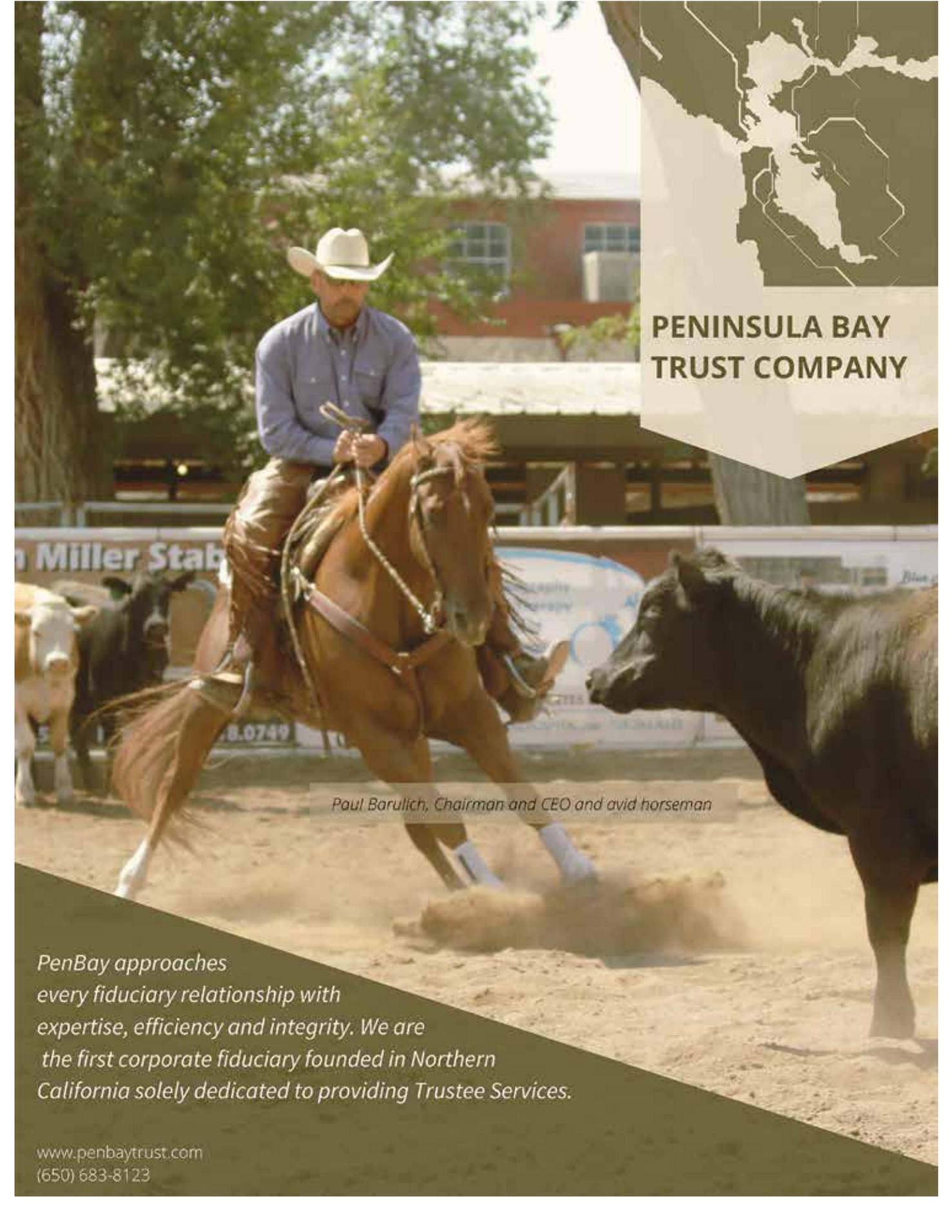
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# SMCHA 2021 Calendar of Events

Check website for updates: [www.smcha.org](http://www.smcha.org)

## September

- 5 - Obstacle Clinic with Joan McLaren
- 8 - Board Meeting
- 12 - SMCHA FREE Fall Riding Clinics at the Mounted Patrol Grounds
- 12 - Jenifer Ott Clinic: Reinforcers and Punishers: what they are and how they affect your horse.
- 18 - NCEFT Jeans & Jewels Gala
- 19 - SMCHA FREE Fall Riding Clinics at the Mounted Patrol Grounds
- 24 - Movie Night
- 26 - SMCHA FREE Fall Riding Clinics at the Mounted Patrol Grounds

## October

- 3 - SMCHA FREE Fall Riding Clinics at the Mounted Patrol Grounds

- 3 - Jenifer Ott Clinic: Communication and Motivation: can't change behavior without them!
- 8 - Woodside's Art of the Horse
- 9 - Progressive Trail Ride Sunday
- 10 - Horse Fair
- 14 - Board Meeting
- 16 - SMCHA-sponsored Clarkia Trail clean up. 9am- noon
- 24 - Halloween Play Day

## November

- 7 - Jenifer Ott Clinic: Assent or Consent: is your horse really with you?
- 11 - Board Meeting

## December

- 5 - Jenifer Ott Clinic: Unwanted Behavior- a human's problem or a horse's solution
- TBD - Holiday Celebration

## EQUESTRIAN WEBSITES

**Bay Area Savvy Players:** [bayareasavvyplayers.org](http://bayareasavvyplayers.org)

**Backcountry Horsemen of California:**  
[bchcalifornia.org](http://bchcalifornia.org)

**Bay Area Equestrian Network:** [bayequest.com](http://bayequest.com)

**BLM Wild Horses & Burros, California:**  
[wildhorseandburro.blm.gov](http://wildhorseandburro.blm.gov)

**California Dressage Society, California:** [dressage.org](http://dressage.org)

**California State Horsemen's Association (CSHA):**  
[californiastatehorsemen.com](http://californiastatehorsemen.com)

**CSHA Region 6:** [csharegion6.org](http://csharegion6.org)

**Disabled Equestrians:** [disabledequestrians.org](http://disabledequestrians.org)

**Horse Park at Woodside:** [horsepark.org](http://horsepark.org)

**Horsensei:** [horsensei.com](http://horsensei.com)

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

**Jasper Ridge Farm:** [jasperridgefarm.org](http://jasperridgefarm.org)

**Los Altos Hills Horsemen's Association:** [lahha.org](http://lahha.org)

**Los Viajeros Riding Club:** [losviajeros.org](http://losviajeros.org)

**Mounted Patrol Foundation:** [mountedpatrolfoundation.org](http://mountedpatrolfoundation.org)

**Mounted Patrol of San Mateo County:** [mpsmc.org](http://mpsmc.org)

**San Mateo County Large Animal Evacuation:** [smclaeg.org](http://smclaeg.org)

**National Center for Equine Facilitated Therapy (NCEFT):**  
[nceft.org](http://nceft.org)

**San Mateo County Horsemen's Association:** [smcha.org](http://smcha.org)

**San Mateo County Sheriff's Mounted Search & Rescue:** [smcmsar.org](http://smcmsar.org)

**San Mateo County Parks Volunteer Horse Patrol:** [smcvhp.org](http://smcvhp.org)

**Santa Clara County Horsemen's Association:** [sccha.org](http://sccha.org)

**Santa Cruz County Horsemen's Association:**  
[sccha.wildapricot.org](http://sccha.wildapricot.org)

**The BOK Ranch:** [bokranch.org](http://bokranch.org)

**The Square Peg Foundation:** [squarepegfoundation.org](http://squarepegfoundation.org)

**Woodside-area Horse Owners' Association (WHOA!):**  
[whoa94062.org](http://whoa94062.org)

### Find the Horses answer



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President: Christine Friis

## MEMBERSHIPS MAKE GREAT GIFTS!

Please mail membership payments and donations to: SMCHA P.O. Box 620092, Woodside, CA 94062  
Please make checks payable to SMCHA or submit payments via PayPal on the SMCHA website: [www.smcha.org](http://www.smcha.org).  
(Simply put a note in the comments section as to what your payment is for.)

Name \_\_\_\_\_ Phone(H) \_\_\_\_\_ (C) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

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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.)

### Memberships

### Annual Dues

\_\_\_\_\_ Youth (17 & Under) ..... \$30  
\_\_\_\_\_ Adult (18 & Above) ..... \$40  
\_\_\_\_\_ Couple ..... \$55  
\_\_\_\_\_ Family and all kids under 18 ..... \$60

Please list names and ages of children:

\_\_\_\_\_

\_\_\_\_\_

**SMCHA always welcomes volunteers! If there are any events/functions at which you would like to volunteer, please check below and we will contact you.**

\_\_\_\_ Board of Directors

\_\_\_\_ Color Guard

\_\_\_\_ Hospitality/Promotions

\_\_\_\_ Playdays/Gymkhanas

\_\_\_\_ Magazine

\_\_\_\_ Clinics

\_\_\_\_ Trail Maintenance

\_\_\_\_ Horse Shows

\_\_\_\_ Member Recruitment

\_\_\_\_ Miscellaneous Events

\_\_\_\_ Youth Programs

Donations to any of these functions/events are also welcomed!

Use my donation for: \_\_\_\_\_

SMCHA is a registered 501 (c) (3) Non-Profit Organization and your donations are tax deductible as allowed by law.

Dues \_\_\_\_\_ Donations \_\_\_\_\_ Total Enclosed \_\_\_\_\_

Don't want to receive a printed copy of The San Mateo County Horseman? Check here \_\_\_\_.

PDF versions of the SMCHA magazines are also available online, in the member section, at [www.smcha.org](http://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](mailto:smcha@smcha.org) or call (650 704-2996) to let us know.