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# Horseman

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**SMCHA's 2021  
Horseman of  
the Year!**

Winter 2022





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## Cover

Don Pugh is 2021 SMCHA Horseman of the Year!

# Cowgirls' Quarterly

## A Message from Your Presidents

Deb Alvarado, Sharon Butler, and Deb Vasquez



# Happy New Year!

This year will mark 82 years SMCHA has been active in our equestrian community. Despite the uncertainty of the past few years, we have learned to adjust and be versatile in our approach to moving this organization forward.

We are excited about upcoming events in 2022! With that said, we must keep our mission in mind: to sponsor, cultivate and foster an interest in fine horses and fine horsemanship.

Last year we hosted many successful events, including a groundwork clinic, a couple of obstacle clinics, and our annual western riding clinic. In addition to our fun and well-attended movie night, we supported our local 4-H at Jasper Ridge Farms, run by Jennifer Ott. How heartwarming to see our youth's enthusiasm and interest in horses!

As you know, the SMCHA serves the equestrian community and as valuable members of this community, we are asking for your input! Have you had ideas mulling in your brain you'd like to bring to fruition? Is there an event or activity you'd like to put on but need sponsorship to make it happen? Don't be shy! We want to hear from you. Simply email us or talk with any of our fellow board members to make your suggestions and proposals known. We want to embrace your ideas and assist you in making your dreams a reality. We are your organization, so let us know how to support you!

On behalf of our entire Board of Directors at SMCHA, we wish you a wonderful start to the year, and we hope to see you soon at upcoming events!



## The San Mateo County Horseman Magazine

WINTER 2022

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(Application on back cover)

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# ASK THE VET

## That Gelding Noise

By Smartpak's Dr. Lydia Grey

**Q: WHEN I LUNGE MY HORSE, I HEAR AN ODD SQUEAKING NOISE. WHAT IS GOING ON?**

**A:** An odd groaning or squeaking sound originating from the sheath can occur when a male horse - a stallion or gelding - trots. This noise is thought to be caused by a tensing of the abdominal muscles, causing air to be sucked into the sheath. It's especially noticeable at the extended or animated trot, as pressure is created in the sheath when the abdominal wall stretches and the length in stride increases.

It is considered a normal finding since the sound is caused by muscle tension and pocketed air pressure within the sheath; it may or may not lessen after sheath cleaning. It's not a sign of concern unless other sounds accompany it.

In rare cases, sounds can come from deep wounds to the armpit or groin. Also, a sucking sound can sometimes be heard after a horse is castrated. In this case, the sound is caused by air being sucked into an open incision, but it is a very different sound, and it occurs at the walk.



If you remain concerned about this observation, then talk to your veterinarian.

Some veterinarians believe this to be less of a veterinarian medical issue and more of a training, behavioral issue. If your horse is tense, tight, stiff, unbalanced, stressed, factors are set up for this sound to occur. But, if ridden correctly, with a long, stretched round topline, an engaged core, and relaxed in the head, the tension that causes the squeak or groaning does not happen.

## Protect Yourself and Your Horse Against West Nile Virus

By Rachel Curtis-Robles, PhD  
Public Health Education and Outreach Officer

West Nile virus (WNV) is a mosquito-borne neuro-invasive viral infection that affects humans and is often fatal for horses. It is transmitted through the bite of an infected mosquito. Take the following steps to minimize the risk of disease:

### Vaccinate Your Horse

Vaccination is the most important step in protecting your horse from West Nile virus. Several licensed products are available. Contact your veterinarian to ensure the vaccination status of your horse is current. No WNV vaccine exists for humans.

### Limit Exposure

- Dusk to Dawn – If possible, stable horses during active mosquito feeding times.
- Screens and Doors – Close stable doors and use screens to keep mosquitoes from entering your barn.
- Flysheets and fly masks – Use flysheets and fly masks as protection for your horse.
- Mosquito Repellents – Use horse safe insect repellents with Permethrin or Pyrethrins (contained in many fly sprays).

### Eliminate Mosquito Larvae

Mosquitoes lay their eggs in standing water, which develop into thousands more mosquitoes in as few as 7-10 days. To eliminate mosquitoes, you must eliminate their habitat. The following can be placed in troughs, fountains, and artificial ponds:

- Mosquito Fish – These fish eat mosquito larvae that have just hatched from eggs. Contact the San Mateo County Mosquito



and Vector Control District at 650-344-8592 for free fish to be placed in standing water.

- Mosquito Dunks – Doughnut-shaped blocks dissolve slowly in water and contain a pesticide that kills mosquito larvae. They are harmless to animals and fish. These can be found at local garden/ hardware stores.

### Eliminate Standing Water

- Water Troughs – Change water at least once a week.
- Wheelbarrows – Dump and store in an upright position to prevent water collection.
- Drains – Keep outdoor drains free flowing to eliminate standing water.
- Irrigation – Manage irrigation systems to minimize puddles and standing water.
- Leaks – Fix leaky hoses and faucets that may create puddles.
- Rain Gutters – Keep rain gutters clear of leaves and debris that can cause water pooling.
- Trash – Dispose of items that can hold water, including cans, cups and bags. Make sure trashcans are tightly covered to prevent rainwater from collecting.
- Ponds – Stagnant water breeds mosquitoes. Aerate ornamental pools, stock with mosquito fish, and/or use mosquito dunks.

For more information about mosquito inspection and control services, visit <https://www.smcmvcd.org/> or call 650-344-8592. Services are taxpayer funded – there is no charge for service calls.

Article text modified from California Department of Food and Agriculture. For more information visit: [https://www.cdfa.ca.gov/ahfss/Animal\\_Health/WNV\\_Info.html](https://www.cdfa.ca.gov/ahfss/Animal_Health/WNV_Info.html)



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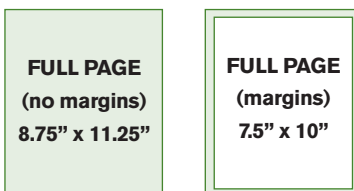
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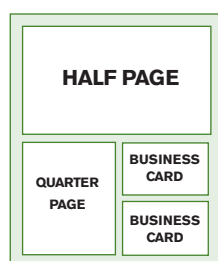
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Per Year (4x)	\$80	\$150

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### Subscriptions:

Subscriptions are available for \$40 per calendar year which includes membership in the San Mateo County Horsemen's Association. Please fill out and mail in Membership application on the back page of this magazine.

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

**DEADLINE FOR ADS AND ARTICLES**  
for the Spring 2022 issue is **MAY 1.**

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# Local High School Seniors Are Invited to Apply for the \$10,000 Woodside-area Equestrian Merit Scholarship Award

The Mounted Patrol Foundation and the Woodside-area Horse Owners Association (WHOA!) are now accepting applications for the \$10,000 Woodside-area Equestrian Merit Scholarship Award. For the third year, this scholarship is jointly sponsored by the two organizations for a deserving local high school senior with a demonstrated involvement in equestrian activities as well as academic achievement, community service, and financial need.

Both the Mounted Patrol Foundation and WHOA! share a deep interest in the next generation of equestrians, as well as a commitment to helping them achieve worthwhile goals, through each organization's ongoing activities and their joint sponsorship of the \$10,000 Woodside-area Equestrian Merit Scholarship Award.

Application deadline is April 30, 2022, at 3:00 pm. Applications must be complete; incomplete or late applications will not be considered. Selection criteria include demonstrated equestrian involvement, academic achievement, community service, and financial need.

Eligible applicants are seniors who attend high schools in San Mateo, Santa Clara, and San Francisco Counties, and who have been accepted to and plan to attend a college, university, or other continuing education program this fall.

Applicants will need to provide a complete application and at least one reference letter from their faculty/teacher, college counselor, or someone who can attest to their equestrian involvement. Up to three reference letters will be accepted.

Finalists will be required to provide transcripts showing their GPA, and demonstrate the need for financial aid by submitting a FAFSA (Free Application for Federal Student Aid) or equivalent documentation.

The \$10,000 Woodside-area Equestrian Merit Scholarship Award will be paid directly to the recipient's college, university, or continuing education program in support of the recipient's tuition, fees, room, and/or board. The scholarship will be awarded mid-May 2022.

Applications and important submission information are available online at <https://whoa94062.org/grants-awards/> and [http://mountedpatrolfoundation.org/Woodside\\_area\\_Equestrian\\_Merit\\_Scholarship.htm](http://mountedpatrolfoundation.org/Woodside_area_Equestrian_Merit_Scholarship.htm).

The Mounted Patrol Foundation believes that horses and equestrian activities have helped create a wonderful, healthy community in Woodside, California, and the surrounding area. Historically, horses were essential to life in the United States for transportation, work, and pleasure. 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. Their 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. The Mounted Patrol of San Mateo County Foundation is a not-for-profit 501(c)(3), charitable organization that works in collaboration with local government, other public agencies, and other non-profits to support and promote equestrian activities and facilities in the area. Learn more at [www.mountedpatrolfoundation.org](http://www.mountedpatrolfoundation.org).

The Woodside-area Horse Owners Association (WHOA!) works



independently and in collaboration with other organizations and local government to ensure that the presence of the horse in Woodside and the surrounding San Mateo County communities is recognized, protected, and promoted. Its mission is to preserve the fundamental role of horses in maintaining the rural character of the Town of Woodside and neighboring foothill communities, to enhance opportunities for equestrian activities, and to promote the enjoyment of horses in all their various roles. WHOA! envisions a community where horses and horse activities for equestrians and the general public are appreciated, and where the rural landscape, trail networks, and horse properties are preserved. Operating under the fiscal umbrella of the Woodside Community Foundation, a 501(c)(3) non-profit organization, WHOA! has gifted more than \$200,000 to local equestrian projects and programs thanks to generous sponsors, volunteers, and the proceeds of its annual Woodside Day of the Horse celebration. Find out more at [www.whoa94062.org](http://www.whoa94062.org).

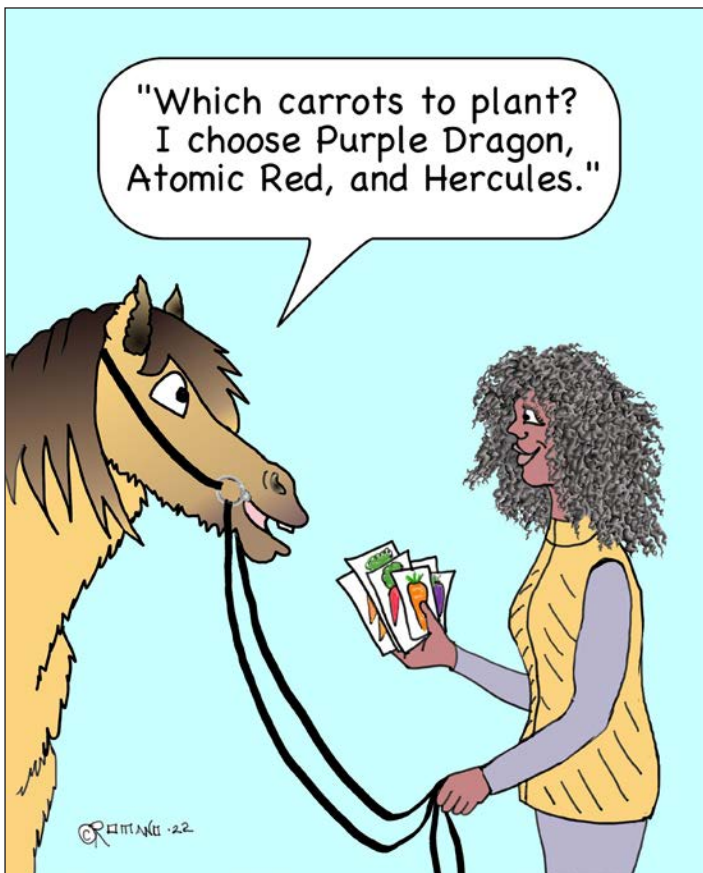






Photo by Silvia Keller

# Building Trust with Mounted Archery

By Dana De Frates

It's your turn to shoot, and the butterflies in your stomach take flight. As your horse enters the lane, you drop the reins, raise your bow and pull an arrow from your quiver. You nock the arrow, pull back, and take aim the best you can as your horse maintains a steady gait. You let go. The first time you hear the telltale, "THWACK!" as your arrow finds the target, you'll be hooked! At least that was the story shared by over a dozen participants at an Introduction to Mounted Archery Clinic held in October at Flying P Ranch in Gilroy, my home base. Our guide for the weekend was Heather Lomax, a top 25 National Ranking Competitor in the Mounted Archery Association of the Americas (MA3).

As a trainer and clinician, it is rare for me to have the opportunity to just be a participant in something horse-related, but mounted archery has fascinated me for a long time, so when the call went out for a facility to host Heather's clinic, I could not not raise my hand. It was obvious that I wasn't the only one eager to give Mounted Archery a try and the clinic filled up in less than 24 hours, bringing participants from all disciplines, backgrounds, and experience levels.

Heather brought all the equipment we needed: bows, arrows, quivers, targets, as well as three of her own horses for some participants to use in the clinic. Starting us on the ground, we first learned the critical basics of the equipment, including proper handling, and most importantly, range safety. These are weapons, after all, and even though the arrows are outfitted with field tips

primarily used for target shooting, they can be used to hunt small game and will undoubtedly leave a mark if they hit something or someone, even at a long distance.

Proper handling of the equipment was paramount, and safety was always Heather's priority. We were each matched to an appropriate bow and taught the three different shooting styles most commonly used in competition: the Mediterranean, the Thumb Draw, and the Slavic, which we practiced on stationary targets, safely in the confines of an arena, with nothing but the obstacle park in the background in case any arrows went awry.

Mounted Archery is what is known as instinctive or intuitive archery, meaning that you don't take the time to aim in the traditional sense. Not only is a horse bow not equipped with a sight of any kind, there just isn't enough time to aim when you are galloping down a 90-meter track and have six targets to hit before you reach the end. Instead, as the name implies, you instinctively aim, which was something that seemed quite daunting for this formally-trained target shooting archer. However, I'm happy to report that once Heather was confident in our basic bow-handling competencies, and we graduated from stationary shooting to shooting while walking, I became much more accurate. How did that happen, you ask? Great question!

I think of it like a beginner rider who wants to learn to canter. If I start teaching them the detailed, step-by-step process of how a horse canters, and what they need to do to execute the transition by setting the horse up to pick up the desired lead while simultaneously putting their own body in the correct position to cue the



canter, they will likely become overwhelmed, discouraged, and lose interest in learning the new skill. If I instead give them a pattern to ride that naturally puts the horse in position to pick up the correct lead and teach the person that one thing they need to do to cue the canter, they will find success easily, encouraging them to learn more. That's intuitive archery. You aren't overwhelmed with executing every step; you just get out of your head and shoot.

Bow handling skills and intuitive shooting styles "mastered," we turned our attention to our horses, taking the time to properly desensitize them to the equipment before mounting. I LOVED Heather's focus on our horses' wellbeing; the horses always came first. Mounted Archery requires a relationship with your horse built on trust; prioritizing our horses' experience while training not only builds their confidence in this new sport and subsequently our confidence in them but also helps us tune into our horses' emotions in a beautiful way. Heather gets a standing ovation from me for taking this approach.

As trust was built between horse and human, and the horses became comfortable with the equipment, the time came to actually start shooting at the targets from horseback. A lane was made on the long side of the arena out of pylons, cones, and break-away string. Pin-up targets were attached to bales of straw placed in the middle of the arena. We rode into the lane in single file, and as each horse and human team entered, reins were dropped, bows were raised, and if we were lucky, arrows triumphantly hit targets with a resounding "THWACK!" While shooting was certainly addictive, we were again encouraged to put out horses' wellbeing before our own enthusiasm, and teams called it quits for the day when they felt confident they were ending on a good note for the horse.



Photo by Silvia Keller

*Continued on Page 10*

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## Archery

*Continued from Page 9*

Day two again kept us grounded in the morning, practicing drawing our arrows from different styles of quivers and learning about different shooting positions you can take from horseback to hit targets. We shot off of pretend horses made of barrels at targets in front of us, behind us, and on the ground. When we brought our real horses out in the afternoon, we entered the lane individually this time, allowing riders to do whatever needed to be done to create the best training experience for their horse. For some with anxious mounts, that meant loping circles in the arena and walking through the lane, or even stopping, backing up, and turning around in the lane if the horse got too excited and tried to rush through. Allowing horses to rest while in the lane, keeping them calm while shooting, and generally focusing on making the horses training experience a positive one helps build a willing partner and sets you up for long-term success.

At the end of our two-day clinic, some of us were able to successfully drop the reins, canter our horses through the lane and hit our target, while others were only able to throw the arrow towards the target from the back of their horse. Regardless of the outcome, all progress was celebrated, the trust we had in our horses grew, everyone stayed safe and had fun, and most importantly, we put our horse's wellbeing first. If you ever come to my ranch, you will see a photo of my mane mare, Angel, in my tack room, and under her headshot is a quote that I have had displayed in every tack room I've ever been in ever since I was a child; they are words that guide me every time I touch a horse. The quote is by Michael Plumb, the US Olympic Eventer, and his words capture the essence of Mounted Archery better than I ever could, "At its finest, rider and horse are joined not by tack, but by trust. Each is totally reliant upon the other. Each is the selfless guardian of the other's very well-being."

If you are looking for a new activity to help build trust in your partnership and strengthen the bond you share with your horse, then I encourage you to give Mounted Archery a try, especially if you can get started with one of Heather's clinics! A couple wonderful participants from this clinic are also looking into organizing a club that would bring other clinician's like Heather back to the area, and hopefully hold practices and events as well. If you are interested in getting involved, contact Cecilia Sternzon: [mcsternzon@gmail.com](mailto:mcsternzon@gmail.com), and Linda West: [funlittle12@yahoo.com](mailto:funlittle12@yahoo.com).

For more information on Mounted Archery check out: <https://www.mountedarchery.org>.

To reach our fantastic clinician, Heather Lomax, check out: [www.hcrgaitedhorses.com](http://www.hcrgaitedhorses.com). Finally, you can always find me at: [www.defratishorsemanship.com](http://www.defratishorsemanship.com).



*Photo by Cecilia Sternzon*

## Save the Date



*SMCHA's Annual Installation  
Kick-Off Gala Saturday, April 23, 2022*

*6:00-11:00*

*Honoring Horsewoman of the Year for 2020-*

*Elizabeth Ouellette*

*Honoring Horseman of the Year for 2021-*

*Don Pugh*



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*More Info coming soon!!*



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# Equine Herpesvirus Myeloencephalopathy

*Reprinted with permission of UC Davis Center for Equine Health  
By Amy Young*

## What is equine herpesvirus myeloencephalopathy?

Equine herpesvirus-1 (EHV-1) is one of a large group of DNA viruses that causes potentially serious disease in horses and other species. EHV-1 has four forms, causing respiratory infection, neonatal infection, abortion, or neurological signs. The last form can cause a condition known as Equine Herpesvirus Myeloencephalopathy (EHM), which attacks the spinal cord and brain and can be fatal.

The virus is spread by direct horse-to-horse contact, by contaminated hands, equipment and tack, and, for a short time, through aerosolization of the virus within the environment of the stall and stable. Infected horses that show no clinical signs, which often includes older horses, act as carriers and can shed the virus.

## What are the clinical signs of equine herpesvirus myeloencephalopathy?

The initial clinical signs of the infection may be nonspecific and include fever of 102°F or greater. Fever may be the only abnormality observed. Other presenting signs may be combinations of fever and respiratory signs of nasal discharge and cough. Some horses have injected (i.e. bright red) mucous membranes.

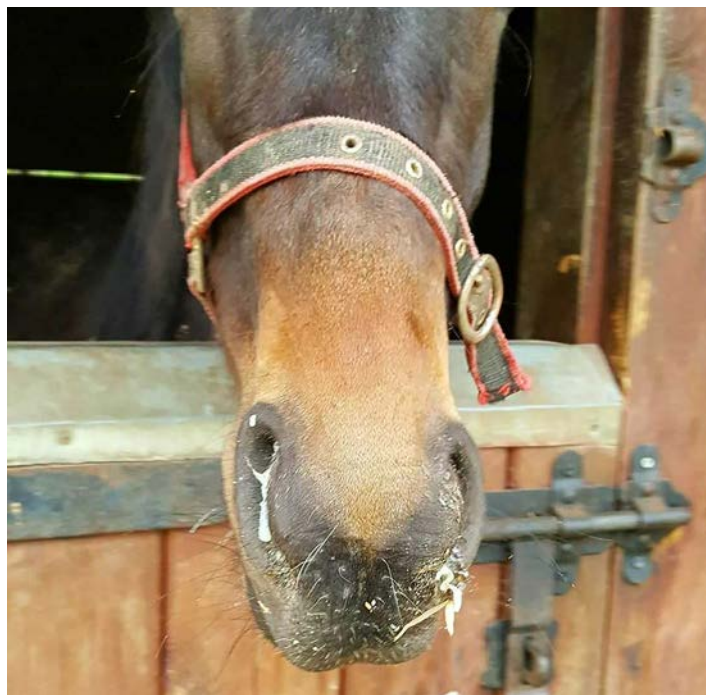
Horses with neurological disease caused by EHV-1 infection can quickly become uncoordinated and weak and have trouble standing. Difficulty urinating and defecating may also occur. Often the rear limbs are affected more severely than the front, which results in dog-sitting and toe-dragging. Signs of brain dysfunction may occur as well, including extreme lethargy and a coma-like state.

The incubation period of EHV-1 infection is HIGHLY VARIABLE, depending on the host, on the virulence of the virus, and on environmental and other factors such as stress. The AVERAGE incubation period is 4 to 7 days, with the majority of cases being 3 to 8 days, but with some taking up to 14 days. When neurological disease occurs, it is typically 8 to 12 days after the primary infection involving fever.

## How is equine herpesvirus myeloencephalopathy diagnosed?

EHV-1 is commonly diagnosed from nasal swabs or blood samples by polymerase chain reaction (PCR), which amplifies the DNA of the virus so that it can be detected. In California, EHM is a reportable disease and therefore the California Animal Health and Food Safety Laboratory (CAHFS) must be used to perform EHV-1 testing in suspected cases. Positive cases tested at a non-state diagnostic laboratory need to be confirmed by CAHFS. The laboratory recommends submitting both a nasal swab sample and a blood sample if possible. A nasal swab sample is the more desirable of the two if only one sample can be submitted. Depending on when the sample is received, it is possible to receive same day delivery of test results.

Since the positive predictive value (the relationship between those individuals who test positive to the number of those testing positive that actually develop clinically significant disease) of PCR-based tests for EHV-1 in asymptomatic horses is uncertain at this time, horses outside of quarantine areas or in unexposed stables should not be tested on a random basis. The finding of a positive PCR test result in an asymptomatic horse does not provide conclusive evidence of either active infection or the potential for disease transmission, because low levels of nonreplicating virus may be the source of the viral DNA detected. This means that the detection of virus



- Equine Herpes Virus 1 (EHV-1) has four forms, causing respiratory infection, neonatal infection, abortion, or neurological signs. The last form can cause Equine Herpesvirus Myeloencephalopathy (EHM).
- The virus is spread by horse-to-horse contact, contaminated hands, equipment, and tack, and can also be transmitted for a brief period in the air in the immediate environment.
- Infected horses that do not show clinical signs act as carriers and can shed the virus.

through PCR analysis does not provide a diagnosis in the absence of clinical signs and/or of other corroborating information. Therefore, the use of this technology as a screening tool for EHV-1 in clinically normal, nonexposed horses is considered inappropriate.

Since EHM is a reportable disease in most states, please contact your state animal health officials if you suspect EHV-1, especially if associated with neurologic clinical signs.

## How is equine herpesvirus myeloencephalopathy treated?

Horses that exhibit sudden and severe neurological signs consistent with EHV-1 should be isolated immediately to prevent the spread of infection to other resident horses. Since EHV-1 is a virus, antibiotics will have no effect and antiviral drugs have shown minimal effect in already affected horses. Treatment is primarily supportive, and usually includes anti-inflammatories and fluids to maintain hydration. Slings may be used to help horses that are unable to stand on their own.

*Continued on Page 17*

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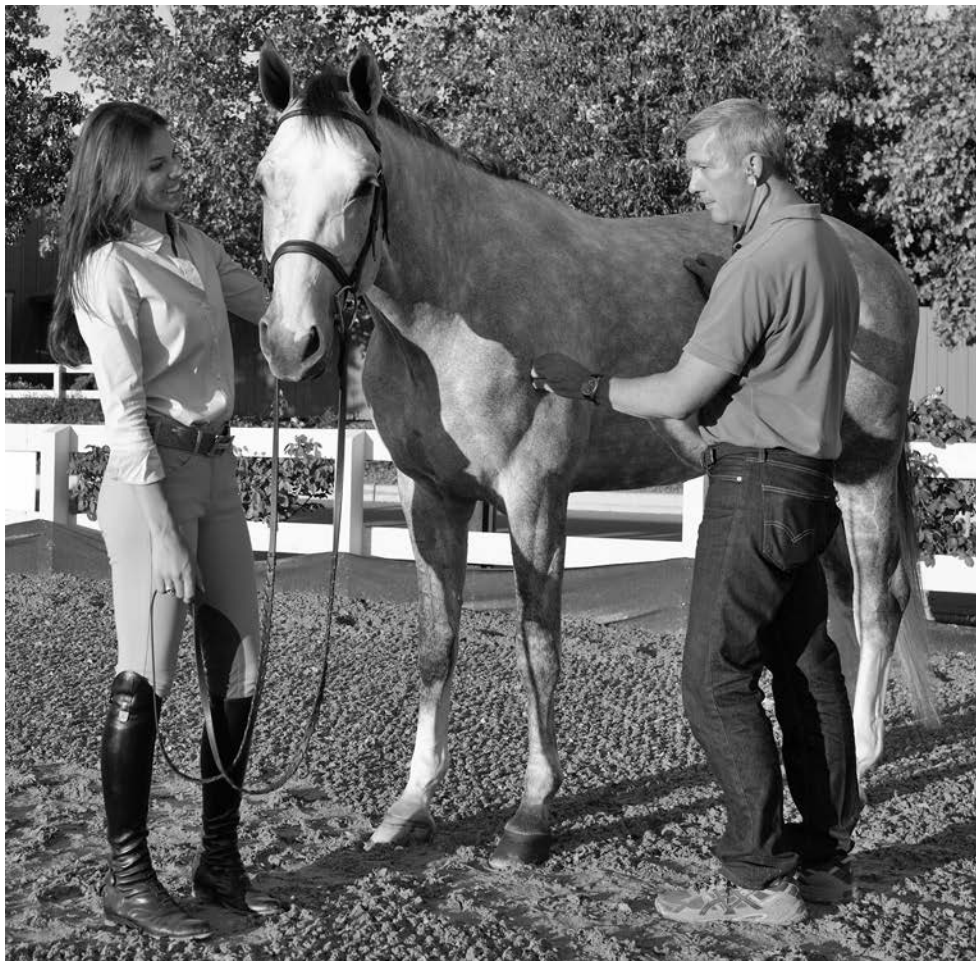
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# Webb Ranch Christmas Fund

By Victoria Klein

The workers at Webb Ranch are an essential part of the Webb community. For the past 8 years at Christmas, the Webb boarders, trainers, and leasers have tried to let them know just how much they are appreciated.

The raising of a Christmas Fund began in 2014 when I realized that the workers assigned to clean and feed particular barns and paddocks would be remembered by the barn boarders with Christmas gifts. But there were also 12 workers, such as Vincente, who for over 30 years had driven the manure truck and Genaro who ever so competently dragged the 13 rings each morning, and yet they were not affiliated with any particular horses and thus were not receiving any Christmas bonuses.

I was moved to try to rectify this inequity.

The community responded beautifully, and that first year \$4200 was raised.

*Continued on Page 34*



Covid forced the cancellation of the party in 2020, so gift bags of homemade Pozole, tamales, baked treats, and even produce (compliments of Dave's Hay Barn) were presented to each worker to take home.



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## EHV-1

*Continued from Page 12*

EHM treatment and recovery require significant time and supportive care. Image provided by the UC Davis Center for Equine Health.

### What is the prognosis for equine herpesvirus myeloencephalopathy?

In most cases, horses exposed to EHV-1 will develop a fever and possibly nasal discharge and then go on to recover. However, the neurologic EHM strain has a high mortality rate of 30-50%. Recovery time can vary from several days to more than a year. Horses that are able to remain standing usually have a better prognosis than those that are recumbent.

### How can equine herpesvirus myeloencephalopathy be prevented?

Transmission of EHV-1 can occur through infected droplets spread by coughing from infected horses and through nasal secretions. Contaminated hands, clothing, shoes, equipment, and tack can spread the virus. Horses can be carriers even if they do not show clinical signs.

It is important to isolate sick horses and determine the cause of their neurological deficits as quickly as possible. Try to determine if the horse has been around horses that may have been in a place with documented EHV-1 cases. It is always a good idea to isolate horses with fevers since infections other than EHV-1 can also be spread by horse-to-horse contact.

Notify your veterinarian immediately if your horse develops fever, respiratory signs or neurological signs, and do not move the horses in the immediate area. Cease all movement of horses in and out of the facility until a diagnosis is confirmed by testing to prevent the spread of the infection to other locations.

Once a diagnosis of EHV-1 is confirmed, the state veterinarian will become involved in California. Focal quarantine measures will be required to prevent the spread of disease. Initial restrictions may include the quarantine of individuals in the immediate area of exposure (i.e., a single barn). These horses should be monitored closely. EHV-1 testing is warranted only if they exhibit fever or clinical signs consistent with EHV-1 infection. Since stress may trigger the onset of clinical signs, horses in areas of known exposure should not be subjected to strenuous physical exercise or long-distance transport until their health status can be determined.

An additional focal quarantine should be instituted if new clinically ill or EHV-1 positive horses are identified in other locations within the facility. If multiple cases are identified or suspected, the entire stable area may need to be quarantined. The optimum strategy should be the prudent imposition of a series of focal quarantine procedures using an expanding series of "concentric rings" of disease control.

Individuals that have tested positive for EHV-1 within the designated quarantine area, whether symptomatic or not, should be retested periodically until disease is confirmed or eliminated based upon both a PCR test and a lack of clinical signs for the disease. Quarantine measures should be maintained until an absence of further clinical cases and positive tests suggest no new appearance of disease is occurring. At that time, a gradual drawdown of these procedures can be applied. Areas of the facility under focal quarantine may have their restrictions rescinded in reverse of the concentric-ring approach. Isolation protocols are recommended to remain in place for 21 days after confirmation of new EHV-1 cases.

EHV-1 does not persist in the environment for a long time, but it is important to disinfect all premises, stalls, trailers, etc. A solution of 1 part chlorine bleach to 10 parts water is effective for

decontaminating equipment and the environment. It is important to wash your hands and change clothing if you handle a horse with EHV-1 to prevent infecting other horses.

Horse owners, riders, grooms, and trainers are advised to follow these basic biosecurity guidelines to decrease the potential spread of EHV-1/EHM at equine facilities and events:

- Limit horse-to-horse contact
- Limit horse-to-human-to-horse contact
- Avoid use of communal water sources
- Avoid sharing of equipment unless thoroughly cleaned and disinfected between uses
- Monitor horses for clinical signs of EHM, including fever of 101.5°F or greater, nasal discharge, cough, reddish mucous membranes, puffy and red eyes, swollen legs and acute onset of neurological signs (ataxia, recumbency, urinary incontinence)



Avoiding the use of communal water sources is an important biosecurity measure. Image provided by the Center for Equine Health.

Although vaccines are available for the respiratory and abortion form of EHV, there are currently no vaccines for EHM. There is currently no consensus in the veterinary community as to the effectiveness of EHV-1 vaccines. Consult with your equine veterinarian for questions about EHV-1 vaccination.

### For more information:

*California Department of Food and Agriculture (CDFA): Equine Herpes Virus*

*Center for Equine Health Horse Report (Spring 2018), "A Deadly Strain of Equine Herpes Virus"*

*UC Davis School of Veterinary Medicine News – A Deadly Strain of Equine Herpes Virus*

*UC Davis School of Veterinary Medicine News – UC Davis Vet School Diagnostic Lab Performs Critical Disease Testing for Equine Herpesvirus*

*White paper prepared by the Center for Equine Health and the UC Davis veterinary medical teaching hospital*

*Center for Equine Health Horse Report (April 2007): "Awakening the Dormant Dragon: A Neurological Form of Equine Herpesvirus-1"*





Don Pugh on a hunt.

# Don Pugh Named SMCHA Horseman of 2021

## Early Days

Don Pugh was born in Washington, DC, and grew up in Greenwich, Connecticut, and Wilmington, Delaware. He was deprived as a child as he never rode horses. He received a BS in Mechanical Engineering from Bucknell University in 1967, where he met Sandie, and they were married six months after graduation. After a year working for IBM in Philadelphia, Don started his Army career as a Second Lieutenant, Combat Engineer. His first year in uniform was spent moving from Fort Belvoir, to Fort Knox, to Yuma Proving Ground. The second year was in Long Binh, Vietnam. He returned from the war to earn his MBA and MS in Computer Science at Stanford and decided to stay out West for a few years (or, as it turned out, for a lifetime...).

After Stanford, his position at IBM came with increasing responsibility; one day, Don was asked the inevitable question: "Would you like a promotion to division headquarters in Atlanta?"

In 1983, as he sat on a horse, high on a hill in Wunderlich Park overlooking the Bay Area, he asked himself the obvious question: "Why would I ever want to leave horses and the hills out here in God's country?" So it was horses that ended his career with IBM. Next, Don began his own consulting business, supporting financial and accounting systems for mid-sized companies in the Bay Area. Being his own boss enabled him to take days off for his riding adventures!

## Horse Riding Activities

Don did not start riding until he was 37, and he has been making up for lost time ever since! Don's horseback riding career began in 1982 when he took to riding the trails with Mark Campbell, who

moved in next door. He was introduced to the Mounted Patrol in 1986 and has been on 25 Spring Rides and 34 Fall Rides. Don is a member of Los Viajeros and has been on 25 four-day rides, from the Humboldt Redwoods up north to the Varian Ranch down south. He has also been a San Mateo County Horsemen's Association member for 25 years.

In 1993, John Mosman convinced Don to try team penning at the Mounted Patrol and helped him learn how. Don and his faithful quarter horse, Sierra, won over \$500 in Team Penning competitions in the years to come. He has also won the Mounted Patrol Playday buckle, Fall Ride Playday buckle, and the Cowboy Horse Race buckle.

George Cardinet started riding horses in 1922 and founded Heritage Trails intending to organize 10-day "adventure expeditions on horseback" on some of the most challenging trails in California. In 1996, George invited Don to ride with him on the Tahoe Rim Trail, a 10-day, 165-mile hike around Lake Tahoe. Another expedition was from the floor of Yosemite Valley, up a 3,000 feet climb on the South wall, until the group was looking DOWN on El Capitan. Other Heritage Trails adventures were Tahoe National Forest, Kennedy Meadows, and Kings Canyon.

In 1997, Art Mintz invited Don to try polo cross. Art taught him the rules and skills and coached him for several years.

In 1999, Elizabeth Caselton asked if Don would like to play polo. Sierra (then Rio, later Nevada) learned to gallop down the field at Menlo Circus Club, ride off other horses, and stay steady as Don hit the ball. He traveled to Palm Springs several times to play in the Seniors' Polo Tournament. In 1998, Jack Black asked Don to ride with the Los Altos Hounds.

He met Kay Hitch, who started working with the “dirty, old cowboy” and his faithful quarter horse, Sierra. In six months, Don and Sierra became accomplished English riders, cantering over the coops with the First Field. Kay was less successful in improving the “dirty and old” aspects! Don was awarded his Hunt Colors in 2003, led second field, and learned to be a whipper-in. He is also a member of Santa Ynez Valley Hounds and has ridden with the Red Rock Hounds in Reno, Big Sky Hounds in Montana, and the Ridgecrest Harriers.

In 2000, Don and Sandie went on an equestrian trip to Ireland. While Sandie shopped, Don rode some of the fabulous Irish Sport Horses. Big, tall (17 hands), and fearless, these horses love to jump. 4-foot rock walls, 5-foot drop banks, and the famed Irish banks and ditches were their cup of tea.

After many great years with Sierra, Don retired his faithful quarter horse in 2003. Continuing his love for quarter horses, Don bought Rio. Ellen Hill taught Don and Rio the finer points of dressage, stadium jumping, and cross country. They competed in 3-Day Eventing at the Horse Park, coming in 4th place in 2006. They also competed in show jumping at Pebble Beach and the Horse Park, and were Reserve Champions for the .7 meters in 2006.

Hunter Pace events are cross-country competitions for Hunt members. Don with Rio was the men’s high point winner for four years in a row. 2007 was the 100th anniversary of the Masters of Foxhounds Association, and Don and Rio competed in the Pacific District Fox Hunting Championship for the Western states. They won 6th place, narrowly missing the opportunity to compete in the Virginia Nationals.

## Community Support

Enjoying himself is one thing, but Don decided to give back to the equestrian community.

He has been on the Town of Woodside Trails Committee since 1999 and was Chairman for three years. He has energetically worked for the improvement and expansion of the local equestrian trail system. In 2006, he worked with the Fleishhacker family to dedicate a half-mile trail along Manuela Road in Woodside, and raised \$17,000 to build the new trail. Later, he raised \$7,000 to improve the trails in Teague Hill for the Mid-Peninsula Open Space District.

Don organized trail rides for the Woodside Town Council and Town staff to demonstrate the benefits of the Woodside Trail system. He worked with the Town of Woodside Recreation Committee to plan and implement the Woodside Barn Party, held at the Mounted Patrol in 2017.

In 2012, Don worked with the Town of Woodside and local equestrian organizations for contributions to build and install six new steel hitching rails in the Town. He also organized the funding and installation of hitching rails at Alice’s, Pescadero Creek County Park, and Jack Brook.

His biggest trail project was from 2008 to 2012, building 8.3 miles of all-weather trails in Huddart Park and Wunderlich Park. This involved finding a contractor to install 3,500,000 pounds of base rock on the trails. Don worked with the San Mateo County Department of Parks to develop the construction plans, negotiate the contracts, and led the fundraising effort to raise over \$125,000 for these projects. Other trail projects have been the Center Trail Bridge, Town Creek Bridge, and the Wunderlich Bypass trail.

Don is on the board of CHAPS (Community Horse Advocacy Program for San Mateo County) and has worked with the County on public riding programs in Wunderlich Park, raising funds to renovate the blacksmith barn at Wunderlich. He founded and continues to manage the Disabled Equestrian Organization, which fights for the rights of disabled equestrians to use horses as their



Don Pugh participates in a Polo Tournament in May, 2017

service animals to access the backcountry. He has participated with the Mounted Patrol color guard for many Fourth of July Parades, Rodeos, May Day parades, and Circus Club shows.

Don joined the Board of the Mounted Patrol Foundation in 2012 and has been Chair for the past five years. During that time, the Foundation has provided over \$500,000 to many equestrian projects, including those listed above. The vast majority of these funds came from the many generous donors who responded to his pleas for contributions to make these projects a reality. Other projects were funded for horse rescue during the fires in San Mateo County, Butte County, Napa and the SMC Large Animal Evacuation Group. Funds were also raised to provide trail rides for veterans through the Palo Alto VA, CASA (foster) children, horse events for Sheriffs Activity League youths, and equestrian scholarships. He also helped organize the Wounded Warriors Polo Tournament to raise veterans’ programs funds.

## Thanks and An Ask

Without the guidance, help, and encouragement of all the folks mentioned above, Don would have never discovered the wonders and fun in all these equestrian activities. He has been so blessed to have enjoyed all of this, but to the people who have helped, encouraged, and trained him, he is eternally grateful.

To each of you reading this, he would like to ask something of you. “Reach out and help other riders that might need help, as so many have done for me. You will give them a lifelong gift. Next, be willing to move beyond your own comfort level. There is a whole world of new adventures waiting to be discovered if you give it a try.”

He gives thanks to his quarter horse partners Sonora, Sierra, Rio, Nevada, and Cash, all incredible horses who were with him all the way.

But the person to whom he is genuinely indebted is Sandie, his wonderful wife of 54 years. Not only did she wait patiently as he went off on many horse adventures, but she also did an excellent job writing all the checks needed to pay for all his fun.



# Spot The 7 Differences!

Reprinted from the website: <https://en.chateauversailles.fr/>

"King Louis-Philippe surrounded by his five sons, exiting via the Honour Gate at the Palace of Versailles after passing a military review in the courtyards, 10 June, 1837."

See answers on page 36.



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# Mounted Patrol Foundation

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**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.

We are pleased to announce that grants to the community passed \$539,000, since founding in 2002. Over 72% of this came from generous contributions from many folks and organizations, for which we and the recipients are forever grateful. In 2021 we awarded a total of \$72,419. See Mounted Patrol Foundation website for details: <http://www.mountedpatrolfoundation.org>.

## **CURRENT PROJECTS:**



Young riders in the Trail Rides for Youths program line up in the arena after a lesson in horse grooming, saddling and riding.

### **Sheriff's Activity League — Trail Rides for Youths**

This is an exciting new program just started in December. SAL was founded with the purpose of strengthening relationships between youth, deputies, and communities to aid in the intervention and prevention of juvenile delinquency in San Mateo County through positive, dynamic programs. The MPF worked with the Sheriff's office to create a program that provided horseback training and trail riding in Wunderlich Park. The first session was in December, and the youths had a great time and really appreciated the opportunity. We would like to expand it through the summer and are seeking donations to enable more youths to enjoy horses.

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

### **The Woodside Equestrian Merit Scholarship**

The Mounted Patrol Foundation and WHOA (Woodside-area Horse Owners Association) are jointly sponsored a \$10,000 scholarship for post-secondary education. The criteria are high academic achievement, high community involvement, and significant equestrian activity.

Applications are being accepted for the 2022 Scholarship. If you know of a high school senior who is interested, please let them know of the information at: [http://www.mountedpatrolfoundation.org/Woodside\\_area\\_Equestrian\\_Merit\\_Scholarship.htm](http://www.mountedpatrolfoundation.org/Woodside_area_Equestrian_Merit_Scholarship.htm).

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

**[www.MountedPatrolFoundation.org](http://www.MountedPatrolFoundation.org)**





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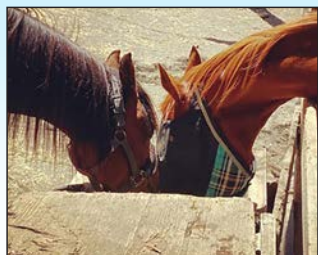
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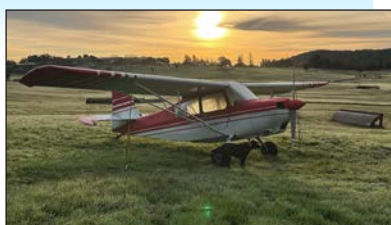
## The Water Trough

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

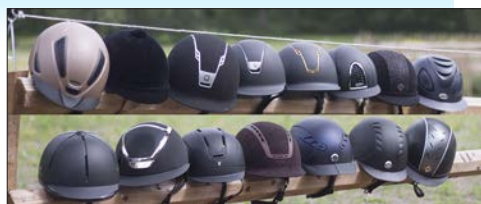
Elizabeth Ouellette went to France in November 2021 and found this statue, proudly planted in the heart of Saint Paul de Vence and overlooking the beautiful view of houses on a hill. The statue of Lucky the Horse is one of the most popular and meaningful attractions in the village. The artist, Rémi Pesce, used 3000 horseshoes to create the statue, representing all 3,000 villagers that live in Saint Paul de Vence.



On November 7, 2021, a small plane made an emergency landing on the Cross County Field at the Horse Park in Woodside. The pilot had to land due to a malfunctioning fuel line. No injuries were reported!



A new law expands California's helmet by requiring people under 18 to wear a properly fitted helmet when riding a horse, mule or donkey on a paved highway. This bill also requires all riders or their animals to wear reflective gear or a lamp when riding after sundown. Someone riding a horse or donkey or mule in a parade or festival, or crossing a paved highway from an unpaved highway, is exempt.



Ashley McIntyre, from Webb Ranch, is excited to announce the upcoming 3-star summer dressage show on June 20th, 2022. Warmer summer weather should make for a great turnout. There will be great prizes and a memorable show experience. More information to come!



SMCHA member and creative cartoonist, Chris Romano, just celebrated her Icelandic Pony's 35th birthday. Happy Birthday to Fudgy Pony.

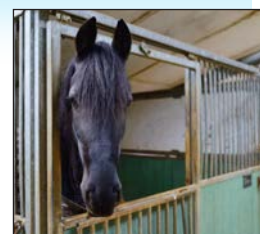


With the rock formation, "Stagecoach" in the background, Gilles Bouchard is enjoying a memorable ride in Monument Valley. His Navajo Mustang ("Native") showed amazing skills in these rocky, sandy and sometimes very vertiginous trails.



Since most tourist businesses were forced to close down during the pandemic, times have been tough for ranchers, ranchers, but everything is reopening, so why not take a trip to this gorgeous spot? Gilles experienced a ride of a lifetime; everything looks even more spectacular on horseback!

A huge thank you to the Woodside Horse Park for allowing Webb Ranch to use one of its temporary barns for quarantined horses.



This year, SMCHA's annual wreath fundraiser brought in over \$1,300 thanks to our board, community and the extraordinary efforts of Sharon Butler, Mariangela, and Jack Sonstegard. See you next year!





# The Biology of Alternative Horse Gaits

*By Betsy Hart*

I remember the first time I rode a Standardbred, a retired harness-racer as a kid in Pennsylvania. At the start of my lesson, my instructor mentioned, "Zeke paces instead of trots. Don't worry about it." When I asked Zeke to trot, off he went—side to side instead of up and down! It was so strange. Standardbreds were more common back east, and we had a few pacers in the barn. Their pace is two-beat like a trot, but their left legs move together, and then their right legs together, instead of the diagonal pairs of the trot.

Now that I'm in California, I rarely come across pacing Standardbreds but gaited Tennessee Walkers, Rocky Mountain Horses, Icelandics, and more are all over the trails. Instead of trotting (or in addition to trotting), these horses can glide along in various intermediate gaits from a step-pace to a running walk to a foxtrot. The one element the "alternative" gaits all have in common is that they require the horse to move their legs in something other than the diagonal pairs of the trot. Why can some horses do this and others cannot?

In 2012, researchers in Sweden made a fascinating discovery. They had been studying the relationship between gaits and genetics in Icelandic horses. They found that a single DNA mutation made all the difference in their gaits. There's supposed to be a "C" sub-molecule

in the DNA in one particular spot, and in the mutation, there's an "A" sub-type there instead. Furthermore, when they went out and tested other gaited breeds from around the world, they found the exact same mutation in every gaited horse breed; from Peruvian Pasos to Missouri Foxtrotters, they found the same mutation as in their Icelandics. Harness racing breeds from the USA and Europe (like the lesson horse Zeke) also had it. When the researchers tested walk-trot-canter-only breeds like Thoroughbreds and Swedish Warmbloods, they didn't find any horses with the mutation.

So why is this one tiny genetic mutation so important to gaited horses? What does it do? The researchers kept studying, and this is what they figured out:

During a horse's embryonic development, some spinal cord cells grow to connect the nerve signals to the diagonal leg muscles. This makes sure they move together at the trot. This neural circuit-building is regulated by a molecule in the spinal cord cells called "DMRT3", and that's coded by the DNA that has the mutated form in the gaited horse.

The DNA's typo in the DMRT3 gene from "C" to "A" is in the middle of the gene. When the cellular machinery reads the DNA

*Continued on Page 32*






  
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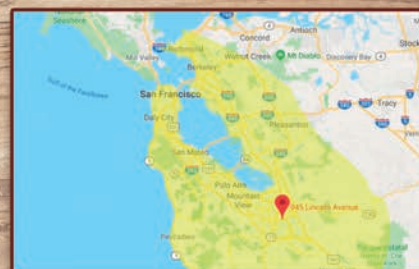
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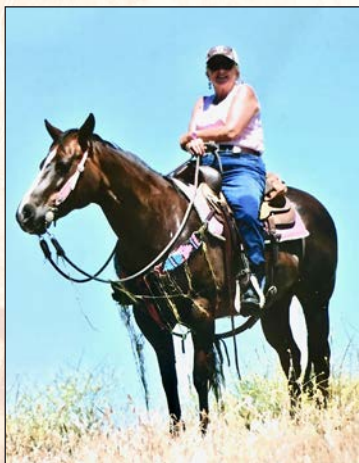
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# A Life Well Lived: Ronald A. Harris

## OBITUARY

Our friend, Ronald A. Harris, a 62-year resident of Redwood City, CA, passed away on December 12, 2021, at 85.

On October 27, 1936, Ron was born in San Francisco, CA, and raised in Daly City, CA. He graduated from Jefferson High School in 1954, where he was a track and field star; shortly after that, he began working for the family auto-body repair business and enlisted in the National Guard for 4 years before finally embarking on his 31-year career in law enforcement.

Ron was attracted to the dynamic nature of police work and the opportunity to serve others, especially youth. He was well known and popular among students from the Atherton elementary schools through the middle schools and finally to Menlo Atherton High School.

Ron was the recipient of many awards during his tenure with the Atherton Police Department, rising through the ranks from Patrolman to Captain by his retirement.

A very accomplished musician, Ron played the accordion since he was 4 years old in 1941. He took lessons for over 10 years, well into his late teens. He won the Horace Heidt Radio / TV contest (The Original Youth Opportunity Program), the first national traveling talent show in the United States.

Ron married his wife, Mary Jo in November of 1956. He was 20 and she was 17. They had 2 children, Scott and Pamela, who sadly passed away at age 49 in 2013. Ron always made time for his family despite his hectic work schedule. He spent time with his children, introducing them to the YMCA and Little League; he also planned family camping trips, road trips, and Disneyland outings.



Ron and Mary Jo later shared a love of horses, which they cultivated in the 1980s after their children were grown. They joined the San Mateo County Horsemen's Association (SMCHA) in 1985. By 1988 Ron was elected President, and he remained on the Board of Directors for many years.

Ron continued to devote his free time to offer his impressive leadership skills to several other equestrian organizations, where he served as Chairman of multiple committees for many years. He was eventually inducted into the Mounted Patrol of San Mateo County Hall of Fame. Ron and Mary Jo were also founding members of the San Mateo County Parks Volunteer Horse Patrol. And lastly, Ron joined the Shack Riders only after completing his bathroom cleaning duties during initiation. Even after the death of their horses, Ron remained involved in all of

his beloved horse groups.

In addition to horses, his hobbies included cruising, line dancing, rack-etball, bowling Soduko, Slot Cars Pinewood Derby, and master fixer-up-per. When asked how Ron even knew how to fix anything and everything, she replied, "He's a frigging wonder!" And that's how his email address, license plate, and nickname "Onederz" came about.

To quote Mary Jo, "Ron was a kind, easy-going guy who was loved and respected by everyone he knew. In all of their 65 years of marriage, he never raised his voice at her. He was always there for his friends and family through thick and thin, and he will be missed dearly."

To all that knew him, Ron was quite remarkable. He had many talents and excelled at all of them, yet his demeanor exuded a soft-spoken humility. For all those whose lives he touched, he displayed boundless energy and motivation in his unending desire to help others, learn new things, perfect his natural talents, or hone the skills he acquired through his love of learning new things. Many complimentary words accurately describe Ron, but these three can encompass them all: Integrity, Kindness, Persistence. With these tools, Ron became a veritable Swiss Army Knife of talent and skills, all wrapped around a good-natured man with a personality brimming with the sincere desire to do the right thing and never give up or compromise while trying to achieve it.

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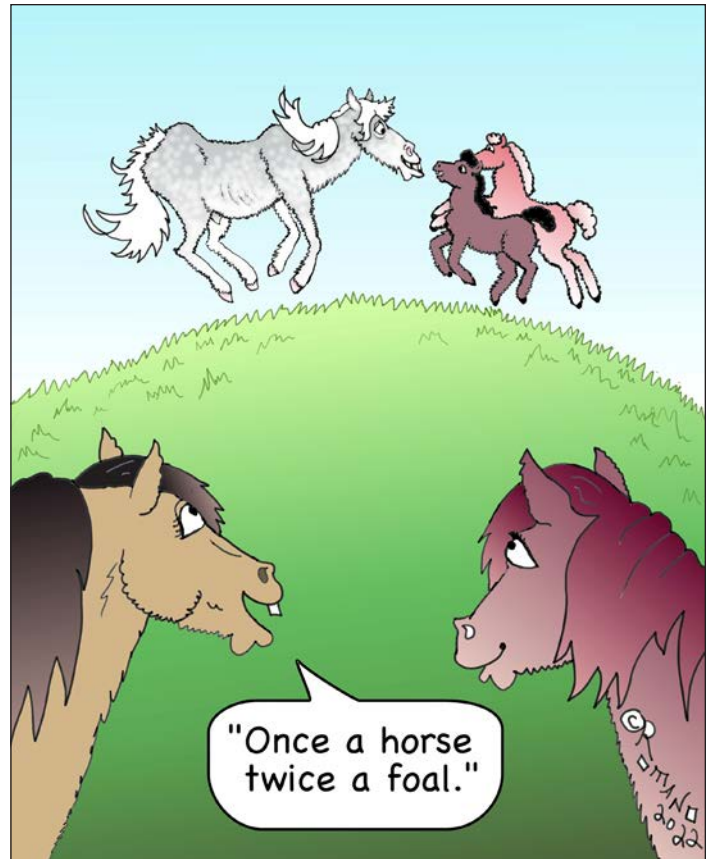
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# SMCHA's Annual Holiday Party

*By Ceci Ellis*

The SMCHA's holiday party was held on Sunday, December 5th, at National Center for Equestrian Facilitated Therapy's (NCEFT) courtyard. It turned out to be a wonderfully sunny winter day and the perfect venue for this festive event.

A talented array of creative vendors offered a variety of original holiday gift items. The buffet seemed as though it was a mile long, set up alongside the barn, itself a piece of local equestrian history. There were a lot of warm comfort foods, salads, and a huge selection of delicious desserts. Everyone's favorite Santa, Kip Witter, took gift requests from adults and children alike. The event was well attended with everyone enjoying the opportunity to catch up with friends and meet new people, too.

Toward the end of the afternoon, Don Pugh was announced as SMCHA's Horseman of 2021. Congratulations, Don! Read his incredible story in this magazine!

Thanks so much to Cheryl Basin, Sharon Butler and all our cherished volunteers who made this event extraordinary.



*Photos by Martha Greene*







# Spotlight on Silvia Keller: New SMCHA Webmaster

Meet Silvia Keller, our new SMCHA webmaster and creator of the revamped SMCHA website. Silvia has been a Woodside resident for 9 years and equestrian for the last 11 years. After a successful career in tech, she now takes care of her wife and daughter full time. When she's not with her 4 1/2 year old daughter, she loves to ride the Woodside trails on her Rocky Mountain Horse mare, Koko, or surf waves at the local beaches. In addition to maintaining our website, Silvia is an active member of the Volunteer Horse Patrol and training for the

San Mateo Sheriff's Mounted Search and Rescue unit. In a recent interview, Silvia said, "Community is incredibly important to me and we are so blessed to have such a unique and close knit group of horsemen and women here in San Mateo County. I consider myself incredibly lucky to be able to use my technical skills to help out our club maintain their presence and provide outreach to the community on the web." Silvia, we appreciate you and your fabulous work product! Welcome!



## Horse Gaits

*Continued from Page 24*

to make the DMRT3, the typo happens to instruct "stop making this now." So each mutant DMRT3 molecule only gets halfway made, and it doesn't work at all. Without DMRT3, the neural circuits that keep the horse's legs locked into diagonal pairs at the trot never get made. When that horse is born, and it goes to trot, well, gaits other than trot can happen! What alternative gait the horse ends up with depends on other genetic factors, and in some cases, its training, but

the basic ability to move the diagonal legs independently is key to the gaiting.

Now, all horses have two separate copies of their DMRT3 genes because they get one from their sire and one from their dam. So it's certainly possible for a horse to have both a C-type functional DMRT3 gene and also a mutated A-type. These horses can sometimes gait, depending on their breed, but their gaits tend to be more "trotty" and less "pacey." Their spine circuits that force the legs into a trot get built better than the A-type-only horses, but not perfectly. Icelandics and Morgan horses are two

breeds with both C-type and A-type genes floating around their gene pool.

Happy Trails, whether your horse trots or does something else!

### Citation for that 2012 study:

Andersson, L., Larhammar, M., Memic, F. et al. Mutations in DMRT3 affect locomotion in horses and spinal circuit function in mice. *Nature* 488, 642-646 (2012). <https://doi.org/10.1038/nature11399>

Betsy Hart has a Bachelor's degree in Animal Science from Cornell University and works as a Research Associate at the biotechnology company ATUM.

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# Cooper's Story: From Little Freddie's Eyes

## Part 1



My name is Freddie. My Grandma calls me little Freddie because my Dad's name is Fred, and his Dad was Fred, and my Great Grandpa was Fred. So I am the 4th Fred in the family.

I want to tell you about my Grandma. We call her "Ba." She is a weird little old lady. Since she had no grandchildren, she decided to take up horseback riding at age 67. I guess she was bored and always wanted horses, so she bought her first horse and started to take riding lessons.

Her first horse was Cooper, and he was 18 when she bought him. In 2016, Cooper was thirty, and my Grandma was 79.

My Grandma's horse got so old that he fell a few times, and everyone told her to send him over the Rainbow Bridge. That means to put him to sleep, and he would die.

You must understand that my Grandma loved this horse like he was her first boyfriend. Cooper was her first love. My brothers and I prayed for Cooper when he got sick and fell down; we prayed he would get well. But, everyone told her he was not going to get well. So my Grandma set up all the pieces to prepare for the Rainbow Bridge - her friends were there, the vet was there, my Dad was there. But, when they went that morning, Cooper was bright, cheerful, and eating his breakfast. He looked at my Grandma and said, "I don't want to go over the Rainbow Bridge today. Maybe I'll go another day, but not today!" My Grandma cried and cried and finally said, "I get it: today is not the day for the Rainbow Bridge." So, she sent everyone home.

Now, my Grandma owns a nursing home. All the people are old, but they don't want to die under any circumstance. They want to get older, but some don't have a good quality of life, but they have a life.

They eat breakfast, play bingo, and occasionally have a glass of wine. Although Cooper does not drink wine or play bingo, he talks to his friends and eats grass and alfalfa.

Sometimes one person's idea of a good quality of life is different from another person's. In the nursing home, all the residents choose what they want to do with their lives. If they get sick, they can go to the hospital or stay at the nursing home. If they have a heart attack, they can choose to call 911 or not. If they want to go over the Rainbow Bridge, they can decide not to take extraordinary measures to save their lives. Unfortunately, with animals, they do not have that choice. Most of the time, the owner of the horse or dog makes a choice. It is a tough choice because animals cannot speak for themselves. Some people believe the horse or dog will tell you when they are ready to go! You have to be very observant to know the answer to this. My Grandma said Cooper would tell her, and she would listen. But that day, he was not ready to go over the Rainbow Bridge... maybe another day.



Another year went by, and one day, my Grandma was sitting in the sun with Cooper, eating her lunch. He came up to her and nudged her shoulder. She thought he was asking for a potato chip or a cookie, but he looked at her and said with his eyes, "Today is the day I want to go over the Rainbow Bridge." My Grandma said, "Okay if that is what you want, I will help you find your way. You can go today." So that day, Cooper closed his eyes, and my Grandma rubbed his head as he crossed over the Rainbow Bridge. My Grandma misses Cooper very much, but she knew if she listened carefully, he would one day tell her he was ready to go. It was his choice, and she honored that.

My Grandma cried and cried that day. My Dad and I came to see her, and her friends brought her cards and flowers. They told her that Cooper was well-loved, and they knew he had lived a happy life. My Grandma misses him a lot, but she knows when it is her time to cross the Rainbow Bridge, he will be there waiting for her, and they will walk the trails together and eat their lunches together.

This is a True Story.

The End.

Love,

Freddie the 4th

... To be continued in the next publication of SMCHA magazine.





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## CHRISTMAS FUND

*Continued from Page 14*

As the years passed, it became apparent that there were too many variables in determining who should and should not be remembered, and the donations were generous enough that it became possible to acknowledge all the workers at the ranch.

Each and every year, the donations have been more generous than the prior year.

This past Christmas, the fund was over \$20,000! Each of 24 workers received a Spanish language card with a handwritten note of thanks and 8 crisp new \$100's.

Happily, Linda Rosen, who has kindly partnered with me in this ever-growing



Celebrating Webb's fine workers in 2021.

project, speaks Spanish.

The gifts are distributed at a dedicated party where KFC, refreshments, and lovely handmade baked goodies are enjoyed. The music and dancing goes on into the dark, and for me, "the Christmas season begins."

## Horse Trivia!

### Questions

1. There are three equestrian Olympic sports. What are they called?
2. Generally speaking, how many bones does a horse have?
3. Which country has the largest population of horses?
4. Where does the Clydesdale breed of horse originate from?
5. What was the largest sum of money paid for a draft horse in US\$: \$49,990, \$81,550, \$112,500, or \$168,900?

*See answers on page 36.*



# IT TAKES A VILLAGE—AN EQUESTRIAN VILLAGE!



*By Elizabeth Ouellette*

One drizzly Sunday afternoon, my horse, Cantaro, limped painfully down the slippery, muddy hill of the front pasture at Webb. He was super lame. "Now what?" I thought. The vet (emergency call on a Sunday, cha-ching!) believed he had an abscess and wrapped it. "No pasture for him until this thing pops and heals," she warned. And then added, "Oh, you cannot put him back in that pasture either. He needs dry ground and immobility so find a stall here at Webb and make sure to trailer him there. He's in too much pain to walk down the road."

As I stood there, not knowing which way to turn, my friend, Sharon, went into emergency action mode. She was already calling the folks at Webb to find out about available stalls, bedding, hay schedules and stall cleaning.

I immediately called one of Cantaro's best friends, Caroline, to tell her about the recent turn of events and within 15 minutes, she was by our side, ready to help where needed. Now, that's dedication!

Now, to find a truck, trailer and driver. I turned around to give Cantaro another carrot and I spied my buddy, John Petro, lacing up his boots, ready to go home and relax in front of a warm fireplace. "John!! I need a trailer for Cantaro." I yelled, hands waving with excitement. "What's Cantaro done to himself now (Cantaro, Mr. Delicate, seems to always have something wrong)? I gave a brief overview followed by a request, "Would you be willing to go home, get your truck and trailer and come back to bring him ½ mile down the road?" He didn't hesitate. Off he went, to fetch his truck and trailer.

Five minutes later, I looked up to see Gilles and Sharon in my car, followed by unfamiliar faces. Sharon was beaming! "I want to introduce you to Brian and Lelly," she announced. I just met them. They've agreed to bring the Prince (Cantaro's royal nickname) down to his stall.

Brain and Lelly Donnelly had just purchased a brand-new trailer and were on the way out of town when Sharon asked them for a hand. They were happy to help. As the rain sporadically fell, we spent what seemed like an eternity to get our 3-legged horse in the trailer. Despite her shoulder injury, Caroline took hold of his halter and led him in the trailer, cheered on by a small crowd gathered to watch the show.

We were all so grateful to this couple for going out of their way for complete strangers. They would accept no compensation for their good deed, and I'll never forget their kindness, smiles and understanding. I want to extend a huge thank you to everyone who went on and above to get Cantaro situated that drizzly day.





# Larry Pelzner's Marvelous Meatloaf

Thank you Danielle Pelzner for sharing Larry's favorite recipe!

- 2 pounds lean ground beef or ground turkey
- 3/4 to 1 cup breadcrumbs (any kind)
- Catchup - a few squeezes
- Worcestershire sauce - a few shakes
- Garlic powder
- Salt - just a dash
- Pepper- to your liking
- 1 egg beaten and added to mixture
- Optional: Sautéed onions (Larry did not like onions in his meatloaf, but I always add them when I make it for my family).

## Directions:

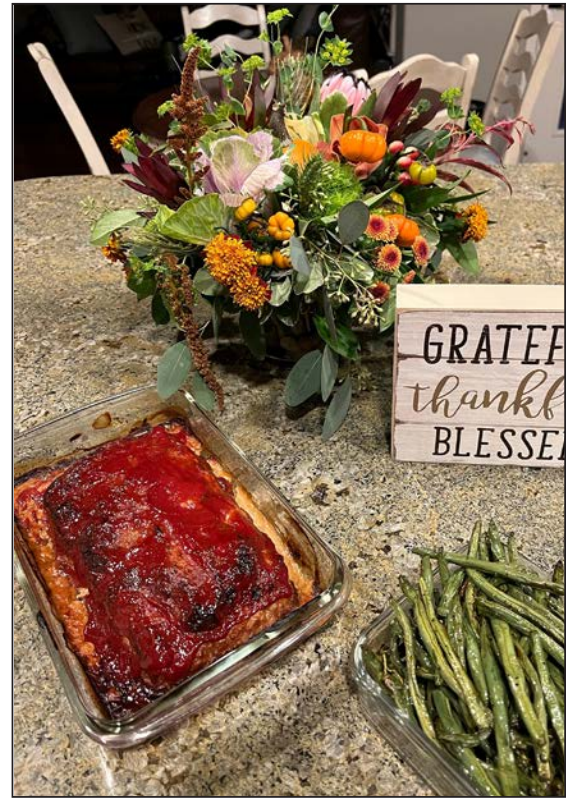
Mix all together in a bowl, transfer to a glass Pyrex dish, shaping into a meatloaf mold. Use a dish into which the sauce can drip.

Next, mix about 3/4 cup catchup and 1/4 cup brown sugar. Place all over top and sides of meatloaf and bake at 375 for 45 minutes or until brown on top.

Optional: for saucy meatloaf, take out and pour 1/2 can tomato soup over top. Bake another 5-8 minutes.

Larry loved to have the meatloaf with cheesy mashed potatoes and a side of green sautéed green beans.

*Danielle Pelzner*



## Spot The 7 Differences!

Reprinted from the website: <https://en.chateauversailles.fr/>

The king is portrayed with his sons, all on horseback as they mill around in front of the gates of the Palace of Versailles, behind which, on the right, is the Gabriel Pavilion bearing the dedication of this historical museum "To all the glories of France". In



the background, the equestrian statue of Louis XIV by Cartellier and Petitot, which was installed on the order of Louis-Philippe (and recently moved), commemorates the Versailles founder and ancestor of the princes in the painting. The work illustrates the king's great interest in his Versailles museum and the operation to revive one of the most iconic seats of power in French national history.

## Horse Trivia Answers

1. Dressage, three-day eventing, and show jumping.
2. 205, though some Arabian horses have 1 less lumbar vertebrae and set of ribs than other horses. Humans have between 206 and 213 bones. Mongolia. The riders varied in age between 7 and 79 years old!
3. Scotland!
4. \$112,500. In 2003 this amount was paid for a 2- year old Belgian stallion in Illinois, USA.



# VOLUNTEER



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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A full-page background image showing a cowboy in a light blue shirt and a tan cowboy hat riding a brown horse. The horse is in motion, kicking up dust, and herding a group of cattle. In the background, there are trees and a building. A semi-transparent map of California is overlaid in the top right corner, with a white outline of the Peninsula Bay area.

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# SMCHA: 2022 Calendar of Events

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

## January

13 - Board Meeting

## February

10 - Board Meeting

19 - Ranch Versatility Clinic @ Ember Ridge

## March

10 - Board Meeting

## April

14 - Board Meeting

16 - Jack Brook Workday

23 - SMCHA Gala

## May

12 - Board Meeting

## June

9 - Board Meeting

19 - Equine Events Tack Sale

20 - 3-Star Dressage Show (Webb)

## July

14 - Board Meeting

16 - 23 - Reining by the Bay @ Horse Park

20 - 25 - SMCHA Jack Brook Campout

## August

9-14 - Menlo Charity Horse Show @ Circus Club

11 - Board Meeting

## September

8 - Board Meeting

11 - Fall Riding Clinic

16 - Movie Night

18 - Fall Riding Clinic

25 - Fall Riding Clinic

## October

2 - Fall Riding Clinic

7 - Day of the Horse (WHOA)

13 - Board Meeting

TBD - Halloween Play Day

## November

10 - Board Meeting

## December

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:** [jasperidgefarm.org](http://jasperidgefarm.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)



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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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\_\_\_\_ Color Guard

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\_\_\_\_ Playdays/Gymkhanas

\_\_\_\_ Magazine

\_\_\_\_ Clinics

\_\_\_\_ Trail Maintenance

\_\_\_\_ Horse Shows

\_\_\_\_ Member Recruitment

\_\_\_\_ Miscellaneous Events

\_\_\_\_ Youth Programs

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

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