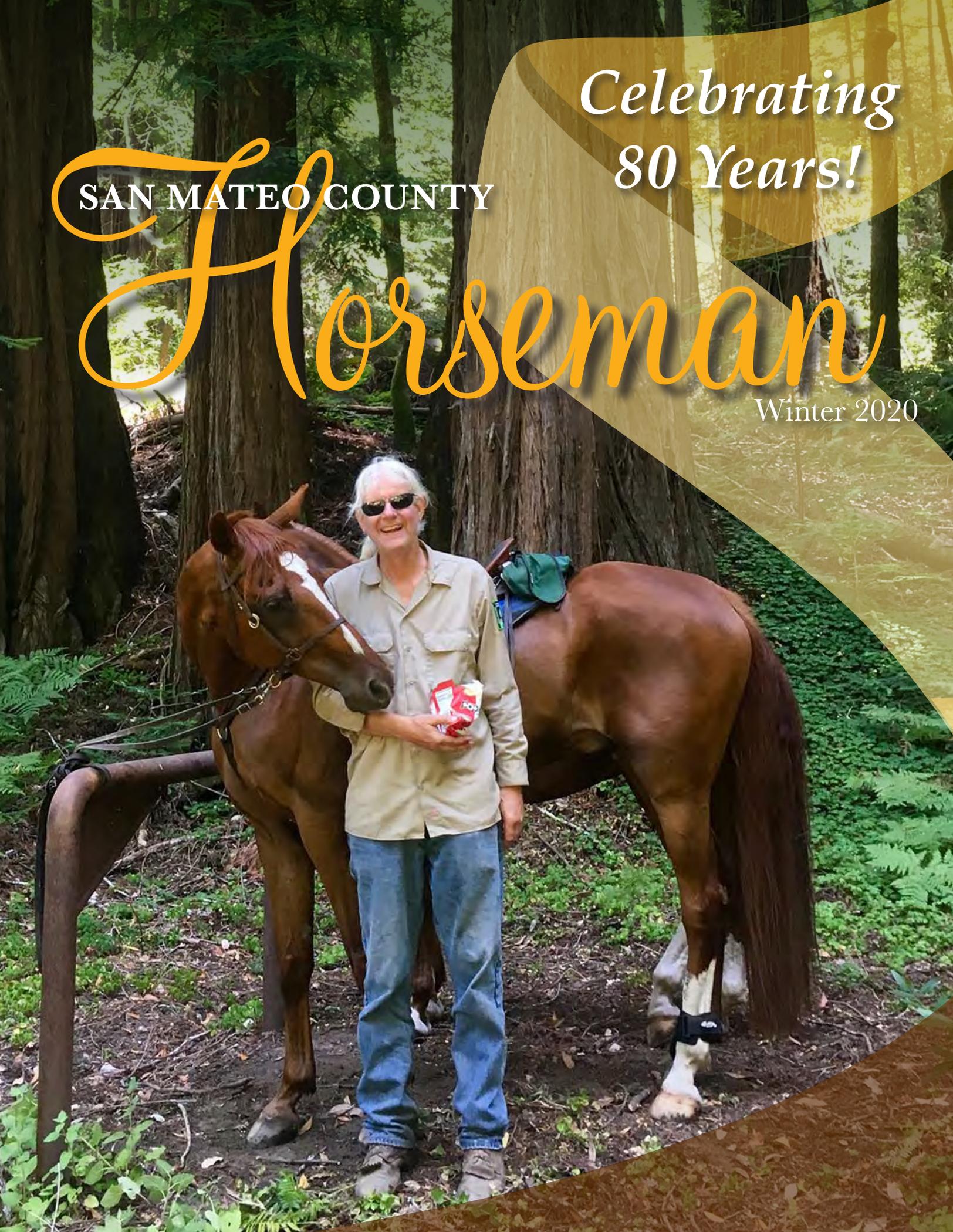


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ON THE COVER

Mike Bushue SMCHA's Horseman of 2019

Didja Know?

Bob Rosenberg

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

How Old Are Your Trailer Tires?

My thoughts on trailer tires: Did you know that tires that don't get lots of miles will "age out" before they "wear out"? Lots of things affect the life of a tire, but tires that are 6 or 7 years old are very likely no longer safe. The rubber degrades over time and a blowout can occur. If you haven't checked them in a while, look carefully at the sides of your trailer tires. If you see cracks in the rubber, it's time for new tires.



MESSAGE FROM THE CO-PRESIDENTS

Did you know that San Mateo County Horsemen's Association (SMCHA) is celebrating its 80th year? It's true! The very first SMCHA meeting was held at the San Mateo City Hall with a membership roster of 20 to 25. After that first gathering, most meetings were held at the Benjamin Franklin Hotel in San Mateo. Did you also know that the first uniform shirt of the Association was a rose (or pink) colored western button-up? There is some great history of SMCHA, and you can learn more by going online to <http://www.smcha.org/about.php>.

Well, right now spring is upon us and everywhere we look, green grass is flourishing. Of course, this is a horse owner's favorite time of year. The horses start to shed that dreadful winter coat and the hours of daylight slowly get longer and longer. San Mateo County Horsemen's Association is looking forward to a fun year, full of exciting new events, in addition to everyone's favorites.

Our annual Kick Off Gala and Installation Dinner on January 25 was a blast and a great way to start the new year. Our Board of Directors includes many returning members in addition to four new members, and we are grateful to have an awesome and enthusiastic group.

Over the coming year, we will work hard toward accomplishing our goal of preserving the equestrian way within our local community and beyond. This will include working together with other local equestrian clubs and organizations to promote events and encourage participation.

SMCHA will be assisting with local youth programs so our future equestrians can get hands-on experience with horses. It's important that our youth learn the different skills required to care for and maintain a horse as well as being able to enjoy learning to ride. Opportunities like this are made possible because of the support from our SMCHA members as well as our collaboration with other local organizations, such as WHOA! and The Mounted Patrol Foundation.

Visit our website (www.smcha.org), Facebook Page or Instagram where you'll find a full calendar of fun events. These resources are a great way to keep in touch with the different events that are happening and connect with our equestrian community. A few upcoming events include Free Riding Clinics, Cowboy Dressage Clinic, Trail Obstacle Clinic, a variety of Educational Clinics, Horse Camping at the wonderful Jack Brook Horse Camp, and our always fun Playday around Halloween. Even if you are not participating in these wonderful events, make sure to come out and enjoy the show!

Christine Friis and Jenny Mize



The San Mateo County Horseman Magazine

WINTER 2020

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Magazine Content

Elizabeth Ouellette
650.248.3409
elizabetho@outlook.com

Advertising

Ceci Ellis
650.207.3533

Design

Colleen Combes

Cartoons

Chris Romano-Pucket

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Towne Creek Bridge Replaced By Highly Motivated Volunteers

By Teri Beron

Located in the beautiful Pescadero Creek County Park, the West Brook Trail has been a favorite of hikers and equestrians for many years. The trail winds down the beautiful Towne Creek valley among towering redwoods and crosses Towne Creek near the bottom on a bridge that was constructed many years ago. The old bridge was 20 feet long and built with abutments at the edges of the creek. Over the years, the creek has eroded the western abutment. This caused the bridge to fail, requiring the bridge and trail to be closed.

San Mateo County Parks has jurisdiction for this area. They have been dealing with many issues in the parks over the years and they had indicated they could not forecast when the bridge could be replaced. So our equestrian community rallied to see what could be done to help.

The Mounted Patrol Foundation (a 501(c)(3) charitable entity), led by Don Pugh, spearheaded the drive to raise funds to build a new bridge which was estimated to cost approximately \$25,000. Within a short period of time, the funds were sent by generous donors and planning began.

Well over 600 hours of volunteer time was donated by a magnificent crew of dedicated workers: Mike Bushue, Tom Bratton, Susan Osofsky, Joe Coleman, Teri Baron, Faye Brophy, Emmet Brophy, Kirk Lang, Bob Rosenberg, Betsy Hart, Walter Gloskowski and Rangers Matt, Steve, Dave, Travis, David, Tim and Ronny also worked over 40 hours. A huge thank you to Don Pugh for his fundraising efforts without which none of this would be possible. Many thanks to all the volunteers! The bridge was built on budget--no small accomplishment.



Our beautiful bridge opened on August 30th, replacing the old, unsafe bridge (right). Just goes to show you what a motley crew of volunteers can do - amazing!



SMCHA Holiday Fundraiser

By Sharon Butler

The holidays have come and gone for 2019, but some of us still have our wreaths/garlands hanging! My garland is still on my porch railing just as green as when I put it up.

We would like to thank everyone who supported our SMCHA winter fundraiser and purchased one or more of our beautiful greens. A huge shout out goes to Jack, Mariangela and Greg Sonstegard for being our star sellers again this year! This wonderful family sold over a thousand dollars worth of greens. We appreciate your efforts!

If you missed out on purchasing winter greens in 2019, not to worry as we will be selling them again in 2020. Happy trails and we hope to see you at our events.

Cece Basin admires her holiday wreath from SMCHA.



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for the Spring 2020 issue is May 1, 2020

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Woodside, CA 94062-0092
Visit our website at www.smcha.org

SMCHA Holiday Party



By Ceci Ellis

Our SMCHA annual holiday party was held on Sunday afternoon, December 15 in the beautiful upstairs loft of the restored vintage 1920 barn at NCEFT in Woodside. The warm inviting loft, with open beam ceilings, was the perfect venue for a chilly December afternoon.

Attendees were treated to a delicious assortment of favorite dishes brought by our members. Santa (Kip Witter) was there to hear everyone's holiday wish list. It was the perfect occasion for swapping riding tales, catching up with old friends and making new ones.

A highlight of the event was the highly-anticipated announcement of our Horseman of the Year for 2019. This well-deserved honor was bestowed on our own Mike Bushue, who has served the local equestrian community with his many years of tireless work on our local riding trails and bridges. Mike was honored later at our annual Gala held in January.

We were happy to see so many of our fellow equestrians and hopefully Santa got all those Christmas list items under the tree on December 25th.



Clockwise from top left: Cheryl Basin poses with Santa; Natalie Birch gives her list to Santa; Chris has a very long list; Ceci Ellis, Lee Reed, and Betsy Hart enjoy delicious home-made dishes; Gilles & Annie celebrate the holiday season.





JUST ASK ATHOS

Athos is a 26-year-old Arabian who lives in Woodside, CA. Standing 14 hands tall, he's literally a pony, but what he lacks in size, he makes up in brainpower. If you find his quarterly column helpful, please feel free to take and share the advice.

Stripes or No Stripes: Happiness is Being Yourself

Ever since I was a yearling, I've dreamed of making it big in Hollywood. Oh, the lights, the fame, the glory, the fortune! So, when I heard about the upcoming remake of Sheena: Queen of the Jungle, I started galloping around the pasture, tossing my head and whinnying with excitement. I was born for that role!

If you've never seen the 1987 movie.....don't. It received lots of nominations, but not ones you'd brag about - Worst Picture, Worst Actress, Worst Director, Worst Screenplay and Worst Musical; it was an absolute bomb.

The story is about a beautiful, naïve woman, Sheena (the female version of Tarzan). Little Sheena was orphaned as a child, in Africa, and raised by a mystical witch woman. As a young adult, Sheena is forced to flee her home, but her ability to talk to animals and her knowledge of the jungle helps her overcome all dangers safely. Oh yeah, she also rides around on a fake zebra; a white horse with tons of paint and makeup. Wouldn't I be perfect for that role? And since zebras are on the shorter side (4-5 feet tall), like me, I had a tingling feeling it was simply meant to be.

My agent set up the audition. My plan? Study zebra behavior, habits, and lifestyle so as to spend the months leading up to the audition in character, being one with the zebra, my equine cousin. I even called Elizabeth's friend, Joseph, who lives in Tanzania and manages a safari outfit, Masai Wanderlust. Better than anyone, he knew all about zebras – how they act, think and behave.

He reported back with some interesting news and some very bad news.

The interesting news:

- Zebras are black animals with white stripes.
- The pattern of a zebra's stripes is different for each individual zebra, much like a human's fingerprints.
- A group of zebras is called a zeal.
- Zebras run in a zig-zag pattern when being chased by a predator to make it more difficult for the predator to run after them.
- They have stiff and bristly manes that stick right up without any gel! They are all born with natural Mohawks!
- Mix a zebra and a horse, and you get a zorse. Swap the horse for a donkey, and you have yourself a zonkey. When a pony and a zebra love each other very much, you wind up with a zoni.



Zebras are born with natural Mohawks

The not so good news:

- Zebras are badass, but, they are rude and cantankerous! (What? When I read these words, my heart sank. There had to be a mistake.)
- They are not people friendly and as a species, cannot be tamed.
- They are mean, aggressive and when they bite, they tend not to let go.
- They have the ability to kick a lion to death! I'm a pacifist and can't even begin to imagine being the least bit aggressive with anyone.
- Most zebras cannot even be ridden because their backs are too weak.

How could I ever be one with the zebra when the results would most certainly be disastrous? I guess survival on the plains of Africa brings out the worst in most. Can you even imagine my biting the vet, refusing to loosen my grip, and not caring? Nope, I've got too much heart!

Or what if I kicked another horse with all my might, just because? I'd be immediately expelled from Webb Ranch before I could say, "Ooops." How would I explain myself? I can hear me now, "Nate (the ranch boss of bosses), I am so very sorry. I was simply practicing to be a zebra for a future lead role. I was in character....zebra character! What did you expect?"

I thought long and hard about the consequences and decided I did not even want to be a zebra, pretend or real. It wasn't worth the risk. And stripes, whether vertical or horizontal, make me look fatter than I really am, anyway. Forget about it!

Well, this was definitely a life lesson. What seemed like a glorious idea turned out to be a big disappointment. The upside? I realized I am pretty content right where I am, doing what I'm doing – spending time with my friends, eating grass and enjoying my senior years. Why stir up trouble?

All my research did have another positive outcome! I learned that researchers did a study, comparing how flies reacted to zebras and horses. The flies were just as attracted to zebras as they were to horses, indicating that stripes do not deter flies at a distance. But, when the flies got close to the zebras, they flew past or bump into them, showing that stripes may disrupt the flies' abilities to control their landing. Those stripes might just have a purpose after all!

So, I ended up with a zebra-striped fly mask. With fly season around the corner and a traumatic past experience with Pigeon Fever, why not wear the zebra mask? Happy, well-fed and loved while warding off flies at the same time – who can ask for anything more?



– Love, Athos

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— John Steinbeck

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ASK THE VET

WILL A HORSE DIE IF IT LIES DOWN TOO LONG?

Yes, a horse can die if it lies down for too long. When a horse is lying down, it temporarily loses the ability to fully breathe oxygen into both lungs. This is okay in the short term, but over time, the horse will experience secondary effects of not being able to breathe well. It may also develop problems with its musculoskeletal system, skin, and gastrointestinal and urinary tracts. I would be concerned if the horse has been lying down for greater than about 3 hours, or if it is thrashing while lying down. Always call your veterinarian if you have any questions or concerns about your horse.

AM I TOO HEAVY FOR MY HORSE? HOW DO I KNOW?

In general, horses should not carry more than 15-20% of the horse's body weight. This total includes the rider's weight and saddle/other tack. For a 1000-lb horse, this range is 150-

200lbs. If your combined weight is more than this ratio, you should not ride your 1000lb horse. You can use a weight tape or online calculator to estimate your horse's weight.

WHO'S SMARTER – A DOG OR A HORSE?

This is a tough question because "smart" is a relative term. Dogs tend to be more eager to please, as they evolved alongside us to help guard and hunt. Therefore, if humans thrived, so did dogs, so dogs became very "smart" at pleasing us and helping us survive. Horses tend to be more broadly socially engaged, as they evolved to thrive in a social environment, relying on social relationships to survive. As a prey animal, it can take longer to earn their trust, and they are less genetically wired to please us as compared to dogs. But they can be better at picking up on subtle social cues, especially in group settings. In general, both species are as smart as the people who own them, meaning that people who call dogs/



Shelby and Athos play ball!

horses "dumb" likely haven't figured out how to listen to them and effectively tap into each species' own kind of "smart."

Amanda Hedges, DVM, cVA, CVSMT
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80th Annual Kick-Off Gala

By Jenny Mize

SMCHA's annual Kick-Off Gala was held on January 25 at Mounted Patrol in Woodside. Everyone had a fabulous time. The evening began with a selection of appetizers which attendees enjoyed while mingling with new friends and old ones, too. It was awesome to visit with guests from the San Mateo County Parks Department who were in attendance to honor SMCHA's Horseman of the Year, Mike Bushue. We all had the opportunity to interact with many different members of the equestrian community.

A delicious buffet-style dinner was provided by The Carvery, and ended with a delicious chocolate mousse cake donated by the Woodside Bakery and Café in Menlo Park.

The man of the evening, 2019 Horseman of the Year, Mike Bushue, gave an inspiring speech, describing how he got involved in horses and the many different projects that he is constantly involved with. Reconstructing the Towne Creek Bridge in Pescadero Creek County Park is one of his many wonderful accomplishments, which greatly benefits the equestrian community. This bridge connects many trails used by equestrians especially when riding through the redwood forests from Jack Brook Horse Camp.

Our 2020 SMCHA Board of Directors was introduced and took the oath to work hard toward our common goal of community engagement.

Our final festivity of the night began with our DJ, Sound Enterprise and everyone danced the night away to a great selection of music from Rock-n-Roll to Country.

Thank you to everyone who helped make this a wonderful night and a great kick-off to the year!



At left, Mike Bushue is presented with the SMCHA's Horseman of the Year award by David Vasquez (right), Park Ranger IV, District III – Pescadero Creek/Memorial/Sam McDonald Parks, San Mateo County Parks Department

Gala photos by Kristi Kahl



and Installation Dinner





SMCLAEG and Cal Fire work together to load goats and llamas during an exercise.

San Mateo County Large Animal Evacuation Group

By Stacy Trevenon, SMCLAEG

Recent deadly wildfires that cut a scorching swath across California galvanized more than just homeowners into action.

It was similar infernos back in 2009 that caught the eye of horse and cattle owner Genia Silva of Pescadero. Already a member of the Santa Cruz County Large Animal Evacuation Group, Silva realized that the livestock of rural San Mateo County were similarly at risk. Her response was to found the Coastside Large Animal Evacuation Group in January of that same year. In time, that grew into the San Mateo County Large Animal Evacuation Group (SMCLAEG).

Later in 2009 Sharon Montoya Bretz of El Granada took over the SMCLAEG helm. Bretz, along with Robin Camozzi, owner/manager of Half Moon Bay Feed & Fuel, and many other dedicated volunteers worked hard to establish the group's relationship with first responders. In 2011, the group was officially recognized by the San Mateo County Office of Emergency Services as the designated volunteer resource for large animal evacuation for the county. Today the group includes roughly 30 active members from across San Mateo County.

"San Mateo County has a large rural component with many large animal properties," said current SMCLAEG President Kris Thoren. "Evacuation of livestock is an important part of the county's disaster response plan."

Working with the county's large animal community organizations and businesses is critical in order to ensure that large animal owners are aware of the resources available to them. Disaster can take many forms, from household emergencies to county-wide crises, and large animals present special challenges.

"Emergency preparedness is important for anyone, but more so for large animal owners," said Thoren. "It's not like having a dog or cat. You can't throw a horse into the back seat of your car and head out on a moment's notice."

The mission statement of SMCLAEG is to transport large animals out of harm's way in any size emergency, thus lessening the burden on emergency responders. The group mobilizes when activated by the Office of Emergency Services or other first responders.

SMCLAEG is made up of qualified large animal handlers and trailer

drivers, and they are looking for new recruits! Monthly meetings are held the second Wednesday of each month at the Half Moon Bay Fire Department at 1191 Main St. in Half Moon Bay, and in the second month of each quarter at the NCEFT (National Center for Equine Facilitated Therapy) at 880 Runnymede Road in Woodside. They also conduct regular trainings and drills throughout the year to ensure operational readiness. SMCLAEG members are FEMA and CERT trained, as well as HAM radio licensed.

Individuals who are interested in joining should check out the SMCLAEG website at www.smclaeg.org or contact Kris Thoren at kthoren33@gmail.com.



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SMCHA's 2019 Horseperson of the Year: Mike Bushue

Mike Bushue grew up in Spokane, Washington, where his family owned the Smokey Trail Campground outside of town. As the only son, Mike was obligated to do a lot of the hard labor around the camp with his father, so he learned to build roads and trails and to maintain the camp. Mike's father would also take him hunting, and Mike got the chance to observe more trails and logging roads, seeing how they were built. Culverts, water bars, drainage, water running across and over trails, were much more interesting sights than the deer he was supposed to be hunting. At some point, they found an abandoned mine and Mike was fascinated by the structures used to hold everything in place. He ended up, predictably, with an engineering degree from Gonzaga University in Spokane, Washington.

His parents weren't into horses, but he grew up with them in the background and liked them. His uncle had some horses, his cousins had a couple of naughty ponies, and his neighbors had horses in a field Mike would hop on from time to time.

When he was a teenager, he had his first horse, an Arabian/Appaloosa mare named Breeze. He'd ride her 6-miles cross country with no trail to visit friends and ride with them, before riding the same 6 miles home. When he was in his late teens and early twenties, they would ride in the backcountry for 7 days at a time in the Idaho wilderness.

When Mike moved to California, he did not want a horse if he couldn't board it within half a mile of his house. So, he didn't ride for a long while. When his daughters were old enough to appreciate horses, he started in-



Mike and Lit ride the trails at Pescadero Creek County Park

doctrinating them with pony rides at Lemos Farm and rental rides at Seahorse Ranch. His daughter, Danielle, got her first horse Sonny, a lovely Paint gelding in 2003, and they boarded him at Webb Ranch, 12 miles from their home. Sonny went into the back Alpine Pasture where Mike has had his horses ever since. Now, when they first got there, there wasn't anything at all up in the northwest corner of the ranch and none of the horses in

Continued on page 31



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Equine Colic: What to Expect

Nora Grenager, VMD, Diplomate, American College of Veterinary Internal Medicine

Steinbeck Peninsula Equine Clinic

INTRODUCTION

“Colic.” To some, it is a term that is unfortunately altogether too familiar; to others, it is a word that causes fear with only a cursory understanding of what it is. While it is a situation we would all like to avoid, it is important to have a knowledge of what colic is, some of its causes, potential ways to minimize its occurrence, and how your veterinarian may deal with it.

CAUSES

Approximately 4–6% of horses in the United States will suffer from colic each year. This is a difficult statistic to interpret because many mild episodes of colic likely go unnoticed. Of that percentage, only a very small amount requires surgery. “Colic” is just a term that encompasses any abdominal pain—it is a clinical sign (a.k.a. symptoms), not a specific disease. This discussion focuses on gastrointestinal (GI) causes of colic, but other abdominal contents unrelated to the GI tract can cause colic signs—e.g., the reproductive tract (especially in mares and stallions), urinary tract, liver; even severe thoracic disease (e.g., pneumonia) can sometimes be confused with GI colic.

Horses have very extensive GI tracts, and there are numerous possible causes of GI colic. There are many ways to categorize the causes of colic. One is to divide the causes into those that can be resolved by medical treatment alone versus those that require surgical intervention. Most horses with colic respond to medical treatment and only a very small percentage have a cause that will not get better without surgery. A second useful way to categorize the causes of colic is based on whether the small intestine or large intestine is the primary source of the pain. This is beneficial because sometimes the veterinarian can differentiate between these two locations during the exam, and treatment and prognosis tend to depend on which part of the intestine is involved. A third way to categorize colic is based on whether it is a one-time occurrence or whether the horse has had multiple episodes of colic over time (i.e., it is a chronic situation). To list the myriad specific causes of colic is beyond the scope of this article.

CLINICAL SIGNS

The clinical signs of colic vary from horse to horse, and can range from very mild to very severe. Some mild signs include a horse not being as interested in feed as normal, having decreased number of manure piles compared to normal, or quietly laying down more than normal (or at an



Colic happens to horses of all ages.

abnormal time, such as feeding time). Moderate signs may include pawing, lifting the upper lip (called “flehmen”), looking at the flank, kicking at the belly, or stretching out. Severe signs can include repeated rolling or thrashing, repeatedly getting up and down, and sweating. Every horse is different, so knowing what behavior is normal for your horse is important so you can tell when something is amiss. Also, some horses are extremely stoic whereas others are more sensitive and quick to show signs of discomfort, which can make interpretation of signs tricky. It is therefore important to remember that the severity of colic signs you see may not always correlate very well with the severity of the underlying cause.

WHAT TO DO WHILE WAITING FOR THE VET

If you are concerned that your horse is showing colic signs, you need to call your veterinarian immediately. If you are comfortable doing so, and the horse’s signs aren’t so severe as to compromise your safety, there is some helpful information you can gather prior to calling your vet. These include taking a heart rate and rectal temperature and evaluating the gums so you have more information for the phone call (ask your vet, (s)he may have a preference as to whether you do this or not). Next time your vet is out, have him or her show you how to take your horse’s heart rate and rectal

temperature, and evaluate the gums. Normally a horse’s heart rate should be between 30 and 40 beats per minute. A normal rectal temperature is between 99°F and 101.5°F. The gums provide insight about how well hydrated the horse is and they should be pink and moist. When you call your vet, (s)he may ask about the duration of colic signs, if the horse has colicked in the past, how uncomfortable the horse is, and if the horse is passing any manure.

There are different opinions on whether to walk a horse while waiting for the vet to arrive. If the horse is rolling and extremely uncomfortable, walking him may help keep him quiet. Walking may help alleviate some gas or stimulate GI motility. A horse should not be forced to walk, and if (s)he is laying quietly, that is generally okay.

Most veterinarians prefer that you do not administer any medications to a colicky horse unless they advise you to do so when you call them. This is because a dose of a painkiller (such as Banamine®) can make evaluating the horse’s comfort level difficult for the vet. The horse may temporarily look better while the vet is there, only to become colicky again later; thus postponing necessary treatment by the vet and potentially making the situation worse. Situations in which the vet may advise you to administer medication are if it is going to be a long time prior to the vet seeing the horse, or if the horse is dangerously uncomfortable.

WHAT TO EXPECT FROM THE VET

Once the vet arrives, (s)he will likely examine the horse (take heart rate and respiratory rate, take the rectal temperature, evaluate the gums, and listen to the GI sounds). If your horse is extremely uncomfortable, this exam may be brief and the vet will administer intravenous sedation/pain relief quickly. (S)he will then likely ask you a few more questions about duration of colic signs, previous colic episodes, recent changes in feed or management, or other medications recently given.

THE MOST COMMON INITIAL WORKUP

A vet will perform for a colicking horse includes abdominal palpation per rectum and passing a nasogastric tube. The horse will likely be sedated for these procedures. Abdominal palpation per rectum (a.k.a. “the rectal exam”) gives the vet information as to whether there is manure passing through, the appearance of that manure, and allows palpation of about the back one-third of the abdomen. Obviously horses are very large animals, and it is not possible to feel everything in the abdomen. However, intestinal distention or impaction and some intestinal

displacements can be palpated, so this is very informative. Sometimes this is not done if either the colic is very mild, or if the veterinarian does not feel safe doing the exam. There is obviously a degree of risk in standing directly behind a horse and performing a rectal exam, which is why this procedure is preferentially performed in the stocks at veterinary clinics.

Passage of a nasogastric tube has two distinct purposes. First, horses cannot vomit, so if the stomach is very full due to an obstruction of the intestine, it can get very distended. This is not only extremely painful, but it is fatal if the stomach ruptures. The quantity and quality of any reflux from the stomach is useful information; it can help differentiate between small intestinal and large intestinal causes of colic. A normal horse may have 1 to 2 liters of nasogastric reflux, versus a horse with a small intestinal obstruction can have upwards of 20 liters of reflux. Second, a nasogastric tube is an excellent way to administer fluids and electrolytes to help rehydrate the horse. Horses with colic generally have some degree of dehydration. Additionally, your vet may add a stool softener (e.g., mineral oil, veterinary surfactant/detergent, or Epsom salts) to the fluid to help soften the bowel contents.

More and more vets now carry portable ultrasound machines which can be another very helpful tool during the colic workup. The ultrasound can show dilated or thickened intestine, motility of the intestine, some types of displacements or entrapments of bowel, and overall gives a nice, noninvasive “glimpse” into the abdomen.

If your horse becomes colicky again once the sedation and pain medications have worn off, or the initial colic is severe, your vet may recommend intravenous fluids and additional treatment. Depending on the horse’s condition, the vet’s preference, and the available facilities, this may be done at the farm or [preferentially] (s)he may advise taking your horse to a referral veterinary clinic.

AT THE CLINIC

If your horse is referred to a veterinary clinic (or some vets may have resources to do some of this in the field), diagnostics such as bloodwork, abdominal ultrasound, abdominal radiographs, abdominocentesis (a.k.a. “the belly tap”),

Continued on page 30



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A big hug and thank you to our outgoing SMCHA Board Members, Noel Moody, Greg Sonstegard and Sally Quellos. Your contributions have been very much appreciated!

And, a big welcome to our new board members, Marty Raynor, Larry Pelzner, Aleta Reed and Venita Naidoo. Our equine community is lucky to have you join us!



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WELCOME HOME



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7-LAYER FINGER JELLO

By Joan Nakano

Ingredients:

- Four 3-oz packages of jello (Jello brand)
- Select various colors (I usually use red, yellow, orange and green, in that order, from top to bottom.)
- 1 can Eagle brand condensed milk
- 6 packages of Knox gelatin
- water

Colored Jello layers 1, 3, 5, 7

Do this per colored jello layer, starting with the bottom layer: Dissolve one package of Knox gelatin in 1/4 cup of cold water. Add 3/4 cup boiling water and one package of your choice of colored jello. Stir all together until fully dissolved. Once fully dissolved, pour into lightly greased 9 x 13 inch pan.

Put in refrigerator to cool for about 20 minutes. *Note: Keep jello level.*

Prepare white layer while the bottom jello layer is cooling. *Note: Make each layer about 10 minutes before it is time to pour on the preceding layer so the mixtures cools to a warm temperature. If the mixture is too hot the colors will melt together. The white layer is particularly prone to melting.*

White Jello layers 2, 4, 6

This makes all three white layers: Dissolve 2 packages of Knox gelatin in 1/2 cup of cold water. Add 1 1/4 cups of boiling water and condensed milk. Mix together. Pour approximately 1 cup of the white mixture on to chilled jello. Put in refrigerator for about 20 minutes until firm. (30 minutes for first white layer.)

Pour or spoon the white layer onto the cooled bottom colored layer. Repeat with remaining layers, alternating white and colored layers. For best results cut the pan of jello into bite-sized squares before serving.



TIPS:

- For best results use Jello brand jello, Eagle brand condensed milk and Knox brand gelatin.
- Make sure refrigerator shelf is level.
- If the white mixture starts to gel before adding it to the pan, warm it in the mixing bowl by putting the bowl in warm water.
- Don't make more than two days ahead of time. The jello tends to get too hard if you make it too early.

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Horses Like to be Scratched

Improving communication with your horse through touch.

By Shari Fisher

Rushing out to the barn, I grab my horse, do a quick cleaning, slap the saddle on her back and bridle on her head. Running late due to traffic, we finally get to the arena where my trainer is waiting. My horse is distracted and does not listen to me. I jerk on the reins to get her attention and we are unable to complete the simplest of tasks asked by the trainer. Our lesson is not one of our best and I leave the arena afterwards wondering what went wrong. My horse and I had even practiced the skills in the arena a few days before and she had performed perfectly. What had changed?

Horses have walked this earth for millions of years and have developed a non-verbal language. Through careful observation of the horse's body language, behavior, interaction, and herd hierarchy, we can interpret and adopt their language as a method of communication. This language goes beyond unspoken. Not only can horses read the body language of every member of their herd, they can read humans just as easily. In a flash, they see your agenda and how you are feeling. They will highlight your strengths and weaknesses. In short, they know who you are and what that means to them. You can lie to yourself but you cannot lie to a horse. The stress of traffic and job had put me in a tense mood and my entire body was tight when I arrived at the barn.

Observing horses in a herd, you can easily see the results of an ear flick, slight turn of the head, subtle shifting of weight in one leg. Horses react and move in an ever evolving dance. How can we be better dance partners with our horses? You can see which horse prefers standing next to what horse. The line at the water trough clearly reveals the herd hierarchy. Some horses will groom each other by scratching around the neck and withers. They touch, point and gesture with their noses and their bodies - a language which seems to be universally understood by all the other horses. Every touch has clear intent and purpose.

We can use touch to communicate and understand our horses. Softness of touch can be used to access, diagnose, and release. And what exactly is softness of touch? It is having the sensitivity we need in order to understand when and if the horse tries to "give". There are many trainers (Clinton Anderson, Mark Rashid, and Buck Brannaman, to name a few) who teach achieving true lightness, suppleness and collection in the saddle through soft touch. It is about developing the kind of awareness it takes to know when we are working against our horses rather than with them. It is intrinsically

linked to the "feel" and connection we all seek—whatever type of horse we ride and whatever kind of saddle we swing up over their backs.

Soft touch exercises are enormously important in handling and training horses but unfortunately, most of the time they are not done often enough. Their value is often underestimated. Here is a lesson I learned during my last session with my trainer.



With both hands touching the sides of Rose's head, Sandy is applying key pressure points to help relax her. Note the horse's soft eye and introspective look.

To start the soft touch exercises, you stroke the horse over the whole body with both hands. A lot of attention is given to the sensitive body parts like the tummy, sheath, nipples, ears, mouth, eyes, and under the tail. You can also stroke the horse with a small whip, a stick, a little bag, or piece of cloth. Stroking can also be done to calm the horse. Especially when you stroke the legs with your hands from top to bottom; this gives a grounding effect which makes the horse calmer. This doesn't always happen during the first couple of sessions. It may be necessary to repeat it a couple of times before the horse experiences a calming and grounded feeling.

Also, scratch and rub places the horse visibly enjoys. Most of the time, this is around the withers and in the manes. With many horses, this is also around the tail set, on the shoulders, and on the loins. Horses groom each other to show affection and to scratch an itch that is hard to reach. Horses most often groom with their pair-bond (their best friend to whom they are most attached). We can become our horse's best friend by using consistent soft touch and knowing where to scratch.

It has been proven that mutual grooming of one horse to another lowers the heart rate and works to calm. The main goal of soft touch and grooming your horse is to show your friendship for the horse and to build a bond. It also serves well as a way of discovering any sore or injured part of their body. In some cases, it can also be used as reward, or to calm your horse.

These are all forms of horse bodywork, like relaxation massage, shiatsu, TTouch, intuitive touch/massage, and acupressure. When you do these forms of touching, make sure your horse accepts stroking. This means that the horse isn't scared of your touch all over his body and stays still, calm and relaxed, even when you stroke sensitive body parts. Touching exercises help you develop a trust relationship with your horse as well

Continued on page 30



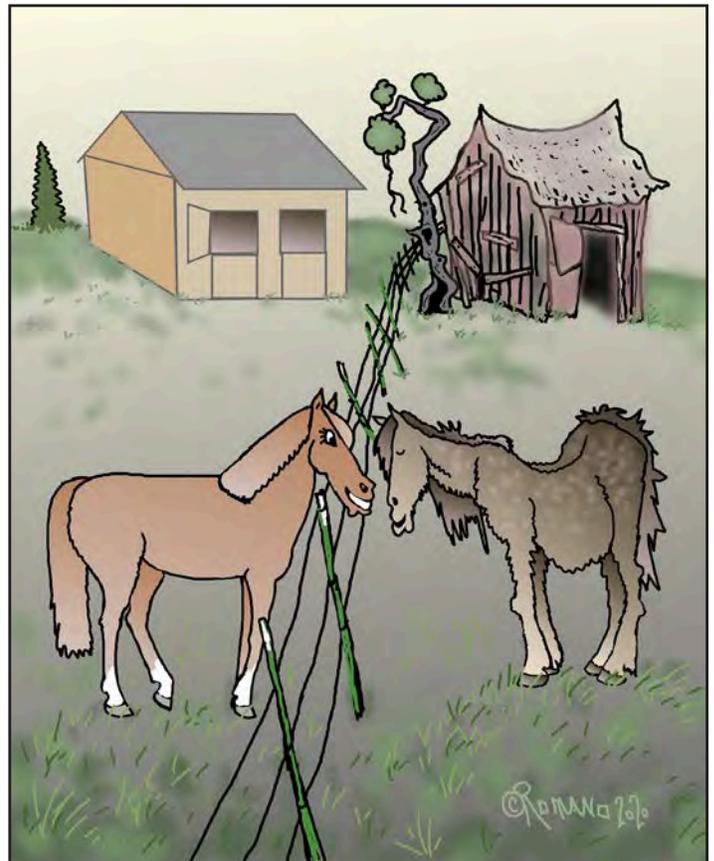
Sandy is applying a light pressure technique along the bladder meridian and the back of the horse to release any tightness in the sacrum area.

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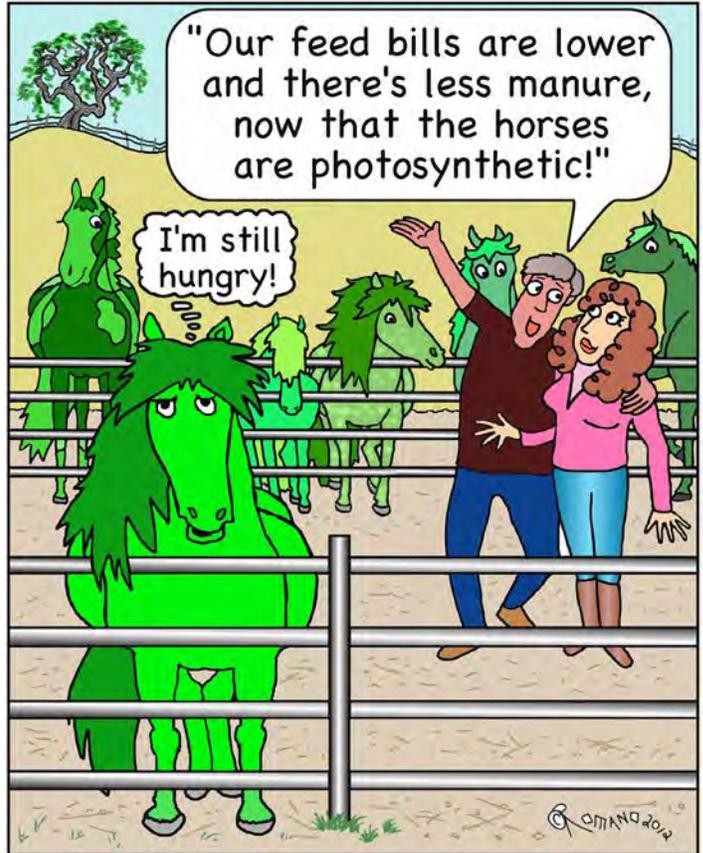


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History is Happening Here!

In 1990, the SMCHA celebrated its 50th year anniversary. In the January/February edition of the 1990 SMCHA newsletter, we found Rules of Safety and Courtesy for Trail Rides.

30 years later, we are still riding the trails! Have the rules of the trail changed? If you were to revise the trail riding rules, what would you add? What rules would you delete? What changes would you make?

Please let us know your thoughts so we can update our trail riding rules to reflect 2020, our 80th anniversary! Write to Elizabeth Ouellette (elizabetho@outlook.com) with your suggestions.

ORGANIZED TRAIL RIDES

Rules of Safety and Courtesy

These rules apply to members and their guests. Before starting the ride, make sure your guests are aware of the rules, and understand them. The "trail boss" is in charge of the ride, and all riders and horses participate at the discretion of the "trail boss".

The safety of everyone on the ride is in the hands of the "trail boss" and the "drag", so please follow the following rules:

1. Follow all instructions of the trail boss.
2. Do not ride ahead of the trail boss (usually lead rider) without his or her permission.
3. Do not fall behind the designated drag rider. (last rider)
4. Do not separate yourself from the other riders.
5. Maintain one horse length between your horse and the horse in front of you.
6. Don't stop at the top of a hill or on a narrow section of trail if there are riders behind you. If you must stop, keep moving until there is a wide spot to get completely off the trail, so other riders can safely pass.
7. Notify riders behind you of any trail hazards you observe, such as holes in the trail, wire, branches, etc.
8. Do not hold on to branches when you go through trees or bushes.
9. Do not gallop up to, or away from other horses.
10. Don't ride off from a gate or watering spot until all riders are mounted and ready to move on.
11. If you have a slow walking horse, or you are having problems with your horse, ride to the rear of the group, in front of the "drag".
12. If you must leave the main ride group, notify the "trail boss" or the "drag" rider.
13. There will be no smoking on the trail. Smoking at rest stops and lunch stops will be at the discretion of the "trail boss".
14. Do not leave paper, cans, or trash on the trails or at lunch sites.

Riders should carry a halter and a lead rope at all times. They will be needed at rest stops and lunch breaks, and for any emergency which may arise.

If your horse is known to kick at the horse behind, a red ribbon should be placed on the tail of your horse. If you do not have a ribbon, ask the "trail boss".

No STALLIONS or DOGS are allowed on S.M.C.H.A. trail rides.



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Oops!

In our previous edition, we inadvertently omitted Bill Ashton's name in the caption of the Presidents' Ride photo. Our sincerest apologies for this error.



From left to right: Bonnie Beretta, Jenny Mize, Christine Friis, Gretchen King, Cheryl Basin, Ron Harris, Bill Ashton, Patty Dana, Barbara Stogner, Nancy Kochekey

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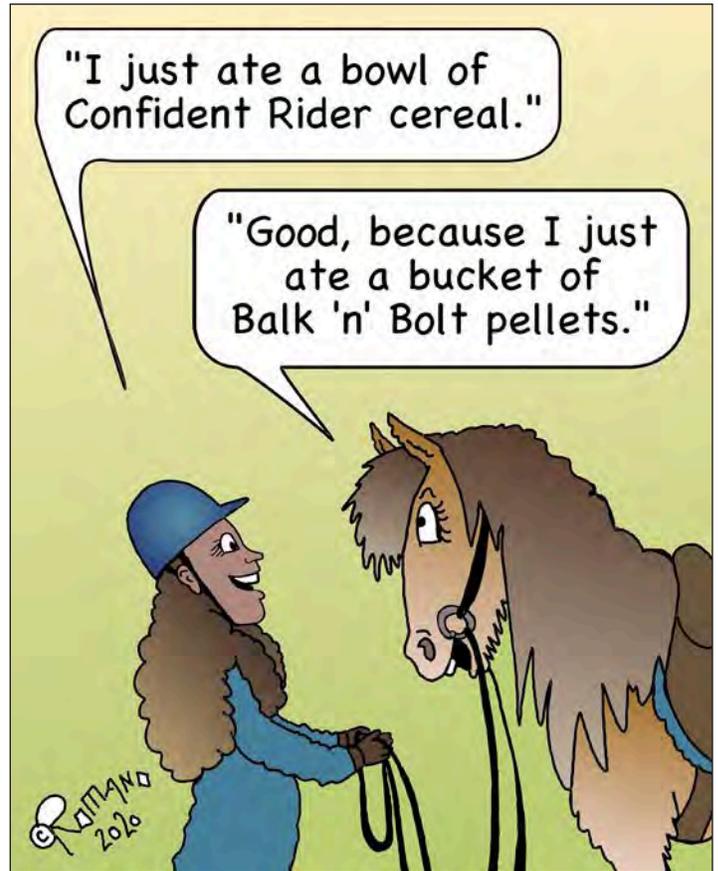
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7 THINGS ONLY HORSE PEOPLE UNDERSTAND

It's true, we are a rare breed. Pet owners love their pets, but the relationship is different with a horse. If you have been fortunate to have a relationship with a horse, it can be hard to explain to the non-equestrian. And there are things they will never understand – like the following list.

#1 – That barn smell

How many times have you brought your friends to see your horse and the first thing they say is, “Wow, it stinks in here!” You look shocked. To a horse person, that mixture of leather, sweet hay, dust, manure and horse is heaven on Earth.

#2 – The joy of mucking

While most pet owners agree that cleaning up after their beloved friend is the one downside, horse people like to muck out stalls. It gives you time to daydream, fresh air, and a work out! The smell? Most of us don't mind it... some of us even like it!

#3 – Hearing about a new rider's sore muscles

Riding horses uses muscles most people don't even know they have. I loved talking to my non-horse friends the day after I took them riding and asking them, with a semi-straight face, how they felt. Horse people get an odd pleasure out of hearing about people being “sore in places I didn't know I could be sore.” Maybe it makes us feel tougher?

#4 – The irritation of not being considered a sport

In high school, my friends and I fought to have our equestrian team listed with the sports instead of the activities. It's an insult that only other horse people understand. (And maybe this is why we get such pleasure out of number 3???)

#5 – The satisfaction of hoof picking

I don't know why, but there is something satisfying about picking hooves. Don't bother explaining it to a non-horse person, they just won't get it. But maybe your horse does.

#6 – Horse therapy

Bad day at work? Boyfriend break up with you? Parents bugging you? Bulling at school? Whatever the problem, it all goes away with that first breath of warm horse smell. I own dogs, cats, goats, sheep – but there is nothing like the therapy of a horse.

#7 – The beauty of nature from the back of a horse

Walking through the woods is nice, but riding through it on horseback is something entirely different. You feel closer to nature. The imagination sparks. You could be a knight on a quest or a princess on the run. There is nothing like it.



Horses Like to be Scratched

Continued from page 22

as improve your communication. This may take time with horses who have been abused and are generally distrustful of humans. Use patience with a soft touch to gain these horses' trust.

Touch exercises can also be subdivided into:

- body work: all possible touches on the body of the horse (underneath, flanks, withers, tummy, back).
- tail work: all possible touches at the tail (around the tail set, the tail itself).
- leg work: all possible touches to the legs (from the top all the way down to the hoof).
- head work: all possible touches at the height of the head (neck, ears, eyes, jaws, nose, mouth).
- It is important that during the touching exercises you:
- stay well grounded.
- breath calmly through your tummy.
- relax your body (so your knees aren't locked, your shoulders hang down loosely).
- work with good intention.
- don't rush things.
- stay in good contact with your hands and "feel" instead of "palpate".
- have inner peace.

Horses are very sensitive animals. How you feel, how you touch, and with what intention makes a huge difference. This is noticeable when two persons do the same touch exercise with a horse with different results. I've seen a horse becomes tense with one person and doesn't want to stand still and even becomes a bit defensive, but when the other person takes over, the horse quickly calms down, stands still and starts to enjoy the

touching. Remember - your horse feels your entire body. Be a good dance partner, be a respectful presence, allow thoughts and movements to blend together and hear the same music.

Touching exercises are also a good way to become more aware of yourself and to learn how you can be/stay calm inwardly. Try different levels of touch from hovering over the horse's body to a firmer fingertip pressure. Use your fingertips on some places and your entire hand on others.

Are you looking for a method that develops a deep trusting relationship between you and your horse? There are many of them out there that offer solutions to common behavioral and physical problems, educate horses to think and act rather than re-act, and improve performance. Linda Tellington Jones' TTouch, Tucker Biokinetic Technique, and Master-son Method all focus on the use of the horse body language to name a few. Experiment with your own horse. What level of touch do they like and where? Do they have a favorite place they like to be scratched? Just discovering your horse's favorite brush can improve your relationship.

The day after that frustrating lesson, I went out to see my horse. She would not even look at me and her body was tense and worried. I took a deep breath, pushed away my agenda, walked quietly up to her side, and just stood there. After a few minutes, she turned and nuzzled me. Her eye was soft and she let out a deep breath. I walked towards the gate with halter still in hand. She followed. I touched her all over and scratched some of her favorite places. We worked in the arena and she was soft, willing... the perfect horse. As a result, I discovered it is important to begin every interaction with my horse with a clear mind, soft touch, and leave all baggage at the gate.

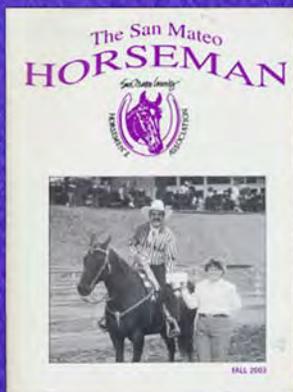


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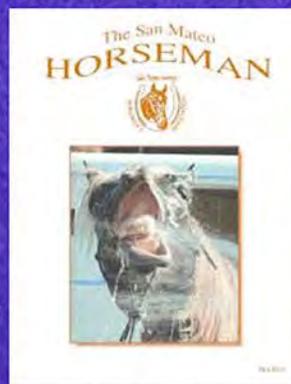
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Equine Colic: What to Expect

Continued from page 17

or gastroscopy may be performed. These are four different ways to evaluate different parts of the GI tract and gather more information.

Each piece of diagnostic information attained during the colic workup is like a piece of the puzzle in putting together a picture of what is causing your horse's pain. While every attempt is made to determine the cause of colic, the horse's level of pain is the single most important deciding factor as to whether surgery is necessary. If a horse is repeatedly uncomfortable in spite of adequate pain medication and hydration, the cause of the colic is very likely something that is not going to resolve without surgery. If surgery is indicated, the vet will discuss with you his or her thoughts on the possible causes, tell you about the surgical procedure and prognosis, and talk about the costs.

POSSIBLE PREVENTIVE MEASURES

Colic can be frustrating because—in a lot of situations—a predisposing reason for the colic episode is not determined. Possible causes that often are discussed include weather change (so the horse is not drinking enough water), change in feed, poor dentition, stress, and parasites.

While it is probably not possible to prevent all episodes of colic, there are certainly some things owners can do to minimize the risk. Regular feeding schedules are very important for GI health. If any feeding changes are to be made, they should be done slowly over a week or two. Horses also evolved to graze 24/7/365 and therefore they are suited to more frequent smaller feedings when possible.

Recently there has been a lot of research and interest in the GI microbiome and its importance in a healthy GI tract. This is especially true in

horses, who rely on the microbiome for a large portion of their digestion. Because horses are maintained in a way that is not exactly what they were designed for, most horses probably benefit from a GI supplement that contains pre- and probiotics to help maintain the normal microflora.

It is important to make sure your horse always has access to fresh, clean water. Note how much water your horse drinks, and be cognizant of decreases if there is a weather change and try supplementing water or electrolytes in other ways at those times. For example, feeding a soupy mash or adding a few tablespoons of apple juice or Gatorade to the water to tempt the horse (always have available both plain and flavored water in case they don't like the flavor!).

Horses living on sandy soil should be fed in feeders with rubber mats underneath to minimize the amount of sand they ingest. Additionally, horses in sandy areas should be on a preventive psyllium program to help clear them of sand they take in. Studies have shown that horses in California (in particular, Arabians) that eat alfalfa are more likely to have enteroliths (stones that form in the colon that can cause colic and have to be removed surgically). Therefore, while alfalfa is a great feed source, it is usually recommended to not feed it for more than 50% of your horse's diet. Routine deworming is important for many reasons (talk to your vet about how to set up an appropriate schedule for your horse), and can help decrease the incidence of some types of colic. Routine dental care is critical in horses of all ages because poor dentition can increase risk of impaction colics.

CONCLUSION

Certainly there are numerous causes of colic, but some of these can be avoided with routine good horse care and by being well-informed. Being armed with a little more information about colic can hopefully help to decrease the preventable risks and make a colic event less scary.

Horseperson of the Year: Mike Bushue

Continued from page 15

the pasture ever went up to the north end. So, despite just being a boarder, Mike put in a new gate, built a shed with solar power and a battery system, installed several grooming/tacking areas with tie posts, the water line for a wash station, and the grazing yard. Now, horses and people alike love to hang out in the space he created.

Danielle succeeded in the show scene at Webb and beyond. Mike dutifully drove Sonny around in the horse trailer, but he wanted his own horse to ride. So he got a big Appaloosa named Roamey in 2005. Mike and Roamey hit the trails. They took long rides up Windy Hill and all around Portola Valley, and stayed out for hours at a time while up at Jack Brook Horse Camp. He completed his first endurance and limited distance ride on Roamey in 2008. He picked up his current horse, an Arabian/Oldenburg cross named Literatti, in 2009. Lit was an unbroken 5 year old and he and Danielle started him themselves. Mike and Lit have come a long way together.

Mike's knowledge of trail work and his equestrian activities go hand in hand. He's not only a distance rider, but a member and former president of ETRAC (Equestrian Trails and Roads Action Committee), a member of San Mateo County Volunteer Horse Patrol, and he's worked for 10 years on the trails in Pescadero Creek County Park with Volunteer Horse Patrol (VHP) and other volunteers and park rangers.

While the Towne Creek Bridge project has been one of his biggest and most high-profile achievements, the West Brook Trail has not been the only trail out there to be reopened due to Mike's efforts. A

few years ago Mike put in many volunteer hours with Ranger Mark Schneider and others to create the new Parke Gulch Trail with its lovely hitching rail by old-growth redwood trees. And last spring, while everyone was waiting for the weather to cooperate for the bridge-building, Mike repaired the Shaw Trail that was washed out in a spot, and also the Canyon Trail that had major damage down near the creek. The Shaw Trail's fix had been with a technique he said was a "mining trick" from back in Spokane. The Canyon Trail was just a lot of hard work, but with the help of other volunteers, he knew how to get it done. He also does a lot of more mundane trail-clearing, including poison oak removal (he still doesn't get blisters!), sawing through downed trees across trails, and brush trimming. He sometimes rides with a pruning shear and folding saw, so he can multitask doing trail work and riding at the same time.

Since the bridge's completion, he's continued to work weekly in Pescadero Creek County Park. Back at the Alpine Pasture at Webb Ranch, he has spent some time on the annual winterizing of the pasture. He's picked up in his truck and unloaded with a shovel and wheelbarrow, by himself, over 10 tons of crushed rock and gravel into the muddy areas and covered that with stall mats to clean up the 4 feeding stations for all the horses that live there. Now that that's basically done, he'll find something else to repair or improve. Another bridge? The judging stand at Webb? Not sure yet.

Mike Bushue stands out in a crowd, with his tall stature and shock of long white hair, but he's always been a humble and unassuming person. He quietly rides his horse and fixes things. He's very grateful to have his efforts recognized with the 2019 SMCHA Horseperson of the Year award.

Horse Anatomy: Match the Word to the Horse's Body

JOKES

Q: Why did the pony have to gargle?

A: Because it was a little horse!

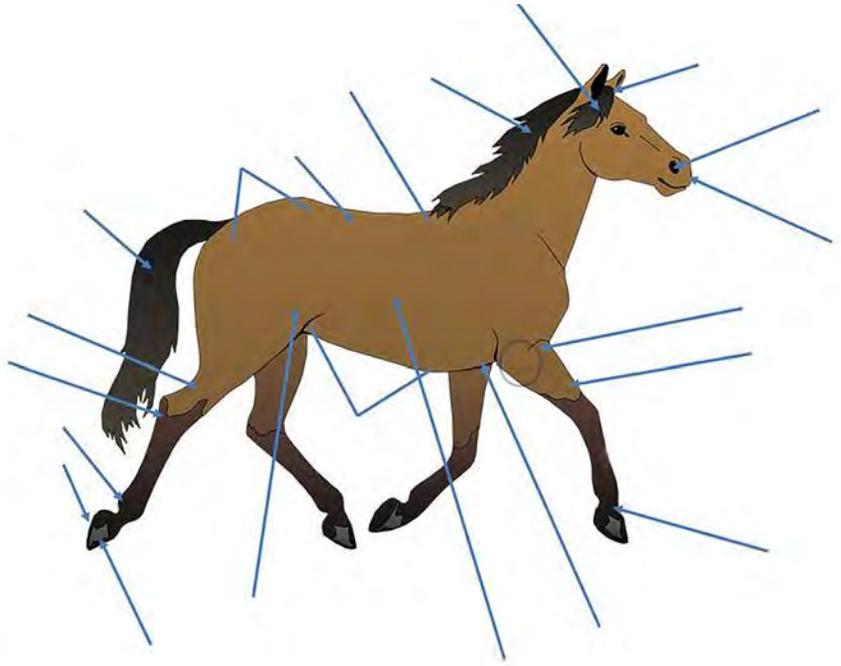
Q: What kind of horse walks around at midnight?

A: A nightmare.

My husband said to have a good day...

So I bought myself another horse.

Barrel
Coronet Band
Croup
Elbow
Ergot
Flank
Forearm
Forelock
Frog
Gaskin
Girth
Hock
Hoof
Loin
Mane
Muzzle
Nostrils
Poll
Withers
Stifle
Tail



See answers on page 34

WORD SEARCH

Anatomically speaking

G	E	N	E	R	F	O	R	E	L	O	C	K	O
A	T	O	L	R	E	A	G	P	I	N	P	U	B
S	A	N	I	F	E	O	S	O	O	S	N	E	A
K	N	N	O	N	I	O	L	S	U	T	R	E	R
I	L	A	J	T	A	F	E	T	L	O	C	K	R
N	E	C	T	O	U	H	O	C	K	L	S	L	E
T	T	T	E	L	W	N	O	I	E	I	T	E	L
W	C	R	O	U	P	L	T	T	T	A	I	R	N
F	E	D	I	E	S	L	S	S	A	T	F	G	F
O	E	R	C	T	S	E	R	C	E	E	L	O	R
O	N	N	N	N	G	I	R	T	H	H	E	T	I
N	K	K	N	A	L	F	N	H	A	A	C	C	S
N	O	D	O	C	K	S	R	E	K	S	I	H	W
S	L	A	N	R	E	T	S	A	P	F	L	E	R

JOWLS
STIFLE
WHISKERS
PASTERN
DOCK
GIRTH
GASKIN
FLANK
FETLOCK
LOIN
CROUP
CHESTNUT
BARREL
TAIL
FORELOCK
KNEE
CREST
CANNON
HOCK
ERGOT

Chocolate Mousse Cookie Bars

By Susan Jakubowski

2 Packages Dark Chocolate Oreos

5 tablespoons butter melted

1 (14 ounce) can sweetened condensed milk

2 cups dark chocolate chips

Preheat oven to 325 degrees and grease an 11x13 inch pan. Crush 1 package of the cookies in a food processor. In a bowl mix the crushed cookies with the 5 tablespoons of melted butter. Press the mixture into the bottom of the pan to make a crust.

In a microwave melt 1 cup of the chocolate chips together with the sweetened condensed milk. Stir until the mixture is smooth. Spread the mixture evenly over the crust. Top with the remaining cup of chocolate chips and 6-10 crushed Oreos. Make sure to press the chips and the Oreos lightly into the chocolate mixture.

Bake for 20-25 minutes in the preheated oven. Once cooled, chill in the refrigerator for at least an hour before cutting into bars.



Yohan's favorite brownie bars ever!

SMCHA 2020 Calendar of Events

Check website for updates: www.smcha.org

April

- 9 - Board Meeting
- 18 - Jack Brook Clean-up Day
- TBA - Spring Ride
- TBA - Clarkia Trail Workday

May

- 2 - Woodside May Day Parade
- 9 - Portola Valley Celebration of the Horse
- 7-10 - Horse Expo
@ Murieta Equestrian Center
- 14 - Board Meeting
- 25 - Hillsborough Memorial Day Parade

June

- 11 - Board Meeting
- 13-21 - San Mateo County Fair
- TBA - Tack Sale @ WHP
- TBA - Clarkia Trail Workday
- TBA - General Meeting

July

- 3 - Rodeo Dinner & Dance
@ Mounted Patrol

- 4 - Redwood City Parade
- 4 - Half Moon Bay Parade
- 4 - Junior Rodeo @ Mounted Patrol
- 9 - Board Meeting
- 11 - Lyn Moe Cowboy Dressage Clinic
@Webb

- 22-26 - Jack Brook Horse Camp
- 22-28 - Reining by the Bay

August

- 4-9 - Menlo Charity Horse Show
@ Circus Club
- 13 - Board Meeting
- TBA - Trail Obstacle Clinic
@Webb Ranch

September

- 6 - Trail Clinic @Webb
- 10 - Board Meeting
- 13 - Fall Riding Clinic @ MP
- 19 - Horses & Heroes Gala -
NCEFT's Benefit Event

- TBA - Presidents' Ride
- TBA - Clarkia Trail Workday
- 20 - Fall Riding Clinic @ MP
- 27 - Fall Riding Clinic @ MP
- TBA - General Meeting

October

- 4 - Fall Riding Clinic @ MP
- 8 - Board Meeting
- 9,10,11 - Day of the Horse
- 16,17,23,24 - Grand National Rodeo
@ Cow Palace
- 25 - Play Day & Halloween Extravaganza

November

- 12 - Board Meeting
- TBA - General Meeting

December

- TBA - Holiday Barn Party

January 2021

- 14 - Board Meeting
- 23 - Installation & Gala

COME VOLUNTEER WITH US!

We've got something for everyone - Enjoy helping with one or more of our great activities. Call for an informative chat with the folks below and help promote our wonderful horse community.



GENERAL MEETINGS

Chris Friis @ 650 704-2996

RIDES

Adeline Forrest @ 650 743-1665 & Carin Cartt @ 650 483-5918

PROMOTIONS & PUBLICITY - Open

COLOR GUARD

Chris Friis @ 650 704-2996

4-H YOUTH PROGRAM

Jennifer Ott @ 650 619-8257

FUNDRAISING - Open

HORSE SHOWS

Cheryl Basin @ 650 722-0606

FALL RIDING CLINIC

Karen Rowley Shawback @ 510 432-0368

FACEBOOK

Beverley Kane @ 650 868-3379 & Jenny Mize @ 650 380-1574

TRAILS

Beverley Kane @ 650 868-3379

FINANCE

Larry Pelzner @ (650) 691-8299

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

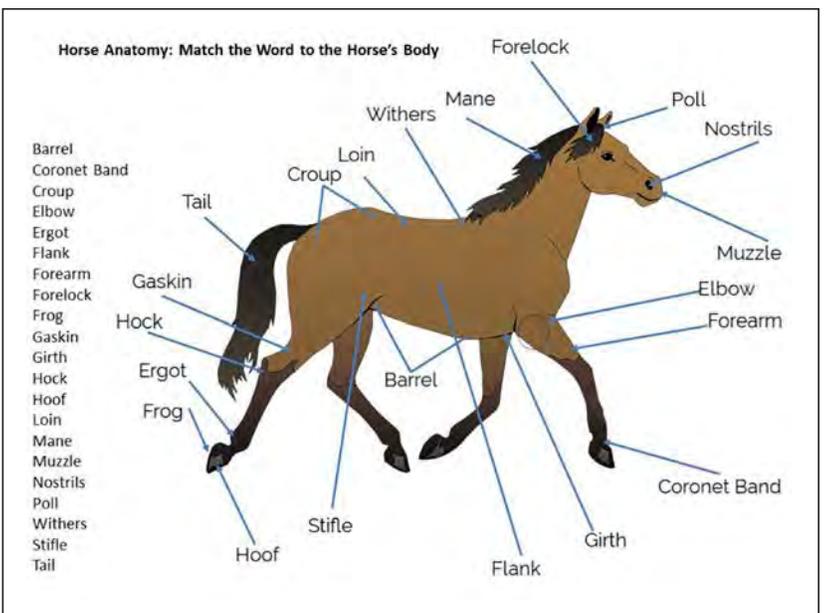
Cheryl Basin @ 650 722-0606

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Get your message to over 400 readers of our popular magazine, The San Mateo Horseman. Each anticipated issue reaches folks from all areas of the community, from entrepreneurs to growers of feed; from fashionistas to grocers; from tack stores to tax preparers and everyone in between. Please consider this great way to impress potential customers four times a year AND also get your word out on our terrific website, smcha.org. Starting as low as \$30 per issue with discounts for whole-year subscriptions.

Contact Ceci Ellis at ceci@ceciellishomes.com or (650) 207-3533

FREE CLASSIFIED ADS FOR MEMBERS!



Answers to Horse Anatomy from page 32

EQUESTRIAN WEBSITES

Bay Area Savvy Players - bayareasavvyplayers.org

Backcountry Horsemen of California - bchcalifornia.org

Bay Area Equestrian Network - bayequest.com

BLM Wild Horses & Burros - California - wildhorseandburro.blm.gov

California Dressage Society - california-dressage.org

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

CSHA Region 6 - csharegion6.org

Disabled Equestrians - disabledequestrians.org

Horse Park at Woodside - horsepark.org

Horsensei - horsensei.com

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

Jasper Ridge Farm - jasperridgefarm.org

Los Altos Hills Horsemen's Association - lahha.org

Los Viajeros Riding Club - losviajeros.org

Mounted Patrol Foundation - mountedpatrolfoundation.org

Mounted Patrol of San Mateo County - mpsmc.org

San Mateo County Large Animal Evacuation - smclaeg.org

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

San Mateo County Horsemen's Association - smcha.org

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

San Mateo County Parks Volunteer Horse Patrol - smcvhp.org

Santa Clara County Horsemen's Association - sccha.org

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

The BOK Ranch - bokranch.org

The Square Peg Foundation - squarepegfoundation.org

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



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MEMBERSHIPS MAKE GREAT GIFTS

For online membership application with PayPal option, go to www.smcha.org

MEMBERSHIP	ANNUAL DUES	Which of the following events/functions would you like to participate in?	
<input type="checkbox"/> Youth 17 & u nder	\$30	<input type="checkbox"/> Board of Directors	<input type="checkbox"/> Color Guard
<input type="checkbox"/> Adult 18 & above	\$40	<input type="checkbox"/> Trails	<input type="checkbox"/> Hospitality/Promotions
<input type="checkbox"/> Couple	\$55	<input type="checkbox"/> Fall Riding Clinic	<input type="checkbox"/> Membership Recruitment
<input type="checkbox"/> Family and all kids under 18	\$60	<input type="checkbox"/> Horse Shows / Playdays	<input type="checkbox"/> Youth Programs
List names and ages of children:		<input type="checkbox"/> Magazine	<input type="checkbox"/> Photography
_____		<input type="checkbox"/> Trail Rides	<input type="checkbox"/> Other

Donation _____
 Total Enclosed _____
 Use my donation for _____

Donations to any of these functions/events are welcomed and are tax deductible as allowed by law.
 Annual dues are for Jan. 1 through Dec. 31 of each year. Join after Oct. 1 and your membership is also paid through the following year.

Name _____ Home _____ Cell _____
 Address _____ City _____ State _____ Zipcode _____
 Email _____ *If you do not want your name to appear in our membership roster, check here _____*

If you do not wish to receive our quarterly magazine, The San Mateo Horseman, in the mail, check here _____ **The magazines are also available to view online at www.smcha.org**

MAKE CHECKS PAYABLE TO SMCHA AND SEND APPLICATION TO: SMCHA P.O. BOX 620092, WOODSIDE, CA 94062