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Didjknow

By Bob Rosenberg

Horses are not my whole life, they make my life whole.

Cover

Cover - From Left to Right Starting at top: Maverick – Carin Zeller, Cantaro – Elizabeth Ouellette, Crystal – Michael House, Wild Bill – Annie Tyo, Mouse – Stephanie Cooper Kochhar, Ruby – Melissa B., Junior – Caroline Mameesh, Ice – Libby Kurtz, Cole and Moosie – Don DeFranco, Stella – Cheryl Basin, Mr. Bean, Cool and Athos – Sue Winslow, Sharon Butler & Elizabeth Ouellette, Center – Webb Ranch Pony

Cowgirls' Quarterly

A Message from Your Presidents

Deb Alvarado, Sharon Butler, and Deb Vasquez



Spreading the Word – Membership Drive

Spring has sprung! We weathered many a storm this past winter, and many of us are excited to ride more and have fun with our horses and friends. We have a lot of fun events scheduled over the summer and autumn months, as do other horse groups in our surrounding area. There is something for everyone, whether you own a horse or not.

SMCHA currently has a membership drive in progress. It is the perfect time to ask your horse-loving friends to join our Club! Members receive discounts to our many events, are eligible for reduced prices with some of our advertisers, and receive our ever-popular SMCHA Magazine, full of local and rural news affecting our communities.

Please consider encouraging folks (horse owners or not) who live in our county to join us. Ask them what they love about our area, and then tell them about SMCHA and how it informs and supports our communities. SMCHA works with many other organizations to help keep horses at the forefront of our communities. We, as members, can encourage and support decisions that help keep our rural flavor as well as help keep horses in our area. We can also make our voices heard when a topic threatens our ability to maintain what we value.

Please ask your friends and family to join the SMCHA so we can keep SMCHA going strong, continue to provide a space for horses in our communities, and maintain that refreshing rural feeling. We have a unique county in that many horses, trails, boarding facilities, and properties still give our area a rare but genuine flavor. Your membership strengthens our numbers and increases the voices of those who love horses and want to ride, so what's holding you back?

You'll find the membership drive rules in this magazine issue; the top three winners receive cash awards, a shiny silver SMCHA belt buckle, and a write-up in the magazine. May the best equestrian win!



The San Mateo County Horseman Magazine

SPRING 2023

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ASK THE VET

Winter Rain Will Bring More Biting Insects and Arachnids this Spring and Summer

By Dr. Kelly Zeytoonian, DVM, MBA

This Winter's onslaught of rain has been a blessing and a curse for Bay Area residents and horse owners alike. While we can all agree that we needed the rain—and the super bloom of wildflowers has been a welcome sight!—there are several concerns the excess moisture will bring with it this summer. Standing water and slow-flowing creeks will attract biting insects. The tall grasses will be the perfect place for ticks to proliferate and cling on to unsuspecting horses and humans. The following article will briefly describe some of these insects and provide readers with prevention and treatment options.

Culicoides

Culicoides insects are known as “No See Ums” or “Five O’Clock Flies.” Their bite can elicit an allergic reaction in sensitive horses leading to what many horse owners call “Sweet Itch.” The allergic response is from their saliva. These flies also serve as the intermediate host for a parasite (*Onchocerca cervicalis*). When spread to horses, the infestation is known as Onchocerciasis. The microfilaria burrow along the skin of the head, neck, and belly. In the most dramatic of presentations, significant itchiness and self-trauma occur. Horses aggressively rub their mane, tail, and belly leading to hair loss, open wounds, and thickened skin.



Sweet itch on ventral abdomen

Treatment is centered around fly control (see basic recommendations below). Additional support for affected horses includes:

- Deworming with Ivermectin once monthly during the fly season (to kill the *Onchocerca*).
- Applying steroid ointment mixed with Ivermectin to abdominal lesions or regions of missing hair.
- Administering systemic antihistamines to reduce the allergic response and itchiness.
- Steroid injections may be considered if the above does not work.
- Allergy Immunotherapy (shots) may also be beneficial.



Habronema

Interestingly, *Habronema* are actually “stomach worms,” though they rarely cause gastrointestinal issues. Cutaneous habronemiasis, or “summer sores,” is becoming more prevalent in our area. This issue results from the larvae emerging from flies who are feeding on open wounds or moist membranes (like the eyes and commissures of the mouth). The larvae burrow into the skin resulting in tissue trauma and the production of granulation tissue. Common presentation and diagnosis of this skin issue include chronic, non-healing wounds with yellow, calcified granules within the tissue.



Habronema on eyelid

Just like with *Culicoides*, treatment relies on successful fly control. Additional support for affected horses includes:

- Deworming with Ivermectin once monthly during the fly season (to kill the *Habronema* larvae). It is important to note that the sores may get worse before they get better. This is due to a major “die-off” of larvae when administering dewormer medication.
- Applying steroid ointment mixed with Ivermectin to summer sores.
- Intralesional Steroid injections.
- Surgical debridement to remove excess granulation tissue and active larvae may be considered if the above does not work.

Ticks

There are many species of ticks present in the Bay Area, and all are blood-sucking parasites that can transmit disease to the animal they infest. Of primary concern within our region are Lyme disease, *Babesia*, and *Anaplasma*. Lyme can present as a shifting limb lameness, general malaise, or fever. *Babesia* and *Anaplasma* often result in high fevers, swollen limbs, and a risk of laminitis secondary to the infection.

Of lesser systemic concern but equally irritating are the ticks, whose bite results in only a localized reaction and discomfort. Ear ticks can become an issue when horses start to traumatize their itchy skin or

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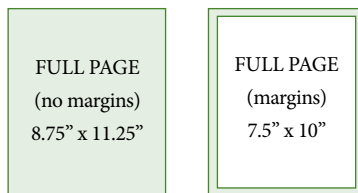
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for the Summer 2023 issue is August 1, 2023.

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10 Things You Might Not Know About Equine Neurology

Reprinted by permission from Amy Young and UC Davis Center for Equine Health. November 1, 2021

UC Davis professor and Terry Holliday Equine and Comparative Neurology Endowed Presidential Chair Dr. Monica Aleman shared her extensive expertise on these facts about equine neurology.

- 1. A horse's brain weighs 1.5 pounds,** half that of a human brain, but is still one of the largest brains among land mammals. The encephalization quotient (EQ), a ratio of observed brain size to predicted brain size based on body size, is used to compare intelligence across species. The EQ for horses is between 0.8 and 0.9. The ratio for livestock species ranges from 0.5 to 0.8. Dogs and cats are around 1, with chimpanzees at 2.5 and humans at 7. However, current thinking suggests that the number of neurons and sizes of specific brain regions may be better predictors of intelligence.
- 2. Equine protozoal myeloencephalitis (EPM)** is an uncommon cause of ataxia for California horses. UC Davis researchers recently reported the most common causes of spinal ataxia in horses euthanized and necropsied at the UC Davis veterinary hospital over twelve years. The prevalence of cervical vertebral compressive myopathy (CVCM) was 2.7%, equine neuroaxonal dystrophy/equine degenerative myeloencephalopathy (eNAD/EDM) was 1.3%, trauma was 0.9%, and cases of unknown origin were 2.0%, with the remainder diagnosed as other neurologic diseases. In contrast to older studies, EPM was not a leading cause of ataxia. Two previous studies also reported CVCM and eNAD/EDM among the top three causes of ataxia in horses.
- 3. Vitamin E deficiency** at different ages and duration can lead to distinct health conditions. Equine motor neuron disease (EMND) occurs in older horses that are vitamin E deficient for more than 18 months. With supplementation, 40% improve; 40% stabilize; and 20% get worse. Clinical signs of eNAD/EDM appear by two years of age. Supplementation may slow the progression of neurological deficits, but they cannot be reversed. Vitamin E deficient myopathy occurs in horses with a shorter duration of vitamin E deficiency. They generally recover quickly with supplementation.



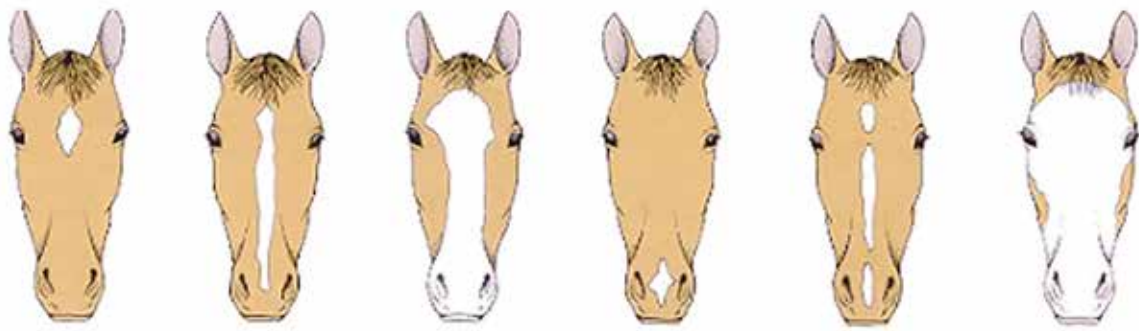
- 4. Testing is needed to differentiate eNAD/EDM from CVCM.** Ataxia, a wide-base stance, and uncoordinated movement are signs of various neurological issues. Some, such as EPM and trauma, can be determined based on clinical tests. It is not possible to definitively differentiate eNAD/EDM from CVCM based on clinical signs. The only way to conclusively diagnose eNAD/EDM is by examination of the brainstem and spinal cord after euthanasia. UC Davis researchers are working to develop biomarker and genetic tests that would improve eNAD/EDM diagnosis.
- 5. Shivers can occur in the front limbs,** but only if the hind legs are also affected. Shivers is characterized by muscle tremors and exaggerated movement of the limbs during backing or lifting of a hind leg. Muscles of the head, neck and forelimbs are rarely affected. "Shivers" that appear to occur only in the forelimbs are more likely caused by lower neck pain, pinched nerves or other causes.
- 6. Cancer of the central nervous system** is rare in horses. Details about central

nervous system tumors in horses are restricted to individual case reports. Clinical signs in affected horses vary based on the location of the tumor(s). Therapy options are extremely limited and the prognosis for diagnosed animals is very poor.



- 7. Horses that become drowsy and "catch" themselves** before falling often suffer from sleep deprivation, not narcolepsy. Although horses can famously "sleep standing up", they have to lie down to complete a full sleep cycle. Horses that cannot lie down due to factors such as pain, fear, being in a new location, presence or absence of other horses, lights, sounds, and changes in

Continued on Page 15



horse face markings

Markings on horses are usually distinctive white areas on an otherwise dark base coat color. Most horses have some markings, and they help to identify the horse as a unique individual. Markings are present at birth and do not change over the course of the horse's life. Markings may appear to change slightly when a horse grows or sheds its winter coat, however this difference is simply a factor of hair coat length; the underlying pattern does not change.

Facial markings are usually described by shape and location. There may be more than one distinct facial marking and if so, will be named separately.

Common facial markings are:

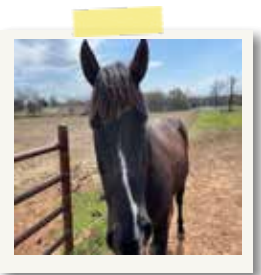
- **Snip:** a small white marking on the muzzle, not connected to any other markings.

- **Stripe:** a narrow band of white running up a horse's face from the nose to between the eyes.
- **Interrupted Stripe:** an interrupted stripe is a narrow white stripe down the center of the face that gets interrupted or cut off and then starts up again.
- **Star:** any white marking on the forehead. It could be tiny, it could be large, or it could be an average size.
- **Blaze:** a white marking wider than a stripe and thinner than a bald face, not including the horse's eyes.
- **Bald Face:** the most dramatic face marking, covering most of the face, possibly covering the eyes.

In the diagram, can you figure out the facial markings of each horse?



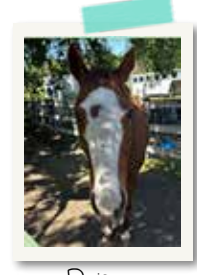
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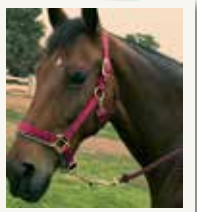
Chessy



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Flynn



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Emmy



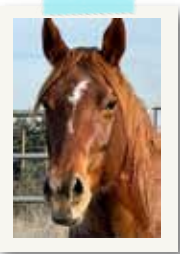
WT-Hepburn



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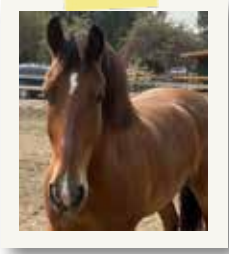
Piper



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- Have the new member fill out membership form and submit with dues online (<https://www.smcha.org/>)

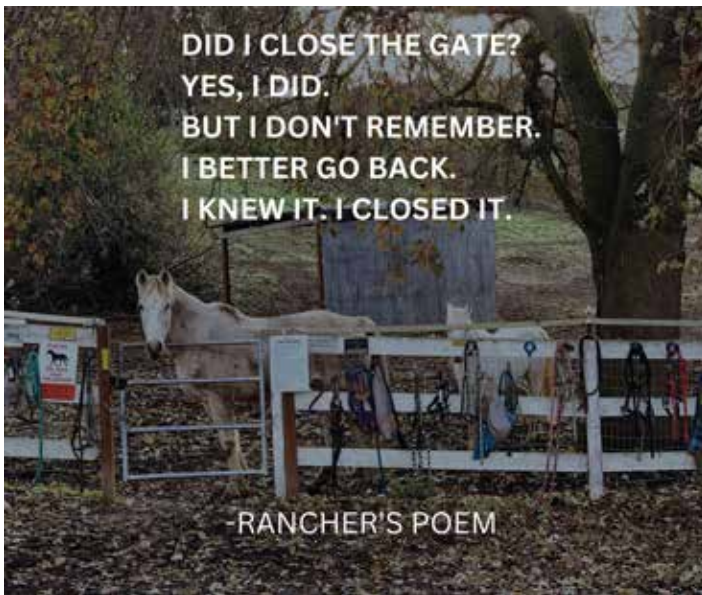
membership) or mail to SMCHA, P.O. Box 620092, Woodside, CA 94062.

- Be sure to include a “referred by” note on the application form to get credit for the new membership.
- All winners must collect at least 10 points to be considered.

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- Youth (17 and under) - \$30: 1 point
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Equestrian Legacy Spotlight

Concord Mount Diablo Trail Riders Association

By Don DeFranco

While San Mateo County is blessed with beautiful parks, horse trails, and a wonderful horse park, we do not have a facility owned by horse people that will stay forever equestrian. The Mounted Patrol may be the closest thing to this model.

Years ago, horsewomen and men took the initiative when seeing suburban growth headed their way and protected their way of life and their passion for riding. Many Bay Area counties have dedicated clubhouses and riding arenas.

I am a member of Concord Mt Diablo Trail Riders Association. I joined after hearing about the club from my real estate clients.

One woman was thinking about buying a home near the club, but decided it was too hot in the summer. Fair enough. But my curiosity was peaked. I drove out to Clayton, and was given a tour by a very welcoming couple who have been members for years.

I was hooked. Imagine collectively owning 200 acres without the danger of cars, bicycles, and loud motorcycles whizzing by. I have nothing against these things, but my horses do! I am convinced this model is the answer for maintaining our horses and way of life in suburban areas and towns throughout the United States.

There are many different ways to structure the ownership, but in the case of CMDTRA, it functions much as a country club, or a swim club. By the way, it is incredibly affordable, as they own the property and amenities. Annual dues are less than \$700.00 and boarding is less than \$500.00/month, which is open to members only.



From the CMDTRA website (www.CMDTRA.org)

Nestled in the hills along the northeastern slope of Mt. Diablo, you'll find one of the best-kept secrets in the East Bay-The Concord Mt. Diablo Trail Ride Association. We are a not-for-profit organization dedicated to horsemanship, land preservation, and fun!

Our club spans over 200 acres of nature with direct access to beautiful Mt. Diablo State Park. While less than 10 minutes from downtown Clayton, when you're here, you really feel like you are "in the mountains."

We offer gorgeous trails, monthly social potlucks, equestrian facilities, a club house with pool, horse boarding, horse camping, facility rentals, a rustic cross-country jump course, horsemanship clinics, social events, and very affordable membership fees.

At our core, we're a family of horse lovers and nature lovers.

I encourage you to check out CMDTRA as a place to camp, trail ride, and get your imagination going to create something like this in San Mateo County. I'm happy to answer any questions you might have. I can be reached at Dondefranco@gmail.com.

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FOXTAIL IN HORSES: REMOVAL & TREATMENT

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Carmella Abel from www.equinehelper.com*

If your horse is suffering from open wounds in its mouth, one of the culprits may be a grass called foxtail. The thistles from foxtail can leave horrible damage throughout your horse's mouth, causing them discomfort and pain. When one of my horses was dealing with mouth ulcers caused by foxtail, I couldn't find any information on how to treat it. After asking around, some of my local horse folk gave me a solution that worked great.

So how do you treat a horse suffering from foxtail ulcers in its mouth? The only way to treat mouth ulcers caused by foxtail thistles is to thoroughly remove the thistles from the wounds and apply saline solution as an antiseptic.

Treating foxtail ulcers is no easy task; it's painful for the horse and you have to maneuver around in their mouth. If you're ever uncomfortable doing this, the best thing to do is to call the vet. However, if you do decide to treat it yourself, the process is relatively simple and you'll see results quickly. Keep reading to learn how to recognize that your horse has eaten foxtail, how to properly treat it, and how to keep your horse from ever eating it.

What is Foxtail?

Foxtail is a type of grass that has long stems with seed pods at the tip. If you ever need to identify foxtail, it's good to know that the seed pods on the end resemble a fox's tail or a hairy caterpillar.

Foxtail isn't an uncommon plant, rather it can be seen in the grass in your front yard or in the lovely meadow where you picnic. It may look pretty from afar, but once you've seen the damage it can cause to animals, you won't think twice about having disgust for the grass.



The seedpods in foxtail are surrounded by green and yellow thistles and the seedpods themselves are coated with microscopic barbs. This part of the plant can lodge itself into your horse's muzzle, gums, and tongue when consumed, causing mouth sores and ulcers.

Horses won't usually eat foxtail grass outright. They'll only eat it if the pasture that they're turned out in lacks the supply of quality grass to graze on, in which case they'll start eating more plants that they wouldn't usually eat. Foxtail grass can also be found in lower-quality hay.

Horses are different from other livestock animals in the fact that their digestive systems are much more fragile. There are weeds and types of grasses that cows can eat that horses shouldn't, foxtail being one of them. Hay suppliers will sometimes cater to both forms of livestock; they'll have a cleaner field cut for horses while the field with weeds and other grasses will be cut for the cows. However, this isn't always the case. That's why it's important to inspect the quality of hay before you purchase.

How to Tell If Your Horse Has Been Stuck With Foxtail

Since foxtail will mostly affect the inside of the horse's mouth, it can be easy to miss when your horse has been stuck by the thistles. My POA pony had managed to get himself a one-inch

Continued on Page 27



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10 Things

Continued from page 7

diet become sleep-deprived. Narcolepsy is characterized by excessive sleepiness and spontaneous rapid eye movement (REM) sleep triggered by excitement. It is rare in most species. In horses, it is a genetic disorder that has been documented in families of miniature horses and Lipizzaners.

8. First described over 100 years ago, **equine headshaking** is still not well understood. UC Davis researchers confirmed that the trigeminal nerve, a large nerve that runs across the face, fires too often in affected horses, causing tingling, itching, or burning. It is seasonal in approximately 60% of cases, and signs can be triggered in response to wind, light, or increased exercise intensity. In severe cases, horses may experience self-inflicted trauma or interference with eating, leading to compromised welfare.
9. Horses should be vaccinated against **West Nile virus (WNV)** to



help prevent neurologic disease. Horses represent 96.9% of non-human cases of WNV. This mosquito-borne virus is now found nation-wide. Vaccines are effective in protecting horses against infection and have resulted in a marked decline in cases since the peak in 2004. The American Association of Equine Practitioners (AAEP) recommends WNV as a core vaccine.

10. Horses with **non-healing ulcers** in the cornea of the eye should be evaluated for temporohyoid osteoarthropathy (THO). A progressive syndrome, THO results in bone thickening and the eventual fusion of the temporohyoid joint to the skull. Once fused, actions such as swallowing and chewing can cause fractures. In addition to a head tilt and signs of facial nerve paralysis, including deviation of the muzzle to one side and/or a droopy ear, damage to nerves that affect the eye can lead to decreased tear production and abnormal blinking, which can cause significant ulceration of the cornea. Affected horses might also have balance problems and commonly become deaf on the affected side. Long-term antibiotic treatment, and possibly surgery, is needed to treat the ulcers.

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<https://cehhorsereport.vetmed.ucdavis.edu/news/10-things-you-might-not-know-about-equine-neurology?fbclid=IwAR3tJtmpzKUjWLW0nLSGOT2ojA-iQk-mJ0mhEojpUdmkEx-NSRDyJQurpuQw>



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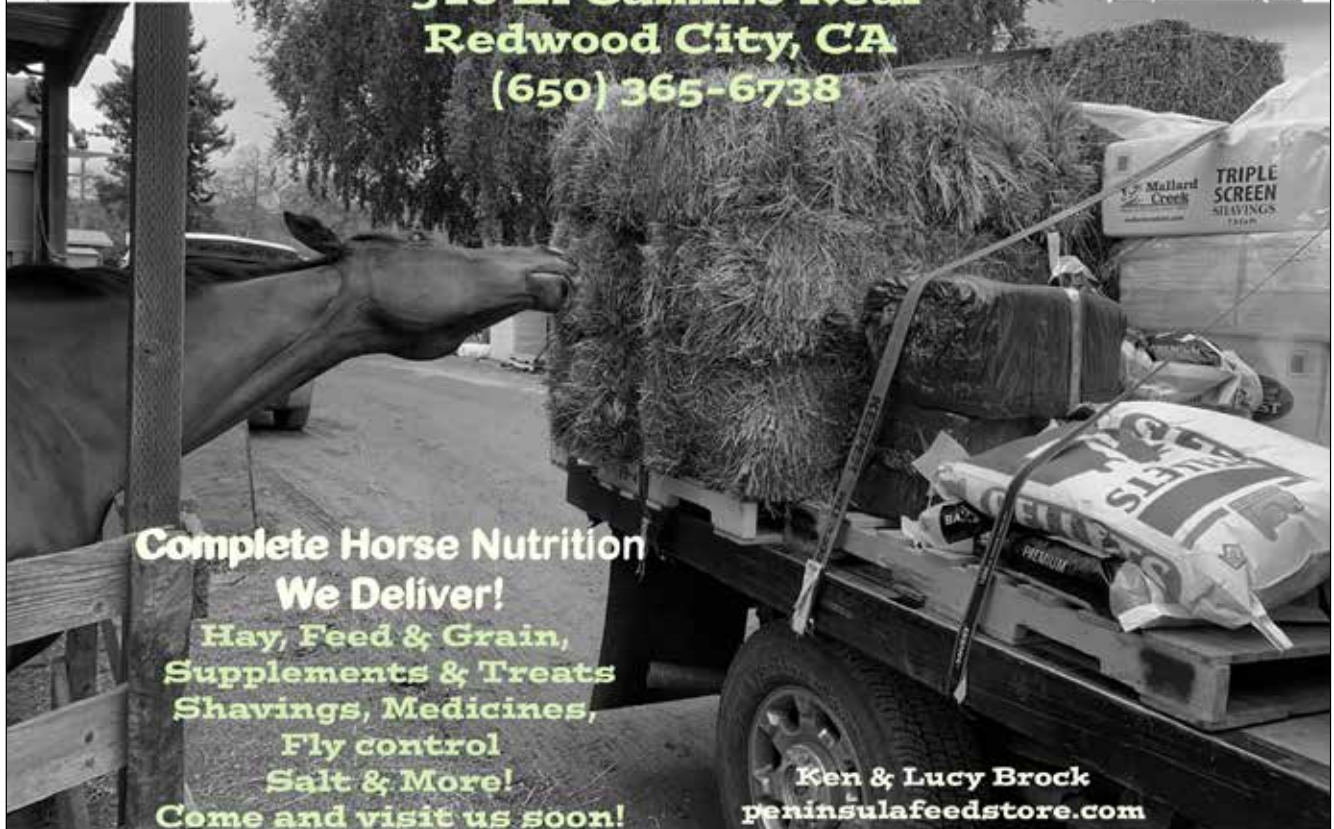
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APRIL 15 TO JULY 31



SMC Sheriff MSAR Members Take Obstacles in Stride

By Jenny Mize

Dana DeFrates of DeFrates Horsemanship located in Gilroy, CA welcomed the San Mateo County Sheriff's Office Mounted Search and Rescue Unit to her facility for a full day of sensory and obstacles on horseback. A wide variety of obstacles created a fun but structured learning environment. The morning session started with teaching all riders how to handle the inevitable "spook" both on the ground and in the saddle and progressed through multiple different stations of varying sensory levels. Even though it takes a lot to "spook" many of these seasoned horses in this unit, Dana

Continued on Page 26



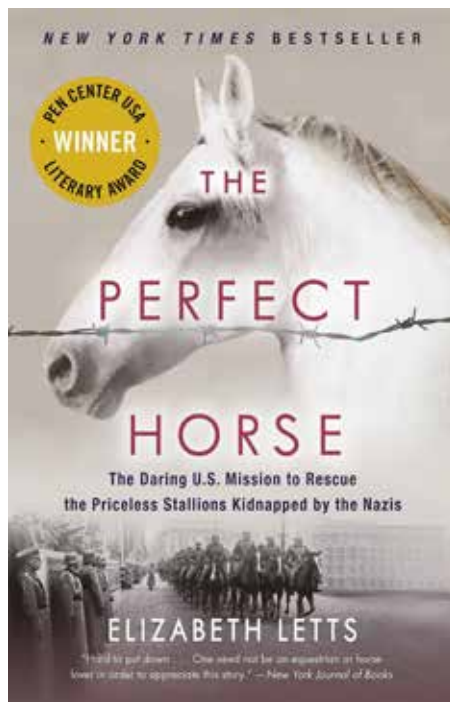


By Marcy Rosenberg

The Perfect Horse: The Daring U.S. Mission to Rescue the Priceless Stallions Kidnapped by the Nazis | By Elizabeth Letts

Recently, it seemed like half of the books I was reading occurred during World War II but this one was about horses so I gave it a go. Author Elizabeth Letts' non-fiction book is about Operation Cowboy, the American protection of the Spanish Riding School, and the plight of the Lipizzaner horses during World War II. It was well-researched and is even more heartwarming if you have experienced the Lipizzaner stallions perform.

This was one of the most unusual rescue efforts undertaken during World War II. Author Letts' meticulous research sheds light on the daring wartime rescue operation across enemy lines to save the lives of the world's most valuable horses. Letts covers two stories in this book. One is the story of the rescue of the Spanish Riding School in Vienna and their famous Lipizzaner stallions led by Alois Podhajsky.



Podhajsky won the bronze medal in Dressage at the 1936 Berlin Olympics. Near the end of the war, the American Army heard from a German spy about the location of the horses. The Russian Army was closing in on the location, the Russian soldiers were starving, and the fear was they would slaughter the animals for food. General George Patton, a great horseman, ordered Major Hank Reed of the 2nd Cavalry to rescue the horses.

The second section is less known about Hitler and Gustav Rau and the eugenics program to genetically engineer the perfect German War Horse.

I was entirely fascinated by these horses and the men on both sides of the war who worked and sacrificed to protect them.

Letts also wrote "The Eighty-Dollar Champion: Snowman, the Horse That Inspired a Nation" about the famous show-jumper. The rescue of the Lipizzaners also inspired a Disney movie "Miracle of the White Stallions" from 1963 which is available to view on YouTube.

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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

Shedding Season

Don DeFranco has a tip that has nothing to do with COVID! The other day, he was at the hardware store and picked up a \$20 hazard suit for shedding season! He used to wear coveralls in 4-H when showing because he'd be grooming his horses. So, underneath this outfit was a business-casual get-up that was well protected by the hazard get-up. His only regret? Not getting the suit with the hood. That being said, he purchased a larger size, enabling him to move around more comfortably. Once his horse was groomed, he peeled it off and left it in the tack room. Gray and white horses love to get filthy dirty; it's like a blizzard when they shed.



Drummer

SMCHA Board Member Susan Jakubowski's longtime friend, Drummer, has crossed the rainbow bridge. Drummer was a kind and gentle giant. He was loved deeply by everyone who met him, and he loved all his pasture mates. Susan and Drummer had a special connection, and they were blessed the day they came into each other lives. God speed Drummy; you will always have a special place in our hearts.



Prometea

This metal and wood horse sculpture represents Prometea, the first cloned horse (Half-flinger) and the first to be born from and carried by its cloning mother. It is in a park in San Mateo County. Do you know where it is? Answer below.



Answer: Holbrook-Palmer Park in Atherton

New Dog!

The Mize family welcomed Daisy, a Pembroke Welsh Corgi to their home! In this photo, Jen is holding Daisy, just shy of 11 weeks old. She's the cutest/sweetest ball of fluff one could ask for. Congratulations!!



San Mateo County Mounted Search and Rescue (MSAR) Obstacles Training

Marcy Rosenberg on BG, Jenny Mize on Joey, and Christine Friis on Willow after an MSAR training obstacles event at NCEFT on March 26. Among the obstacles were all the riders holding onto a parachute while walking in a circle, getting up close with an inflatable "air man" and subjecting the horses to a police car with lights and sirens going at full tilt.



Webb Ranch Library

Please change to: Webb Ranch Library is now open to Webb boarders. Children's books still needed, as well as books on breeds and breeding. Please contact Beverley Kane to arrange book drop off.



Unwelcome Encounters

By Rachel Curtis-Robles, PhD

Public Health Education and Outreach
Officer, San Mateo County Mosquito &
Vector Control District

Summertime is a great time to grill or trail ride, but pesky yellowjackets may be unwelcome guests at both activities! Yellowjackets are attracted to protein and sugar at picnics and barbecues, and they can be very aggressive if their nests are disturbed. Both people and animals are at risk of stings and reactions.

Yellowjackets are medium-sized black wasps with yellow markings. There are several species of yellowjackets: some build nests aboveground in trees, or under the eaves of houses, others build nests below ground in burrows or holes. Yellowjackets are often very aggressive if their nest is disturbed.

San Mateo County Mosquito and Vector Control District (SMCMVCD) can treat/remove outdoor yellowjacket nests in San Mateo County at NO CHARGE. For removal of nests inside walls or in structures, you will need to contact a qualified structural pest control operator.

Important tips:

- **Locating a Nest:** You must know the specific location of the nest prior to treatment by SMCMVCD staff. Look for a line of yellowjackets entering and leaving an opening. Nests may

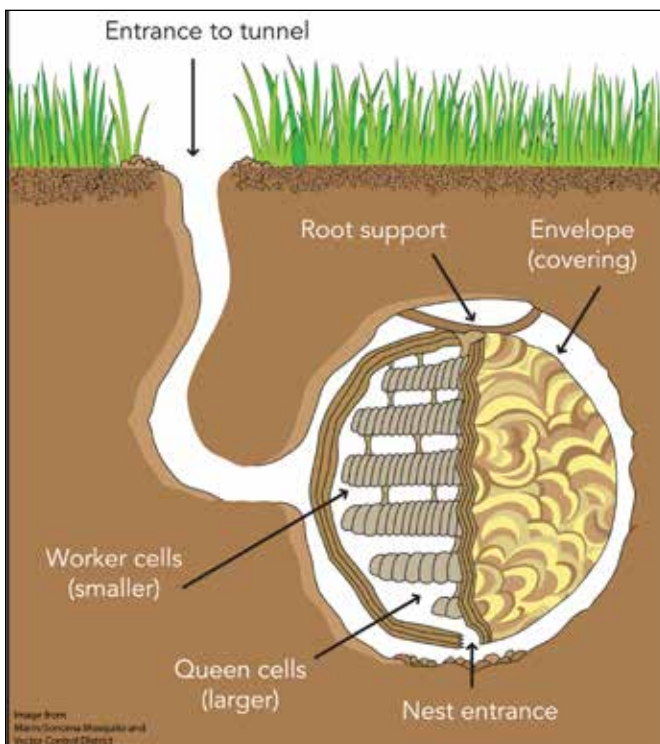


also be in dense vegetation, wood piles, utility vaults, or rock walls. Yellowjackets are most active and easier to notice in the middle of the day. Carefully mark the location with a cone, flag, or other object.

Don't get too close! A marker in the general area of the nest will help the SMCMVCD technician locate it.

- **Other insects:** SMCMVCD only treats yellowjacket nests. Many other stinging insects are commonly confused with yellowjackets, such as paper wasps, carpenter bees, honeybees, and bumblebees. The District does not remove honeybee swarms, but District technicians can help you identify which kind of nest and stinging insect is causing an issue.
- **Keeping yellowjackets away:** Keep food and drinks covered when eating outdoors to avoid attracting yellowjackets. Cover garbage bins or move them away from where you will be eating. Cover water sources or move them away from where people or animals spend time to avoid attracting thirsty yellowjackets, particularly on hot days.
- **Yellowjacket traps:** Bright yellow yellowjacket traps can be used effectively, but should not be placed in the immediate vicinity of where people or animals will be eating or staying. The traps attract yellowjackets to the immediate area, and so should be placed far from where you will be eating or staying.
- **If you are stung:** Quickly leave the area, use clothing to protect your face, and seek shelter indoors. If you are stung many times or suspect you are allergic, seek medical attention immediately.

Visit <https://www.smcmvcd.org/> or call SMCMVCD at 650-344-8592 for more information.



Yellowjacket nests built underground can have a long tunnel to a large nest.



SMCMVCD technicians wear protective gear to get close to yellowjacket nest to directly treat the nests.



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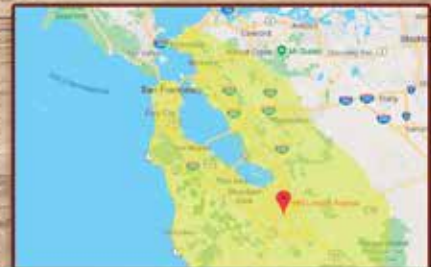
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Obstacle Clinic

Continued from Page 18

and her team worked hard to provide a learning environment that went far beyond just rushing horses through obstacles. The afternoon session cranked up the sensory as the unit went for a walk about the property encountering many different scary obstacles, including a brief appearance by Chocomil the water buffalo and led into an entirely new arena full of bridges, ramps, a swimming pool, and a giant inflatable archway; to name a few. Each horse and rider team made great strides throughout the day with the helpful instruction from the De Frates Horsemanship team. Mark your calendars as rumor has it that SMCHA will be holding an obstacle clinic at DeFrates Horsemanship on August 19th!



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Foxtails

Continued from Page 13

wide foxtail ulcer at the top of his gum above his front teeth. I had to turn up his top lip in order to see it. If it hadn't been for his profuse drooling, I would have never thought to check his mouth for any problem.

After I realized the extent of the damage that the foxtail had done to his mouth, I have set aside time in my daily routine dedicated to thoroughly checking my horse's mouth, not necessarily for foxtail, but for anything that may be causing him a problem. If you develop this into your routine, you'll be able to catch the damage much quicker.

Horses will give subtle cues to explain that there is something wrong with their mouth. Here are some of the things I've seen horses do particularly when it comes to dealing with foxtail ulcers in their mouth:

- The horse will drool profusely.
- The horse will toss its head
- The horse will be uncomfortable with the bit
- The horse won't want its muzzle to be touched.

If you notice these signs in your horse, thoroughly check your horse's mouth for problems. It's important to check under the tongue as well as the roof of the mouth. These areas could be affected and no one would ever know. The best way to do this is to grab your horse's tongue. You may need to get someone to help you, as most horses aren't fond of this.

If your horse isn't a fan of you looking in their mouth, you could try twitching their nose. Twitching is when you squeeze the loose part of their top lip in order to give them something else to think about other than you looking in their mouth.

Foxtail wounds will be evident in your horse's mouth. There will be open wounds with the foxtail thistles sticking out of the area. You will also want to check the horse's teeth. If you see the thistles and seed pods sticking out from the teeth around the gums, then your horse has clearly been ingesting foxtail.

It's important to also check the horse's muzzle for foxtail thistles. It can be hard to tell these thistles apart from the hair. The best way to do this is to look for irritated skin on the muzzle. Chances are if the inside of the horse's mouth is being affected by the foxtail, the muzzle will be as well.

How to Treat Foxtail Ulcers & Sores In Horses

The most important thing to do once you notice the problem with foxtail is to rid your horse of the option to eat it. This can either mean that you remove them from the field that they were pastured in or you throw out the hay that they have been eating. You can check these sources for traces of foxtail; once again, you can look for the grass that looks like it has the hairy caterpillar at the end of the stalk.

Treating foxtail ulcers will be no easy or fun task; you'll need the right supplies to do it. Here is a list of supplies I use to treat my horse for foxtail ulcers in their mouth:

- Saline solution
- A syringe
- Tweezers
- Paper towels

Have these items ready before you start removing the thistles from the horse's mouth.

STEP 1

When your horse has foxtail ulcers in its mouth, it will be salivating profusely; this does no good for the ulcer. It keeps the area moist which makes it easier for the foxtail thistles to sink deeper into the skin. I had a veterinarian tell me once that they saw foxtail thistles migrate all the way through the horse's gums and out through the horse's mane. This is scary. The thistles will need to be removed to avoid any further damage to your horse.

The first thing you'll want to do is fill your syringe with the saline solution and squirt it over the affected area. The saline solution works great as an antiseptic, keeping infection out of the wound. The saline will also cause the area to dry out, which in turn will push the thistles back to the surface. Be careful while doing this, as the saline solution can sting the wound, causing the horse to react.

STEP 2

The next thing you'll want to do is take the tweezers and pull the thistles from the wound. You'll be surprised at the number of thistles and seed pods that can pack into the ulcer. In this process, the wound will probably start to bleed so you can use the paper towels or a cloth to wipe the blood away.

STEP 3

The final step is to keep repeating the process until you've removed all the foxtail from the wound. If it's a large enough ulcer, this may take a few days. You'll notice that one day you'll remove all the thistles from the wound but more thistles will show up the next day. This happens because the thistles that have lodged into the horse's body are being drawn to the surface.

Continue to pull the thistles out and apply a saline solution. Keep applying the solution until the wound is completely healed.

If your horse is suffering from severe foxtail ulcers and you're not having much luck removing the foxtail thistles, then it is time to call the veterinarian. The vet can sedate the horse and remove all the thistles in even the hardest to reach areas.

How to Avoid Foxtail Lesions in Your Horse

The best way to avoid foxtail lesions in your horse's mouth is to first, check their mouth on a daily basis. This will help you catch anything before it becomes too serious. Keep a look out for signs your horse may display to show discomfort in their mouth.

The other way to avoid foxtail is to make sure that your horse has the proper amount of good grass in their field to graze on. When good grass runs out, horses will turn to weeds, bark, and leaves to meet their needed daily intake. Their digestive systems aren't used to these things, so it may pose even a greater health risk to your horse.

Check hay quality before you buy from a hay supplier. Hay that has foxtail and thorny weeds consistently throughout it will not be good for your horse.

Just like the saline solution I used as an antiseptic for the foxtail ulcers, there are many more natural remedies out there that are very effective at helping your horse. If you'd like to learn more about natural remedies for horses, <https://equinehelper.com/natural-remedies-for-horses-that-actually-work>.



Bringing in the horses from the meadow. Red Doc (Barbara's Quarter Horse) & Abel (Haflinger).

WHERE ARE THEY NOW? **Life in Netherlands**

By Barbara Stogner-Watkins

For those who may be reading this and may not know who I am, I will start with a little background. I was president of SMCHA for 3 years (2008, 2009, 2010). I was the first president to sit on the throne of SMCHA for 3 years. I loved every minute of it. We created several events that are still happening today such as the annual Bunco Night and the movie night at Webb Ranch. I'm proud to be counted among the league of past presidents. In my 3rd year as president, I even led while battling lung cancer. With the support of many wonderful members and friends, both undertakings were successful!

At the beginning of 2013, I met a Dutch man at a personal growth course we were taking in Puerto Rico. Romance sparked and we embarked on a long-distance relationship. Wouter lived in The Netherlands and I, of course, lived in San Mateo County. We saw

each other every 3 months and by the end of 2013, we chose to spend our life together. Next big decision... where do we live? In California or Netherlands? Wouter is a doctor so it was simpler for me to make the move. By October 2014 I had sold my home, liquidated most of my personal belongings, taken back my maiden name of Watkins, and moved to Netherlands. I have been a Realtor in the Bay Area for nearly 40 years so I also needed to figure out how to continue to effectively work with my clients remotely. That may seem like a lot but the most difficult hurdle was selling my horse, Slick. Whenever any potential buyer came to look at him I would cry. Who wants to be the one who buys the horse while the owner is crying? It was pathetic! Slick now has a good life with SMCHA member Michelle Goodspeed. Bless her.

Fast forward... we live in a small village in The Netherlands called Olst—about one hour from Amsterdam. Together with a group of 23 families we helped each other build our own Earthship-style homes made mostly of recycled materials. We have solar panels for energy, wood stoves for heat, compost our waste, have our own well for water, and our own water filtration system. We live

Continued on Page 31



Barbara and Wouter's wedding.



The village of Olst.

HORSE BREEDS: MORGAN



Breed Overview

WEIGHT: 900 to 1,000 pounds

HEIGHT: 14 hands to 15.2 hands

BODY TYPE: Compact, muscular build; short head with wide forehead; large, expressive eyes; high head and tail carriage; thick mane and tail; ears: alert, short, shapely and wide-set.

BEST FOR: Owners and riders of all levels, including children.

LIFE EXPECTANCY: 30 years

COLOR: Generally, bay, black or chestnut

KNOWN FOR: Intelligence, courage and a good disposition.

History

The Morgan horse is one of the earliest horse breeds developed in the United States tracing back to the foundation sire Figure, later named Justin Morgan after his best-known owner. Figure was a reddish-brown-colored bay stallion. He was 14 hands high. Morgan leased Figure to a local farmer as a workhorse to clear a woodlot. Much to the farmer's surprise, there was no log too large for Figure to pull. What he lacked in size, he more than compensated for in strength. Figure out-pulled and outran all the other horses in the area. He was also known for his calm and steady temperament. After Figure died in 1821, his offspring became known as the Morgan horse breed. Morgan horses bear the distinction of being the only American breed of horse descending from a single parent of foundation sire.

No one knows for certain what Figure's pedigree was, but it's generally accepted that it was the offspring of horses with Arabian, thoroughbred, and perhaps Welsh cob or Friesian bloodlines. In the 19th century, Morgans were recognized for their utilitarian capabilities. They were used extensively for harness racing, as well as for pulling coaches, and on both sides of the military in the Civil War. They are the official state animal of Vermont, and the official state horse of Massachusetts

A few Morgans are gaited, meaning they can perform an intermediate speed gait other than the trot such as the rack, fox trot, or [pace](https://en.wikipedia.org/wiki/Pace).https://en.wikipedia.org/wiki/Morgan_horse.

For more Morgan Horse Information

In Weybridge, Vermont you can visit a National Historic Site and a place that is home to the oldest, continuous Morgan horse breeding herd in the world. <https://www.uvm.edu/cals/morganhorsefarm>.

At Point Reyes National Seashore, you can visit the Morgan Horse Ranch. It was established in 1970 as an interpretative program as well as a breeding and training program to provide horses for the National Park Service. Today (April 2023), it is no longer a breeding facility but there are five year-round resident Morgan horses at the ranch—Honcho, Mira, Knight Hawk, Gentry, and Moon. They are used as the Mounted Enforcement Team within the park and at special events. https://www.nps.gov/pore/planyourvisit/morgan_horse_ranch.htm.

Book: Justin Morgan Had a Horse, 1946, Marguerite Henry, Wesley Dennis (Illustrator)

Movie: Disney 1972 "Justin Morgan Had a Horse" can be streamed on Disney Plus.



By Elizabeth Ouellette

Walking with my horse at Webb Ranch, I've noticed quite a few signs of spring, notably the glossy black birds with red shoulder badges (males). The females have brown plumage with black markings on the underside and white markings around the face. These are called the Red-winged Blackbird—a sure sign of spring! Have you noticed them too?

Here are some fun facts about the Red-winged Blackbird:

The birds that breed in California and Mexico lack the yellow stripe.

- In the wild, red-winged blackbirds live an average of 2 years.
- The oldest recorded red-winged blackbird in the wild lived for 15 years and 9 months.
- A male fiercely defends his territory during the breeding season.
- A highly polygynous species, the non-committal male may have up to 15 different females making nests in his territory (so much for mating for life!).
- This species lives in swamps, woodlands, and even grasslands across North America.

- In spring, the males claim territory near water, issuing loud calls to chase away rivals and intruders, including the occasional human.
- Making various sounds, they are known for their “onkalee” song. Males will chase each other out of their territory and call after them with a “tch tch tch tch tch” sound.
- To defend their home base, they extend their wings to highlight their red shoulder markings.
- Males will also flash their red field marks, hunch their shoulders forward, and spread their tails when attracting a mate.
- A female has up to 2 broods per year.
- Nests usually hold three to four pale blue-green eggs accented with dark markings.
- The red-winged blackbird eats almost anything it can find, including seeds, nuts, insects, and frogs.
- Red-winged Blackbirds in northern North America winter in the southern United States, as far as about 800 miles from their breeding ranges. Southern and some western populations don't migrate at all.

Look for these birds, listen to their songs, and watch them do their red-winged dance. What a fun spectacle!

Where Are They Now?

Continued from Page 28

off the grid. We only pay monthly for our internet (about \$10). It is a very special community and I feel very fortunate to live here. The name of our community is Aardehuis and is the largest eco-community in The Netherlands—and perhaps all of Europe (see Aardehuis.nl).

My life would not be complete without horses so once building our home was finished I began my search for my next horse. I live in the mother lode of Dutch warmbloods (AKA



Home in Olst.

Dutch Sport horse or KWPN). The Netherlands is also home to the Friesian breed. The Dutch horses are just so tall that it felt like riding on a ladder to me. I tried other breeds as well like Tinkers, Gypsy Vanners, Groningen, Arabs, Spanish plus others. It was finally when I tried out a Quarter Horse in Belgium that it felt like home. Red Doc has Doc Bar blood a couple of generations back and is the best horse I have ever had! I found a fabulous stable that is a 5-minute bike ride from my house. The 80-year-old owner was born in and has lived in this house that was built in 1924 by her grandfather. It's just a short ride to any number of trails through the woods, farm fields, and by castles. I am easily spotted in the local community because I am the only one riding Western. I now have people interested in learning Western

riding and enjoy giving lessons to young girls. I was even contacted to train a draft horse to pull a plow! Obviously, I knew nothing about farming and work horses. This farm had acquired a new draft horse but once he was rigged up to the plow equipment he wouldn't move. Using my natural horsemanship training I learned from Don Douglas I was able to connect with the horse named Utah and we were successful. I told the farmer's wife that training the horse to do what I asked was much easier than training her farmer husband!

The Netherlands is a green, lush, and flat country with lots of rivers, lakes, and waterways. People don't own guns except for the occasional hunter. There is no gun violence, everyone is provided with medical care and free education all the way to obtaining a Master's Degree. If you had asked me when I was president of SMCHA if I would be living in Europe within a few years I would have said "No". I loved my life in California and the Bay Area. I have the best group of friends in the Bay Area—many of which I met in SMCHA. Of course, horse people are the best! Some have even visited my home here in The Netherlands. My experiences with SMCHA are some of my favorite times... rides with friends through Huddart Park, club ride through Golden Gate Park, our horse clinics and horse shows, camping at Jack Brook every summer, and Day of the Horse. I have also been fortunate to surround myself with wonderful friends here in The Netherlands and all over Europe and the U.K., I've always been a big "YES!" to life. It just goes to show that when you are open to new possibilities life can be a bigger adventure than you could ever have dreamed of for yourself. If you are reading this article then you are most likely a member of SMCHA. SMCHA makes such a difference in people's lives and the community in general. Never take it for granted. Take care of the club, keep it growing, and keep the love of horses alive in San Mateo County. It is an equestrian legacy to pass on to the next generation of horse lovers.

Biting Insects

Continued from Page 5

present with a head tilt or head shaking due to the infestation.

Please remember the following if you find ticks on your horse:

Remove ticks as soon as possible using tweezers to gently release the entire pest.

Do not use your bare hands, as disease can be transmitted through breaks in your skin and direct handling.

Thoroughly clean tick bite sites and consider the application of a steroid/antibacterial ointment if the area appears inflamed or infected.

Keep pasture and living spaces well mowed to reduce tick presence.

Check yourself and your horse regularly, especially if you've been riding through areas with bushes or low-hanging branches with which you come in contact.

General Fly and Tick Control:

- Apply fly sheets with belly and mane coverage.
- Install a fan in the stall if possible.
- Trim excess hair and feathers in the distal limb and throatlatch area for easier grooming and identification of ticks.
- Remove manure frequently and store it as far from the barn as possible.



Ear ticks

- Use Fly Predators. https://spalding-labs.com/products/fly_control_products/fly_control_for_horses/default.aspx
- Equispot Pour On Oil works for about 2 weeks before you need to re-apply, and helps deter flies and ticks.
- Purina EquiTub Fly Control: <https://www.purinamills.com/horse-feed/products/detail/purina-equitub-with-clarify>. Call your local feed store.
- Solitude IGR Feed Through Fly Prevention. <https://www.zoetis.com/products/equine/solitude-igr>
- Natural Fly Control Bracelets can be braided into the mane or doubled up to create loops around the pastern region. Just be sure to apply in a manner that will break away if stuck: https://smile.amazon.com/Simple-Natural-Products-Mosquito-Repellent/dp/B01HITQENC/ref=sr_1_10?dchild=1&keywords=citronella+fly+control+bands&qid=1628613863&sr=8-10

As we enter the warmer spring and summer months, you will see an increase of biting flies and ticks. Awareness of the common issues surrounding these bites will help you better prevent, assess, and treat active cases. Managing the horse's environment will remain the primary prevention source for all of the above conditions. Remember, the extra work and management will pay off in happier horses and a safer environment for you too!

Happy Trails!

Dr. Kelly Zeytoonian is the owner and a veterinarian with Starwood Equine Veterinary Services. Her article is meant to educate horse owners on potential insect-borne concerns and share common treatment options. This article is not intended to replace the advice and expertise of your horse's veterinarian.



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ACTIVE FUNDRAISER

Trail clearance & bridge repair at Pescadero Creek County Park

The winter rains and winds have done major damage to the trails and bridges in all the San Mateo County Parks. Three huge trees have fallen on the bridge on the West Brook Trail

We want to extend thanks to all the equestrian organizations and individuals for their financial support of this project. However, the costs of the project will be higher than the initial estimate, so more funding will be necessary. The trees are very large, and this is technically complex and dangerous endeavor. The trees are over the creek, which must be respected.

The County is in the process of securing bids for tree removal. County staff is working to find a tree contractor for the project who complies with the public sector procurement rules.

We will not know the final cost of the project until this is done, but we know that we will need more funding to cover the increased cost to remove the downed trees.

If we cannot remove the trees and save the bridge, the alternative is to build a new bridge and re-route the Trail. This would take several years, involve complex permitting, and be expensive. So the current plan is to remove the trees, in a cost-effective manner, and repair the bridge.

The dream is to have the project completed for the summer horse camping season, but the work and time required could prove to be more extensive.



\$30,000 to \$35,000 Goal by June 15th

<http://www.mountedpatrolfoundation.org/DonateNow.htm>

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The Mounted Patrol Foundation is a 501(c)(3) organization. EIN 75-2991593.

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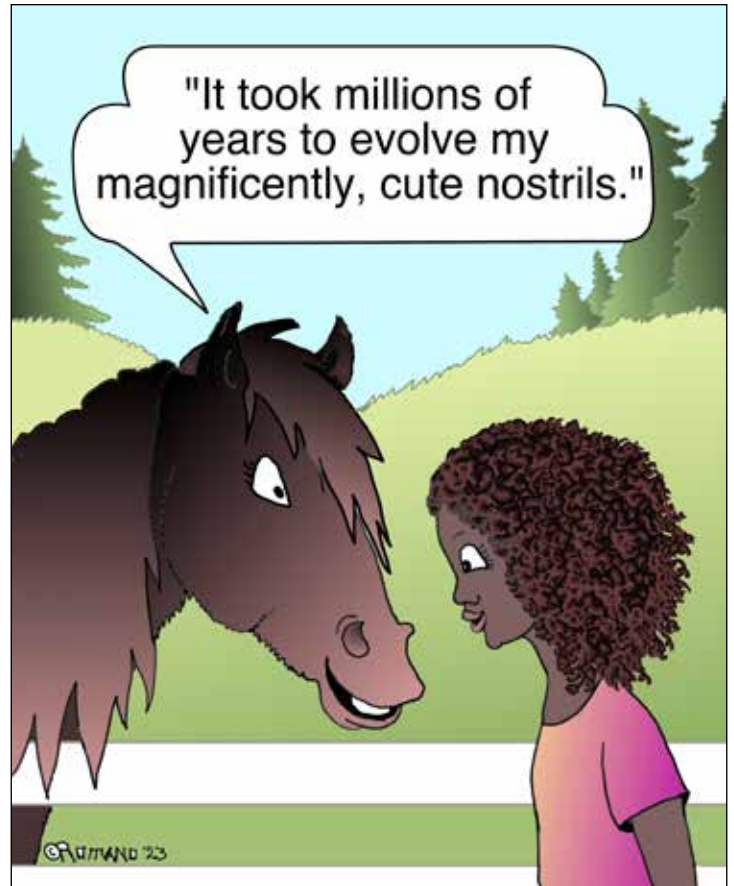
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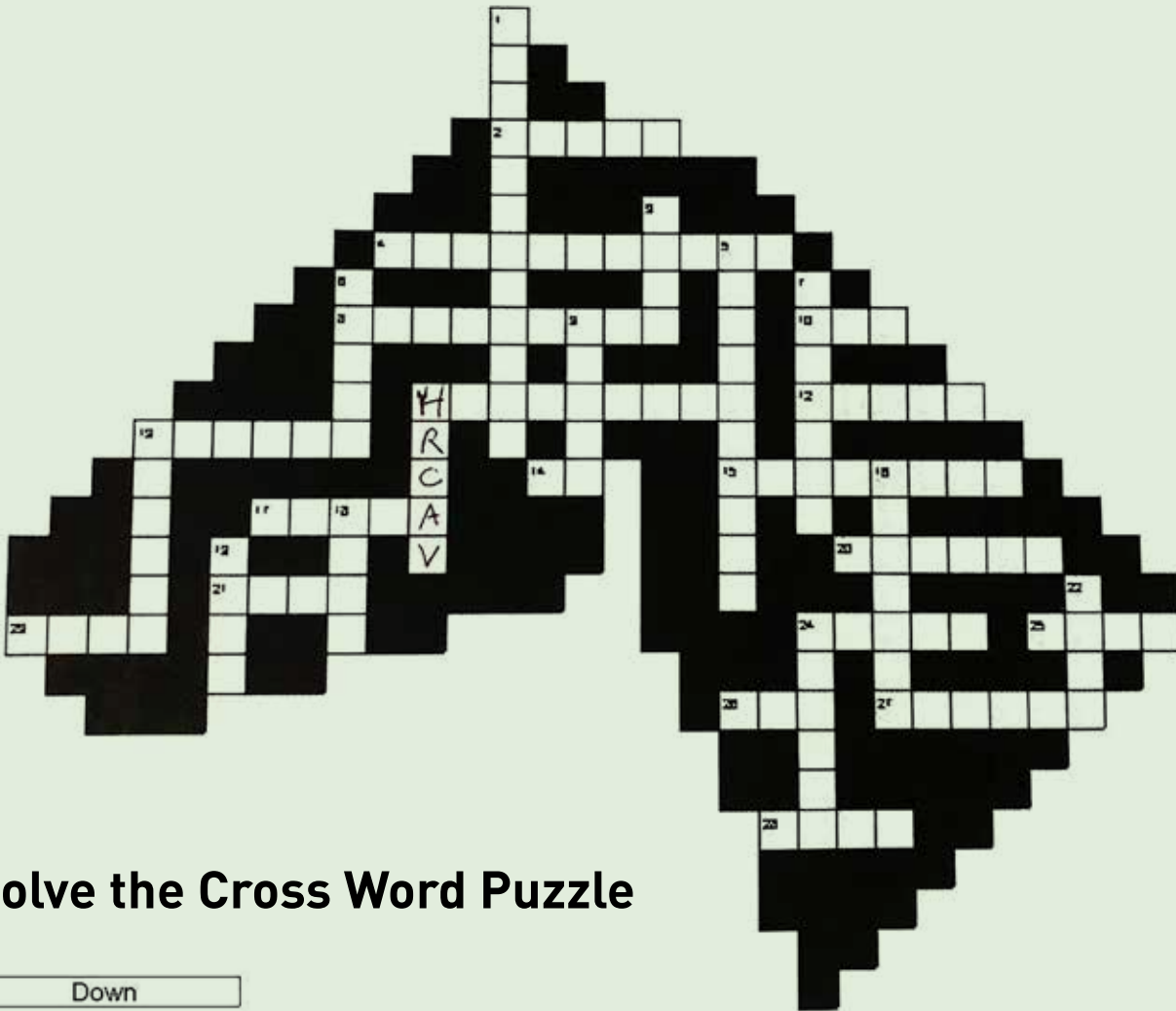
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Solve the Cross Word Puzzle

Down

1. Jumping against time across natural obstacles
3. Most racehorses get fed these
5. Once used to pull ploughs and carts
6. Large white mark on head of Horse
7. The person that does your horses feet
9. Require a check at least once a year
11. Which association does Monbulk-Clematis ARC belong to
13. Three beat movement
16. You stick your foot in it
18. Small yellow eggs on Horse legs in Autumn
19. A place where they breed horses
22. What is the highest point on the horse
24. Stops the saddle from sliding sideways

Across

- | | |
|---|---|
| 2. Can be put into horse shoes for extra grip | 20. To trot on the spot |
| 4. Part of bridle that is done up behind the jaw | 21. 2 Beat movement |
| 8. A disease that can be caused by founder | 23. An artificial aid used to back up the leg |
| 10. What can you tell by looking at your horses teeth | 24. Every 6 to 8 weeks you treat for this |
| 11. Brings good luck | 25. A small horse |
| 12. Something used to steer a horse | 26. It goes in the Horse's mouth |
| 13. Back of saddle | 27. Front of saddle |
| 14. Short for hands | 28. Soft part on bottom of horses foot |
| 15. Also known as flat work | |
| 17. A striped relative of the horse | |

Answers on Page 36

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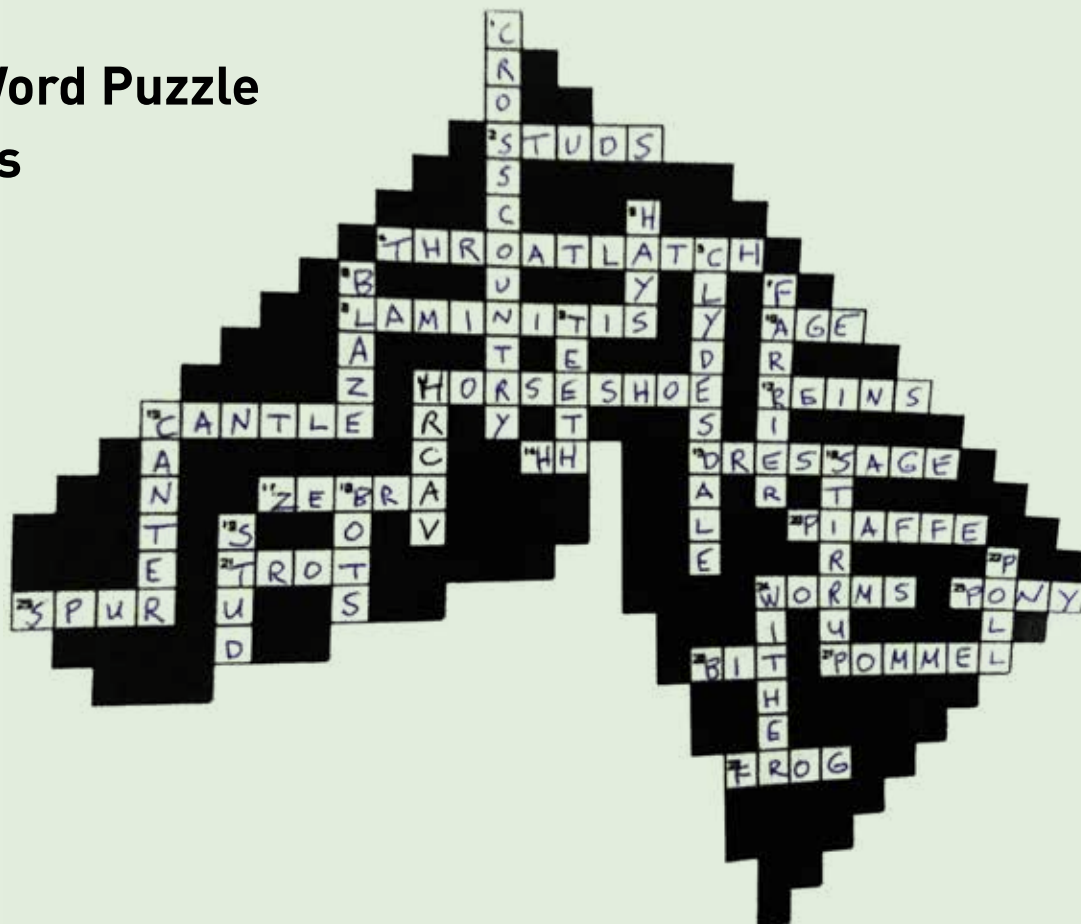


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Cross Word Puzzle Answers



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

Equestrian Legacy: <https://equestrianlegacy.com/home>

Equestrian Trail Riders Action Committee (ETRAC):
www.etrac-equestrian.com

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

Veterinary Acupuncture and Rehabilitation Services:
www.vetacupuncturevc.com

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

Woodside Schooling Shows: www.woodsideschoolingshows.com

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!

Email: SMCHA@smcha.org

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Elizabeth Ouellette @ 650.248.3409
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SMCHA: 2023 Calendar of Events

Check our website for updates: www.smcha.org

June

1-5 – Los Viajeros Ride

3 – Cow Sorting Clinic—San Martin

4 - Equine Events Tack Sale—Horse Park

8 – Board Meeting

9 – SFHA General Meeting & Dinner

9-11 – Horse Expo, Rancho Murieta, Sacramento

17 – SMCHA Gala, Carriage House at Wunderlich Park

28-July 2 – Woodside Schooling Show Soiree, Horse Park

July

4 – Fourth of July Parade, Half Moon Bay

7-10 – Los Viajeros Ride

13 – Board Meeting

14 – SFHA General Meeting & Dinner

15-22 – Reining by the Bay @ Horse Park

20-24 – SMCHA Jack Brook Campout

August

5 – Los Viajeros Ride

10 – Board Meeting

11 – SFHA General Meeting & Dinner

19 – Obstacle Clinic—Morgan Hill

22 – SFHA Kid's Day, Bercut Field, Golden Gate Park

September

TBA – Presidents' Ride

1-4 – Los Viajeros Ride

3 – Golden Gate Park Ride

8 – SFHA General Meeting & Dinner

10 – Fall Riding Clinic

14 – Board Meeting

16 – NCEFT Gala

17 – Fall Riding Clinic

24 – Fall Riding Clinic

October

1 – Fall Riding Clinic

6 – SFHA Night at the Grand National Rodeo, Cow Palace

9 – 154th Italian Heritage Parade, San Francisco

13 – SFHA General Meeting & Dinner

13-15 – Day of the Horse (WHOA)

12 – Board Meeting

21-23 – Los Viajeros Ride

27-29 – Woodside Schooling Show Fall Final, Horse Park

22 – Halloween Play Day

November

5 – Los Viajeros Ride

10 – SFHA General Meeting & Membership Potluck

19 – Board Meeting

December

10 – Holiday Celebration

SMCHA Events = BOLD

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

Memberships	Annual Dues
_____ Youth (17 & Under)	\$30
_____ Adult (18 & Above)	\$40
_____ Couple	\$55
_____ Family and all kids under 18	\$60

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

- | | | |
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| <input type="checkbox"/> Board of Directors | <input type="checkbox"/> Color Guard | <input type="checkbox"/> Hospitality/Promotions |
| <input type="checkbox"/> Playdays/Gymkhanas | <input type="checkbox"/> Magazine | <input type="checkbox"/> Clinics |
| <input type="checkbox"/> Trail Maintenance | <input type="checkbox"/> Horse Shows | |
| <input type="checkbox"/> Member Recruitment | <input type="checkbox"/> Miscellaneous Events | |
| <input type="checkbox"/> Youth Programs | | |

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