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Spring 2021



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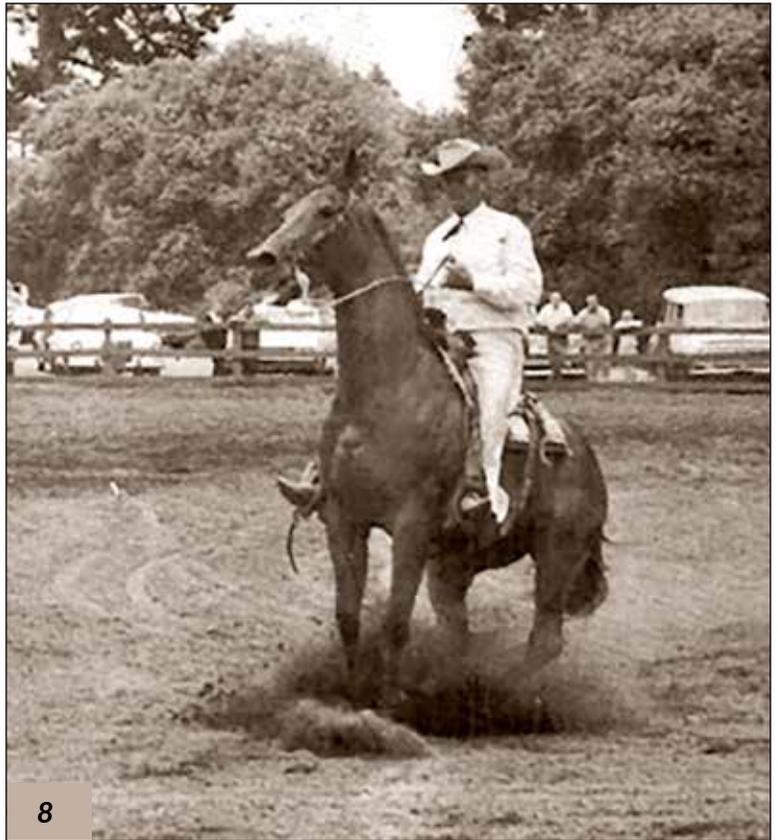
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Cover

Celebrating Olsen Nolte

Top left photo: Olsen Nolte, San Francisco.

Bottom Left: Bing Crosby visits Olsen Nolte.

Top Right: San Francisco's Opera House stood next to the Olsen Nolte store in San Francisco.

Bottom Right: Mexican Vaqueros rides in a decorative Olsen Nolte saddle.

President's Message – Christine Friis

Transitioning from spring to summer and tip-toeing out of Covid has made for an emotional yet exciting time. Over the past year, our horses have kept us company and raised our oxytocin levels with hugs while listening to our woes. Though we can continue hugging our horses, it sure is nice to now be able to hug our friends and family!



Did you know that horses were a big part of the Pfizer COVID-19 vaccine? The Pfizer vaccine is the next generation of genetic vaccines; it's a novel mRNA vaccine that directly translates into proteins once the cell incorporates it. The Equine West Nile DNA vaccine was a beginning step for the creation of this vaccine, proving the nucleic acid-based vaccines were safe and effective! Yet another reason to thank our horses during Covid!

SMCHA is moving forward with plans for clinics and events as it seems everyone is anxious and ready to be back together again! Keep an eye on our calendar as new events will be added as more restrictions continue to lift. We will have two Obstacle Clinics scheduled this summer with Joan McLaren followed by SMCHA's famous FREE Fall Riding Clinic in September, running four consecutive Sundays into October. Come to one or come to all four; it's yet another great perk of being a member of The San Mateo County Horsemen's Association!

Christine Friis



The San Mateo County Horseman Magazine

SPRING 2021

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ASK THE VET

By Steinbeck Peninsula Equine Veterinarians

WHY ARE WHITE HORSES REFERRED TO AS GREY?

“Grey” horses are actually born a darker color and show more white hairs over time, giving them the appearance of a grey color. Every horse greys out to a different degree, some eventually appearing white. “Grey” horses have darker colored skin, and do not typically have pink skin.

ARE HORSES REALLY MADE INTO GLUE AFTER THEY DIE?

The passing of an equine friend is always sad. And it opens up the question of how to handle the remains? In California, remains can be handled in one of three ways: a) burial at a landfill b) cremation c) processing at a rendering facility. At a rendering facility, recently deceased animals are recycled into useful products or animal feed. Animals euthanized with barbiturates are identified so they do not end up in animal feed products. Rendering is an important part of our waste management system in that it keeps animal remains out of landfills. In California, this process is overseen by the California Department of Food and Agriculture. “Glue” is not specifically listed as a useful product of the rendering process.

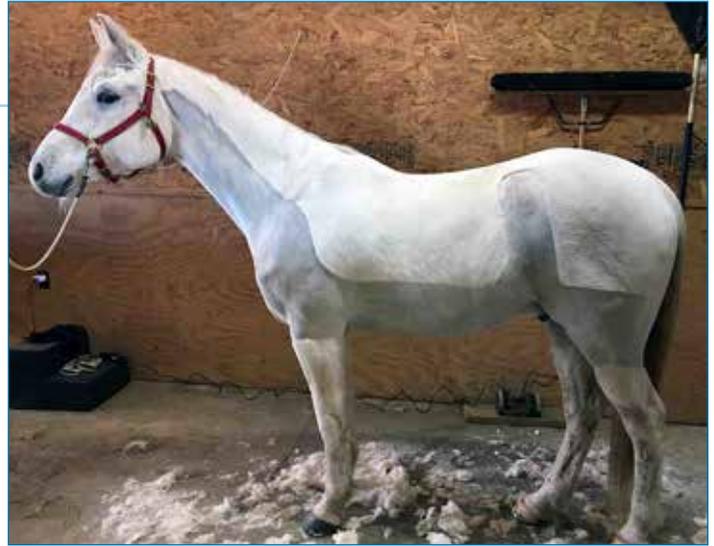
ARE HORSES ABLE TO BURP OR HICCUP?

Anatomically, it is difficult for horses to burp (due to the position of the stomach, there is a very tight entrance from the esophagus to the stomach), but they can occasionally do it. Frequent burping would warrant a call to your vet.

Horses also rarely hiccup—most often it is only seen in sick horses who have severe electrolyte abnormalities, though we do very rarely see it in horses who otherwise seem fine (in these rare cases it resolves on its own). Given how uncommon this condition is, it typically warrants a phone call to your vet.

WHY IS MY HORSE SEEMINGLY AFRAID OF EVERYTHING? HE EVEN SCARED HIMSELF! HE GAVE A DEEP SIGH AND FREAKED HIMSELF OUT!

Horses have evolved to be prey animals. This means that in the past, horses who did not “freak out” at a sign of danger got eaten! When in doubt, it is in a horse’s genetic code to run away and ask questions later. That being said, there may be a medical component (vision problems, neurological disease), a learned behavioral component (the horse was inadvertently taught to show inappropriate fear signs), or pain component (pain signs misinterpreted as fear), or some combination, that contributes to a fear response. Helping your horse be confident and overcome his fears involves identifying the cause(s) and working toward a solution.



Liz Carrie’s horse, Basia, won the SMCHA’s Muddy Horse Contest.

Congratulations!

Here’s a little bit about Liz and Basia!

By Liz Carrie

I’ve had Basia since she was two years old, and she just turned 26 years young! I gave her the Polish name “Basia” because her sire, Penitent, was a champion Polish Arabian. We lived in the Central Valley back then, near Lodi, and we rode many happy miles together on the trails of the Sierra foothills. Basia and I did several 50-mile endurance rides in the early 2000s, but Basia’s real talent expressed itself in the sport of “Ride-and-Tie”, where she was a very successful competitor (while I, a slow runner, worked as “crew” for the two runners/riders and the horse). I moved back to San Jose (where I grew up) in 2008, and Basia moved into the front pasture at Webb Ranch, where we still enjoy riding the Portola Valley regional trails in the summertime. But in the winter, she likes best to roll in the mud! It is great to be a pasture horse!



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DEADLINE FOR ADS AND ARTICLES
for the Summer 2021 issue is August 1, 2021

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Spring Down Owner Gifts Equestrian Center to Portola Valley

Reprinted with permission from the Almanac (<http://bit.ly/cgoldstein>)

By Angela Swartz

The Portola Valley Town Council accepted the future donation of the Spring Down Equestrian Center to the town at its Feb. 10 meeting.

The gift includes an option to acquire the Western Parcel, including the existing single-family residence, and an endowment of \$7 million to acquire the Western Parcel and to maintain both Spring Down and the Western Parcel, according to a town press release.

Spring Down owner Carol Goodstein, with late husband Stan who died in 2016, donated lands that now make up the Spring Down Open Space Preserve in 2005. Under the agreement made last week, the town will maintain the equestrian property at 725 Portola Valley Road (adjacent to the Portola Valley Town Center) in perpetuity. Should the town no longer be able to continue its equestrian use, the property would become open space.

"My goal for Spring Down has always been to keep horsemanship and connection with horses affordable to everyone," said Goodstein in a statement. "Spring Down has been my peaceful paradise in Portola Valley since 1984. It's been a gift to our horses, horse loving community and my entire staff. Our wonderful family atmosphere has helped support mental and physical health for both myself and our many clients..."

She said she often wondered about what she could do to show her gratitude for all the joy she's had living in Portola Valley. "Now you have my answer, it's Spring Down."

Goodstein, a San Francisco native, has ridden horses since learning at summer camp at age 7, according to Spring Down's website. She also took lessons at San Francisco's Stanyon Street stable across from Golden Gate Park as a child before teaching riding lessons.

Spring Down is a key part of Portola Valley's equestrian history, said Mayor Maryann Derwin in a statement.



"The town is honored to be considered as a future steward of this land," Derwin said. "Carol's generosity to the community will be enjoyed by generations of equestrians and the legacy she provides will enable the community to live the values we all cherish."

In July, the Town Council held a closed-session discussion on the possible town acquisition of a parcel at Spring Down.

"Ever since 1968, when our town was a mere four years old, Spring Down has been a fixture on Portola Road, beloved by children and adult riders, and even passersby," said Nancy Lund, the town historian and chair of the Historic Resources Committee, in a statement. "This remarkable bequest will allow it to continue as a key feature in town into a distant future. As a place with deep equestrian roots, we are grateful to Carol Goodstein for her thoughtful generosity."

After Goodstein's death the gift would need to be formally accepted by the Town Council at a public meeting. Later this year, town officials hope to hold a public celebration once the pandemic restrictions have been lifted.

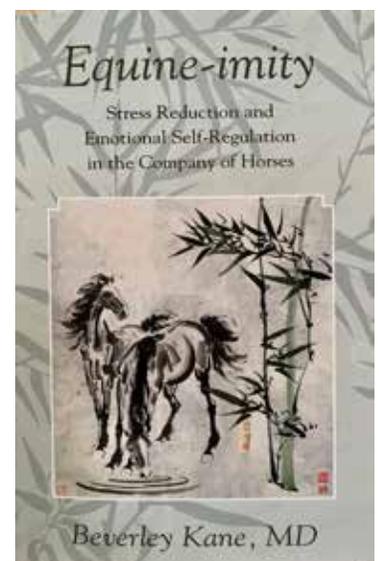
Equine-imity

Congratulations to our own Beverly Kane, MD. Her new book, *Equine-imity: Stress Reduction and Emotional Self-Regulation in the Company of Horses* has been published!

Equine-imity is written especially so that non-equestrians and non-meditators can experience the inner peace and joy of spending mindful time with beautiful, gentle, powerful horses. Based on the classes and private sessions we conduct in the Stanford Health Improvement Program, *Equine-imity* uses techniques from qigong, tai ji, yoga, Reiki, and nature-based therapy that have medically proven health benefits. Whether you have a horse or have never even touched one before, whether

you practice meditation or not, in *Equine-imity* you will discover:

- Horses as teachers of physical, emotional, and spiritual health
- Appreciation of the human body as beautiful in every size and shape
- Applied principles from exercise physiology, sports medicine, natural horsemanship, and equine-assisted therapy
- The Stanford four-phase *Equine-imity* somatic horsemanship program, proven to reduce stress
- Resources for how to locate horses near your home or workplace
- *Equine-imity* can be purchased from Amazon, Barnes & Noble or your local bookstore. For more information, go to: <http://www.equine-imity.com/>



History's Happening Here!



Remembering Ross Meredith Woodside's Horse Whisperer (1915-2000)

By Elizabeth Ouellette

*(With the invaluable input of Noel Moody, Ross' daughter,
Laurajane and Ross' granddaughter, Paula.)*

Descendant of a pioneer family whose family set out to seek fortune in Oklahoma in the late 1800's, Ross Meredith came from a long line of horse trainers. In fact, his father, Paul, owned a stable in Santa Anita, where he trained thoroughbreds to win. It seems as though horses were in the family's DNA. When Ross was only 6 years old, his dad rigged pulleys and lines overhead so his son could place a saddle on the horse, cinch him up and ride to school.

Ross began his career riding match Quarter Horse races at the ripe ol' age of nine and continued on to be a professional jockey. He raced thoroughbreds at Hollywood Park, Santa Anita, Agua Caliente, Del Mar and Bay Meadows, to name a few.

At age 19, he met his soon-to-be wife, Ruth O'Connell, whose Victorian Bostonian background stood in stark contrast to his mid-west-

ern roots. Nevertheless, the marriage weathered the test of time, celebrating 56 years of marriage, 2 children, grandchildren and great grandchildren. For years, Ross was on the road showing horses, and his wife and children, Laurajane and Richard, traveled with him from motel to motel, from one county fair to another, from one show to the next. Laurajane confessed, "I went to so many county fairs! If I never see or ride another Ferris Wheel in my lifetime, it would be too soon."

After serving in World War II, first in the shipyards and then in the US Navy, Ross purchased Woodside Stable on November 1, 1950, located at 1171 Canada Road where he not only boarded, started and trained horses, but also gave lessons to willing students for 41 years. Involved in Ross' life were not only famous horses like Seabiscuit, Pharlap and Freeway Freddy, but also famous students such as Carol Rose, Bobby Avila and Jeri and Lori Pabst.

Continued on Page 28

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Desensitizing horses!

Bomb Proof Your Horse

Part 2

By Bob Rosenberg

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

In the last issue, I wrote about using “advance and retreat” to introduce your horse to some of the kinds of things he'll run into off the ranch. With that done, it's time to take him out among the many man-made objects he'll suddenly have to deal with out in the world.

For the first couple of times off the ranch, I'd strongly recommend that you use a lead rope and just walk in front of your horse. This will give you a chance to see how your horse reacts to new and scary things he encounters for the first time, and you'll be much safer on foot than in the saddle. Another advantage is that your

horse will be better able to read YOUR body language and, when he sees that you aren't bolting away from that scary trash can, he's likely to do little more than show you he's “on alert.”

As you begin to expose your horse to more and more new things - mailboxes, sewer grates (with a predator odor coming out), flags, cars, bikes, etc, give him a bit of time to look things over before you try to get him closer to them. But eventually, you should try to get him to trust you when you lead him over to see that horse eating FedEx truck.

If you have friends with trail worthy horses, it really helps to have them accompany you. Horses alone figure one of you—you or him—are responsible for the safety of both of you. And he just may assume it's him and not you since he has a couple of million years of “flight” instinct. If there are other horses around, the herd mentality kicks in and your horse will be calmed by the other trail worthy horses' behavior.

Next issue: The last in this series: Mounting up and heading out.

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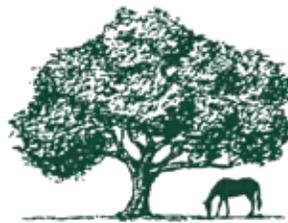
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Gary Hanes: Happy Retirement to One of the Area's Great Veterinarians

By Deb Vasquez

Born in Pasadena, California, Gary Hanes grew up on a small thoroughbred layup (rehabilitation) and boarding farm. Both of his parents enjoyed horses and even rode in the Rose Parade, AKA Tournament of Roses Parade, which takes place annually in Pasadena. The only veterinarian he has met growing up was a local vet who came out to see the horses on the farm. His mom pointed out to him that the vet was successful and doing something that he enjoyed for a living.

Gary graduated from the UC Davis School of Veterinary Medicine in 1978. He did an internship in large animal medicine and surgery from 1978-79 at Texas A&M University, followed by his residency training in equine surgery from 1979-82 at Ohio State University. From 1982-89, Gary practiced in Arizona, which, at the time, were known as the best Arabian breeding farms! This breed became his favorite for their toughness. (Though if we were to ask him what his favorite equid is, he would most likely choose donkeys and mules!)

From 1989-91, he worked locally for Mike Van Noy and Wayne Browning before taking a job in Riyadh, Saudi Arabia for a year after seeing an advertisement for the position in a veterinary magazine! There, he tended to the veterinary needs of small animals, farm animals, falcons and horses. He even treated several camels!

In 1992, Gary connected with Russ Peterson and took a job with him to help set up and run STAR, the surgical center at the Portola Valley Training Center until 1996 when he became a partner at Briarwood Equine. He eventually became the sole owner of Briarwood where he continued to practice until 2018, when he sold the practice to Dr. Kelly Zeytoonian of Starwood. Gary continued working for Dr. Zeytoonian as a part-time consultant until his retirement in December of 2020.

Currently, you can find Gary working at Portola Hardware a few days a week where he helps guide customers not only purchasing feed for their horses, but also in what they might need for their home fix-it projects!

Gary Hanes' Testimonials

"His erudition and client education has enhanced my appreciation of the care and dedication defining a magnificent veterinarian. It's difficult to imagine a time without Dr. Gary."

Jan T.

"Thank you for 40 years of caring for my horses. Your compassionate care for my horses has been so appreciated over all these years. I've also our enjoyed friendship."

Vicki J.

"Gary...Your legacy will live on through all the wonderful Vets at Starwood, but you will always hold a special place in my heart for all you have done for our horses over so many years. I wish you only the best."

Cathy, Larry, & the Whitney Ranch Clan

"Being a great vet is so much more than knowing about the latest veterinary advancements and knowing when to order the right tests. It means thinking about the horse as both an individual and as a vital member of a special equine-human partnership. It means telling the truth to the horse's owner and best friend with honesty and compassion. Being a great vet is both a calling and a labor of love."

Anne A.

"I have always appreciated your common sense, comfortingly low-key style, and willingness to explain carefully any equine medical issues. You helped me through being a new horse owner, making the, fortunately, few medical issues I experienced much less stressful."

Char M.



"I always knew that whatever horse problem we had you would come and handle it with calm professionalism and very good advice. You never made the owners feel bad over some accident or other issue that had occurred and you always had a no-nonsense approach to the care that was much appreciated."

Karen F.

"Thank you for being here in the rain, wind dust. And sometimes in the dead of night when the last thing anyone wanted to do was be at the barn for one of our kids in distress. With a smile and calm nature, you walked us through explanations of what was going on and how, with time and lots of love, we were going to get through it."

Joanne J.

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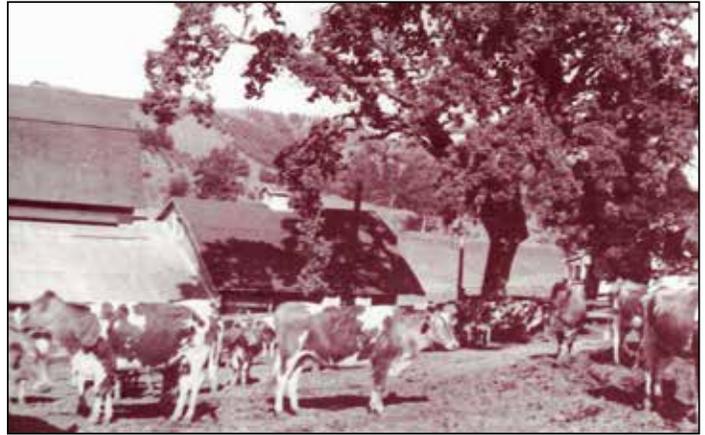
starwood
EQUINE VETERINARY SERVICES

Memories of Rohn Stables

In the 2020 Winter Issue of the SMCHA's magazine, we reprinted ads from one of the SMCHA's first magazines. I was thrilled to hear from Vera, longtime SMCHA member, who wrote to share her cherished memories of times past. Thank you Vera!!

In the 1940's, my parents had a small summer home in Portola Valley, and I was a young girl at the time. I had always been crazy about all animals, but especially horses. So my mom let me start riding lessons in the summer at the Rohn Stables. Mr. and Mrs. Rohn ran what is now I believe the NCEFT barn, and formerly was known as Charter Oak (it had several other names over the years.) Mr. Rohn seemed very old to me at the time and he was very blind. However, he was still able to take care of all the horses boarded there. It always amazed me the way he was able to handle the horses despite his blindness. Mrs. Mary Rohn taught riding lessons and how I loved them. I still remember the name of the horse I rode - it was "Senator", and my brother rode "Chico" (I think). And I have several photos of them. I loved Mrs. Rohn and Senator and our lessons. Sometimes we would go out on the trails and often we were accompanied by Mrs. Rohn's good friend Clem Carroll who lived on Canada Road . I'm sure many of your readers will remember her also!

These were some of my fondest memories of my childhood. I am surprised to see in your article that the Rohns still had the stable there into the 1950's. Before the Rohns owned the stable in Woodside, I believe they ran the polo stables behind the "Chucker" restaurant which was located on El Camino in San Mateo.

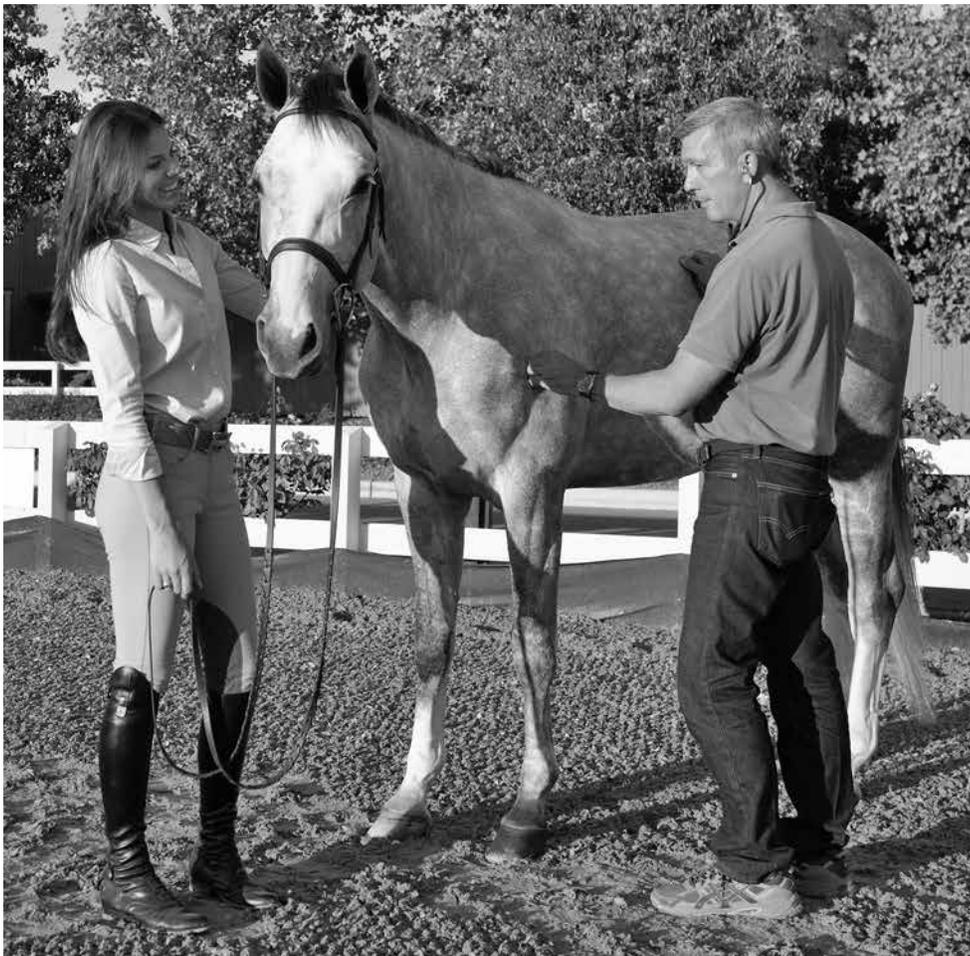


Rohn Stables, a precursor to Charter Oak that is now NCEFT.

I also remember Derry's Feed and Fuel, and Perry's Feed store on Main St in Redwood City, as well as the Peanut Farm and Olsen Nolte's, which my daughters still patronize.

Anyway, it was such fun to see these ads and remember the good old days.

Vera Goldsmith



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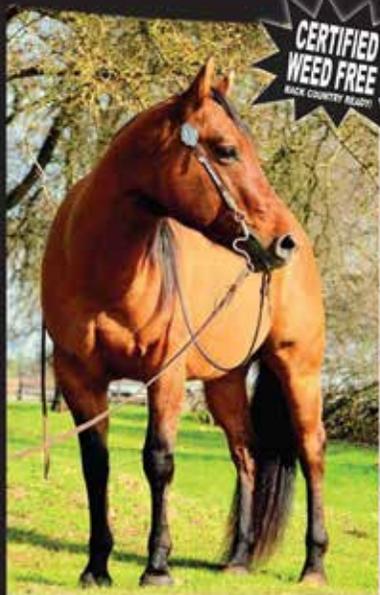


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Dawn Williams, ASID
and puppy Layla, 08/18



My thanks to Leslie Dorrance, Conservation Grazing Program Manager, Santa Lucia Preserve, for bringing over her two special friends for the photoshoot.



Private Residence - Guest House "The Cowboy Cabin"
Santa Lucia Preserve

Olsen Nolte Saddle Shop



Some Things Never Change – Thank God!

By Carin Zeller

I had the great fortune and a very entertaining time interviewing a very special couple who have been fixtures in the Bay Area horse world for decades, Nancy and Al Baglietto, the owners of Olsen Nolte Saddle Shop in San Carlos.

My friendship with Nancy and Al started when I was just 15 years old. I was involved with hunter/jumpers at the time and as a special treat, my mother brought me all the way from Napa to Olsen Nolte, in San Carlos. In 1975, there just wasn't any shop like Olsen Nolte in, or anywhere near Napa. I walked in and was instantly in awe of all of the top quality clothes, tack and equipment. I think I was actually drooling! My mother bought me a beautiful camel-colored, herringbone riding jacket with a brown velvet collar, matching brown velvet-topped boots, hat and bingo. I was riding around in the latest fashion! What fond memories!

I only had a horse for a short time as a kid as my parents could not afford it. So, many years went by while I was in high school and college. After graduating, I married and moved to Redwood City.

Well, I was casually driving along El Camino when I spotted Olsen Nolte in the same spot all of those years later. I was thrilled!! When I got a job and was then able to buy a horse at the age of twenty-nine, I rekindled my friendship with Nancy and Al and they have been providing me with high-quality horse equipment ever since. I have used my Crosby English saddle from Olsen Nolte for 30 years without having to repair a single thing! They have also been wonderful friends, always making time to share a fun story and listen to my woes as I went through an awful divorce. They are loyal and kind and will go to the ends of the earth to find me what I need.

Al started to work at Olsen Nolte in 1957 while he was in high school. In fact, it was the first and only job he had ever had. Al and Nancy bought the store in 1965 and have been there ever since. They still operate with the same honesty and decency they always have had and have been rewarded with many interesting friendships over the years, some spanning three generations.

Al and Nancy have been integral to the horse community. In 1975 they were given a prestigious award from SMCHA for their support of the club. They donated prizes for horse shows, sponsored BBQs at



Buckle for Junior Riders.

the Mounted Patrol and were involved in many other events. Above is a picture of the belt buckles Al used to make for the junior riders. Al and Nancy continue to support the horse community with their generous donations to the Jasper Ridge Wounded Warriors Program and the Make-a-Wish Foundation.

Many years ago, Al sold a pallet of polo equipment to a very particular man who had Al check and recheck the inventory, which had to be signed off on, and then hung up in a hangar for three days to make sure there weren't any hidden bombs inside before it was put in a plane for the Shah of Iran!! Al and Nancy have also had people come in and ask for a separate room to count their money in so other customers couldn't see their wads of cash, or to be able to pray privately on the floor or to come in secretly after hours, driven over by their chauffeurs.

Many celebrities have also frequented Olsen Nolte. They include Bing Crosby, Tennessee Ernie Ford, Art Garfunkel, Michelle Pfeiffer, the weatherman, Joel Bartlett, and the Giant's J. T. Snow, just to name a few. Joe Montana and Dwight Clark brought in the entire 49ers team and bought cowboy boots and hats so they could be appropriately dressed to go to Michigan to play in the Super Bowl in the 1980s.

Jack Cooke and Phoebe Hearst who were responsible for founding NCEFT, the National Center for Equine-Facilitated Therapy (which originally started out as a vaulting center), were also patrons.

In the 1970s, for four years running, Al and Nancy entertained packed tour buses of people from all over Europe who were fascinated with the American Cowboy and just had to buy souvenirs in Olsen Nolte.

Continued on Page 30



SMCHA presented Al with this distinguished award in 1975.



Bing Crosby's visit was memorable.

Chris Romano has been drawing cartoons for SMCHA for many, many years. Here's a picture of her old Fudgy Icelandic grazing along the roadside (West Maple Way, WS) with his neighbor, the mini, Katie. Katie is owned by Cary Oberti, Chris' neighbor, who is a wonderful horsewoman in her own right.



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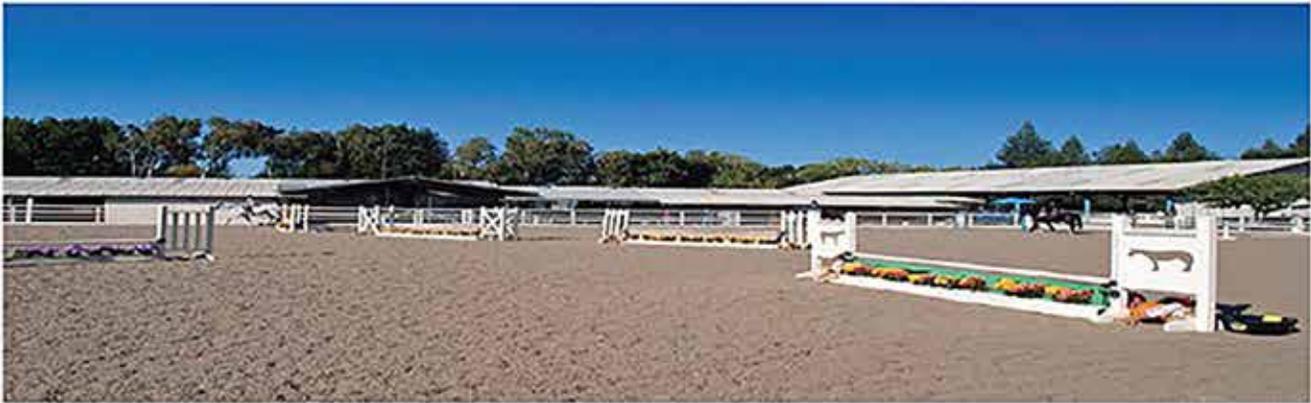
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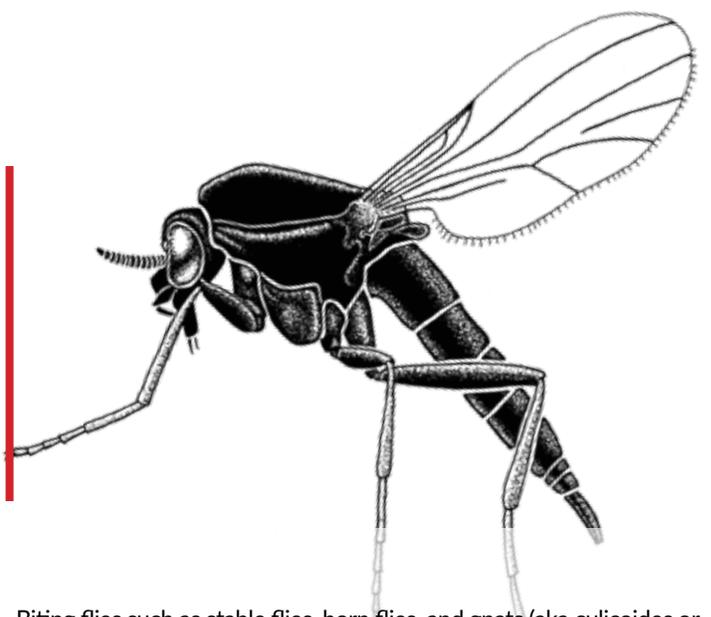
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Protect Your Horse from Insects



Danielle Price, DVM

Summertime at the barn is extremely enjoyable for horse and rider with the warm weather and long days, but it's also the peak of insect season. Flies and other insects are not only annoying but can transmit disease and cause serious irritations. Here's what you need to know to keep your horse safe from insect-related health problems.



The primary types of insects of concern at the barn include non-biting flies, biting flies, gnats, mosquitoes and ticks.

Biting flies such as stable flies, horn flies, and gnats (aka culicoides or "no-see-ums") are common stimuli for hypersensitivity (allergies) in horses. Allergies often appear as hives, hair loss, excoriations/ulcerations, skin thickening or color change, persistent itching, or swelling under the belly, sheath or mammary region. These uncomfortable lesions can predispose horses to secondary bacterial skin infections (dermatitis). Furthermore, biting flies and gnats can transmit a parasite called *Onchocerca* spp. (threadworm). The *Onchocerca* spp. infest the horse's skin or eyes, resulting in a painful inflammatory response often seen along the ventral midline, chest, head and/or neck. Non-biting flies, such as houseflies and face flies feed on wounds, secretions from the eyes and nose, and moisture around genitalia irritating these areas. They can also transmit the parasite *Habronema* spp. which is responsible for "summer sores" (chronic, non-healing wounds).

Mosquitos transmit viruses, too

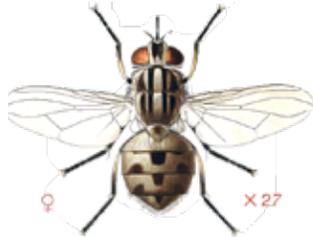
Insects around the barn are vectors for many notable equine infectious diseases. Flies transmit *Corynebacterium pseudotuberculosis* which causes "Pigeon Fever," most commonly presenting as external abscesses, but can appear as internal abscesses or ulcerative lymphangitis. Some flies also transmit Equine Infectious Anemia Virus (EIAV) which causes an incurable, often fatal disease that is detected through a Coggins test. Furthermore, mosquitoes can transmit viruses that cause severe neurologic disease, such as Eastern and Western Encephalitis and West Nile. Ticks can transmit the bacteria *Borrelia burgdorferi*, the causative agent of Lyme disease, and the bacteria *Anaplasma phagocytophilum*, infection with which results in fever, lethargy, inappetence, and swelling.



Managing insect populations around the barn or pasture can be challenging and requires a multimodal approach

First, reducing insect breeding and feeding grounds is critical. Quick removal of manure and soiled bedding to a far away and/or covered location will greatly reduce the number of flies. Stall/paddocks should be cleaned a minimum of once daily, up to two

Continued on Page 32

<p>Stable Fly</p> 	<p>No-See-Ums: Now you see um, now you don't!</p> 
<p>Ticks</p> 	

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NCEFT Therapy at NCEFT is a team effort, with the therapist, horse handler, and two volunteers. Patients experience different positions and gaits, depending on therapy clients.

50 Years of Horses. Hope. Healing.

By Cherie Hammer
NCEFT's Development Director

Horses. Hope. Healing. For over 50 years, NCEFT (National Center for Equine Facilitated Therapy), in Woodside, has been dedicated to helping children, adults, and military veterans with special needs reach beyond their boundaries through equine-assisted therapies, education, and research.

NCEFT is internationally recognized as a pioneer and leader in the field of equine-assisted programs that tap into the profound rehabilitative power of the human-horse relationship to facilitate healing. Thousands of individuals with physical, cognitive, neuromuscular, mental, and emotional challenges and disabilities have benefitted from its programs. Typical patient diagnoses include cerebral palsy, multiple sclerosis, Down syndrome, autism, developmental delay, traumatic brain injury, spinal cord injury, paralysis, stroke, genetic disorders,

ADHD, learning or language disabilities, as well as PTSD, anxiety, depression, social isolation, grief, and loss.

Census data indicates that over 120,000 people with disabilities reside in San Mateo and Santa Clara Counties and over 290,000 military veterans reside in the Bay Area. According to the U.S. Department of Veteran Affairs, between 11-30% of veterans suffer from PTSD (depending on service era) and as many as 20% of first responders experience PTSD and are 10 times more likely to attempt suicide than the general population. A Kaiser Family Foundation poll conducted in July 2020 indicated that 53% of US adults reported that their mental health had been negatively impacted due to worry and stress over the pandemic. According to a WHO (World Health Organization) survey, the demand for mental health services is increasing worldwide. NCEFT's mission is to address all these community needs.

Its breadth and depth of programming, tenure, and pioneering history in the US sets NCEFT apart from other similar organizations

in the area. Its achievements include a Platinum status from Guidestar.org, a 5-Star rating with GreatNonProfits.org and Guardian status with EQUUS Foundation (indicating the highest standards of care for horses and finally, the distinction of being the only Northern California Facility member of the American Hippotherapy Association (AHA).

NCEFT's programs include Physical, Occupational, and Speech therapy (incorporating a horse's dynamic movement into the patient's treatment plan), Adaptive Riding, Equine-Assisted Mental Health & Resilience Programs and Workshops, Mindfulness Webinars, Happy Trails Summer Camp, Special Education School Programs, and Veteran and First Responder Programs.

Hippotherapy (the treatment strategy utilizing equine movement in physical, occupational, and speech therapy) is approved by the American Occupational Therapy Association, American Physical Therapy Association, and American Speech-Language and Hearing Association. NCEFT has five licensed therapists on staff and is currently recruiting a Speech Language Pathologist.

Adaptive Riding (AR) is recreational horseback riding and horsemanship lessons adapted to meet the needs of those with special needs. The purpose of AR is to improve physical, cognitive, and emotional



Veterans and First Responders are never charged program fees to participate in any NCEFT program. NCEFT fundraises for 100% scholarships for these clients.

Continued on Page 26

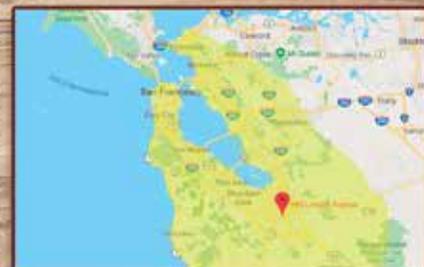
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50 Years of Horses

Continued from Page 25

well-being. AR utilizes mounted and unmounted activities to promote positive outcomes in a client's life.

Equine-Assisted Mental Health & Resilience Programs address a variety of mental, emotional, and behavioral needs. Studies have shown that animal-assisted therapy is a proven technique for ameliorating symptoms of a variety of mental health issues. Activities are designed to expand awareness, improve communication, ease distress, and build self-esteem. Participants can identify behaviors that might be helping or hindering their everyday lives, as horses are adept at reading nonverbal cues and mirroring a person's mood. These experiences as well as discussion, journaling, meditation, and outdoor physical activities are all designed to build resilience tools, stimulate self-discovery, and ultimately inspire self-confidence.

NCEFT provides financial assistance to those who qualify as one of its core values is to never turn away an individual who qualifies for programs due to his/her inability to pay. It provide 100% scholarship funding to all veterans and first responders and provides financial subsidy to approximately 40% of its overall clientele.

NCEFT is a registered 501(c)(3) organization, ID# 94-2378104. For more information, to donate, or to apply for a program, please visit www.NCEFT.org



NCEFT is equipped with a ramp and electronic lift so clients who cannot mount a horse independently can receive therapy or AR lessons.

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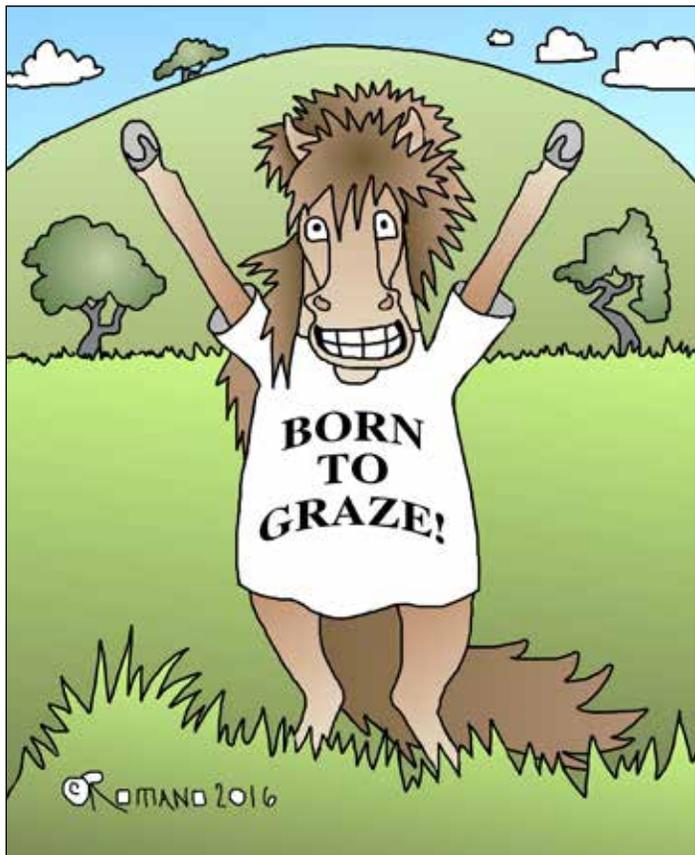
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Remembering Ross Meredith

Continued from Page 8



Ross with his signature pipe.

The first year in the horse training business was challenging. While working hard to get on his business on its feet, Ross rented out his home in San Bruno and made temporary shotgun quarters on the side of the barn for his family of four. The living conditions were rudimentary, at best. Laurajane chuckled as she reminisced about those early days, "We had no heat, nor hot water. Mom had one kettle to boil water and used a stand-up kerosene stove to cook meals.

For the first few months, Mr. Joseph Peirano was Ross' first and only paying customer, but in a very short time, the business flourished and the family was able to move out of the stable and into a bona fide home in San Bruno. In no time at all, Ross gained a reputation for being the best trainer in the area. Once people got into the Stable, they'd never leave.

Ross believed the toughest part of the horse game came from the people, not the horses. In his own words, he explained, "It's pretty hard to tell a dude it will take several months, not weeks, to start a colt right. It's not that folks are mean or ornery necessarily, but rather they just don't know." His granddaughter, Paula, remembered people coming in from miles away to learn, listen and watch the master solve every horse-related problem imaginable, from loading in a trailer, schooling on a trail course or sidelining a tough one to get him shod.

Ross was a man of few words, but when he did speak, people listened, even if it only to hear a "Yep" or a "Nope." Ross was a hardworking man with great character and intuition. He also lived



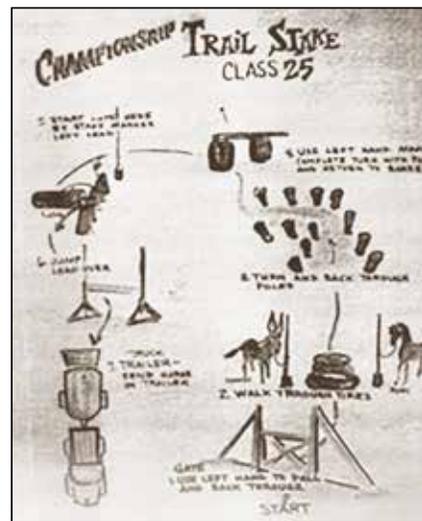
Above: Woodside Stables, 1913 - 1994. At right: Ross' logo on the barn.



and breathed by a strict schedule, taking care of his horses every single day, rain or shine, weekends and holidays, 365 days a year.

Feeding was at 6:30 am and then again at 4:30pm. (He believed horses needed a schedule and should be fed at the same time each day, give or take 10 minutes.) By 9:00am each day, he could be seen riding down Canada Rd, never without his telltale pipe. He taught his granddaughter, Paula, to ride and brought her on many trail rides. She enjoyed being with the horses and her grandfather, except for his favorite radio station. "He'd listen to talk radio on 107.7 AM, day and night, 24/7. We could never change the channel!"

He liked structure and certainty and asked his boarders to follow his barn rules. Noel Moody pointed out that Ross followed rules and expected his boarders to do the same. Rent was to be paid on time, but he would tolerate the occasional late payment, up to a point. "After a month of delinquency," confided long-time boarder, Noel Moody, "he threatened to trailer the horse to that person's property and leave it on the front lawn, which he actually did on at least one occasion."



Ross' trail course drawing.

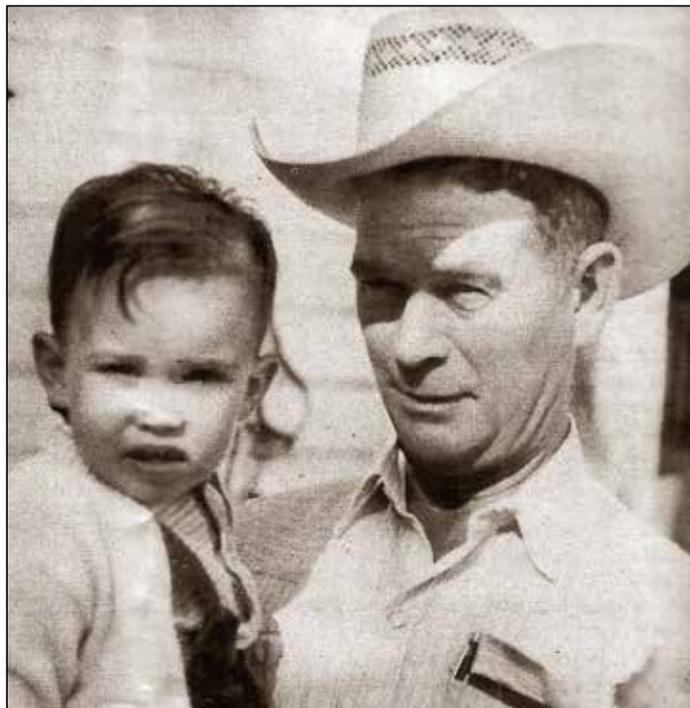


Thanks to Noel Moody's past articles about Ross Meredith, we know Ross was a SMCHA board member from 1950-1999, and awarded SMCHA's Distinguished Horseman of the Year award in 1973. He was also instrumental in establishing the Woodside Livestock Committee to help horses in Woodside. He initiated the SMCHA Riding Clinic at the Mounted Patrol, and enjoyed teaching beginner riders. Ross also designed the trail courses (see below) for Tally Ho at the Menlo Circus Club, and with Ruth by his side, he put on SMCHA Senior Play Day, an institution held every September.

Remembering her dad, Laurajane writes, "For a man with only a 7th grade education, he came a long way and is still my hero. My children still talk about grandpa's sage advice.Thank you for your interest in him, He's a legend unbeknown to him. He would be so humbly thankful to all his followers and friends and flattered."

I feel so honored to have learned more about Ross through the many articles and conversation with his daughter, Laurajane, his granddaughter, Paula, and my friend, Noel Moody. In its day, Woodside Stable was the center of the horse world because of Ross' knowledge and willingness to help people and horses alike. Former boarder, Creed Haberin, summed Ross up pretty well, "He thinks like a horse. He has the quality of the Old West - help your neighbor." Noel Moody added, "He was the silent one who came to help everybody; when people were in trouble with their horses, they'd come to him."

Cheers to Woodside's Mr. Horse (a name given to Ross by SMCHA for his service to horses and the equestrian community alike). He was the real deal, a legend in his own right, to remember, cherish and appreciate.



Ross with grandson, Gary Alvis.

What to do When the Horse Ends Up Under the Trailer!

By Patti Cooley-Wetzel

I can't help but share how the advice of Ross Meredith saved a horse stuck under a trailer while loading (back in the day).

Sparked by the reflections on Trail Riding by Noel Moody in the Fall 2020 issue of the SMCHA Magazine, the fourth paragraph describes her recollection of Ross Meredith's horse-sense, "If the horse is in a tight spot, let the horse alone and let him get himself out." This story brought to mind a frightening moment I experienced while watching a nice cowboy load his horse into a trailer on what seemed like an ordinary day.

I was at Travis Reid's barn on the corner of Runnymede and Canada Road, watching a cowboy load up his horse into a two-horse trailer. Nice guy, sweet horse. The horse was led into the trailer. The cowboy reached inside to snap the halter to the chain while the horse moved forward. Instead of a steady loading, the hind leg missed the step up into the trailer and in horrifying momentum, his entire rear end flew under the trailer with his head still snapped to the chain.

The horse was sitting on his haunches with his hind legs tucked under the trailer. The cowboy panicked and wanted to move the trailer. I spoke up and said, "No. Cut the halter and leave him alone." (Just as Ross Meredith would have advised). I was trembling. The cowboy cut the halter with a pocket knife and freed the horse's head, while wringing his hands in distress on how to fix the situation.

We stood together looking at an almost impossible situation.

I trusted Ross' advice to leave the horse alone to figure it out. After a few moments, the horse threw its head up and back down. The momentum scooped his rump out from the back of the trailer a little bit. The horse threw his head up again like a pump-jack on an oil field, up and back, then down again. The cowboy and I spoke calmly and encouragingly to the sweet fella. It was an extremely tense time watching the horse struggle back and forth, but after a long few minutes, he actually backed out enough to thrust his weight forward and release the back end from the trailer. The horse threw his head back down and then stood up on his hind legs, front legs still inside the trailer. He remained calm and backed slowly out of the trailer and stood at rest.

It seemed that nothing terrible happened. The cowboy led the horse away from the trailer. He decided not to load him up for a while, but instead watched for injuries. Later, when he brought the horse up to the trailer to load, it was uneventful. The cowboy didn't snap the chain onto the halter even after he closed and locked the back door.

I've never forgotten the wisdom and horse sense Ross Meredith taught those around him who would listen. I'm thankful to have boarded my horse at Woodside Stables for many years to gain a solid foundation on riding through the trails. It's nice to be reminded.

Patti boarded her horse in Woodside at Ross Meredith's barn during the mid-80's to early 90's and picked up a lot of "horse sense" from his keen knowledge. Noel's article brought back fond memories, and I am so grateful she took the time to write!

Olsen Nolte

Continued from Page 19

Olsen Nolte also had a repair shop and they were asked to dye a leather belt black for a famous socialite. Al and Nancy had no idea that the belt was to be worn with a very chic St. John dress. When a touch of black dye got on the dress, Nancy and Al, of course, replaced the dress at great cost.

Nolte Olsen was the original name of the store. It was started by Al Nolte, a talented and artistic saddle maker in San Francisco in 1936. Al partnered up with John Olsen, a horse enthusiast whose family owned the Golden Nugget Candy Company and produced Look and Big Hunk candy bars.

The first location of Nolte Olsen was in the Bayview area of San Francisco where trains used to unload cattle. There were feed lots for the cattle, tanneries, meat packing plants, and rope making companies and Nolte Olsen was right in the heart of it all. Al Nolte died in the late 1930's and the name of the store was changed to Olsen Nolte. The Olsen family ranch used to exist on Woodside road and was eventually sold to St. Pius Church. The Olsen family then bought property on Skyline Boulevard which was then sold to Neil Young.

I want to express my heartfelt gratitude to Al and Nancy for this marvelous interview. Our equestrian community is grateful to you.



An example of one of their decorative saddles - a beauty!



The first location of Nolte Olsen in the Bayview area of San Francisco.

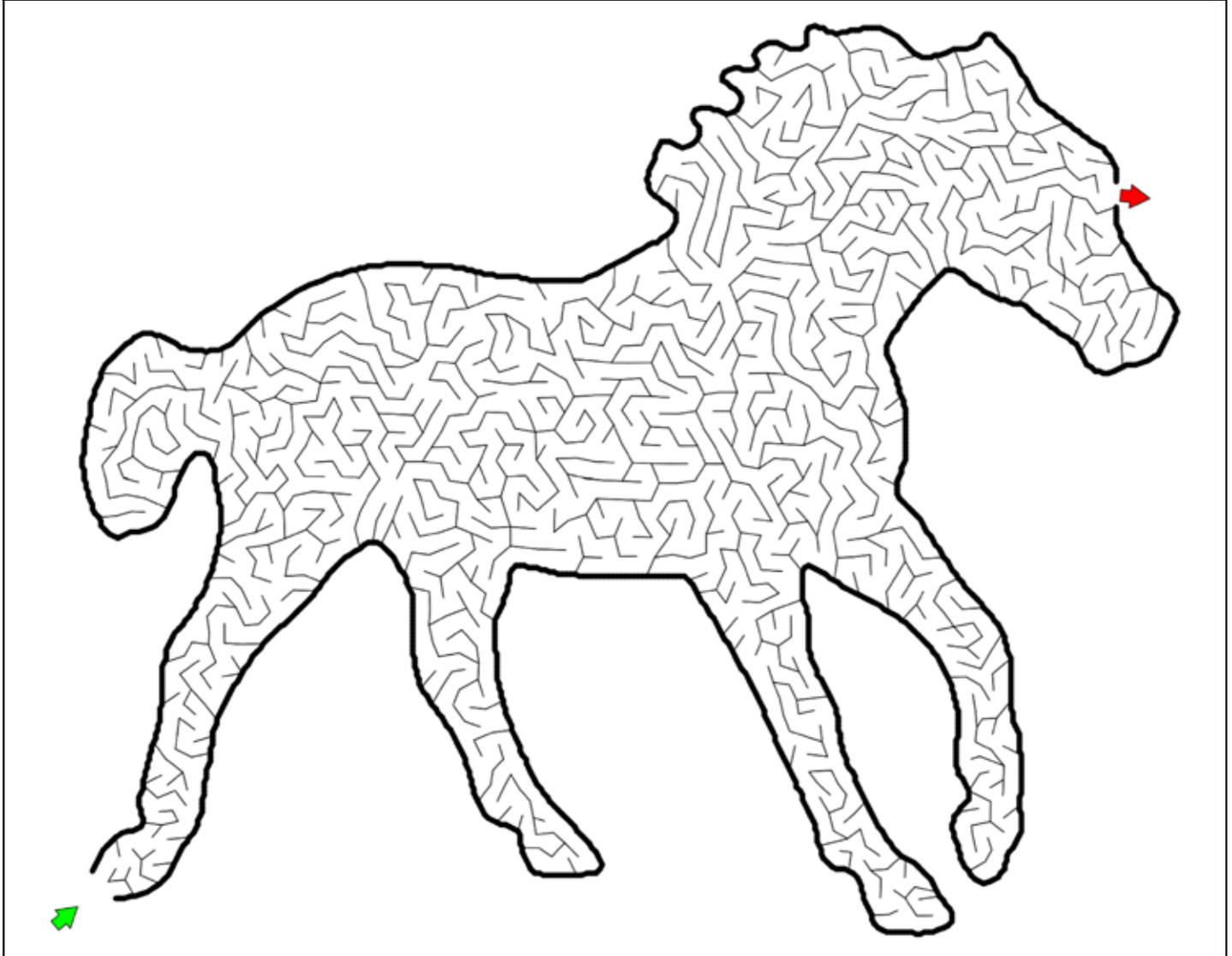


The belt buckle made by Olsen Nolte for the 1930's World's Fair in San Francisco.



The original San Francisco horse still stands tall in the San Carlos shop.

Amazing Horse Maze



Cowboy Humor

Q: What did the Cowboy say when his dog left?

A: Well Dog Gone!

Q: Why did the cowboy adopt a Dachshund?

A: He wanted to get a long little doggy.

Q: Why do Cowboys ride their horses?

A: They are way too heavy to carry!

Q: What time is it when a cow sits on your cowboy hat?

A: Time to get a new cowboy hat!

Q: How did the cowboy become so rich?

A: His horse gave him a couple of bucks every day.



Q: What did the Cowboy say to the pencil?

A: Draw! Partner!

Q: What do you call a happy Cowboy?

A: A jolly rancher!

Protect Your Horse from Insects

Continued from Page 22

or three cleanings per day during peak fly season, and pastures should be cleaned regularly. Spreading manure thinly will help it dry faster and attract fewer flies if frequent cleaning isn't feasible. Furthermore, large bodies of stagnant water in close proximity to the barn or pasture should be eliminated whenever possible to reduce the amount of mosquitoes. In stalls and barn aisles automated fly spray systems can be installed and strong fans can be used to deter insects. Additionally, a variety of fly traps such as sticky tape or sugar lure can be set and live fly predators released to reduce the fly population.

Limiting direct contact with trees and shrubbery will reduce the risk of tick bites, and fly sheets, masks and boots should be used when possible to create a physical barrier between the horse and insects. Any wound, skin irritation, ocular or nasal discharge, etc. should be rapidly evaluated by a veterinarian for appropriate treatment and protection. Feed-through supplements containing insect growth regulators and/or insect deterrents may also be warranted and beneficial. Please always ensure these types of products are safe for your horse by discussing with your veterinarian and/or double checking the product labels.

Fly Attractant



Sticky Fly Trap



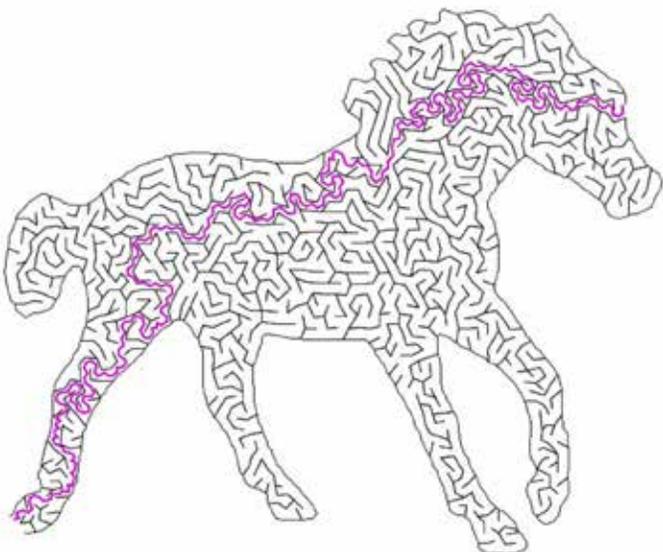
Protective Gear

Lastly, there are a tremendous number of topical insect repellents available for use on horses. To find the best fit for your horse, the primary factors to consider are oil based vs. water based, natural vs. traditional, and the concentration of active ingredients. Oil based products tend to stick on the horse for longer and are more sweat resistant, but can be irritating to sensitive horses and attract dirt.

Natural products often contain essential oils which repel mosquitoes but are not as effective at repelling flies.

Traditional products contain insecticides to kill insects, so they can be more effective than natural sprays that do not. Typical insecticides include pyrethrins and pyrethroids. Pyrethrins are organic and biodegradable and break down more quickly than pyrethroids. Pyrethroids are synthetic so last longer, but are toxic to fish and other aquatic animals so should not be used where run-off goes directly into a body of water. When comparing two similar products, higher percentages of active ingredients is often the more effective than one with lower percentages of the same or similar active ingredients.

Amazing Maze Horse Answer





The Green Family	Woodside, CA
Dana De Frates	Gilroy, CA
The Yablon Family	Pacifica, CA
John Petro	Los Altos, CA
Cherie Hammer	San Mateo, CA
Meredith Wiedeman	Woodside, CA
Chris & Mia Ouellette	Shelburne, VT
Anthony & Patti Ouellette	Washington, DC
Mr. & Mrs. Carl Larson	Cupertino, CA

Dr. Allie Turner	San Gregorio, CA
Toni Whedon	Gilroy, CA
The Shupe Family	Los Gatos, CA
Lynda Twomey	San Francisco, CA
Peter Baty	Burlingame, CA
Catherine Mao	San Francisco, CA
The Whitney Family	Portola Valley, CA
Melissa Reynen	Saratoga, CA
The Katz Family	Portola Valley, CA

Have You Renewed Your SMCHA Membership?

If not, it's time to renew and/or offer the gift of membership to your family, friends, colleagues, etc. Here are just some of the many benefits of SMCHA membership:

- Receive "pre-invites" to our acclaimed "FREE" Riding Clinics, a series of instructional riding & horsemanship lessons with well-known local instructors.
- Receive our quarterly magazine, "The San Mateo Horseman," online or in your mailbox.
- Maintain access to the "Members Only" portion of our website.
- Get a discounted price on select SMCHA-sponsored events and rides.
- Obtain pre-invites to a variety of our special clinics and play days.
- Receive pre-invites to other events such as our annual outdoor movie night, horse-related health & educational presentations and social events.
- Learn about new trails in our area by joining us for our organized trail rides.
- Remain informed through our e-blasts about horse-related issues impacting our community.

- Receive discounts from many of our advertisers, including Western Saddlery, Custom Covers by Cheryl as well as V&V RVs and Trailers.
Receive pre-invites to our annual events such as our yearly Jack Brook Campout.
- Meet people from all walks of life and make new friends who share our passion for horses.



COME VOLUNTEER WITH US!

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

Email: SMCHA@smcha.org

COME ADVERTISE WITH US!

Advertise your business to over 400 readers of our popular magazine, The San Mateo County Horseman. Advertising with SMCHA is a great way to reach potential customers four times a year! We'll not only print your ad, but also make mention of our business on our website – smcha.org

Contact Jenny Mize

Email: jennymize9@gmail.com

Cell: 650.380.1574

FREE CLASSIFIED ADS FOR MEMBERS!

GENERAL MEETINGS

Christine Friis @ 650.704.2996

RIDES

Adeline Forrest @ 650.743.1665

PROMOTION & PUBLICITY

Venita Naidoo @ 650.716.8372

COLOR GUARD

Christine Friis @ 650.704.2996

4-H YOUTH PROGRAM

Jennifer Ott @ 650.619.8257

FUNDRAISING

Christine Friis @ 650.704.2996

HORSE SHOWS

Horse Show Chair Position – OPEN

FALL RIDING CLINIC

Karen Rowley Shawback @ 510.432.0368

FACEBOOK

Beverly Kane @ 650.868.3379 & Jenny Mize @ 650.380.1574

TRAILS

Adeline Forrest @ 650.743.1665

FINANCE

Cheryl Basin @ 650.722.0606

SAN MATEO COUNTY FAIR

Adeline Forrest @ 650.743.1665

THE SAN MATEO HORSEMAN MAGAZINE

Elizabeth Ouellette @ 650.248.3409

MEMBERSHIP

Tanya Rebarchik @ 650.867.2987

MAILINGS

Cheryl Basin @ 650.722.0606



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SMCHA 2021 Calendar of Events

Check website for updates: www.smcha.org

June

10 - Board Meeting

16 - 20 Los Viajeros V6 Ride

27 - **Jennifer Ott Clinic at Jasper Ridge Farm:** "Behavior - how to change it, create it, or stop it. Having mindfulness and compassion for you and your horse when problem-solving."

July

8 - Board Meeting

11- Obstacle and Horsemanship Clinic with Joan McLaren

21-26 - Jack Brook Horse Camp - Pending approval from SMC Parks

August

12 - Board Meeting

September

5 - Obstacle Clinic with Joan McLaren

8 - Board Meeting

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

18 - NCEFT Jeans & Jewels Gala

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

24 - Movie Night

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

October

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

8, 9, 10: WHOA's Day of the Horse

14 - Board Meeting

16 - SMCHA-sponsored Clarkia Trail clean up. 9am- noon

24 - Halloween Play Day

November

11 - Board Meeting

December

TBD - Holiday Celebration

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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President: Christine Friis

MEMBERSHIPS MAKE GREAT GIFTS!

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

Name _____ Phone(H) _____ (C) _____

Address _____ City _____ State _____

Zip _____ Email _____

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

Memberships

Annual Dues

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

Please list names and ages of children:

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

____ Board of Directors	____ Color Guard	____ Hospitality/Promotions
____ Playdays/Gymkhanas	____ Magazine	____ Clinics
____ Trail Maintenance	____ Horse Shows	
____ Member Recruitment	____ Miscellaneous Events	
____ Youth Programs		

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

Use my donation for: _____

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

Dues _____ Donations _____ Total Enclosed _____

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