

# The San Mateo HORSEMAN



*Spring 1998*





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### Cover

**1997 Horseperson of the Year**  
**Eileen Borzone and**  
**1997 President Bruce Baker**



## PRESIDENT'S MESSAGE

Talk about a tough winter! Rains of biblical proportions, Bob and I are still looking for 2 more animals for our ark. We figured we'd get a break on Ground Hog's day, but that little guy came out wearing SCUBA gear, so much for that thought.

But you know, even though it's been the wettest winter in California's recorded history, we live in the most wonderful place in the world. With our trail and park system, it just doesn't get any better!

A couple of days ago, a bunch of us got together for a ride. Not a big deal, just six friends out to enjoy the first signs of Spring. It was almost funny the way that a few minutes of sun on you back could allow you to forget forty days and nights of rain. The lighting through the trees was beautiful; the daffodils were magnificent. And on this day, even the hogs on the Center Trail could not faze us.

Here's a trail tip for you. When approaching the hogs on the Center Trail, six riders belting out "The House on Pooh Corner" by Loggins and Messina seems to work well at keeping the hogs away from the fence. We're not sure if it was the song or the singers, the Von Trapp family we're not. Debbie and Nancy are now getting us the soundtrack to Oklahoma to broaden our repertoire.

Riding in our town that day reminded me about how wonderful life really is. We have so much to be thankful for: our families and friends. Our horses, magnificent creatures that they are. Our trail system. This is a special life, never to be taken for granted.

Your organization consists of many terrific people. Please join us and enjoy some of the great events we have coming up.

In the next few weeks we have:

- Junior Easter Parade on April 11<sup>th</sup>
- Jack Brook workdays on April 18<sup>th</sup> and 19<sup>th</sup>
- A great Educational Seminar on April 22<sup>nd</sup>
- Jack Brook workdays and the California State Trail Days on April 25<sup>th</sup>
- Our Spring Ride on April 26<sup>th</sup>
- Our General Meeting on April 30<sup>th</sup>
- The Woodside May Day Parade on May 2<sup>nd</sup>

One of the best events of the year kicks off on May 21<sup>st</sup>: the Western Riding Clinic. I want to thank the Mounted Patrol of San Mateo County for co-sponsoring the clinic again, and Karen Rowley, who is once more handling the huge responsibility of making the clinic happen.

*Continued on page 3*

Magazine: Tanya Rebarchik

Mailing: Linda Menon

Advertising: Eileen Borzone

Photos: Dianne Larson Hicks, Virginia Magliano-Darrow, Sue Sheehan,  
 Tanya Rebarchik and Mary Jo Harris



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**is June 15, 1998**



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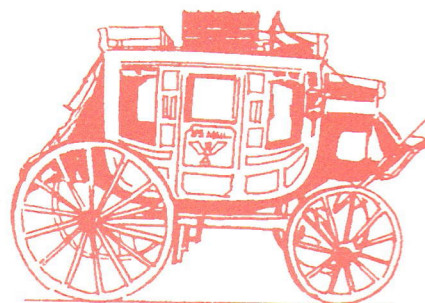
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April (Spring)

July (Summer)

October (Fall)



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## INSTALLATION DINNER

By Bob Stucky

We welcomed in our new President, Officers, and Board of Directors at our Installation on January 25<sup>th</sup> with one heckuva party. The Mounted Patrol graciously allowed us to use their clubhouse to put on one of the more fun events in my experience with the SMCHA. I could tell it was a good one because the music was over, the band long gone, the bar closed, and we still had twenty people in there at dark-thirty just talking away and having a grand ol' time.

The evening started off with a sumptuous dinner prepared by Corey Stanaway at Stanaway's Market in Burlingame. That guy can really cook a Prime Rib. While everyone was having fun at the ice cream sundae bar (yes, we will get more whipped cream for next year!), our Master of Ceremonies, Doug Moody, got the Installation Program off to a rousing start with a couple of his best corny jokes.

Outgoing President Bruce Baker thanked his Officers and Board of Directors for a job well done. Eileen Borzone was the recipient of the SMCHA's Horsewoman Of The Year Award, and very well deserved if I do say so myself.



Noel Moody receiving her award buckle

With a brief exchange of speeches, and a quick swearing in by Past President Ron Harris, our 1998 President, Mary Beth Stucky presented Bruce Baker with some parting gifts: a pager so we can always find him, a remote control (with a mute button, I'm told), one of those dorky beer hats, oh yeah, and his shiny new silver "I Survived My Year" belt buckle.

### President's Message, continued

We are also offering to those of you who have never shown, or are novices, a once in a lifetime opportunity. There will be a Western Schooling Show/Clinic on May 31<sup>st</sup> at Webb Ranch. This will be better than a schooling show as Rod Hernandez will hold short clinics before each group of classes.

Get out there and enjoy Spring! We've all earned it!

Mary Beth Stucky

New President Mary Beth Stucky presenting President's Buckle to outgoing President Bruce Baker



Noel Moody was named an Honorary Board Member, and presented with a silver buckle to acknowledge her many, many years of service

with the SMCHA and horse community.

With a few good laughs it was off to the dance floor. Southern Exposure provided the music that kept people dancing 'til midnight. All in all, it was a great evening. If you missed out, you're not going to want to miss next year's!

Putting on an event like this means having a long list of people to thank. The show wouldn't have been possible without the help of: Virginia Magliano-Darrow, Doug Moody, Mary Beth Stucky, Ryan Stucky, Laurie Greenblatt, Sue Sheehan, Nan and Kevin Daley, Walt Kirk, Lisa Dixon, Kathy Goddard, John Buchan, Dianne Hicks, the junior member who found the frog and shared it with us all, and last but not least, Rick Payne for recommending the band (and were they good or what!)

You know, I'm still trying to figure out why they call it a swearing in, when I didn't hear one swear word!

Rita & Walt Kirk



Karen Rowley

Continued on page 4



Los Viajeros President Rob Krensky &amp; Dianne Hicks



Three cheers for the Bar Crew!



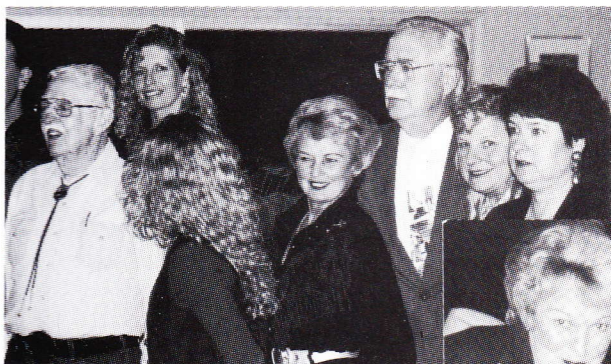
Lorena &amp; Scott Heatley



Virginia &amp; Tom Darrow



Ron &amp; Mary Jo Harris

Gordon & Nancy Brown  
& Jim Keeton

Lynda &amp; Jim Wratten





## JUNIORS UPDATE

by Linda Menon

With the wet weather, SMCHA Juniors have taken an extended winter siesta, but now we're ready to have another fun year! In addition to all the great SMCHA events that Juniors can participate in (like the Western Riding Clinic, the rides, educational seminars, etc.), Juniors have their own special events planned. This year Linda Menon and Sue Sheehan will coordinate activities for the Juniors, so feel free to call us any time. You can reach Linda at (650) 349-1462 or (650) 365-8011; and Sue at (650) 851-0296.

Our year starts off on Saturday, April 11 with our 2nd annual Easter parade. Come with your horse and have fun as we make Easter "bonnets," have our very own Easter parade down Woodside Road, and hunt for Easter eggs!

This year again we are fortunate to be able to host Richard Winters for a special Juniors ground school clinic on Saturday, May 9th. Please mark this date on your calendar! Flyers will be out with all the details within a couple weeks, but the clinic will be most of the day, include lunch, and be very reasonably priced. We're also planning that on Sunday, May 10, Richard will be lead a group of senior or more experienced junior riders in a clinic. If you'd like to participate, be sure to watch your mail for the flyer to come shortly!

Juniors are also invited to ride again this year with the SMCHA Color Guard in the Woodside May Day Parade. Even if you've never ridden in a parade before, this is the place to start! It's local, short, and fun! You'll receive a flyer with all the details shortly.

We hope you'll join us this year! If you have friends, neighbors or family that would like to join in, be sure to invite them too!

### 1998 SMCHA Juniors Schedule

Easter Parade	Saturday, April 11
May Day Parade	Saturday, May 2
Richard Winters Ground School Clinic	Saturday, May 9
Huddart Park Ride	Saturday, June 6
4th of July Parade, Redwood City	Saturday, July 4
Juniors Jack Brook Horse Camp	Wednesday through Friday, July 22-24
Ride & Picnic at Huddart Park	Saturday, September 12
Halloween Spooktacular	Saturday, October 24



## FOR BEAU

by Mary Jo Harris

I had a horse and her name was Beau  
 She wasn't too fast and she wasn't too slow  
 She kept me safe over high and low  
 We always had fun wherever we'd go  
 If I were rich I could not have asked for mo'  
 Good Bye, Dear Friend





## FEBRUARY GENERAL MEETING AND EDUCATIONAL SEMINAR

by Nan Daley

Our first General Meeting of the year was combined with an Educational Seminar featuring Nicole Chain, D.C. as our guest speaker. (See "The Importance of Good Balance" by Dianne Hicks—Ed.)

Mary Beth Stucky spoke to us on how the horse community must get together and help repair all of our damaged horse trails—and there are a lot! El Nino took its toll—the Town of Woodside is overwhelmed with damage, as are our parks. I just took my second ride on my new horse and I have never seen so much damage in the 25 years I have been riding here.

Ed Okulove from Region 6 of the California State Horsemen's Association joined us to talk about Equifest 98, which will be held close by at Bay Meadows. Vendors and Volunteers are needed, so if you are interested please give Ed a call at 408-265-0796.

All in all everyone had a great time. Our many thanks to Nicole Chain and to Gladys Martines for graciously letting us use her beautiful loft above her barn once again!



Nicole Chain & human spine

## THE IMPORTANCE OF GOOD BALANCE

by Dianne Larson Hicks

On February 26th, SMCHA member Nicole Chain spoke to our group during our first General Meeting of 1998 at Gladys Martines' Charter Oaks Farm.

An eloquent speaker, Nicole shared how a balanced rider is able to have a better ride. Being in tune and balanced with one's horse allows it to travel more freely. One of the ramifications of being out of balance (for the horse) is its necessity to compensate for improper weight distribution. The results are cranky horse behavior due to pain intolerance and consequently muscle buildup in the wrong places. Eventually, damage done, we seek a chiropractor such as Jack McGoogan, to help us with our pained animal. Had we been cognizant of our effect on our horse in the first place, the chiropractor would not be paying a visit.

Nicole explained that muscles can be relieved by affecting their opposites. For example, soreness from stress in your shoulders: by working your pectoral muscles on the front side of your body (with pushups for instance) you can relieve the pain and soreness in the shoulders. Similarly, when the chiropractor for the horse seeks relief for its back, along with penetration for circulation improvement along the spine, he/she will use fingertips to the belly of the horse to raise and relieve the back pain. This causes the back muscles to work and also shows just how much back pain your horse is experiencing by degree of response.

Nicole checking for flexibility



Nicole & Dianne Hicks





## EQUINE SAGACITY

by Virginia Darrow

Thanks to Eileen Borzone for letting us know about the Equine Educational Series, sponsored by Purina Feeds at Star Equine on March 17th. There were several SMCHA folks there to learn and ask questions about feeding our favorite friends. Dean's Animal Feeds of San Carlos co-sponsored this event, one of our SMCHA longtime contributors & supporters of our activities. Sheryl Harkness, the NW California District Manager shared the latest and some common sense thinking in equine nutrition. Forty miles outside St. Louis, MO, Purina maintains a research center where they measure, test and study how feeds affect our horses. Any nutrients they buy to go into feeds are tested for foreign materials, moisture, mold, bugs, toxins, nutrient content etc. When buying a bag of feed we need to be aware of how it is formulated. 'Fixed formulation' means there is a fixed amount of each ingredient however, the nutritional value may change. 'Least cost formulation' means the cheapest ingredients are used. 'Constant nutrient formulation' is a measuring of the nutrient value in the feed.

Some digestive systems facts: The Esophagus is 4-5 feet long, the Stomach holds 8-19 quarts, the Small Intestine is 70 feet long and holds 68 quarts, the Cecum is 4 feet long and holds 28-36 quarts, the Large Colon is 10 to 12 feet long and holds 86 quarts, the Small Colon is 10-12 feet long and holds 16 quarts and lastly, the Rectum is one foot long.

Food usually remains in the small intestine two hours and enzymes and proteins are added here (by the animal) to help break down the food. In the Cecum the forage is worked on by microorganisms. She said horses are living on by-products of what bugs produce. In the Large Colon,

*continued*

### GOOD BALANCE, *continued*

Nicole showed us exercises that would enhance our riding ability. She also demonstrated how we could recognize our own balance status by having us stand and participate in tests for such. Some of us were a little one-sided. Curious SMCHA members had the opportunity to lie on a mat to have Nicole assess our balance/imbalance by virtue of our mobility from side to side from the hip socket. It was enlightening!

Those present wish to extend our hearty thanks to Nicole for giving so much of her time and knowledge to benefit us. THANK YOU NICOLE!

the breakdown process continues and here is where the fecal balls are formed and this is the water storage area. The entire digestive process takes 2 days.

What we're looking for in balanced food are proteins, fats, carbohydrates, minerals, fibers and vitamins. She said hay is not going to supply 100% of horses needs. Today, cereal grains are low in minerals because of modern farming practices. For a 1000-pound horse, not doing a lot of work, 10-12 pounds of hay is average feed.

News on Alfalfa is they are conducting research on California alfalfa, and stone formulation depends on regional growth areas and they are finding more and more areas where the minerals in alfalfa are causing stones (calcium & phosphorous). There is a problem in the Western US with enteroliths.

We need to balance our horses Age, Lifestyle and Activity when we consider a feeding program. Any feed changes need to be introduced slowly because of the digestive process. They consider an adult horse to be 7 years and older.

Bran is high in phosphorous and should not be fed more than a one pound coffee can per day. It also irritates the bowel, it is a purgative.

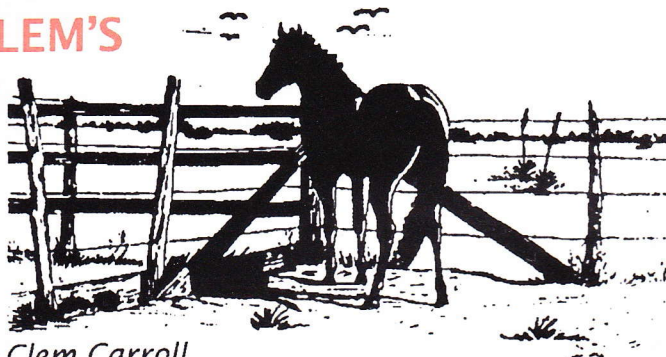
Russ Peterson, DVM, of Star Equine fielded questions and one of the questions concerned Alfalfa. Alfalfa has a high calcium and low phosphorous ratio and he explained enteroliths form similar to pearls in concentric rings around a small piece of stone, gravel, metal etc. He also said if we use alfalfa we need to balance the diet to get a normal picture. He suggested adding Equine Senior. Alfalfa is a perennial, which is cut six times, and the most nutrients are in the first cutting. He also said having a high fiber diet is important and any nutrient we add should be in proper proportion.

Another topic of note is the use of oral joint lubricants available to us now as a help to prevent arthritis and like problems and to help those animals whom already have them is another topic we should have again in the educational series.

Thanks again to Deans & Purina and Star Equine for presenting this informative lecture series and also taking the time to answer our individual questions concerning a balanced feeding program for our best friends . . . may the horse be with you!



## CLEM'S

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by Clem Carroll

Have to add a few observations to the Runnymede Farm article ("Day on the Farm") by Donna Tozi in the Winter 1998 issue of the San Mateo Horseman). We were taken through the north wing of the stable: a kitchenette next to a large sitting room with fireplace, tack room filled with saddles and bridles, a trophy room, silver winnings behind glass and the walls covered every inch with blue and red ribbons. A real antique was pointed out by Bruce . . . it was like a fly swatter in shape, all metal, one end fanned out which received a gas jet that was used to singe the hair off around horses' muzzles (before clippers were invented—Ed.) On the ground floor were separate bedrooms and baths for visiting riders, everything in place just as though the last horse event took place yesterday.

Another elegant feature: the stall doors are two inches thick, and recessed within them are cast bronze latches, so easy to press open by hand, but impossible for a horse to manipulate.

Of all the art pieces throughout the 120 acres I've seen on horseback, that day I walked up to two statues I thought were outstanding. They are placed some 100 feet away from the horse trail. One is of a woman standing about 8 feet tall, the other is in a crouched position. Strips of wrought iron shape the bodies and within the frame were placed varying sizes of smooth river rock. What an amazing imagination!

Our fellow horsewoman Claire Rittenhouse-Barr and husband Dennis have moved from La Honda to Rome, Italy for a two year stint because of Dennis being involved in a missile project with Italian engineers. Her letter telling us about the area, the food, the driving, the history, her trying to communicate in Italian—all so fascinating, I simply had to share her letter with you (I received it on January 2, 1998):

**B**uon Natale! I am preparing for our first Christmas here in Rome and, as I am writing this in the middle of November, I don't know what to expect. there are many beautiful, some very expensive, figures of the Holy Family in Nativity scenes so I am expecting to see churches

and perhaps small piazzas with them displayed. Naples has a fair each year where you can buy these. I am hoping to find some women who would like to go for the day, Naples is not a city to wander alone in . . .

Thanksgiving is going to be a little different though. The turkey is not a problem, but I can't find baking powder to make cornbread with and neither can I find any water chestnuts. There are plenty of Chinese restaurants around Rome, but there is no China town so I haven't found a market. Instead of pumpkin, there is a squash called zucca, but no sweet potatoes or turnips. We will have a delicious dinner because this is Italy and I haven't had a bad meal yet. there are deliciously creamy little potatoes here, fennel, leeks, cippoline onions, and three different kinds of broccoli, so I'm sure we won't even miss the cranberry sauce.

As usually happens at the Holiday season each year, I am shocked that a year has gone by so quickly. I thought having so many new aspects to our lives would prolong the sensation, but we have been having too darn much fun so it has raced by. Our travel expectations for the first year have been mostly realized. We missed our planned trip to Prague and Vienna in August as I had to come back to Stanford after spending a week in the hospital in Rome. It was diagnosed in the end to be an infectious colitis. That put a dent in the travel budget though, so we didn't go to the Greek Island the end of September which was also planned. Trips of more than four days (which Dennis can manage as a long weekend) have included Sicily, Venice, the Amalfi coast, and the Southwest corner of France near Toulouse which included the Armagnac region. On our long weekends, we have just about covered Tuscany and Umbria and have been able to experience each area as the changing season dictates the food, wine and colors of the country side. We started out with guide books, but it is basically just about impossible not to eat well here, so we look for 'ambiente' and eat wherever we find it. The problem now is to keep poking around into new towns and restaurants instead of returning to our favorites . . .

After Dennis' first four satellites are launched in February, we are going to spend a week on a white sand beach on the Ma/dive Islands off the tip of India. Dennis will need the break by then. I thought of skiing since the ski areas of the Appenines are only a little over an hour away, and we did bring our equipment, but if the Italians ski anything like they drive cars or push grocery carts around the market, it doesn't seem a safe idea. In April, we have a trip planned in Spain to the Andalusia. I want to stay home



for most of April, May, and June because that is such a nice time in Tuscany and Umbria.

Rome is finally becoming manageable. I can drive anywhere I want to go, although I avoid driving in the center, and I'm a pro with the metro and bus system. I have figured out how to shop for what I need, which means I know where it is likely to be found and what time the store or market might be open. I can walk anywhere in Rome, although I never leave home without a map to orient myself with. There are no straight roads here and you can get turned around even while you think you are walking straight. I have gotten used to having to plan to pay cash for everything, and with the exception of driving, living with all the inconveniences that come with doing just about anything. We just shake our heads and try to keep a sense of humor. Driving is insane. Dennis made a comment that has helped lower my boiling point when negotiating in Roman traffic by pointing out that there is no way the roads can handle the number of cars driving on them, so everyone has to use a little 'creativity' in keeping the flow moving at all. If everyone drove in their own organized traffic lanes, only making left hand turns from the left lanes, stopped at all red lights for the whole time they were red or even just staying on their own side of the road, the traffic would be at gridlock and no one would move. As an American friend of Dennis' exclaimed one day, "they teach people to drive like this!!"

One of the best and luckiest events was discovering an American woman who came here out of college 30 years ago and never left. She takes a group of us on walking tours every week. Every other week she plans a day out of Rome or gets a permit for something that is restricted to regular visitors. She is more than a guide. Her know/edge spans archeology, history, culture, religion, and art. I have walked with her since February and no matter how many times she takes people through the evolution of the Christian faith, or the footprints of ancient Rome, her enthusiasm is still as if she has found all this for the first time. Few visitors to Rome realize that under the city is Rome of the 5th and 6th century and under that is ancient Rome. Her formal background is archeology so the focus is Ancient and Christian Rome which covers from about 700BC to 700AD. that is just about right for me. When you consider Rome has been a city for 2,750 years, you have to limit your focus unless you have more than 2 years to cover it.

Another tough adjustment has been learning Italian. Dennis speaks English to all the Italian engineers as

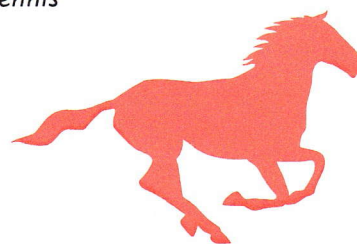
English is the global technical language, but we do not live in an American neighborhood, so daily Italian is necessary. I took a Berlitz type immersion course for a month when we first arrived. Now I have a private lesson of an hour twice a week. Dennis works on his own at work . . . I still make very basic mistakes that really frustrate me. Dennis has made much more progress probably because he is not as self conscious about his mistakes. The Italians are wonderfully good natured at our attempts to learn Italian and will always try to understand with encouraging remarks when we can get it right.

I miss all of you, I miss work and my riding activities, and I miss my house, but I have days full of activities and love just being in the City Center and feeling Roman. There is a tradition of the *passseggiata*, (walk,) and in the evenings between 4 and 8 it seems the whole city is out strolling around window shopping, talking, or sitting in cafes. This is true all over Italy no matter the size of the town. I love walking in the Center and passing a part of a wall built 2,000 years ago that someone in the Middle Ages built his house onto because it was still there and strong; and then kept intact in the 1700 or 1800s when another building was rebuilt on the spot. I love the quality of the light, the different shades of ocher and terra-cotta stucco of so many of the buildings. I love the food—but I do miss pizza. Only in Sicily did I find pizza with anything like a pepperoni on it. Sometimes at a restaurant where I have been so often I am known, I'll ask for pizza with more than one or two things on it, one of them being cheese, and I get such a confused look from the waiter that I know it will never survive the approval of the cook.

All the animals are fine, Italians have never seen a Blue Merle (Australian Shepherd) and are fascinated by Buddy. The parrots have not learned any Italian, but Pompilo sings opera with enthusiasm. We have a very large yard around our house, and daily dog walks include areas behind the old Roman road, Appia Antica.

We hope your holidays are full of happiness, family, friends and good food,

Claire & Dennis





## BACK COUNTRY HORSEMEN'S ANNUAL RENDEZVOUS

by Dianne Larson Hicks

SMCHA members Tanya Rebarchik, representing the North Bay Chapter of BCHC, Linda Menon, representing the Ohlone Chapter and I were present in Lancaster, CA (near Palmdale) March 13-15, 1998 for the annual Rendezvous put on by the Back Country Horsemen of California.

For \$55.00, I would have to say this group puts on a very fine gathering. BCHC's main purpose is to have a political voice in retaining and creating our nation's horse trails. Consequently, they offered many short courses in "Gentle Use" of our trails and campsites for which members could get credit for having attended. Breakfasts, lunches and dinners (with music or a band to dance to) were provided and enjoyed. The mustache and beard contest was a riot.

For me, the educational seminar fanatic, the local veterinarian speaking on medicines to have on the trail was very informative. Also, the somewhat controversial and very important discussion on how to deal with a horse with a broken leg, etc. in the outback was valuable.

Creating the awareness of gentle use in a campsite by changing locations of tie lines, relocating tents and general footpaths was of significant importance.

Don West of Colorado, whom Tanya knows from Equitana, was there with his custom made camping clothing, back packs and Peruvian Paso saddles that he designed. His discussion of layering to avoid hypothermia was of great benefit. Don explained why he chose fabrics created for the space program. He was looking for material that would not hold soil and that would wick moisture. An innovative answer to the Australian Outback oilcloth coat was shown. Don's version is in the improved cloth and is a mid-thigh length. This coat coupled with velcro-on "chinks" and leggings—all waterproof—all light weight. The coat has pockets that indicate great thoughtfulness on Don's part with regard to a horseman. One higher set of pockets can be un-velcroed from inside and your freezing hand can be placed inside at chest level for quick warm-up. (If you want to see one of these coats up close, just ask Dianne—she bought one!—Ed.) It was easy to recognize the beauty of his sensible solutions throughout his presentation.

Natural Horseman Jerry Tindall, who trains LAPD horses and their riders, was there for hours each day demonstrating the progression of this type of training with two difficult horses. His expertise and ability to share it was very valuable reinforcement.

Purina representative Amber Bright was there to lecture on food supplements. Her figures were somewhat different

from what I had gathered previously. Her estimation of the percentage of protein in alfalfa was 14-22%. I had always heard 14%. I had understood that to be the maximum allowable protein to use with horses. The thought of having 22% in the feed alarmed me. She does not feed her horses alfalfa. She listed oat hay at 8-11% (rolled oats at 10%) and grass or forage hay around 8%. Her recommendation for feeding more than hay was to mix the feed half and half at each feeding. The reasoning behind this was for microbial purposes. The microbial population in a horse's body alters according to the feed. She felt there was value to keeping a balance that way. Having worked in depth with broodmares, she also shared her findings on the importance of maintaining proper body fat levels. Horses underfed with ribs showing are not good candidates for being bred and carrying a foal. Neither is the horse that is overweight. She said you should be able to feel the horses last two ribs and not see fat on either side of the spine or down the croup line heading toward the tail.

The rice bran craze to put weight on and a slick coat was highlighted with warning. Amber mentioned that she has seen horses "crash" on this diet after six months time and actually lose weight and become depressed, because the rice bran wasn't enough to repair the imbalance of nutrient that caused the poor condition in the first place.

She mentioned a trick for horses that eat too fast—put large rocks in the feeder . . .

*Dianne Hicks and Cowboy Artist Jim Bone showing some of his woodcarvings*



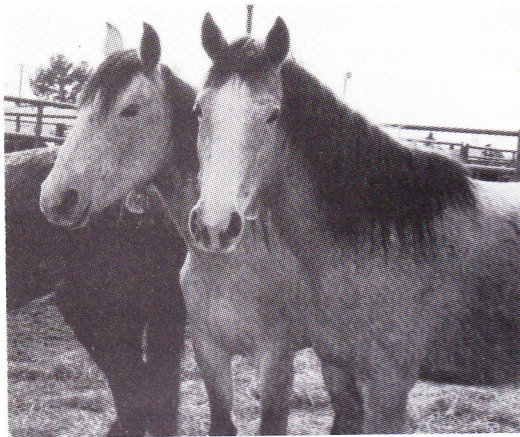
*continued*



Amber mentioned that the food value in a pasture can vary and that if pasture is your horses main food, it would be wise to have its protein and food value assessed.

She confirmed the thought that corn oil inhibits the body from absorbing vitamin E from the feed.

Butte Creek Outfitters from the Clayton area went south for the event and quite a few other vendors were there making it something of a buyer's paradise. Tanya came home with a wonderful new black and



*Bureau of Land Management Horses and Burros*

purple bridle and special saddle pad.

I learned that belonging to a chapter of BCHC did NOT mean you needed to have a string of mules, but that if you did have and wanted to have friends with mutual interest this was a great group to be a part of.

Included in the camaraderie on Friday and Saturday evenings was the opportunity to hear Cowboy Poetry recited by Ohlone's own Jim Boné of Mt. Diablo and the chance to try his "mountain oysters."

The BLM was there and the horses that had been handled by prisoners in the program that Monty Roberts has spoken of were the first ones adopted

off the property. There were many burros there looking for new homes as well.

This was a very enjoyable event with a really nice bunch of folk.





## DOES HORSE MANURE POSE A SIGNIFICANT RISK TO HUMAN HEALTH?

by Adda Quinn

### Abstract

Questions periodically arise during park and open space Master Planning processes, trail planning/development, and other public meetings whether horse manure poses significant health risks to humans. The following paper was developed to help provide information for non-scientists about laws and regulations defining toxic and hazardous wastes, the chemical and pathologic contents of horse manure, and some thoughts about the potential risks to humans exposed to horse manure.

### What Type Waste is Horse Manure?

Horse manure is a solid waste excluded from federal regulation because it neither contains significant amounts of listed hazardous components, nor exhibits hazardous properties. See definitions below:

Toxicity may be acute, chronic or bioaccumulative. Toxins come into the body by being ingested, inhaled or dermally absorbed. The sixteenth century Swiss physician, Paracelsus, first pointed out the fact that ALL substances are toxic and that the difference between a remedy and a poison is simply the amount that is taken into the body.

"The dose makes the poison." Many chemicals that are essential to good health, like sodium chloride, are toxic at high levels, but dysfunctions can result when they are present at levels which are too low.<sup>2</sup>

The human body has the remarkable ability to function unaffected by exposures to toxics. UC Berkeley biologist Dr. Bruce Ames has said, "Every day we are ingesting in our diet at least 10,000 times more by weight of natural pesticides than of man-made"—from bacon, peanut butter, mustard, basil, tea, and wine, among others.<sup>3</sup> The number of organic chemical compounds that have been synthesized since the turn of the century now exceeds half a million, and some 10,000 new compounds are added each year.<sup>4</sup> Many of these new products are toxic to humans. Thus, the body is constantly being exposed to a variety of toxic chemicals.

As you can see in Table 2, the primary chemical constituents of

Issue	Definition
Waste	Loss through breaking down of bodily tissue; damaged, defective or superfluous material produced by a manufacturing process—Webster's Dictionary
Solid Waste	Any discarded material that is not excluded in Section 261.4 of the Code of Federal Regulations (CFR). Domestic sewage (261.4a) and animal manure (261.4b2ii) are specifically EXCLUDED from Federal regulations
Hazardous Waste	Solid wastes which are either: A. <u>Listed</u> : literally a list of organic compounds and inorganics (metals & metal compounds) which may pose a substantial hazard to human health. This list is maintained by the federal government. B. <u>Characteristic</u> : <sup>1</sup> <ol style="list-style-type: none"> <li>1. Fails one or more test for: <ol style="list-style-type: none"> <li>a. <u>Ignitability</u>: flash point 140° F or spontaneously combustible</li> <li>b. <u>Corrosivity</u>: pH &lt;2 or &gt;12.5</li> <li>c. <u>Reactivity</u>: generally sulfide &amp; cyanide compounds</li> <li>d. <u>Toxicity</u>: fails Toxicity Characteristic Leachate Procedures (TCLP) tests (See Table 1)</li> </ol> </li> <li>2. Is fatal to humans in low doses or lab animals at specified threshold levels</li> <li>3. Contains toxic constituents (See Table 1)</li> </ol>

### What Chemicals Comprise Horse Manure, and Are They Toxic?

**Toxicity Definition:** Relating to or caused by a poison (Webster's Dictionary)

Everything is toxic to something at some level (although not necessarily every substance to every species).

horse manure are about the same as harmless household and agricultural fertilizer. In fact, animal manure is a valuable agricultural amendment and has been used for millennia to help grow our food supplies. Current mushroom culture relies heavily on horse manure, while other crops have been developed with human sewage sludges in order to recycle our own prolific wastes. Thus, based on its



chemical constituents, horse manure should not be considered toxic.

### Pathogens of Concern

Commercial livestock has been studied in depth, but not horses. Very few statistics are available on horses and horse keeping. According to Dr. Deanne Meyers, Livestock Management Specialist at UC Davis, it is difficult to find data on horses because it is seldom that more than 50 horses are kept in a single facility. You must have a sufficient mass of animals for study, before data can be considered representative. While the US Department of Agriculture keeps extensive data on commercial livestock operations, it keeps no data on horses. The Council for Agricultural and Science Technology (CAST) estimates livestock volume in units as follows:

Cows	104	million
Swine	60	million
Sheep	8	million
Poultry	7790	billion <sup>10</sup>

The mere 6.9 million horses<sup>11</sup> thought to populate the United States have been of little concern until recently when increased attention began to be given to the Clean Water Act.

As a result of intensive studies on commercial livestock, a number of microorganisms, such as protozoa and bacteria, have been identified that can inhabit their guts. (See Table 3)<sup>5</sup> Those of primary concern are waterborne microorganisms which usually follow ingestion pathways into the body. Transmission can also occur through direct oral-fecal exposure. These include *Cryptosporidium parvum*, *Giardia duodenalis*, *Campylobacter spp.*, *Salmonella spp.*, pathogenic strains of *E. coli*, and *Yersinia spp.* By far, *C. parvum* and *Giardia* are the two of most concern because they have very low thresholds of infectious dose. People infected by these organisms may exhibit a range of symptoms from mild abdominal discomfort to death, especially among the very young, elderly, and people with immunologically suppressed systems. Neither of these organisms can be destroyed easily with traditional water treatment processes. With recent large-scale waterborne outbreaks of Cryptosporidiosis around the U.S., and the rising numbers of immunodeficient people, public attention has increasingly focused on the integrity of drinking water supplies.

### Human Transmission of Disease

*C. parvum*, long considered a veterinary disease, has emerged as an important infectious disease of human, as well as of animal origin. Our ability to distinguish between

these organisms has only become possible recently with the advent of genetic testing (genotyping). "The genotype and experimental infection data suggest the possibility of two distinct populations of *C. parvum* in humans. One population appears to involve zoonotic transmission from calf-to-human with subsequent human-to-human and human-to calf transmission. The other population appears to involve an anthroponotic transmission cycle, exclusively in humans." In laboratory experimental infection studies, the exclusively human genotype could not successfully infect laboratory animals. Retrospective analysis of outbreaks at the Georgia water park (1995; 2900 cases), Florida day camp (1995; 70 cases), and in Wisconsin (1993; 403,000 cases) indicates these infections were caused by the genotype found exclusively in humans.<sup>6</sup>

In the "*Cryptosporidium* White Paper" published by the San Francisco Public Utilities Commission in 1996, a number of interesting facts were cited:

- ✓ While not identified until relatively recently historically, *C. parvum* is ubiquitous to 6 continents, infecting a substantial number of people (up to 16% of people in the third world and between 1-4% of the total population in North America are prevalent for *Cryptosporidium*);, potentially 10,000,000 people in the US and 1,000,000 in California.
- ✓ Detection of the presence of the organism in water does not indicate that it is viable (i.e., capable of inducing infection), and, there is no method for assessing the mechanisms by which it becomes virulent. Oocysts of *C. parvum* are present in many North American waters (0.0002-5,800 per liter) more so in lakes and rivers, less in groundwater.
- ✓ Analytical methods for understanding/ controlling the organism are so poor that the government cannot recommend control regulations.
- ✓ County environmental health officers of Alameda, San Francisco, San Mateo, and Santa Clara believe that Cryptosporidiosis from drinking water is not a major concern.<sup>7</sup>

### Equine Transmission of Disease

Recently, several credible research papers have been published which demonstrate conclusively that adult horse guts do not significantly contain either *C. parvum* or *Giardia*, the two organisms of greatest human health concern when present in water supplies.

While some evidence exists that foals and their pregnant or lactating mothers can carry *C. parvum* or *Giardia*,

*Continued on page 14*



## Horse Manure, *continued*

neither foals nor their mares are likely to be found on trails. No studies had been done on adult horses until 1993, at which time watershed managers proposed to ban livestock from their property due to uncertainties about the role of livestock in shedding pathogens. In response to this, the Backcountry Horsemen of California (BHC) funded an independent study by Dr. Rob Atwill, et al., from UC Davis Tulare. Fecal samples were obtained from 91 horses used in backcountry riding to determine the potential risk of adult horses contaminating surface waters. Samples were collected at horse barns throughout California during 1993 and 1994. Horses were between the ages of 4 and 24 years of age. NONE of the study animals shed either organism of concern in their fecal matter.

The typical backcountry horse trip in California lasts 4 to 7 days. The incubation period before these organisms start to shed is usually 1 to 2 weeks after infection. Thus, an adult horse acquiring an infection from contaminated surface water during a backcountry trip would likely not start shedding these organisms during the typical backcountry ride of 4-7 days.

The conclusions from Atwill, et al., "indicate that backcountry use of horses for recreational riding is unlikely to pose a significant risk of environmental contamination from *Cryptosporidium* . . . or *Giardia* . . . of equine origin nor is it likely to create a significant threat to human health from either of these protozoans."<sup>8</sup>

When the Atwill, et al, paper was submitted to a scientific journal for publication, it was subjected to a rigorous peer-review. The major criticism voiced about the study by peers concerned the fact that the 91 horses, while representing a broad geographical spectrum, were not sampled at trail heads prior to entering backcountry. A second study was undertaken between July and November of 1996 by Ford, et al, of Colorado State University Fort Collins to test fecal matter of 300 horses entering at 23 different trail heads in Colorado. Horses sampled ranged from 3 to 30 years old. Of these 300 horses, only one was positive for *C. parvum* and 2 for *Giardia*. Prevalence results were completely consistent with previous finding by Atwill, et al., in California. In following up to get information on the infected individuals, the sole horse with *C. parvum* was determined to be 24 years old, had bad teeth, poor digestion and was immuno-compromised. He was ridden daily as part of a commercial string, and suffered from weight loss. He probably drank contaminated water downstream from a known beaver habitat. He was immediately put to pasture to recover. The conclusion from Ford, et al, is that "Based

on the low prevalence of *Cryptosporidium* in the trail horse population surveyed, it can be concluded that the adult recreational trail horse population is not likely to be a significant source of *Cryptosporidium* environmental contamination in water shed areas."<sup>9</sup>

Interestingly, Atwill has found that wild animals have substantial rates of *C. parvum* in their guts, significantly higher than those found in either humans or horses. For example 30% of mice tested were found to have *C. parvum* in their guts; similarly 63% of rats, and 11% of feral pigs carried this organism.

While horse manure found on trails may contain some of the pathogens discussed here, they are unlikely to exist in significant numbers to impact human health. Life expectancy of most of the pathogens discussed, when deposited in manure on a trail, is very short. Atwill cites Robertson et al. 1992 "Oocysts appear to die after several hours of being dry" (see reference 5). Normal hygiene practices should be sufficient to mitigate against exposure to these pathogens.

## Is the Risk of Human Exposure to Untreated Horse Manure Acceptable?

There are three types of risks: true risk, calculated risk, and perceived risk.

There are 250 million people in the US and 6.9 million horses. There are 28 million citizens of the State of California and 642,000 horses there. Over 70% of California horses are involved in showing and recreation (about 449,400).<sup>12</sup> Probably only half of these potentially use trails (about 250,000). The rest are confined to show arenas, or are at pasture as retired family pets. The remaining 30% will virtually never be found on trails since they are involved in the expensive pursuits of racing and breeding, and are too valuable to expose to the dangers on trails. Thus, horses that are likely to be on trails are relatively few in number compared to the subset of the number of citizens who are likely to use trails. And, obviously, not all of these horses are likely to be on trails simultaneously.

Veterinarians and vet students probably have the greatest exposure to true risk from horse manure. The horse has a very inefficient gut: its a one way through-put system. Horses are physiologically incapable of vomiting or regurgitating. If something gets stuck on the way through, the only way to get it out is by surgery or physical intervention. As a result, you will often find vets armpit deep under a horse's tail. Nevertheless, there has



never been a documented case of veterinarians contracting illness as a result of this rather extreme true exposure to horse manure. People employed by or who provide services at horse keeping facilities, could possibly have the next most frequent opportunity for exposure to horse manure, but they don't have reported problems either. Because horses are big, imposing animals, infrequently encountered by people, the perceived risk of human exposure to horse manure is probably greater than the true risk.

We have found that many younger people in parks and open spaces near urban areas have rarely seen or even petted a horse on a trail. The average trail horse in California, ridden by an employed owner from an urban area, would likely not be present on public trails more than 12 to 16 hours per week—a maximum of about 10% of a week. Winters are difficult to ride on trails, so most riding occurs between April and November. Many more people use trails than horses. For example, in San Mateo County, a supposed "horsey" jurisdiction, the human population is nearly 700,000 compared to 4,000 horses. While all citizens and all horses may not be trail users, the subset that do use trails is probably relatively small. We believe that such small numbers of horses on urban trails and the brief time spent on them constitutes very little true risk in terms of volume or contents for people encountering horse manure.

In the California backcountry average pack trip of 4-7 days<sup>13</sup>, trail time might be 7 hours per day—maximum of about 30% of a week. Access to much of the high country is limited to horses from June through October. Most individual horse riders would be lucky to spend two separate weeks a year in the mountains with their animals. Thus, out of 20 weeks of available trail time, backcountry horses probably use only a maximum of 10% of time available. We believe that such limited numbers of horses on backcountry trails and brief time spent on them constitutes very little true risk in terms of volume or contents for people encountering horse manure.

Horses spend most of their time in pastures or paddocks where the majority of their excrement is deposited, collected and managed. Horse manure is about 70-80% liquid and 20-30% solid<sup>14</sup>. This liquid portion is retained quickly by soil or vaporizes rapidly into the atmosphere. In composted scenarios, total mineralization (breakdown into carbon and oxygen) occurs within 21 days with more than 50% of the total CO<sub>2</sub> produced during the first 6 days.<sup>15</sup> There are no documented studies of decomposition rates under ambient conditions because the large

number of variables (temperature, wind, moisture, direct sun, disturbances, etc.) would be difficult to control in scientific experiments.

According to Jeffrey Schaffer, wilderness writer, "700 backpackers in Desolation Wilderness (West of Lake Tahoe) contribute about a ton of human waste per week. Whereas horse and cattle excrement lying on the ground decomposes rapidly, buried human excrement takes longer, for in mountain soils, subsurface decomposers such as bacteria and fungi are not abundant".<sup>16</sup>

Dr. Aaron Wildavsky, Professor at UC Berkeley has written, "The richest, longest-lived, best protected, most resourceful civilization is on its way to becoming the most frightened. Government has contributed to this process by taking responsibility for risk management away from individuals." People are exposed to a variety of risks every day of their lives and must make decisions about which risks to ignore and which ones to manage actively. We believe that exposure to horse manure is one fear people can cross off of their list of things to worry about.

People vastly outnumber horses likely to be found on trails in both the United States and California. Because horses are encountered infrequently by most people, it is likely that their perceived risk of exposure to horse manure is actually much higher than their true risk. As we have seen, manure is physically handled by only a few people with no notable health effects reported. It desiccates and decomposes rapidly in the environment. There are no known toxic effects on humans due to the exposure to horse manure. It is unlikely that the average hiker practicing conventional hygiene will experience adverse effects from exposure to horse manure on a trail. We believe that based on the information currently available, the exposure of people to untreated horse manure on trails is an acceptable health risk.

## Conclusion

Horse manure is a solid waste excluded from federal EPA solid waste regulation because it neither contains significant amounts of hazardous chemicals, nor exhibits hazardous characteristics. The chemical constituents of horse manure are not toxic to humans. Horse guts do not contain significant levels of the two waterborne pathogens of greatest concern to human health risk, *Cryptosporidium* or *Giardia*. Finally, the reality is that there are very few horses, and even fewer numbers of them that frequent trails. People seldom encounter or handle horse manure. Humans and other sources within the environment (e.g. wild animals and birds) with their overwhelming population numbers are

*continued*



## Horse Manure, *continued*

far more likely than horses to contribute to human health risks.

While horse manure may not be aesthetically pleasing, it should not be harmful to human health nor pose a significant health risk to people when they encounter it on public trails.

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**Table 3**

### *Pathogens excreted by livestock and transmitted to humans through water*

Edward R. Atwill, DVM, MPVM, PhD, Veterinary Medicine Teaching and Research Center, School of Veterinary Medicine, University of California, Davis, 18830 Road 112, Tulare, CA 93274

List of pathogens of primary concern that can be shed in the feces of livestock and transmitted to humans through water with comments:

#### **Waterborne protozoa pathogens of primary concern (known livestock component)**

*Cryptosporidium parvum* Low infectious dose; environmentally resistant oocysts; oocyst 5 x 5 microns  
*Giardia duodenalis* Low infectious dose; environmentally resistant cysts; zoonotic potential under debate; cysts approximately 12 x 15 microns

#### **Waterborne bacterial pathogens of primary concern (Size ranges from 0.2 x 1.5 to 1.5 x 6.0 microns)**

*Campylobacter* spp. Common in livestock and wild birds  
*Salmonella* spp. Common in livestock feces  
 Pathogenic strains of *E. coli* Can be highly virulent for humans  
*Yersinia* spp. Swine are considered a primary reservoir; apparent low annual incidence in humans

List of pathogens of secondary concern whereby livestock have either no role or an unclear role in human waterborne infection have also been listed.

#### **Waterborne PROTOZOA pathogens of secondary concern**

*Toxoplasma gondii* Felines are the definitive host, not livestock  
*Balantidium coli* Swine suspected, but no clear role  
*Entamoeba histolytica* Human reservoir  
*Cyclospora cayatanensis* and microsporidia (*Enterocytozoon bieneusi*, *Septata intestinalis*) Unknown reservoir and livestock not known to shed these protozoa at this time

#### **Waterborne BACTERIAL pathogens of secondary concern**

*Clostridium perfringens* types A & C Waterborne transmission unclear  
*Listeria monocytogenes* Waterborne transmission unclear; human infection typically foodborne  
*Brucella* spp. Waterborne transmission unclear  
*Leptospiriosis interrogans* Waterborne transmission unclear; human infection typically by direct contact

**Waterborne VIRAL pathogens from livestock** Little scientific evidence that viruses shed in the feces of livestock pose a health threat to humans in the U.S.A.



Table 1

MAXIMUM CONCENTRATION OF  
CONTAMINANTS FOR THE TOXICITY  
CHARACTERISTIC

EPA HW No. <sup>1</sup>	Contaminant	CAS No. <sup>2</sup>	Regulatory Level (mg/L)
D004	Arsenic	7440-38-2	5.0
D005	Barium	7440-39-3	100.0
D018	Benzene	71-43-2	0.5
D006	Cadmium	7440-43-9	1.0
D019	Carbon tetrachloride	56-23-5	0.5
D020	Chlordane	57-74-9	0.03
D021	Chlorobenzene	108-90-7	100.0
D022	Chloroform	67-66-3	6.0
D007	Chromium	7440-47-3	5.0
D023	o-Cresol	95-48-7	<sup>4</sup> 200.0
D024	m-Cresol	108-39-4	<sup>4</sup> 200.0
D025	p-Cresol	106-44-5	<sup>4</sup> 200.0
D026	Cresol		<sup>4</sup> 200.0
D016	2,4-D	94-75-7	10.0
D027	1,4-Dichlorobenzene	106-46-7	7.5
D028	1,2-Dichloroethane	107-06-2	0.5
D029	1,1-Dichloroethylene	75-35-4	0.7
D030	2,4-Dinitrotoluene	121-14-2	<sup>3</sup> 0.13
D012	Endrin	72-20-8	0.02
D031	Heptachlor (and its expoxide)		
		76-44-8	0.008
D032	Hexachlorobenzene	118-74-1	<sup>3</sup> 0.13
D033	Hexachlorobutadiene	87-68-3	0.5
D034	Hexachloroethane	67-72-1	3.0
D008	Lead	7439-92-1	5.0
D013	Lindane	58-89-9	0.4
D009	Mercury	7439-97-6	0.2
D014	Methoxychlor	72-43-5	10.0
D035	Methyl ethyl ketone	78-93-3	200.0
D036	Nitrobenzene	98-95-3	2.0
D037	Pentachlorophenol	87-86-5	100.0
D038	Pyridine	110-86-1	<sup>3</sup> 5.0
D010	Selenium	7782-49-2	1.0
D011	Silver	7440-22-4	5.0
D039	Tetrachloroethylene	127-18-4	0.7
D015	Toxaphene	8001-35-2	0.5
D040	Trichloroethylene	79-01-6	0.5
D041	2,4,5-Trichlorophenol	95-95-6	400.0
D042	2,4,6-Trichlorophenol	88-06-2	2.0
D017	2,4,5-TP (Silvex)	93-72-1	1.0
D043	Vinyl chloride	75-01-4	0.2

<sup>1</sup> Hazardous waste number.<sup>2</sup> Chemical abstracts service number.<sup>3</sup> Quantitation limit is greater than the calculated regulatory level. The quantitation limit therefore becomes the regulatory level.<sup>4</sup> If o-, m-, and p-Cresol concentrations cannot be differentiated, the total cresol (D026) concentration is used. The regulatory level of total cresol is 200 mg/l.

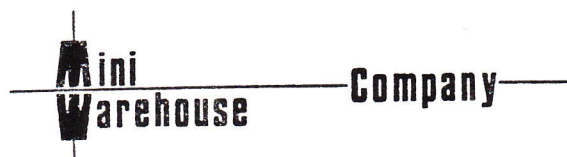
Table 2

Fresh Manure Production &  
Characteristics Per 1,000 kg/lb  
Live Animal Mass per Day

Parameter*	1000 lb in pounds	
	Mean	Standard deviation
Total Manure	51	7.2
Urine	10	0.74
Density	63	5.8
Total Solids	15	4.4
Volatile Solids	10	3.7
5 day biochem O <sub>2</sub> demand	1.7	0.23
Chemical O <sub>2</sub> demand	7.2	-
pH	7.2	-
Total Kjeldahl Nitrogen	0.30	0.063
(No Ammonia Nitrogen)		
Total Phosphorus	0.071	0.026
Orthophosphorus	0.019	0.0071
Potassium	0.25	0.091
Calcium	0.29	0.11
Magnesium	0.057	0.016
Sulfur	0.044	0.022
Sodium	0.036	
Chloride and Lead	-	
Iron	0.016	0.0081
Manganese	0.0028	0.0021
Boron	0.0012	0.00048
Molybdenum	0.00083	0.00033
Zinc	0.0022	0.0021
Copper	0.00053	0.00039
Cadmium	0.000051	
Nickel	0.00062	

American Society of Agricultural  
Engineering

ASAE Data: D384.1

(Data Excerpted from Tables 1 & 2 for  
Horses Only)Adopted by the ASAE December 1976,  
revised June 1988, published 1992\*Feces & urine as voided. All values wet  
basis from a typical live animal  
(Per Dr. Meyers UC Davis, may be  
overstated by 25%)

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Created by Laurie Greenblat

KIDS KORRAL!

S	N	N	O	N	N	A	C	L	H
R	Q	P	F	R	O	G	S	O	O
E	T	C	Z	S	O	J	O	N	C
T	P	M	N	E	C	K	R	K	K
R	B	A	F	Y	S	W	C	J	S
A	S	R	A	E	R	O	T	R	Z
U	E	E	C	R	L	Y	E	N	T
Q	M	D	A	T	X	H	S	T	A
D	A	A	E	M	T	N	U	K	I
N	N	F	C	I	Y	P	O	L	L
I	E	F	W	M	W	B	N	J	X
H	B	S	E	V	O	O	H	V	A

Frog  
Hindquarters  
Poll  
Ears  
Eyes  
Hocks  
Withers  
Hooves  
Cannon  
Neck  
Tail  
Mane  
Fetlock

These pieces that make up a horse are hidden in the puzzle above, either up&down, diagonal, backwards, or across. See how many you can find!

RDOW MECRASLB / WORD SCRAMBLE

See if you can figure out these types of horse activities

RABELR CREA  
ROHES INRCAG  
OPOL  
PIJMUGN  
VTENNGGIE  
ITAIR DRGNII  
LAPUESER  
WOSNGIH  
RUNECENAD  
ANGAYMK

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*Quotes for Horse Lovers*  
submitted by Stephanie Goldie

*The horse is God's gift to Man*

Arabic Proverb

*Experienced horse riders are not prone to brag. And usually newcomers, if they start out being boastful, end up modest.*

C.J.J. Mullen

*It is not enough for a man to know how to ride; he must know how to fall.*

Mexican proverb

*A lovely horse is always an experience . . . It is an emotional experience of the kind that is spoiled by words.*

Beryl Markham

*A Horse gallops with his lungs, Perseveres with his heart, and wins with his character*

Tesio

*A Hibernian sage once wrote that there are three things a man never forgets—the girl of his early youth, a devoted teacher, and a great horse.*

C.J.J. Mullen

*I will not change my horse with any that treads but on four pasterns . . .*

*When I bestride him, I soar, I am a hawk. He trots the air, the earth sings when he touches it, the barest horn of his hoof is more musical than the pipe of Hermes."*

William Shakespeare

*. . . An instinct sympathy which made horse and master one heart, one pulse, one understanding love—is never made, but born.*

George Andrew Chamberlain

*The wagon rests in winter, the sleigh in summer, the horse never.*

Yiddish Proverb

*Horse, thou art truly a creature without equal, for thou fliest without wings and conquerest without sword.*

The Koran

*All our best horses have Arab blood, and once in a while it seems to have come out strong and show in every part of the creature, in his frame, his power, and his wild, free, roving spirit.*

Ernest Thompson Seton

*Care, and not fine stables, makes a good horse.*

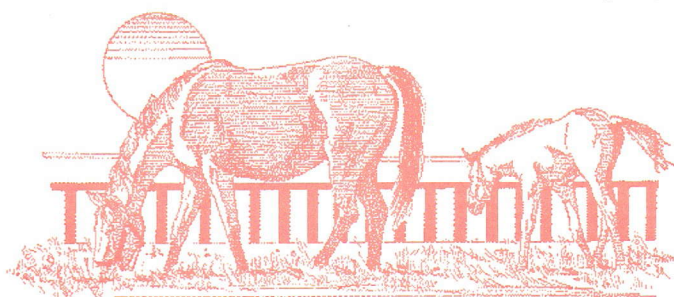
Danish Proverb

*My early riding days were spent on the wooden, or rocking variety of mount. Arm-chairs, bedsteads, all served in my apprenticeship—in fact, my parents' furniture still bears the mark of my whip and improvised spurs!*

Alan Oliver

*One of the earliest religious disappointments in a young girl's life devolves upon her unanswered prayer for a horse.*

Phyllis Theroux





## CAREER MOVES? SURE!

*Reprinted with permission from author, Cooky McClung, for your enjoyment by Dianne Larson Hicks*

I knew it was a mistake the minute I sat down. A friend had talked me into attending a seminar with her entitled "Realizing Your Potential and Advancing Your Career". My friend was looking for a new career, but I already had 10 or 12. She did not have horses, and therefore had time for things incorporated in the program, such as "coordinating your wardrobe to look the part of a professional". She also had the time to eat meals that required a knife and fork, rather than something barely edible wrapped in a napkin to be extracted from one's pocket after the horses were loaded in the trailer.

Even though I told my friend I wasn't searching for new pathways in my life, having enough trouble stumbling through the briars in my present one, she convinced me that *this* seminar would still aid in developing my skills on the outside chance I decided to branch out. Branching out any further than I already had would have required me to be a hemlock, but I went with her mostly because she wanted the company.

The man running the seminar had previously worked in a personnel agency, but by using his very own proven techniques he now "helped other better their lifestyles". This occupation certainly had bettered his, enabling him to collect hefty seminar fees and drive a silver sports car. He began by going around the room handing out evaluation forms that everyone filled out. He also asked pertinent questions to help determine which direction our careers should take. He stopped in front of me, unaware this was going to be a challenge he might later regret.

"Name three skills you use frequently in your present position," he asked in a booming tone for all to hear.

Without hesitation, I replied, "I can nail on a loose shoe, untangle a tail full of burrs and clean green scum off a snaffle in less than 30 seconds."

Frowning, the man was clearly stumped in categorizing my profession, finally asking if I worked in County maintenance.

"Maintenance plays a large part in my career," I answered truthfully. "I raise horses."

"But, what do you really do?" he queried, unable to fit this answer into any actual career slot.

"I also have a large family and work for an attorney a couple of days a week."

"Yes," he said, obviously finding none of these efforts truly fulfilling. "But how do you spend your spare time?"

"The last time I remember having spare time was in 1979 when I had the Asian flu," I answered as honestly as I could. "I spent my spare time throwing up."

He tried another tactic. "Have you ever considered what your life would be like if you parlayed your skills into profit and became a wealthy woman?"

"Oh, I could be a very wealthy woman if I got rid of all my horses," I admitted. "But then I wouldn't need any of my skills. And, if by chance I became suddenly wealthy, I'd simply buy more horses and have to hire someone with similar skills to take care of them and then I wouldn't be wealthy anymore. It's kind of a catch-22 situation when you have horses, if you know what I mean." He clearly didn't.

"I don't think you've realized your full potential yet," he said seriously.

"Yes, I have," I insisted. "I realized my full potential the day my colt got colic and I had to walk him until midnight. That was the same day the pony fell into the swimming pool, the hay truck's brakes failed and took out a section of brand-new post-and-rail fence and the entire right side of our foaling shed, and the puppy chewed two leather halters and the knee roll off my saddle. I not only realized my potential, which I hope to never have to do again, but I reached the end of it."

**S**till attempting to implement the salient points of this program, Mr. Seminar continued: "To be successful in your career, it is important to chart your progress each day. Do you do this?"

"I'm grateful for any day there is actual progress," I replied. "Charting it would be tempting fate. If I can run through my entire schedule of duties averting a major crisis, I would 'chart my progress' as excellent. If I complete a 'program' of mucking out the stables without catching the wheelbarrow in a rut and turning it over in the barn aisle, I'm satisfied with my forward motion. If I can finish grooming the horses without having to answer the phone nine times, I'm moving ahead with steam. If the electric fence doesn't short out twice a week and the gates stay on their hinges, my 'chart runs smoothly'. You see, what separates a career with horses from most any other profession is dealing with the unexpected. There are those constant, daily challenges which either keep your mind razor-sharp or drive you right over the edge."

*continued*



He tried once more. "Do your professional skills lead you to a more active social life?"

"It all depends on what you mean by 'active,'" I observed. "My mother-in-law thinks I have the social life of a kumquat. Staying awake an hour after dinner is a pretty active social life for me. If you count fox hunting as a social endeavor, however, my skills are quite active. I realize, though, most people don't count cracking a whip and yelling 'Tally-ho!' as the height of social communication.

"We do, however, conduct a series of events during the season we call 'breakfasts' where those of us who practice the same skills, horsewise, congregate to share ideas and meet people who might never have surfaced in a more normal atmosphere. For example, there are countless things I would never have learned had it not been for hunt breakfasts. I still wouldn't be proficient at tying a proper mud knot or mixing a nutritious bran mash/ And I'd never have met anyone like the woman who hunted with us who swore her horse talked to her/ And I don't mean just whinnying in the pasture, but held real conversations, advising her on the stock market, as a matter of fact, I have an appointment with him myself next week."

"Perhaps," the man said, shaking his head gravely as he surrendered at last, "you are in the wrong seminar. Perhaps we do not, in truth, have a specific slot for a new career using your particular skills."

"What?" I cried in disbelief. "No category for a woman who

can weave a perfectly useful haynet out of bailing twine? Who can repair a hole in the wheelbarrow bottom with a half a feedbag? Who can finish trimming a horse with manicure scissors when the clipper blades clog up? There are hundreds of slots I could fill! I could be a master plumber, as many times as I've fixed broken water pipes in the barn after a hard freeze. I could be an agricultural consultant, often as I've been up in the hayloft after dark discerning the difference between alfalfa and timothy (besides \$3.50 a bale). I could work for a moving company, he countless times I've packed tack trunks and station wagons for horse shows, and carried large, bulky objects through deep mud while my shoes were being sucked off.

**W**hy, I could teach a survival course, using no more than a hoof pick, a sweat scraper and a pitchfork. I have more than a nodding acquaintance with auto mechanics, having wired the muffler to the van with no more than the thong of my hunt whip. I'm certainly strong, having held on to enough fractious yearlings who wanted to go anywhere by the direction I was leading them. And I can bandage and poultice right up there with the rest of them."

Mr. Seminar gave up completely at last and allowed me to fill in the remainder of the evaluation form. At the completion of the seminar, it helped me to discover that should I ever want to give up horses and start all over in my new career, I would make one heck of a hod-carrying veterinarian paramedic.



## Trading Post

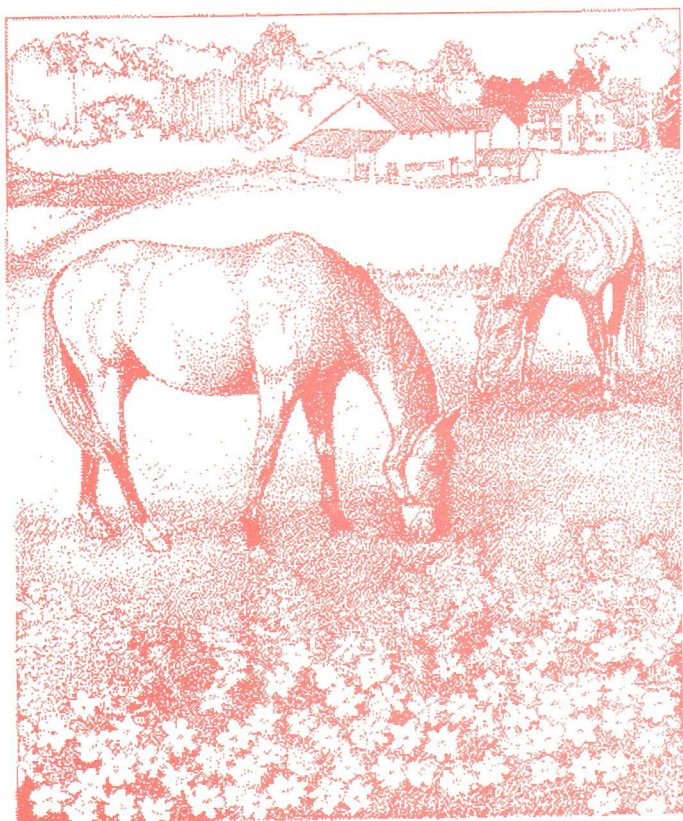
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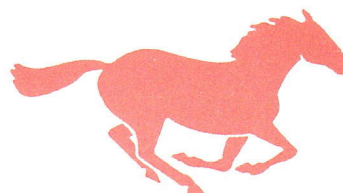
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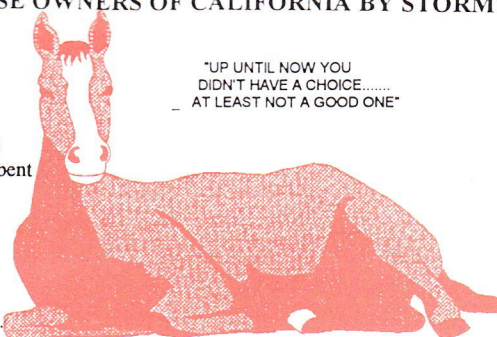
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## 1998 Calendar

Tentative (updated 3/9/98)

## April

- 5 LV Ride
- 4-5 Jack Brook Work Days
- 9 Board Meeting
- 18-19 Jack Brook Work Days
- 25-26 Jack Brook Work Days
- 26 Spring Ride
- 30 General Meeting

## May

- 2 May Day Parade
- 2-3 LV Ride
- 14 Board Meeting
- 15-17 Equifest @ Bay Meadows
- 21,28 Western Clinic
- 31 Western Schooling Show

## June

- 5 LV Ride Sign-Up Night
- 7 LV Ride
- 4,11,18,25 Western Clinic
- 10 Board Meeting
- 14 Ride
- ? Romp & Stomp
- 18-21 LV 4-Day Ride
- 28 Western Schooling Show

## July

- 4 Parade
- 8 Board Meeting
- 9 Western Clinic
- 11-12 LV Ride
- 16 Western Clinic Show & Dinner
- 20-26 JACK BROOK HORSE CAMP

## August

- 1-2 LV Ride
- 2 English Schooling Show
- 13 Board Meeting
- 16 Nor-Cal Show
- 27 General Meeting

## September

- 5-7 LV - Jack Brook
- 10 Board Meeting
- ? Trail Trials

## October

- 3-4? LV Ride
- 8 Board Meeting
- 10 Presidents' Ride
- 24 Halloween Spooktacular/  
Pumpkin Carving
- 30 Grand Nationals Opening Night

## November

- 1 LV Progressive Ride
- 12 Board Meeting
- 19 General Meeting/Elections

## December

- 4 Board Dinner/Meeting
- 13 Christmas Party

## January 1999

- 14 Board Meeting
- 23 Kick-Off Dinner/Dance

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*Volume 57, No.2  $\Omega$  Spring 1998*

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