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Photo by Krista Kahl

Cover

Jack Brook 2022: A wonderful weekend with memories to last a lifetime. We hosted 22 campers and 75 for dinner Saturday night. The raffle was a huge success, and the food was delicious. Thanks to all who made this event possible!

Didjknow

By Bob Rosenberg

ANTHROPOMORPHISM: A term that refers to thinking of animals as possessing human traits. This is erroneous thinking.

Cowgirls' Quarterly

A Message from Your Presidents

Deb Alvarado, Sharon Butler, and Deb Vasquez



Gift of the Horse

We have been doing different activities these past few months with our horses and friends. With the beautiful weather and longer days, we get more time with our loved ones, thus improving our relationship and connection. Also, spending time with friends on similar journeys while doing things with our equine partners just makes life so much better!

How do you designate periods assigned only to your horse or horses? Sometimes allocating this time to them is exactly what we need. We give ourselves a gift in the process of just being with them.

Some of us have been horse camping, while others have been attending clinics and shows or trail riding. For those who cannot ride their horse, joy can be found grooming, feeding and visiting them while they munch on their hay. Seeing someone else's horse can also be good for the soul. Folks who have not been around horses have no idea what they are missing out on! We know spending time with horses can help ground us and enhance our mental health and well-being.

SMCHA has some upcoming activities you might want to participate in with your equine buddy and possibly with your people buddies too. The Golden Gate Park Ride, Obstacle Playday, Presidents' ride, and Fall Riding Clinic are just a few events you might want to participate in with your equine. Check out our calendar for further information on these events and find out what else is happening.

We hope all of you find time to spend with your horse and continue to find ways to experience those gifts.



**The San Mateo County
Horseman Magazine**

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(Application on back cover)

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ASK THE VET

Flossing

By Reece Myran, DVM, Pooler, GA.

Q: MY EQUINE DENTIST JOKINGLY MENTIONED MY MARE SHOULD BE FLOSSING MORE. HOWEVER, I UNDERSTOOD HIS POINT THAT HORSES, AS WELL AS HUMANS, GET STUFF STUCK BETWEEN TEETH, WHICH ISN'T GOOD. HOW MUCH OF A PROBLEM IS THIS, AND IS THERE ANYTHING AN OWNER CAN DO TO HELP?

The horse's premolars and molars are set up such that they actually function as "1 tooth"---that is, in the normal state, the gaps between those teeth are so tight that even if you tried to floss them, you would be unable! (unlike our human teeth). The horse can run into problems when there is a pathological situation that opens up a gap between these teeth, allowing feed to accumulate. The vast majority of these problems are caused by a mechanical issue—incorrect alignment of the molars/premolars. If left uncorrected, serious periodontal disease can develop, often leading to tooth extraction. The best way for you as an owner to stay on top of this is to allow your veterinarian to do yearly examinations of your horse's mouth. He/she is the person most qualified to recognize a problem and figure out the solution.



MJ needs a flossing!

Stanford Polo Days and Shoeing

By Annie Tyo

Jose Flores has put shoes on my Mustang Wild Bill for the past seven years. He never lets you down! His gentle, friendly demeanor is lovely, and the horses like him! He keeps some horse cookies close by when

they are patient, giving them one after completing each hoof.

We always visit about how his family is doing and the latest equine events. One day he told me he used to play polo for Stanford. I asked him to bring a picture, so he brought out a bag of memories on his next visit to shoe Bill. He pulled out a collage of pictures from his days playing polo, trophies from 1998 and 2002, his mallet and ball, and the 2001 Polo rule book.

I asked him how he began to play polo, and he told me that he worked at the former Brandy Wine Ranch behind Rosotti's in Portola Valley, helping to ride and exercise the 40 head of polo ponies. Once they realized what

a good rider he was, they asked if he would like to play for the Stanford polo team. He said, "Yes!"

Mentored by Wes Linford, he learned to shoe and became the official shoer for the team. Jose worked with Wes for 12 years until he retired, and then Jose took over his business. He has been shoeing for almost 20 years, and I must say he does a beautiful job! He

spends a lot of time at Webb ranch and is well known in the horse community. If you see him, say hello and tell him you read his story in the SMCHA magazine!



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Quarter Page		
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Business Card		
Per issue (1x)	\$25	\$40
Per Year (4x)	\$80	\$150

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

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

DEADLINE FOR ADS AND ARTICLES
for the Fall 2022 issue is November 1.

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SMCHA TRAILBLAZER: Janet Estep

In the last issue of the SMCHA magazine, Janet Estep was incorrectly referred to as Carol Estep. Please accept my sincere apologies. I was so hoping Janet had a daughter, a cousin, or a sister named Carol, but sadly, this was not the case. The fault lies squarely on my shoulders. Janet, thank you for understanding the error with grace and kindness. Please accept my sincere apologies. Elizabeth O.

Part 2 of 3

I rode with my friends in Burlingame throughout high school. After high school, my family moved to Santa Rosa because my father had had a heart attack, and my mother had sold the business. Eventually, I made my way back to this area, but I did not touch horses for 18 years after high school because I married, had two kids, and started working.

Things did not go so well with my husband, so we decided to separate. I started working as a night manager at the Stagecoach restaurant (now known as Buck's). I was also teaching Kindergarten full time and going to school at Notre Dame. I met Jim Estep at the Stagecoach restaurant; his wife, Mary, had died from cancer, so he was used to working long hours. So, he'd stop by the Stagecoach around seven or 7:30 for dinner before heading home. We got to know each other better and got married in 1980.

Jim lived in Woodside, and since his late wife, Mary was an excellent rider and his girls loved horses, he had horses on the property. Jim had not had much riding experience at the time due to his busy work schedule, but he was a member of the Mounted Patrol and we started riding more often.

His friends from Mounted Patrol frequently asked, "Have you ridden up the mountain lately?" Janet thought to herself, "What's the big deal? You go up the mountain on horseback and come back down." It all seemed pretty straightforward. So, I asked Jim, "You've lived here since the 1960s and you've never ridden up to Skyline and back down again? You've never ridden to the top of Huddart and back down?"

He responded, "No. No, I haven't."

So from that moment on, we made a habit of always riding up the mountain. We would leave our house, go up to and all along Skyline and come down Wunderlich. I have such fond memories of riding together.

Jim heard a few fellows at the Mounted Patrol talking about an upcoming horse sale at a barn in Woodside. Jim had to work that day, so I went by myself and laid eyes upon a 10-year-old half Arabian, half Quarter Horse named Daqueri. She was a pretty buckskin with white socks. I watched carefully when she was being ridden and then



I rode her myself. Despite being fat from pasture life, I took a liking to her right away.

The next day, Jim and I bought her with all the tack, including a blanket, saddle, and saddle pad. For \$2,000, I got myself a wonderful horse who'd go anywhere and do anything I asked of her. When I took her home, I gave her a quarter flake of hay twice a day and slowly worked with her to bring her weight down. Daqueri's weight came down and we became riding partners for life.

In the next issue of the SMCHA Magazine, Janet will describe her role in today's current trail system, but first, I wanted to hear a crazy horse story, and she came up with a doozer!

When I was young, I rode at the Play Pen on Fox Hollow Road in Woodside. The Play Pen had a track and open fields with jumps, and there might have been 20 acres there altogether. My good ol' friend Roy worked there, the one who put me on horses to gentle them.

He had a horse named Gay Blade, who was not off the track for too long. So he had been working off and on with Gay Blade for a while. I don't know how long, but not a very long time.

So, I got on Gay Blade and started my way around the track. As I passed the gate, I heard a bunch of kids on horseback making their way onto the track. As soon as that gate closed, they started galloping all around and came right up behind us. Gay Blade, an off-the-track horse, heard galloping hooves behind him, so what did he do? He blew up and took off!

So he ran down the track, made the curve, and as he made the curve, there was a big oak tree sprouting a lot of small, low branches. That was where the water jump was. So we went up and over the water



Jim and Janet Estep (on Daqueri).

Continued on Page 30



Pearl, also known as Barlink, is a different mutation of the same gene as Cream. It's found in Quarter Horses and Iberian breeds.

THE BIOLOGY OF HORSE COLORS

By Betsy Hart

Part 2

In my previous article about horse color biology, I wrote about black, bay, and chestnut horses. As a reminder, all horses can only make two different colors of pigment that go into their hair—black and red. Black horses make black pigment all over their bodies. Chestnut horses make red. And bay horses make black on their points and red on their trunks. These three colors are known as the base colors.

So what about all those other colors? A bunch of genes affect dilution—how much black and/or red get made and deposited into the hair. While the base color tells you which color pigment (black or red) goes where the dilution genes change how much of each pigment. Diluting the pigments really changes the

color of the horse.

One of the most common dilution mutations is a gene called “Cream.” It’s what’s responsible for palomino, buckskin, and cremello/perlino/smoky-cream horses. Palominos are a yellow color with a white mane and tail. Buckskins are a similar yellow color, but their points are black like a regular bay horse. And cremello-type horses have very pale off-white with pink skin and blue eyes.

Here’s the biology behind the Cream gene. The enzymes that make the black and/or red pigments inside the pigment cells need to be a little acidic to work efficiently. Because of this, the pigment cells have these little bubbles inside them (called melanosomes.) Molecular pumps pump acid into the melanosomes so the color-making enzymes can make the color. The

“Cream” gene is a mutation in the acid pumps that makes them inefficient.

If a horse gets a normal (not-Cream) acid-pump gene from one parent and a mutated non-functional Cream gene from the other parent, they can still make some pigment, but not as much as if they had two functional genes. It turns out the red pigment is much more sensitive to this acid level than the black. So this horse with one regular and one mutant gene will be able to make almost the typical amount of black, but it has a lot of trouble making red, especially enough to color the thick hair of the mane and tail. So, applying this situation of one Cream gene to a base-color-chestnut horse, the horse ends up palomino. In a base-color bay horse, one Cream gene will lighten the red trunk but leave the black

almost entirely alone, so that’s when you get a buckskin. And a black horse with one Cream gene does not have discernable differences.

Now, if a horse inherits the broken-acid-pump Cream gene from both parents, the horse can barely make any pigment at all, black or red, and it even hits the pigment for the skin and eye color, which is generally more resilient to all these mutations I’ve been writing about. A horse with two Cream genes ends up with a very light off-white color with pink skin and blue eyes, and it’s called “cremello,” “perlino,” or “smoky cream,” depending on whether the base color of the horse is chestnut, bay, or black. In practice, these three colors can be hard to distinguish.

There are a lot of other dilution genes that aren’t as common

as Cream. I will describe them without getting too detailed.

Silver, also known as “silver dapple” or “chocolate,” affects the ability of a horse to make black pigment. So on a base-chestnut horse, it doesn’t do anything because this horse wasn’t making any black pigment anyway. But on a bay horse, it will lighten the points to a pale silvery-gray color; on a black horse, it will lighten the body to a chocolate color, and the mane and tail will be off-white. The Silver mutation is more common in some breeds like the Rocky Mountain Horse.

Dun is an interesting dilution in that the original horses evolved with dun color, and so the “Not-Dun” is technically the mutation! The Dun gene lightens black and red pigments with a distinct pattern. The mane, tail, face, wither area, line down the back, and legs are not lightened, and there are often hints of zebra stripes on the legs. Grulla/



This horse's mane hints he is a bay with a silver dilution gene.

Continued on Page 33

An advertisement for Half Moon Bay Feed & Fuel Co. The background is a red barn with white trim and a white door. The text is in white and blue. At the top, it says "For All Your Ranch Needs" in a large, stylized font. Below that, it says "Since 1911" and "Horse Tack Boarding Hay & Feed Fencing". The main text is "HALF MOON BAY FEED & FUEL CO." in a bold, sans-serif font. At the bottom, it says "331 Main St. Half Moon Bay. 650-726-4814". There are decorative flourishes at the top and bottom of the ad.

9 Things to Do with and for Your Horse When You Can't Ride

Republished from the blog: Horselearner.com

Sometimes riding just isn't an option. Perhaps you or the horse are recovering from surgery or an injury. Maybe you are working to overcome anxiety or confidence issues after a fall. Perhaps the horse is too young or too old to carry a rider. Regardless of the reasons why, there are luckily so many things to do with and for your horse when you can't ride. I hope this can inspire you and give you some new ideas of things to do out of the saddle.

Training

When riding is off-limits, it frees up your time to do other types of training that you perhaps never found the time for or maybe haven't even thought of. I am certainly guilty of focusing so much on riding and developing skills in the arena that I can forget that horses are curious and playful beings. There are many other activities we can do with them and other areas to develop in. Here are just a few to get you started.



Lunging your horse to expend energy ...



... or not.

1. Lunge Your Horse

Lunging is a great way to allow your horse to expend some of his energy without having to ride him. A 15-20-minute session is usually a good duration, splitting the time between the two directions. Lunging helps the horse to loosen up, aids the development of balance and rhythm and also makes it easier for you to tell if the horse is lame or has any issues with his gaits or mobility in general. Some horses need more practice than others.

2. Teach Your Horse to Stay

I don't know about your horse, but mine can be pretty distracted and restless and does not always stand still when I want her to. If you're quietly nodding your head and rolling your eyes right now, how about spending some time in the field with your horse and train her to stand still without any aids (besides treats of course)? Do that every day for a while and she should start getting the picture.

3. Teach Your Horse to Lower His Head

There are many ways of teaching horses manners, but lowering the head is one of my favorites because it makes interacting with them so much easier, particularly larger horses. A raised head can often be a sign of nervousness or tension where the horse is trying to avoid something scary or uncomfortable – a little bit like when humans have raised shoulders. A lowered head indicates calm and trust.

You can teach your horse to lower his head by gently placing your hand at the top of his head and reward him every time he lowers it, even just slightly.

4. Experiment with Clicker Training

Speaking of clicker training. If you have never heard of it before, it is a technique used to train animals (especially dogs) to learn certain behaviors, and this method is also commonly used on horses. The principle is using a cue for the desired behavior and click with the clicker each time the horse does as he is asked. Then immediately follow up with positive reinforcement, usually a treat. Over time, the horse learns to associate the cue to the click and the click with something positive, encouraging him to perform the requested action more easily.

5. Intentionally Train to Get Rid of a Specific Bad Habit

Does your horse have a bad habit that drives you mad, but that you have ended up just learning to live with or found ways to circumvent? Perhaps it's jerking his head away to make it difficult for you to put on the bridle, maybe it's walking ahead of you when he is on the lead rope, perhaps it's refusing to get into the horse trailer whenever you are going somewhere.

Now is your chance to change that.

Depending on how much time you will have out of the saddle, pick one or two things you'd like to tackle and make a plan for how to do it. Do a bit of online research, watch a few Youtube videos or ask some equestrian friends for advice Try to make it a fun exercise and use lots of positive reinforcement (read: treats) as soon as just a hint of progress is made.

Continued on Page 17

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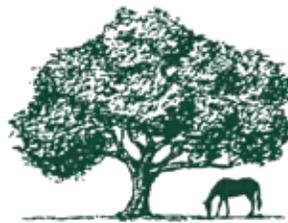
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EquiKneads



By Kristina Chancholo

I started my business, EquiKneads, 16 years ago after graduating from Fresno State with a B.S. in Animal Science, emphasis in Equine Science. In 2006 I became a certified equine bodyworker, safely conditioning injured sport horses while also managing public and private barns. For the past seven years, I have used Low Level Light Therapy (LLLT) or photobiomodulation to accelerate healing in various tissue types such as ligaments, tendons, muscles, and skin in sport horses, with excellent results.

There are over 300,000 papers on LLLT on PubMed, and the science is convincing and astonishing. Neuroscientists and doctors across the globe are using red and near-infrared light therapy to help patients with Alzheimer's, Parkinson's, depression, traumatic brain injury, and more.

Even though photobiomodulation isn't a new concept in the science world, its application in sport horses is relatively new. I use the FDA-approved, medical-grade EquineLight unit by LightMD. There are two hundred high-quality LEDs per flexible Light Pad, providing the densest light output than any other device on the market. These flexible pads also contour to essential treatment areas on the horse, such as their fetlocks, coronet bands, back, knees, poll, hocks, and stifles.

Light therapy affects tissue at a cellular level using low-level LED light to penetrate the skin's surface and reach the underlying tissues, stimulating the body's natural cellular functions. This application of specific non-ionizing wavelengths of light leads to non-invasive, drug-free medical and wellness benefits. The mitochondria in the cells uptake the photons (light) and use it to produce ATP

(energy). The photon therapy used in the infrared wave band can activate many metabolic processes, including cell division for cyclic AMP metabolism; oxidative phosphorylation, hemoglobin, collagen, and other proteins synthesize leukocyte activity, production of macrophages, and wound healing. If macrophages are exposed to infrared light within the range of 880nm, they release substances that help repair damaged cells, thereby supporting production of connective tissue.

Light therapy has many benefits, including:

- Increases circulation through the formation of new capillaries, which speeds up the healing process by carrying more oxygen and nutrients throughout the body.
- Stimulates the production of collagen, an essential protein used to repair damaged tissues, reducing the amount of scar tissue.
- Increases RNA and DNA synthesis, supporting the repair of damaged cells.
- Stimulates fibroblastic activity, which aids in the repair process.
- Stimulates tissue granulation and connective tissue projections, which are part of the healing process of wounds, ulcers and inflamed tissue.
- Increases lymphatic system activity. Edema, which is the swelling or natural splinting process of the body, has two basic components. The first is a liquid part, which can be evacuated by the blood system, and the second is comprised of the proteins, which have to be evacuated by the lymphatic system. Research has shown that the lymph vessel diameter and the flow of the lymph system can be doubled with light therapy. In addition, the venous and arterial diameters can also be increased. This means that both parts of edema (liquid and protein) can be evacuated at a much faster rate to relieve swelling.

When treating your horse with light therapy, it is important that I work closely with the veterinarian or at least maintain communication about diagnostics and prognosis. This is essential information for me to have when taking on a new client and dealing with a new injury, which allows me to know which frequencies to use, which protocols to follow, and determine a light therapy prognosis. I have worked on horses with chronic infections, bacterial loads, and congested lungs with success. Light pairs well with western medicine treatments such as medications and antibiotics through increasing circulation, vasodilation of the blood vessels, and calming the nervous system.

The top ailments and injuries I treat on a monthly basis are tendon and ligament strains and tears, arthritis, sore feet, and overall foot wellness, sore muscles, cervical stenosis, infected wounds, fetlocks, chronic hematomas, hocks, and lumbar areas. The most rewarding ailment I treat is laminitis. Through vet referral, I will treat acute and chronic laminitis. LLLT almost immediately decreases inflammation in the laminae and begins essential tissue repair. Light therapy is a good adjunct therapy to the vet's medical treatments for laminitis.

While light therapy can address many issues and be a great prevention for injury, equine health teams must work together. Most clients are referred to me because their horse has an injury. It has been my experience that if light therapy is used at the start of an injury, for example, a tendon tear, the healing time is about half of what was expected. These findings have been identified by veterinarians using ultrasound at the start of an injury and throughout light treatment sessions. Once the injury is rehabbed with LLLT, the horses typically stay on as monthly clients as part of an injury prevention program. As a trained equine bodyworker, I can identify a decreased range of motion in joints and sensitive or tight areas that would benefit from photobiomodulation. LLLT used after bodywork, chiropractic, and acupuncture can increase the benefits of these therapies.

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S.T.A.R. CAMP

By Cheryl Basin & Bob Rosenberg

SMCHA is very proud to have sponsored a youngster for a week at this year's STAR Camp. After a two-year hiatus due to COVID-19, the San Mateo County Sheriff's Office hosted the Sheriff's Training and Recreation (STAR) Camp at the YMCA Camp Jones Gulch near Loma Mar.

This endeavor began in 1994. Young students from "at risk" areas are invited to stay at camp for a week to get training and guidance to increase self-esteem, learn how to avoid gangs, vaping, etc. Also included are opportunities for lots of recreation such as fishing, soccer, archery, wall climbing, and of course horseback rides. This is a once-in-a-lifetime experience for many of the children and provides them an opportunity to experience the great outdoors and enjoy a brief respite from the stress of inner-city life.

They spend the week with young counselors and Sheriff's deputies who wear civilian clothes for the entire week. Thus, these kids come to know law enforcement folks as simply grown-ups like most other adults in their lives. Meanwhile, they tell us that the



horseback rides are the highlight of the week for most of the kids.

The San Mateo County Sheriff's Mounted Search and Rescue unit brought four horses to Camp for the youngsters to ride. One adorable young girl had never been up close and personal with a horse and was visibly afraid. She reluctantly got on "Harley" and was led around the large field by Harley's owner, Becki Eyn. At the end of her ride she dismounted, left the area and came back a few minutes later to tell us she wanted to do it again. She went for another ride. Fear gone! A good week for some awesome kids!

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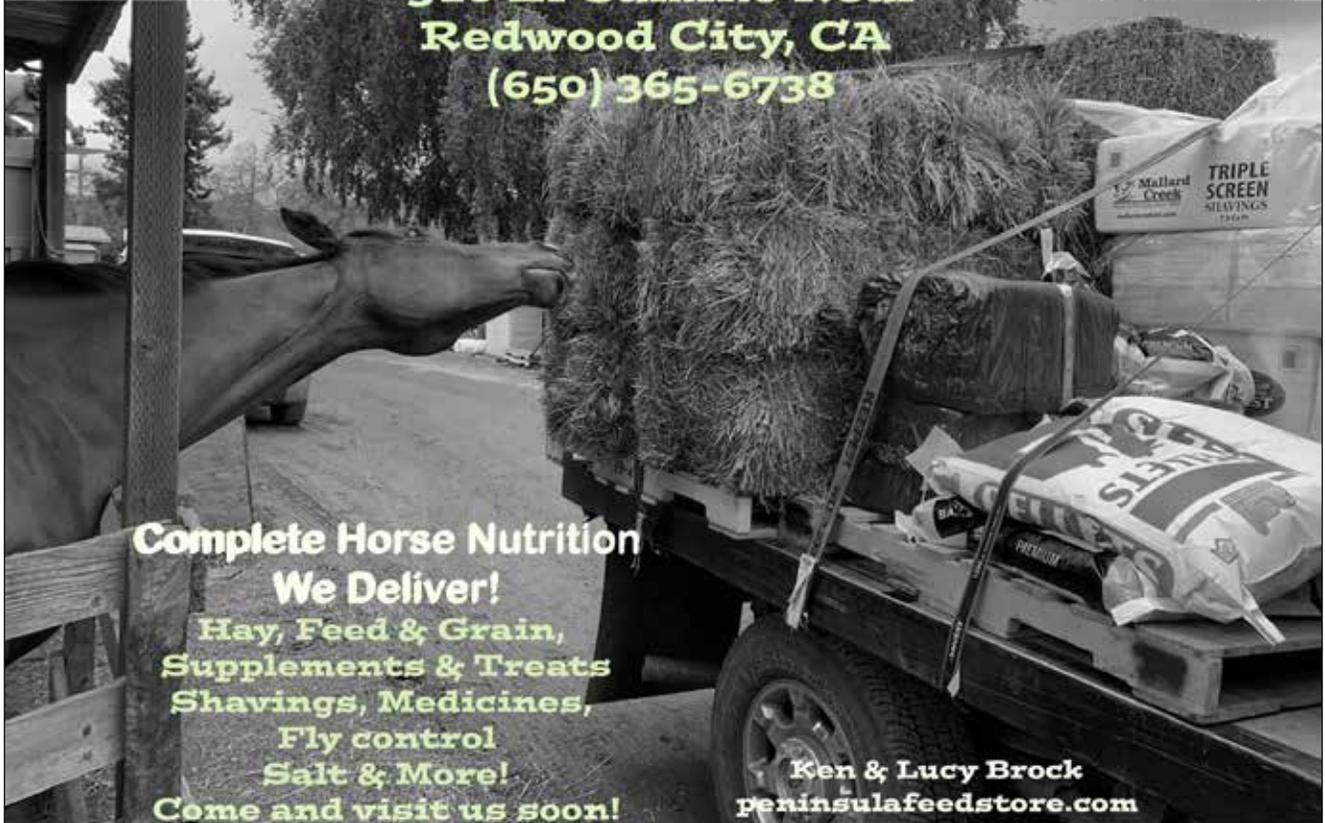
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9-Things

Continued from Page 10

6. Accustom Your Horse to Something Spooky

Is there something that, without fail, will spook your horse regardless of how many times he has seen it, heard it, or smelled it in the past? For my horse, it's a specific roadblock we pass every time we go hacking out. And She HATES umbrellas.

Depending on the object, bring it to your horse or the horse to it. For instance, place an umbrella in the paddock and leave it there. Don't force anything but allow the horse to spend time around it. As he gets used to it, you can pick it up and carry it as you would in the rain just walking around the paddock. The next step could be opening and closing the umbrella while walking at a distance and progressively moving closer. It is helpful to be two during this training so that while one person is holding the spooky object, the other can be closer to the horse and give positive reinforcements for his acts of bravery.

7. Prepare Your Horse for Health Checkups

Just like for children, going to the doctor or the dentist can be a little scary for a horse. As these encounters are (hopefully!) relatively infrequent and sometimes connected to pain or illness, it's no wonder they find it a bit uncomfortable.

Taking the time to accustom your horse to the typical examinations a vet, dentist or farrier would perform, will definitely make these visits a more positive experience for all parties, and maybe even save you a few pennies if it makes things go faster.

Train your horse to allow you to do things like opening his mouth

and feeding him through a syringe, touching his teeth, taking his temperature and lifting his feet on command.

8. Find Ways for Your Horse to Stay Active both Physically and Mentally

If your horse will not get much exercise for a while, try to find other ways that we can stay active. Leave a few small jumps or cavaletti in the field or paddock where he spends his day. Get a toy for him to play with or find ways to slow down his eating so the feed lasts longer.

9. Get Into a Fitness Routine

Unless you're on a riding break due to an injury, why not take this time to improve your future riding by working towards a fitness goal? We love our horses so much and constantly think about their health and training so it's easy to forget that there are two parts to this riding equation. If we don't work on our own strength, balance, mobility, and endurance it almost doesn't matter how superbly our horses are trained.

Pick one or two things you'd like to improve in the saddle and find an exercise program that can help you get there. Maybe you get winded and out of breath when trotting or cantering for longer intervals? Try doing a couple of beginner HIIT workouts into your morning routine. Perhaps you feel a little off balance in the saddle and could benefit from improved core strength? Work in a 10-minute core workout before bedtime.

If you want to work out with Horse Learner, please go check out our YouTube channel dedicated to equestrian fitness and let's work on our rider fitness together!

More Tips in the Fall issue!



Willow: No Spookiness Here!

4-H EQUINE PROJECTS

The 4-H Equine Project wrapped up this June with a couple of youth members writing articles for the SMCHA magazine- quite an opportunity! The Equine project was held at Jasper Ridge Farm (Many Thanks!!!) and ran from October through June. This project year, we focused on "Horses in the News," which led to great discussions touching on most aspects of the equine world, as you can imagine.

One article is by Clara Hause, a 14 year old beginning her freshman year in high school. She has been a member of her 4H club for eight years and in the Equine Project for four years. Clara has always been passionate about horses, animal welfare, and her pet dog and cat.

The other article is by Grace Sullivan who was new to the project this year. ~ Jennifer Ott

Understanding Equine Stress Signals to Improve Wellbeing

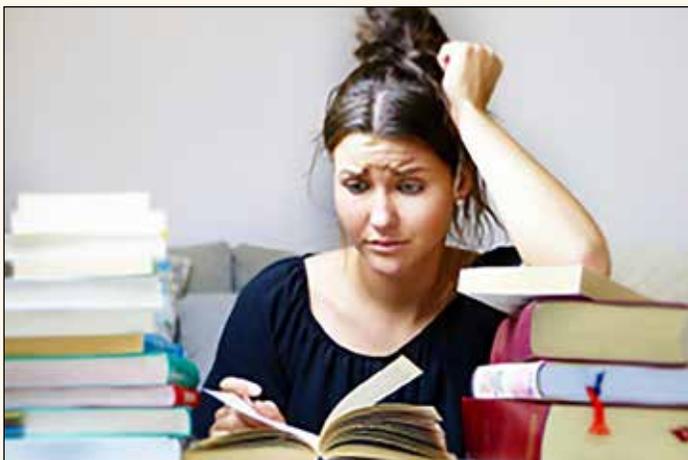
By Clara Hause Stephenson

On February 27th, the San Francisco Chronicle reported about an equestrian accident that had happened after a parade in downtown Oakland. After the parade concluded, a horse that had been ridden in the parade suddenly bolted, with the rider still on its back. Another horse bolted with it, and they ran straight into oncoming traffic. A car hit the horse with the person on it, and the person was thrown off the horse onto the road, where she lay unconscious. The two horses, one now bleeding from its leg, continued to run down the car-filled street until they were caught.

This story is just one example of how dangerous a situation can become if we do not recognize the early signs of horse stress before the horse reaches the fight or flight stage. Most animals, including humans, give signs that we are stressed, little cues to others that we are not comfortable and that something is wrong in our environment.

Human Stress

Recall a time when you were stressed. Did you maybe wrinkle your forehead, mess with your hair, tap your foot, or bite your lip? These often involuntary behaviors are little signs that show others you are stressed. You might also grow to recognize



small signs like these in your pet and come to understand that they mean that your pet is stressed. For example, a dog might scratch, shed uncontrollably, whine, lick themselves profusely,



or hide if something stresses them. Horses, too, give signals that they are stressed, and it is essential to be able to recognize them before the horse gets to the flight or fight stage. Doing this will help you give your horse a safer and less stressful life and improve their welfare.

Evolutionarily speaking, horses were only domesticated recently and still retain many of their prey animal instincts, including the flight response. In the wild, horses would conserve energy all day so that they could sprint to safety when they detected a predator. Domestic horses today still have this instinct to bolt from whatever stresses them. However, what they are running from is most often not a predator, and the bolting response can put them in more danger, such as with the horses in the Oakland parade. Certain activities we ask horses to do, such as having them parade through loud streets often with candy flying and motorcycles zooming past, can stress them and activate their instinct to run. However, before they get to the stage of stress where they will bolt, horses will often exhibit many behavioral signals of stress, which will ramp up as the stress increases. To avoid dangerous situations like what happened to the horses and equestrian in the Oakland parade, we have to recognize the early signs of stress that horses display and calm them down before they can get to the flight stage.

When a horse's environment changes in a way that makes them stressed, horses will first demonstrate appeasement signals. Appeasement signals are behaviors meant to appease and calm whatever is stressing them. These behaviors show that the horse doesn't want any trouble and wishes to keep the situation from escalating. They might also use the signals

Continued on Page 20



Miniature Horses

By Grace Sullivan

Miniature horses might seem like the perfect thing to have on a farm. They've got everything a regular horse does, just smaller, right? Well, not precisely; miniature horses can sadly have more problems compared to normal-sized horses and sometimes have to be euthanized because of these defects. Minis also are more vulnerable to long-lasting health conditions that can sometimes be with them for their whole lives.

You might wonder how all this could come to be true; they're just smaller. How could size affect them to these great lengths? The thing is, it's not really their size alone. How they got to be that small gives them these conditions. Miniature horses were bred over time to be the size they are. So since this is how they became smaller, it was like people were slowly squeezing them.

Because of this, their bodies had to adapt quickly and evolve smaller organs to fit their smaller bodies, which made it quite hard since the body had to adapt quicker than it was used to. That's the reason minis will often have health problems. Some major ones are . . .

Teeth Problems

Minis' mouths had to grow smaller so quickly their teeth overcrowd in their mouths. This can make it harder for them to eat their food without pain. It can also lead to the teeth becoming unnaturally sharp, getting infections, and shaving away at the soft tissues in their mouths. As you might imagine, this would not be a good experience and would cause horrible pain to the horses.

Angular Limb Deformity

This is when a mini's limbs are crooked and/or facing the wrong way, causing difficulty walking and hoof wear. Though it can



indeed be treated with surgery, this is not the case with all of the minis suffering from this condition.

Obesity

Miniature Horses have evolved to survive with very minimal calories. Even though some people overfeed their minis, leading to them getting obese. Minis are also excellent at storing fat, and when they get great stressed due to birth or other causes, they will transfer fat into energy through the kidneys at a rapid rate. Doing this can damage their kidneys which in time can lead to death.

In conclusion, miniature horses may look cute. Still, they can have major health problems because they were bred to be smaller and therefore can have abnormalities like limb deformities and overcrowding teeth. They can also have health problems not due to genetics, like obesity from people not providing proper exercise or possibly, too much food. This doesn't mean there aren't minis without health problems, but it doesn't mean it is a good decision to breed minis.

4-H

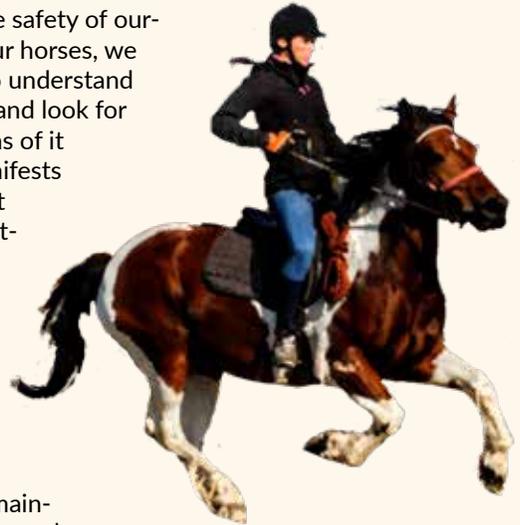
Continued from Page 18

to calm themselves. Every horse is unique and gives its own unique signals that it is stressed, which is why you must get to know your horse and its particular signals. However, according to Racheal Draaisma in *Language Signs And Calming Signals Of Horses*, some common calming signals are yawning, turning the head or ears, showing the hindquarters or flank, and half closing the eyes.

If the stress does not decrease, the horse will move on to displacement behaviors. Displacement behaviors are normal behaviors displayed out of context that the horse does when it is conflicted and has anxiety, often when it wants to do something but suppresses the urge to do it. Some common displacement behaviors are rubbing the head or neck on the leg, self-biting, pawing, rolling, and stirring up the ground without eating. If the stress still does not decrease, the horse will exhibit stress signals such as showing the whites of the eyes, actively moving the ears, clenching lips, maintaining a high neck position, moving hastily, and pacing. After these signals fail to stop the stressor, the horse will give distance-increasing signals meant to maintain or increase the distance between the horse and the stressor. Weakened forms of distance-increasing signals are possible at any level of stress, but some that often show up at this degree of stress are chasing away, bucking, exhibiting posturing behavior, and using lateral movements away from the stressor. And, after all of these signals fail to stop the stressor, the horse will resort to fight, freeze, or flight behavior such as the flight response that happened after the Oakland parade.

Bolting horse

To ensure the safety of ourselves and our horses, we must learn to understand horse stress and look for the early signs of it before it manifests into the flight response. Getting to know your horse's cues that it is stressed and the progression of these stress cues is essential to maintaining your horse's welfare. Once you understand what stresses your horse, you can better be prepared to deal with that stress and make sure it does not escalate into unwanted behaviors. So, the next time you see any of these behaviors, take note of your environment. See if you can find what stressed your horse, and continue to watch the silent interaction the horse has with its environment. The more you do this, the better you will get to know your horse and support its well-being.



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The Mounted Patrol Foundation believes that horses and equestrian activities have helped create a vibrant, healthy community in Woodside, California and the surrounding area.

The Mounted Patrol Foundation seeks to honor this legacy by continuing to support, maintain, develop and encourage equestrian facilities, activities and heritage in the town of Woodside, the county of San Mateo and the state of California. Our vision also includes the preservation of horse habitats and trail systems to provide both opportunities and environments conducive to the enjoyment of horses for horse owners and the public at large.

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Huddart Park - 5.5 miles - 2008-2009

Phase 1 - Lower Loop - November 2008 - 2.74 miles \$30,000

Phase 2 - Upper Loop - October 2009, 2.4 miles \$30,000

Wunderlich Park 2011 - 2012

Phase 1 - Lower Loop May 2011 - 1.4 miles - \$18,450

Phase 2 - Upper Loop November 2012 - 1.44 miles - \$27,470

Many thanks to all the generous donors who made these projects possible. Thanks to San Mateo County Parks for their support and effort. And appreciation to Yakima Construction, who hauled, placed and compacted 3,500,000 pounds of base rock. The trails are still in great shape and can be ridden all year long.

CURRENT PROJECT:



Young riders in the third session of Trail Rides for Youths program, from left to right is: Alondra, Diana, Evelyn, Mia, Emily, George.

Sheriff's Activity League – Trail Rides for Youths

This is an exciting new program continues with sessions in February and March. We would like to expand it through the summer and are seeking donations to enable more youths to enjoy horses. Read more about it on the website.

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

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

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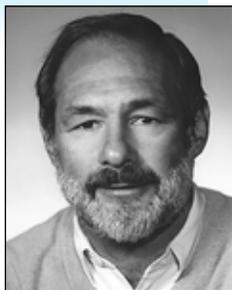




The Water Trough

Have fun reading our new column, The Water Trough (a rider's version of the Water Cooler!). Let us know what's new and exciting in your lives. Let's bring our community together by sharing news, fun facts and information! Got something to share? Send your info to me, Elizabeth Ouellette @ elizabetho@outlook.com

Our hearts go out to longtime SMCHA Bonnie Bertetta on the loss of her husband, Fred, on July 17, 2022. Sending our deepest condolences to you and your family for your loss.



In June, Elizabeth Ouellette visited her parents in Vermont. Her dad, Richard, showed her a few newspaper clippings from 1938. At the time, Richard was only 8 years old and in second grade. His teacher asked all her students to bring their pets to school one day. The kids brought everything from turtles and cockatoos to dogs, cats, and fish. Well my dad did not fool around. He brought his Shetland Pony, Queenie, to school that day and won the prize for the largest pet! Wow! Times have changed.



In June, Caroline Mameesh brought home Cantaro's (Elizabeth O's horse) full brother, Junior. Mind you, Arabians are not Caroline's favorite breed. Before she met Cantaro and his mom, she had actively avoided this breed. But when she laid eyes on Junior during a visit to the boys' breeder, she fell head over heels. He looks so much like his brother! Junior has a problematic and abusive past, but he's made tremendous progress in a few short weeks. He's learned to trust Caroline on the ground and in the saddle; he's far less fearful of normal activities such as fly spraying, hoof picking, ointment application, and tying. Next up: jumping!



We wish Dr. Allie well as she recovers from her ankle injury. She had a horse accident while riding her own horse. It was a bit of a freak accident, unfortunately, that caused an ankle fracture that is incredibly rare and required surgery and a long recovery. Heal quickly! Our horses miss your TLC!



Cheryl Basin has a new horse! Stella is a very sweet 14-year-old paint mare who has spent many years in the versatility show arena and is now embracing the local woodside trails. She's still not quite sure of big trucks or noisy flatbeds but she's getting better each day. Stella is enjoying the good life at Jo Egenes' Olive Hill Farm in Woodside.



Thanks to Dr. Danielle Price for conducting an EHV asymptomatic surveillance study! The idea behind doing a surveillance study is to see if EHV1 is circulating in our horse population without clinical signs, which may provide some explanations for the sporadic patterns. Dr. Danielle used a non-invasive EHV1 sampling study which involved swabbing horses' nostrils. Thanks to everyone who participated to advance horse health!



2022

WOODSIDE

DAY OF THE HORSE

Horses in History



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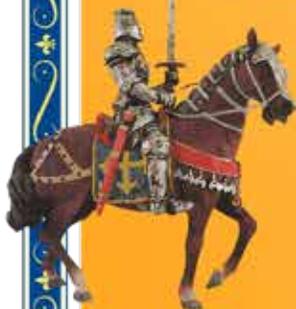
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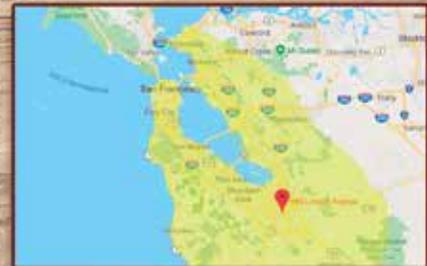
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俳句 The Way of the Horse, 俳句 The Way of Haiku

By Beverley Kane

Haiku is a traditional Japanese poetry form characterized by brevity of wording, simplicity of language, depth of emotion, and images from nature. The purpose of writing and reading haiku is to share common scenes that move us in uncommon ways, expressing “the unsayable dimensions of the mundane.” (Hamill)

Horses are wondrous teachers of the ideals conveyed in haiku—connecting with nature, living in the moment, delighting in the senses, and appreciating the transcendental quality of simple things.

The Art of Haiku

With roots in the 8th century CE, the first Japanese haiku poets were influenced by Zen Buddhism and its emphasis on the oneness of all things, the transience of every thing, the reality and unreality of the physical universe, and the eternal nature of each moment. This world view continues in modern times with practices such as mindfulness meditation, belief in the Power of Now, and the North American haiku revival by the beat poets of the mid-20th century, Allen Ginsburg, Jack Kerouac, and Gary Snyder.

In keeping with Zen and Daoist movement meditations such as tai ji and qigong (“ch’i goong”), which emphasize the coordination of breathing and movement of qi (ch’i, the life force), it is said that each haiku should be readable with a single breath.

Elements of Haiku

The following characteristics, when taken together, distinguish haiku from other forms of poetry.

The Haiku Moment—In images and juxtapositions drawn from everyday life, each poem embodies “the moment seized on and rendered purely.” (Hass) The poet shares the awesome phenomenality of the Now. Haiku moments contain contrasts and co-existences, often as synchronicities, that fill us with their poignancy—a snowflake melting in a cup of tea, an autumn leaf falling next to an old cat, a fly escaping the twitch of a horse’s ear. The microcosm within the distilled moment expands into the macrocosm of collective experience. Something catches our attention and, looking to see what it is, we see something more. In a few carefully chosen words, haiku express a universe of images and feelings. And yet the essence of haiku is the pathos of being alone with that which cannot be completely expressed or shared. (See *sabi* below.)

Haiku moments happen when we get in touch with the images and ironies of the everyday world around us and our emotional responses to them. The haiku form encourages us to create these Moment Museums by looking at an object or event more clearly and appreciatively than we have done before. The austerity of the haiku verse invites a deep intimacy in the sharing of the haiku moment.

Recognizing that horses provide some of our best haiku moments, Horsensei programs and sessions continue the Zen tradition of living fully, mindfully, and peaceably in the present.

Seasonal words—The kigo is a seasonal reference that is typical of, some say required in, classical haiku. It reflects the Japanese way of thinking about time, place, and change, and gives readers a way of “locating themselves in the haiku.” (Hass) Some kigo, such as cherry blossoms and snow, are obvious allusions to a time of year. Many haiku contain kigo known only within the geographical culture of the poet: uguisu, the bush warbler, as the harbinger of spring; spiders and crickets in mid-summer. In the white horse haiku below, tarweed is a kigo for the late summer season in Northern California.

Former U.S. Poet laureate Robert Hass theorizes that kigo were shamanic and ritualistic in origin. Their intent was to call forth the living spirits dwelling within the natural phenomena evoked by the haiku.

Aloneness and All-one-ness—Sabi has been translated as beauty with a sense of loneliness. Sabi holds a touch of melancholy that is more complex and impersonal than mere sadness. Although haiku could be humorous even in Bashō’s time (1644-1694), a recurring feeling tone in many verses is the isolation the poet feels in experiencing the haiku moment in solitude.

Sabi reflects an existential angst given to each poetic subject in its singular, lone existence when observed from a state of Zen detachment. In a sense, sabi is the unbearable lightness of being combined with the unimaginable darkness of non-being. H. F. Noyes points out, “When we immerse ourselves in nature, an isolated particularity becomes to us, for the moment, all things. Sabi loneliness is a state in which, having nothing, we have all.” Here is my favorite haiku, by Yosa Buson (1716-1784):

*a tethered horse
snow
in both stirrups*

Do you feel the sabi in the image and in your psyche projected onto the horse left standing alone at the hitching rack while his rider is drinking warm sake beside the fire inside the inn, oblivious to the snowstorm that has moved in around his faithful steed?

A Nonjudgmental, Selfless Attitude—A haiku is an observation without interpretation. The poet has no opinion to promote. Pronouns, especially “I,” are rarely used. “The focus is not on the inside world but on the outside world. [The poet lets go of] wanting to tell others what she thinks, feels, believes, or wishes to have thought of as reality.” (Reichhold)

Pivot Words—Kake-kotoba are words that create an expectation of one meaning, only to pivot sharply to deliver a different meaning. Robert Hass calls kake-kotoba a grammatical double exposure. I think of them as the Venn intersection of two or more meanings. In the following haiku, smells is a pivot word.

*the white horse’s nose smells
of tarweed
box-bred honeybees*

—Beverley Kane

The first line suggests that the horse’s nose as a sensory organ smells something. The second line does an about face and tells us that it’s the poet who is smelling the horse’s muzzle, redolent of tarweed’s minty resin that blackens the hair of white horses. I wrote the haiku about Basia, a beautiful grey Arabian in the Webb Ranch Front Pasture, where tarweed blooms in July.

The Form of Haiku

Haiku has been mistakenly defined as any poem of three lines of 5-7-5 syllables. This rhythm derives from traditional Japanese poems that consisted of lines in 5-7-5, 5-7-5-7-7, and other formal constructions. However, the Japanese language uses sound units called on, rather than what English calls syllables. For instance, the name of the famous 17th century haiku poet Bashō has two English syllables, but three on, as indicated by the macron above the “o,” which prolongs the vowel sound. The problem with the 5-7-5 format in English is two-fold: for one thing, haiku translated from Japanese, and haiku newly composed in English, lose their beauty when forced into 5-7-5. Additionally, poems without haiku elements pose as haiku just because they adhere to that metering. Much of the best ancient and modern haiku are written in free verse, sometimes on a single line.

Our final verse, below, was written by Bashō, one of the most famous and beloved haiku masters in history. According to haiku scholar Harold G. Henderson, Bashō called it Horseback Poem. It is said to be the verse that persuaded Bashō’s final Zen teacher to accept him as a pupil.

*Near the road it flowered
the mallow—and by my horse
has been devoured*

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- Beverley Kane, MD, is an equine-guided learning and somato-spiritual development practitioner working out of Stanford University and her private practice at Webb Ranch, Portola Valleys, Horsensei Equine-Assisted Learning & THERapy (HEALTH) <http://www.horsensei.com>.



Los Viajeros members and guests enjoy the trails at Silver Lake in the Sierras.

On the Trails With Los Viajeros

By Deb Tucker

Los Viajeros means 'the travelers' and that is what we do.

We are an adults-only club with catered rides. Once a month, between March and November, we venture out to ride well-researched, accommodating horse camps for great riding adventures. There are some 1-day outings, but most are overnight weekends, including the 4-day ride, usually in June. We ride all over Northern California.

Los Viajeros is a membership club, and we welcome new individuals who qualify to join our group. Guests are welcome if they have a well-mannered horse and have a member sponsor. We are strong advocates of safe and courteous trail use.

History

The club originated in 1941 when ten riders organized an overnight ride to Boulder Creek. By 1943 there were 23 riders and two overnights, and one person volunteered to cook for the group. By 1947, 108 riders were doing two overnights, with designated members providing food for the ride, including a chuckwagon. By 1948 it became a 3-day overnight. As the years went on, the overnight ride became the standard. Read about their amazing adventures here: <https://www.losviajeros.org/LV-History.php>.

Today

Our adventurous spirit pays homage to those early Los Viajeros riders by venturing to new and exciting locations where we enjoy new trails and beautiful vistas. Sometimes we end up in places offering a pool, hot springs, a lake, or even the ocean. After dinner, our convivial group enjoys sharing our riding tales around the campfire.

The club's most anticipated annual event is the 4-day ride. Los Viajeros 4-day rides have been held from as far north as Humboldt State Park to as far south as White Oaks near Santa Barbara. Other popular spots have included Pt. Reyes, V6 Ranch in Parkfield, Euer

Valley near Truckee, Silver Lake in the Sierras, Lake Sonoma, and Montezol in Napa County. As of this writing, folks are preparing for the 4-day ride at Cuneo Creek in Humboldt State Park. These rides usually include entertainment, a silent auction, and a raffle. On overnights and the 4-day ride, we also offer an option to come in earlier, extending your ride.

Rides this year included our 4-day ride at Cuneo Creek horse camp in Humboldt Redwoods State Park and another overnight at Grant Ranch in San Jose, among others.

One of our club's functions is to give credit to those members who ride these events, which determines their status as an Active



Riding through many fields of flowers at Humboldt Redwoods State Park.

Continued on Page 36

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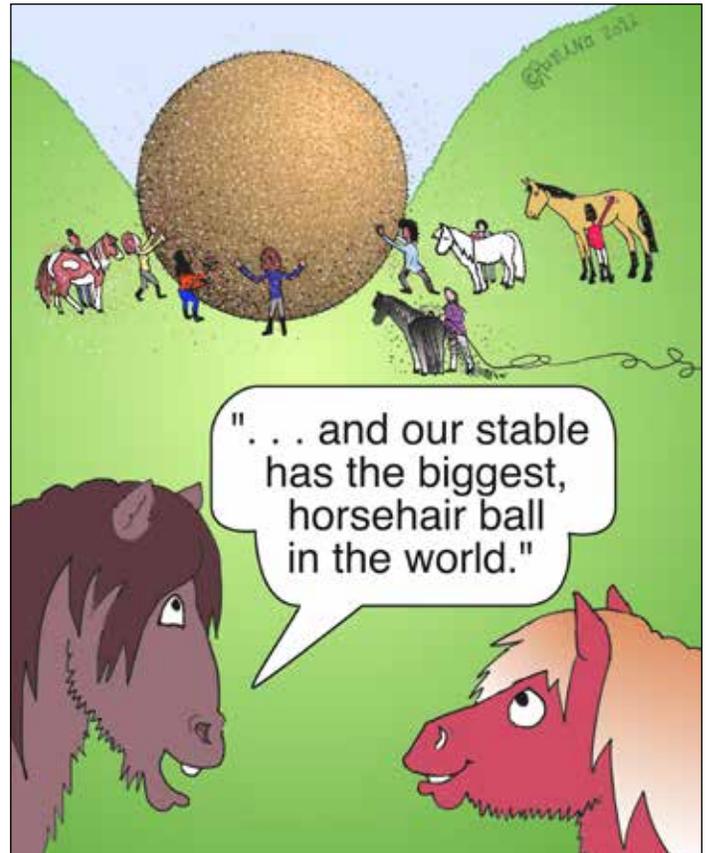
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SMCHA Trailblazers: Janet Estep

Continued from Page 7

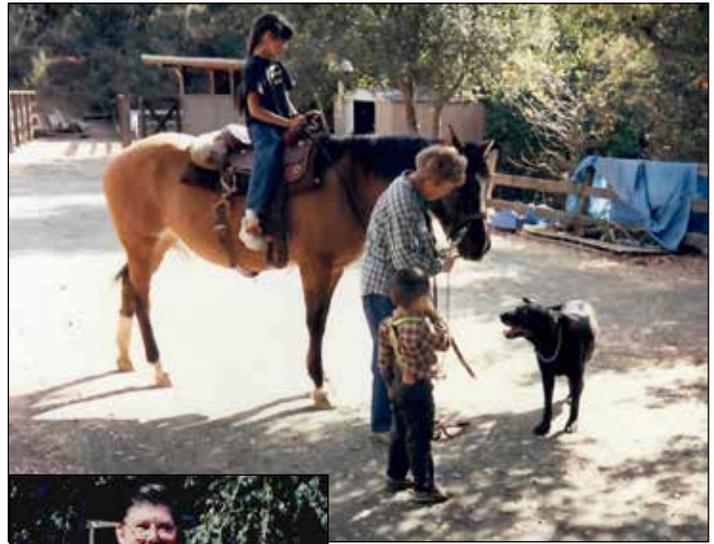
jump. Then he ran down on the other side, back up the bank to Irish Bank jump, which was 3-4 feet high and 15-20 feet across. He continued on down the hill, back up the hill where Gay Blade nearly wrapped me around the flagpole, and then back down the hill where trail joined the road back to the barn.

I thought the horse was headed back to the barn, but he turned to run toward the oak trees with branches too low. I thought, "There is no way I'm going on the horse into that." So I bailed off and rolled, scraping the whole side of my head. The horse went right under that oak and came out, dragging a tree branch behind him, all the way back to the barn. Seeing Gay Blade riderless with a branch following him every step of the way, everyone freaked out.

So I ran as fast as my legs would carry me to the barn, where I found Roy with Gay Blade. He'd unsaddled him and was putting him back in his stall. "I wanted to get back on the horse!" But Roy said, "No, no, you're not riding this horse. You got to go in and wash your face." "Why?" I asked. He repeated himself, "Go in and wash your face." So I dutifully went in, looked in the mirror, and to my horror, realized one whole side of my face was raw and full of dirt.

At that time, I worked as a teller at the American Trust Bank in downtown Menlo Park. Several customers approached me and asked, "Well, what happened to you?" And I said, "Well, I had an accident on a horse." Then with a chuckle, they said, "Well, what does the horse look like?"

In the upcoming Winter edition of SMCHA magazine, Part 3 of Janet's story explains how she doggedly set out to conserve existing equestrian trails and promote new trails. It's a tale to be remembered!



Above: Janet Estep and Daqueri with her grandchildren Victoria and Jeremy, and Cole, the dog. At left: Jim and Janet Estep in 1989.



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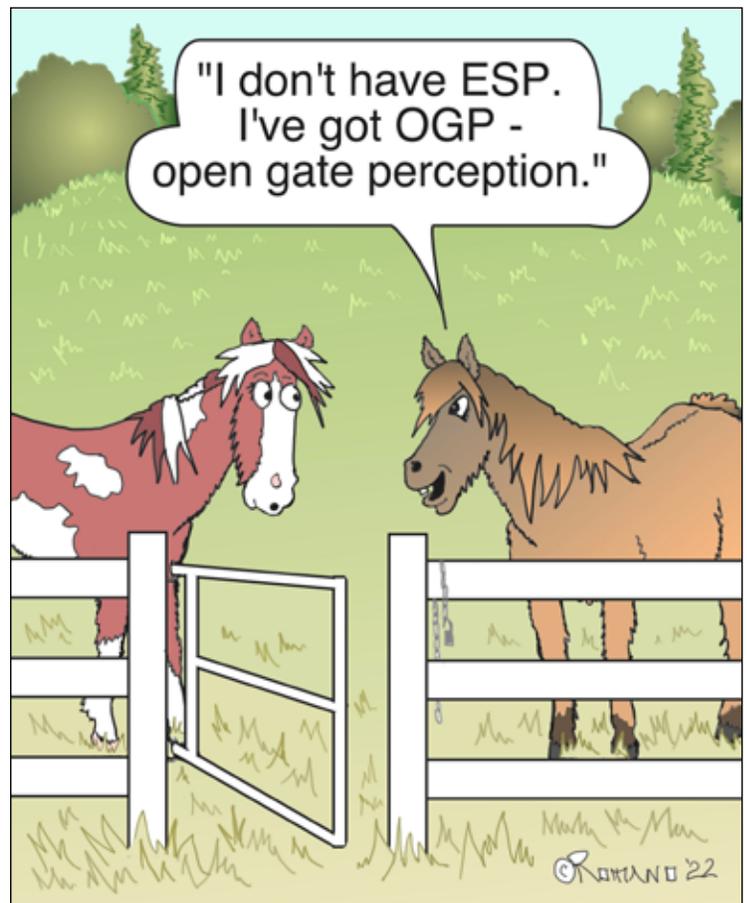
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HORSE BREEDS: **AEGIDIENBERGER**



Description

The Aegidienberger is a German horse breed. This horse is fairly short and hence easy to ride. Though most of the horses in this breed are about 13 hands tall, a few grow up to reach 15 hands. The neck of this horse is short but muscular and stands upright. Navigating through a rough terrain is not a difficult task for this breed. The thick high-set tail and thick mane are features that help to identify this breed easily. Though short in stature, this horse is a great combination of sturdiness and strength. These horses are gentle creatures that reflect a bold nature and strong personality. Their amiable and willing nature makes them the favorite of many. These horses are also intelligent and smart; people find working with them easy.

Size

13 - 15 hands

Colors

The Aegidienberger comes in any color.

Suitable for

Thanks to this beautiful horse's peaceful and amiable nature, it is well suited for pleasure riding.

History

The history of this horse breed is not very expansive since this breed came into existence only in 1994. Hence, this breed is considered a baby compared to the other breeds that are centuries and decades old. The Aegidienberger is a horse resulting from cross-breeding between the sturdy Icelandic horse and the beautiful and elegant Peruvian Paso. This horse is 62.5% Icelandic Horse and 37.5% Peruvian Paso. This Aegidienberger does justice to both breeds; it is sturdy and robust in addition to being elegant and amiable. Walter Feldman did the first cross-breeding in 1994; since then, this horse has been recognized as a different breed. The need for this cross-breeding arose because of the need to have a horse that was well large gaited and could adapt itself to the weather conditions in Germany.

Breeds

Continued from Page 9

Grullo means the horse has a base color of black and then has the Dun dilution. Red Dun is what we call a chestnut with this gene. Bay horses with a Dun gene are usually just called Dun, but there are other genes involved that can change the final color of the horse.

Champagne also affects black and red pigments and the skin and eye color of a horse. A chestnut horse with a champagne gene (Gold Champagne) looks almost like a palomino. A bay horse with a champagne gene (called Amber Champagne) is similar to buckskin but the black points are definitely faded to a brown more than with buckskin. A base-black horse with a Champagne gene (Classic Champagne) is a grayish color with a reddish mane and tail. Champagne horses have mottled skin with a red tint and can have hazel eyes.

There other dilutions than the ones I've listed here, and horses can have more than one dilution gene. Multiple dilutions can result in some really unusual final colors. It can be fun to guess what color genes your horse has, or you can send a hair sample off to a



A horse can have more than one dilution gene. This horse is a cream color with black points, a dorsal stripe, and some leg striping. This suggests a "Dunskin"—a base-color of bay with both a Dun gene and one Cream gene.

lab for genetic testing to be sure.

In my next article, I will write about white (uncolored) hair on horses, markings, pintos, appaloosas, roaning, grays, and white horses.

If I have space, I will also address health issues associated with specific colors.

Thanks for reading!

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SMCHA Tea Party

By Annie Tyo

The SMCHA Spring Tea party was an idea I had been thinking about for a long time for the club. I had been given a collection of fancy cups and saucers from my mother and aunt many years ago and started to use them to bring joy to my residents in springtime. Many of my residents didn't have family so I had an Easter tea party and a Mother's Day tea, which brought much joy to their lives. It made me feel really good, and the cups weren't just sitting on a shelf getting dusty.

When I returned to the Board of Directors this year, I told everyone I would like to do a special Spring tea party for our members. I thought it would be nice for members who didn't ride anymore to be able to come and connect and socialize. The date? Saturday, May 7th, from 1-4 pm, the day before Mother's Day and the day of the Kentucky Derby. It was terrific that Carin Zeller volunteered her beautiful home as a venue, and we had so much fun planning the event. Thank you so much! Sharon suggested we play Bingo, and that made the afternoon so much



more fun! Then, the planning began, and we worked on putting together fantastic bingo and raffle prizes.

The day came, and my husband Mike was on duty parking or helping everyone park with such precision. If you need someone to park your horse trailer, he's your guy :-). He can park a needle in a haystack.

Caren decorated her house so beautifully! We also made various sandwiches: Cheryl made ham and cheese on Hawaiian rolls, Sharon made the most perfect cucumber and cream cheese, and I made the curry chicken. We had a couple of delicious salads and fruit, and a tea party wouldn't be complete without some homemade scones. Voila!

Once everyone arrived and had tea and food, we began to play Bingo and draw for the fabulous raffle baskets. We had six lucky winners for Bingo and 12 for the raffle... a couple of



From left, Annie Tyo, Sharon Butler, Carey Oberti, Cheryl Basin, and Mari Sonstegard

people even won twice! It was their lucky day. At the end of the afternoon, we watched the Kentucky Derby Rich Strike was the long shot and came up from last to first place! Wow, what an exciting race!

A huge thank you to all who attended and those who helped to make this a memorable event! I hope to make this an annual event for the club: Tea Bingo and Derby Day. Next year, I'd like to see mothers, daughters, friends, and family at this event; everyone must wear hats! In fact, we'll have a prize for the best hat!!

Here are a few quotes from a couple of ladies that attended the event:

"An exceptionally exquisite event. First class from start to finish. Kudos to the hard-working volunteers and donators."

"The Spring Tea party and Bingo was one of the best events the club has ever done!"

See you all next year!



Top right: Fabulous luncheon selections

Left above: Our host, Carin Zeller

Above: Betsy Hart checking out the prizes

Lower left: All our participants enjoyed bingo!

Photos by Martha Greene

LOS VIAJEROS

Continued from Page 28

(i.e., able to vote in elections of the Board of Directors, etc.) or Inactive. We have members who live far from our home base in Woodside, so we recently decided to make it easier to get ride credit for members living in the North and East Bay. Those members set up a sanctioned ride concurrent with an outing we may take elsewhere, thereby receiving ride credit.

We cater to our riders by dividing the participants into two or three groups, from slower to faster-paced. There is always a

pre-ride to determine which trails a rider wants to take, based on technicality and length of the ride.

Our upcoming rides this year include Pt. Reyes, Jack Brook, Viera Ranch in Gilroy, and our Presidents' Appreciation Ride (Woodside or Portola Valley).

Los Viajeros participates in activities supporting organizations like the National Center for Equine Facilitated Therapy and the Woodside Horse Owners Association. Los Viajeros is also a key supporter of the Jack Brook Horse Camp in Sam MacDonald Park.

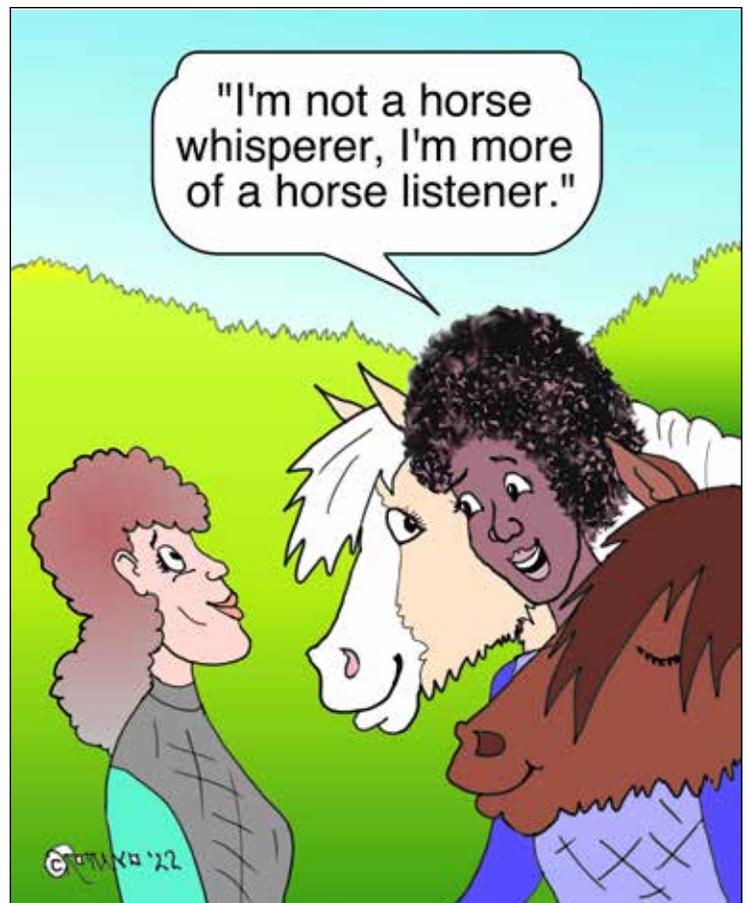
Want more information about our club? Visit our website: <https://www.losviajeros.org>.



Songs around an evening campfire at Cuneo Horse Camp in Holmboldt Redwoods State Park.

Answers: Horse Breeds Word Scramble

1. ARABIAN _____
2. QUARTER HORSE _____
3. THOROUGHBRED _____
4. APPALOOSA _____
5. PAINT _____
6. SHETLAND _____
7. FRIESIAN _____
8. BELGIAN _____
9. TENNESSEE WALKER _____
10. STANDARD BRED _____
11. MUSTANG _____
12. PERCHERON _____



VOLUNTEER



Would you like to meet new people who share your passion for horses? Do you have a unique talent or an idea for an activity/ride to share? Maybe you've always wanted to put on your own event but needed the support of an equestrian committee. Now is the time to bring your ideas to the forefront. The SMCHA wants to hear from you! If you'd like to join our team, have fun and make your dreams come true, send us an email so we can bring your vision to life!

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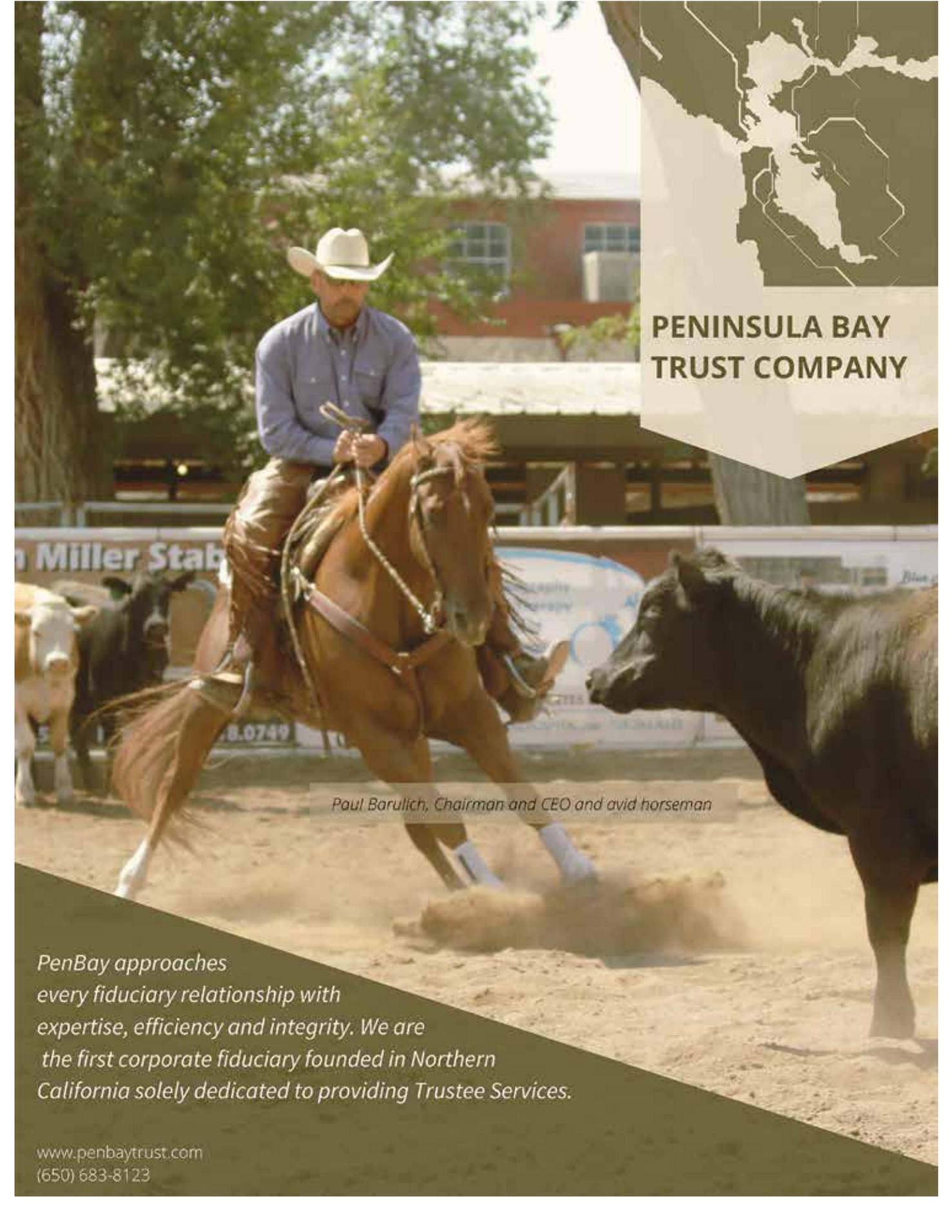
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SMCHA: 2022 Calendar of Events

Check our website for updates: www.smcha.org

September

- 2-6 Los Viajeros Ride
- 8 SMCHA Board Meeting
- 10 SMCHA President's Ride – Location TBD
- 11 SMCHA Fall Riding Clinic
- 16 Movie Night
- 17 NCEFT Gala
- 18 SMCHA Fall Riding Clinic
- 24 Equine Chip Clinic at the Horse Park
- 25 SMCHA Fall Riding Clinic
- 30-10/1 *GSRHA - Lone, CA
- 30-10/3 Los Viajeros Ride

October

- 2 SMCHA Fall Riding Clinic
- 3-4 *GSRHA – San Luis Obispo

- 7-9 Day of the Horse (WHOA)
- 13 SMCHA Board Meeting
- 23 SMCHA Halloween Play Day
- 24 Equine Chip Clinic at the Horse Park
- 27-30 *GSRHA – Los Vegas
- 28-30 Jerry Tindell Clinic/SMCHA sponsored dinner on the 29th – Kastl Rock Ranch, Half Moon Bay

November

- 5 or 6 Los Viajeros Ride
- 10 SMCHA Board Meeting

December

- TBD SMCHA Holiday Celebration

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

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- _____ Couple \$55
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____ 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!

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