

# The San Mateo HORSEMAN



SUMMER 2012

# Briarwood Equine Clinic

Gary E. Hanes, D.V.M

*The family doctor for your horse*

Wellness Care • Medicine • Dentistry

650.851.1569



2995 Woodside Road Suite 400  
Woodside, CA 94062  
briarwoodequine@gmail.com  
www.briarwoodequine.com

## GREEN TRUCK DEBRIS BOX SERVICE, LLC

(650) 851-7673



PO Box 620196, Woodside, CA 94062



*Recycling and managing equestrian output, green yard trimmings and light debris*

**SERVING BARNES WITH A COUPLE HORSES IN PASTURE  
OR A COUPLE DOZEN HORSES IN STALLS**

### Service

*97.8% of boxes picked up the next business day  
99.7% of boxes picked up within 2 business days or when requested  
Recycling over 200,000 pounds of manure a month*

### Manure Management Planning

*Manure management plans for new or remodel barns*

### Privacy

*Minimal intrusion, consistent staff, discretion and confidentiality  
Locally owned and operated*

**THE #2 HAULER IN THE BAY AREA**

SERVING THE WOODSIDE, PORTOLA VALLEY AND LOS ALTOS HILLS AREA SINCE 1989

*Inside*

Everybody Loves a Parade ..... 4  
*By Chris Friis*

Welcome New Members ..... 4

Cow Sorting Clinic ..... 6  
*By Maria Fonseca*

Western Schooling Show ..... 8  
*By Cheryl Basin*

A Trip to the Rose Parade ..... 12  
*By Joe Squillacioti*

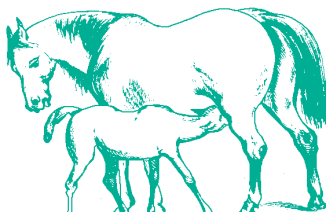
In Memory of Janice Olsen ..... 15

The Dream of All Weather Trails ..... 22  
*By Don Pugh*

Sunlight Delivers the Vitamin D ..... 27  
*By Dr. Juliet Getty, Getty Equine Nutrition LLC*

CHAPS ..... 28  
*By Yvonne Kerno*

To Spay or Not To Spay ..... 29  
*By Sandi Bell*



**Magazine:** Rosemarie Menager  
**Mailing:** Express Printing (408-400-0223)  
**Advertising:** Bee Brown  
**Layout/Design:** Janine O'Neill  
*j9oneill@comcast.net; (650) 771-1797*  
**Printing:** Express Printing (408-400-0223)  
**Club Photographer:** Sue Winslow  
**Cartoons:** Chris Romano-Puckett

**COVER**

Western Schooling Show - Gimmick  
 Western Pleasure Open W/J/L

**PRESIDENT'S MESSAGE**



What!... Summer already?

We are wrapping up another successful Western Riding Clinic. This long-standing event is co-sponsored with the Mounted Patrol of San Mateo County. We thank them for their continued support. Our instructors are Noel Moody, Joan McLaren and new this year Kathy Torres. Karen Rowley-Shawback organizes the clinic each year and hosts a traditional BBQ on the last day to honor participants.

Summer is also the season for horse shows. Horse Show Chair Cheryl Basin and her dedicated crew put on a successful Western Schooling Show on

May 13. The English Schooling Show is set for August 5 at Webb Ranch and the Annual SMCHA Open Western/English Horse Show at the Horse Park in Woodside is scheduled for August 26. Get your registration in which can be printed from our website, [www.smcha.org](http://www.smcha.org). Thank you to all the sponsors and volunteers who make it happen.

Our Clinics started with Cattle Sorting May 12, chaired by Maria Fonseca. With Rich Braun and Joan McLaren as instructors it was a sold-out event and a huge success. Many thanks to Driscoll Event Center in La Honda for allowing us to hold the clinic at their 1st class facility. I want to personally thank the staff, K.C., Bob and Linda for making our day so special. We had a delicious lunch, beautiful flowers and deluxe port-o-potty. It doesn't get much better than that. We hope to have another cattle sorting in the Fall.

The English Riding Clinic at Springdown in Portola Valley will start July 16. The Owner and Instructor Carol Goodstein welcomes us again with open arms. You won't want to miss this opportunity to learn by such a renowned instructor.

I can't wait for Jack Brook Horse Camp July 25-30. Registration is now open and as many of you know it sells out fast. Look for the flyer in your last mailer with all the information and get your RSVP in today to Adeline Forrest our 2nd VP. If you can't join us for camping I invite you to join us for the Saturday night dinner. This fun evening of food, music, campfire and our exciting raffle will not disappoint you.

The General Meetings have been well attended and once again we have some great informative and fun ones coming up. Stay tuned.

Our Color Guard continues to represent our club with style and grace. I am so proud of them. The article written by Captain Christine Friis will fill you in where they have been and their upcoming events. The entire Color Guard team works so hard. Thank you on behalf of SMCHA.

We have had many new horse lovers join SMCHA. Not only does this bring new friends but it supports our efforts to preserve and protect our precious trails. While riding, I want to remind all members to be sure to respect the trails. Doing so will ensure that we continue to enjoy riding horses in San Mateo County for generations to come.

Be safe on the trails this summer and I look forward to seeing you all at our events.

*Nancy Kouchekey*

SMCHA President 2012

## San Mateo County Horsemen's Association

### 2012 Officers

PRESIDENT
Nancy Kouchekey
1ST VICE PRESIDENT
Cheryl Basin
2nd VICE PRESIDENT
Adeline Forrest
SECRETARY
Terri Lobdell
TREASURER
Rich Boyd
SERGEANT-AT-ARMS & PARLIAMENTARIAN
Larry Pelzner
REGISTRAR
Tanya Rebarchik
HISTORIAN
Sue Sheehan

### 2012 Board of Directors

Cheryl Basin	Terri Lobdell
Bonnie Bertetta	Rosemarie Menager
Rich Boyd	Jenny Mize
Bee Brown	Janine O'Neill
Ginger Bushue	Larry Pelzner
Sharon Butler	Tanya Rebarchik
Maria Fonseca	Karen Rowley-Shawback
Adeline Forrest	Sue Sheehan
Christine Friis	Genia Silva
Dan Johndrow	Barbara Stogner
Beverly Kane	Elizabeth Sullivan
Sue Keddington	Annie Tyo
Gretchen King	Robin Whalen
Nancy Kouchekey	
Libby Kurtz	
Melanie Likins	

## Advertising & Subscription Rates

All remittances must be paid in advance.

Business Card (black & white):  
\$25.00 per issue  
\$80.00 per year (4 issues)

Camera Ready Ads (black & white):  
1/4 page: \$50 per issue  
\$160 per year  
1/2 page: \$75 per issue  
\$250 per year  
Full Page: \$150 per issue  
\$400 per year

### Subscriptions:

Subscriptions are available for \$25 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.

## The San Mateo HORSEMAN

Summer 2012

The official publication of  
**San Mateo County  
Horsemen's Association**

Published quarterly  
January (Winter)  
April (Spring)  
July (Summer)  
October (Fall)



**DEADLINE**  
**FOR ADS AND ARTICLES**  
**for the Fall 2012 issue**  
**is September 15, 2012**



P.O. Box 620092  
Woodside, CA 94062-0092  
650-568-0145  
Visit our website at [www.smcha.org](http://www.smcha.org)

**MEMBERSHIP**  
**Join SMCHA**  
**Mail Application**  
**Today!**

(Application on back cover)

No paid political or religious advertisements will be accepted; all articles submitted are subject to editing; all articles or items reprinted from another source must be cited as to source and permission to reprint; items or articles submitted for publication that are not printed will not be returned to the author or persons submitting them. Editing will be reviewed by a review committee of the President and two board members.

## COLOR ADVERTISING

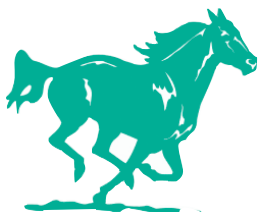
We now offer both color and black and white advertising. See below for pricing chart and ad sizing.

If you are submitting a camera ready ad please be sure it is either a PDF or a rasterized .jpg in CMYK format at 300 dpi. If you need assistance with these specs please contact the magazine publisher, Janine O'Neill, at j9oneill@comcast.net.

Full Page Ad:	8.5 x 11
.5 Page Ad:	8.5 x 5.5
.25 Page Ad:	3.5 x 4
Business Card:	3.5 x 2

Pricing:	Black/White	Color
<b>Full Page</b>		
Per Issue (1x)	\$150	\$200
Per Year (4x)	\$400	\$600
<b>Half Page</b>		
Per Issue (1x)	\$75	\$100
Per Year (4x)	\$250	\$350
<b>Quarter Page</b>		
Per Issue (1x)	\$50	\$75
Per Year (4x)	\$160	\$260
<b>Business Card</b>		
Per Issue (1x)	\$25	\$40
Per Year (4x)	\$80	\$150

All inquiries regarding advertising and billing should be directed to Bee Brown at beebrown01@gmail.com.



## How can we help *your* business?

**Express**  
PRINTING & GRAPHICS, INC.

(408) 400-0223  
www.expressprintingusa.com



- Mobile Websites **NEW!**
- Business Websites **NEW!**
- Local Business Marketing
- Business Cards
- Full Color Printing
- Direct Mail Services
- Brochures & Flyers
- Postcards
- Newsletters & Booklets
- Letterhead
- Envelopes
- Custom Designs

**Printing • Mailing • Marketing • Websites**



**Giselle M. Turchet**  
Manager / Owner  
(650) 303-9940  
G.Turchet@comcast.net

**Equine Boarding Facility**

**Pagemill Pasture**  
Deer Creek Rd., Palo Alto CA  
**Alpine Rock Ranch**  
Alpine Rd., Portola Valley CA



*Please Support Our Advertisers*

**FILICE LANSFORD / VELA CORPORATION**  
DEVELOPMENT CORPORATION

2644 SPRING STREET • REDWOOD CITY, CALIFORNIA 94063

COMMERCIAL BUILDINGS • WAREHOUSE FACILITIES • INDUSTRIAL SITES  
OFFICE & RETAIL SPACE • AVAILABLE OR WILL BUILD TO SUIT

*"A Local Family Owned Business  
Serving the Community for over 50 years"*

**Al Filice • Denise Lansford**  
**Sarah Filice • Phil Lansford**

Voice: (650) 368-1304 Fax: (650) 368-0756  
E-mail: fldc-vela@earthlink.net

## Welcome New Members

Anna Machado, Half Moon Bay  
 Karen Sparks, Saratoga  
 Jami Nachtsheim, Atherton  
 The Guthmann Family, Redwood City  
 Karen Buehler, Menlo Park  
 The Schwaab Family, San Carlos  
 Katie Snider, San Carlos  
 Mr. and Mrs. Broguet, Santa clara  
 Jennifer Lively, San Francisco  
 Stacy & Heather Claitor, Loma Mar  
 Susan Siegman, San Mateo  
 The Celaya Family, Foster City

Next General Meeting:

Friday, September 21st @ 6:30

Save the Date!

See page 21 for more details

### MARIA J. FONSECA

Attorney at Law  
 specializing in criminal defense

702 Marshall Street, Suite 511 (650) 367-7727  
 Redwood City, CA 94063 fax (650) 367-7729  
 email: mjfonseca@msn.com

## EVERYONE LOVES A PARADE

By Christine Friis

### pa·rade

noun, verb, pa·rad·ed, pa·rad·ing.

A parade is a procession of people, usually organized along a street, often in costume, and often accompanied by marching bands and floats. Parades are held for a wide range of reasons, but are usually celebrations of some kind.

What's that saying, "Everyone loves a parade?" Well, ask your SMCHA Color Guard Unit as they were honored to participate in not one, not two, but three parades in the month of May!

Saturday May 5, Woodside celebrated their 90th Annual May Day Parade. It was a beautiful morning and a great turnout for the town of Woodside as many parade participants made their way down Woodside Road. Besides your SMCHA Color Guard Unit, many other local equestrians were represented including, the San Mateo County Sheriff's Office Mounted Search and Rescue Unit, Mounted Patrol of San Mateo County, NCEFT, Woodside Pony Club, and the Canada 4-H clubbers! Several SMCHA members joined the Color Guard and also rode the parade route while waving to the crowd. This parade is always fun, and a great time was had by all.

Sunday, May 27, Operation Eagle Visit - The City of San Mateo adopted the A Company, 1st Battalion, 327th Infantry Regiment, 1st Brigade, 101st Airborne Division (Screaming Eagles) in 1968 and was the only city in the nation to hold a welcome home parade for soldiers upon their return from Vietnam in 1972. Since that time, San Mateo has had a continuous relationship supporting Company A in peace time and throughout their wartime engagements. To mark the 40th Anniversary of the first Welcome Home Parade, the City of San Mateo held a series of events over the 2012 Memorial Day weekend in honor of the men and women who have served in harms way with "A Company" over the last 40 years. The day started with a festive parade through Downtown San Mateo attended by thousands from the community. Young soldiers and veterans alike along with many others participated in this memorable parade to welcome home the Screaming Eagles. Your Color Guard Unit held flags high honoring the "Screaming Eagles" walking next to the SMCHA banner which was proudly held by your President, Nancy Kouchekey, and Board Member Karen Rowley-Shawback. It was a very emotional day for all of us as we felt it was truly an honor to be a part of such a meaningful home-coming celebration. The "Screaming Eagles A Company" will be deploying to Afghanistan in November, and San Mateo will

continue to be there to support them.

Monday, May 28, Hillsborough Memorial Day Parade. This now-annual event featured many groups and floats, marching and riding through town honoring our nation's armed services. The Parade started with the SMCHA Color Guard Unit as well as the San Mateo County Sheriff's Office Search and Rescue Unit proudly leading the salute while the National Anthem was beautifully sung in front of Town Hall. Participants walked proudly to honor and remember the men and women who have given so much for our freedom. The community gathered along the parade route waving American flags and cheering as everyone walked by. The parade coordinators along with Hillsborough Police Chief, Mark O'Connor made sure all horses and riders were safe throughout the entire parade, starting with a secure private staging area in the morning down to a S.W.A.T. Unit escort back to our staging afterwards.

Christine Friis, Cheryl Basin, Kristi Eifert, Noelle Rodolari and Sara Corey-Esquivel proudly rode on behalf of your SMCHA Color Guard Unit. Closely by our sides we had top-notch ground support by Jenny Mize, Nancy Kouchekey, Karen Rowley-Shawback, Alan Demmons, Lex Bunten, Caprice Tennefoss, Pam McClure-Roman, Justin Osieja, Nick Esquivel, John Goldthwaite and Patty Walsh.

Our matching sorrel horses were immaculately groomed and outfitted thanks to our top-notch ground crew. The horses were well behaved and even when the Huey helicopter hovered just above us and did several fly-bys, our horses were calm and confident. We will carry these wonderful memories as proudly as we carry the flags representing SMCHA.

Upcoming Color Guard events include:

July 4 - Redwood City Parade

August 7 & 11 - Menlo Circus Club's Charity Horse Show

October 19 & 20 - Grand National Rodeo at the Cow Palace

December 8 - Los Gatos Holiday Parade

**"United We Ride"**



## COW SORTING CLINIC

By Maria Fonseca

As I made the drive over the hill about 7:30 a.m. on May 12 towards Driscoll Ranch, it was so foggy, I thought the riders might not be able to see the cows during the sorting clinic. When I got to Driscoll's, it was still fogged in, but as it turned out, my concerns evaporated along with the fog, and the sun came shining through on a beautiful day in La Honda.

After checking in with Bob to make sure the cows were there and everything was set up, we were ready to get rolling. The trailers started pulling in about 8 a.m. with Joan McLaren, one of our clinicians, and her crew from Webb Ranch, being the first. It was then that I took a long sigh of relief because when Joan arrives, it's all official. Rich Braun, our other clinician, arrived shortly thereafter. Soon everyone was accounted for, the releases were signed, and the horses were tacked up and ready. My friend Jennifer Hardin, whom I roped into helping move cattle for Joan and Rich, brought a quiche which we set up on my truck's tailgate for people to help themselves. It seems that she has a deal going on with Bob that she brings him a quiche whenever she comes to an event at Driscoll's, so she was kind enough to bring an extra one to share with the clinic participants.

The riders who were new to cows or whose horses were new to cows or who needed a cow "refresher" rode with Joan. Joan took everyone through the basics of how to control a cow, how to make it move, how to keep it moving, how to make it move faster and how to slow it down, how to stop it, and how to make it change directions. She showed the riders how to position their horses in relation to the cow to make these things happen, how much pressure to use on the cow and when to ease up on the pressure created by the horse and rider.

The other group of riders, who were more experienced with cows, rode with Rich Braun, who demonstrated the finer points of sorting, concentrating on getting one cow out of the herd and driving it out of the gate, without driving out the whole herd.

After about two hours of non-stop instruction, we broke for lunch, and let the horses take a rest. The delicious lunch was provided by K.C. Anderson from Driscoll's and was beautifully presented. It was nice to sit in the sunshine, enjoy some good food, and good conversation with good people. After lunch, it was back to "work." Rich's group went into a sorting simulation mode, and the riders organized themselves into teams and got their own rotation going. They were thoroughly having too much fun.

At the end of the day, the feedback was very positive. The riders wanted to make sure to be contacted if we put on another clinic in the future. A huge 'thank you' to Rich Braun and Joan McLaren for providing the great instruction as always, and to Driscoll Ranch for making their cows and their wonderful facility available to us. And plans are in the works to see if we can do this again in the Fall. Hope to see you there!





# REBECCA HOLLAND Studio



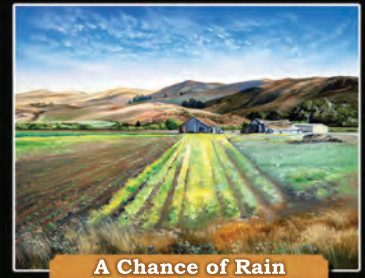
**Berry Falls Ride**  
Available as a gicleé print on canvas



**Freckles' Baby**  
30 x 48 – Commission, Private Collection



**Lorinda**  
Commission, Markegard Family



**A Chance of Rain**  
11 x 16 Private Collection

**Original Oils, Gicleé prints on canvas, Commissions**  
[www.RebeccaHolland.com](http://www.RebeccaHolland.com) • 650-726-6009



Sue Winslow



Sue Winslow



## WESTERN SCHOOLING SHOW

May 13, 2012 @ Webb Ranch

By: Cheryl Basin

We had a terrific California day at Webb Ranch for 31 Western Schooling Show participants. Unlike last year's show when we endured rain, hail, wind and cold temps, the weather for this show was perfect for riding and competing.

As has been a tradition for the past several years, Sharon Butler arrived very early with free coffee and donuts for competitors, the gallery and horse show volunteers. Lunch under the oak trees was prepared by the SMCHA Color Guard Cafe, which included the All-American favorite hotdog with all the trimmings. Thank you to Chris Friis, Jen Mize, Noelle Rodolari and Mike Fisher for a yummy spread.

Saturday evening prior to the show, our trail course was set up by Nancy Kouchekey, Clif Evans, Andre Kouchekey, Justin Osieja and final tweaks by Joan McLaren.

Sue Winslow was on hand with her camera clicking. Please take a look at her photos at [www.smcha.org](http://www.smcha.org) or SMCHA's Facebook page. Karen Rowley-Shawback and Ginger Bushue kept our registration office running smoothly, Aleta Reed was our remarkable announcer, Annie Tyo handled the gate flow and Adeline Forrest was Judge Sarah's steward. Ginger, along with her daughter Danielle, set up the sound system as Mike Bushue was out of town. Bonnie Bertetta, Sharon Butler and Sue Keddington were also on hand for award presentations. What a team! Thank you all.

The talented participants and their mounts were all outfitted beautifully. Our judge, Sarah Kennedy, came down from Auburn to guide and teach the riders how to reach higher levels in their showing. We received many positive comments on Sarah's judging and instruction.

The Daily High Point trophy, donated by Joan McLaren, was awarded to Sterling Trubman and her horse Peppy Smokin' Fox.

The Maiden High Point trophy, donated by SMCHA, was awarded to Heidi Rice and her horse Skip Smokin' Hot Shot.

The Western Pleasure Open prize, which was a halter and lead rope donated by Portola Feed, was awarded to Sarah Hammersley and her horse Call Me Lonsum.

There were 29 classes and each First-Place Winner received a goodie bag of horse-related supplies such as brushes, hoof picks, shampoo, wormers...all donated by Western Saddlery.

We couldn't do a horse show without the support of volunteers and sponsors, so I offer a huge "Thank You" to each and every one of you.

Congratulations to the winners and thank you to all the

competitors for making SMCHA's Western Schooling Show a success.

We look forward to seeing you at our next two shows: English Schooling Show @ Webb Ranch on Sunday, August 5, and the SMCHA Open Western/English Show at the Horse Park on Sunday, August 26.





## FRIEND US ON FACEBOOK!



Join us on Facebook and get up to date information on upcoming SMCHA events and connect with your fellow members!

Just log into Facebook and put San Mateo County Horsemen's Association or [www.facebook.com/groups/SMCHA](http://www.facebook.com/groups/SMCHA) in the "search" box!



*Accounting Offices of*  
LAWRENCE E. PELZNER  
AND ASSOCIATES



*Lawrence E. Pelzner*

840 Hinkley Road • Suite 120  
Burlingame • CA • 94010-1505

**650.691.TAXX**

**650.697.8299**

Fax 650.697.5080

# SMCHA ENGLISH RIDING CLINIC

All levels of riders can participate

**Where:** SPRING DOWN EQUESTRIAN CENTER  
725 Portola Rd, Portola Valley 650-851-1114

**Instructor:** Carol Goodstein

**When:** Monday Evenings  
July 16,23,30  
August 6,13,20

**Cost:** \$180 for all six sessions  
(Or \$35per individual session)

**Contact:** Christine Raposo cell 650-222-1666  
[sweetdreamer666@gmail.com](mailto:sweetdreamer666@gmail.com)

**\*\*All participants MUST be a member of SMCHA\*\***  
If needed membership forms will be available at the first session.

**Carol will provide Spring Down horses for \$40.00 per session. This is in addition to the clinic fee. She will address each rider at his or her ability level.**

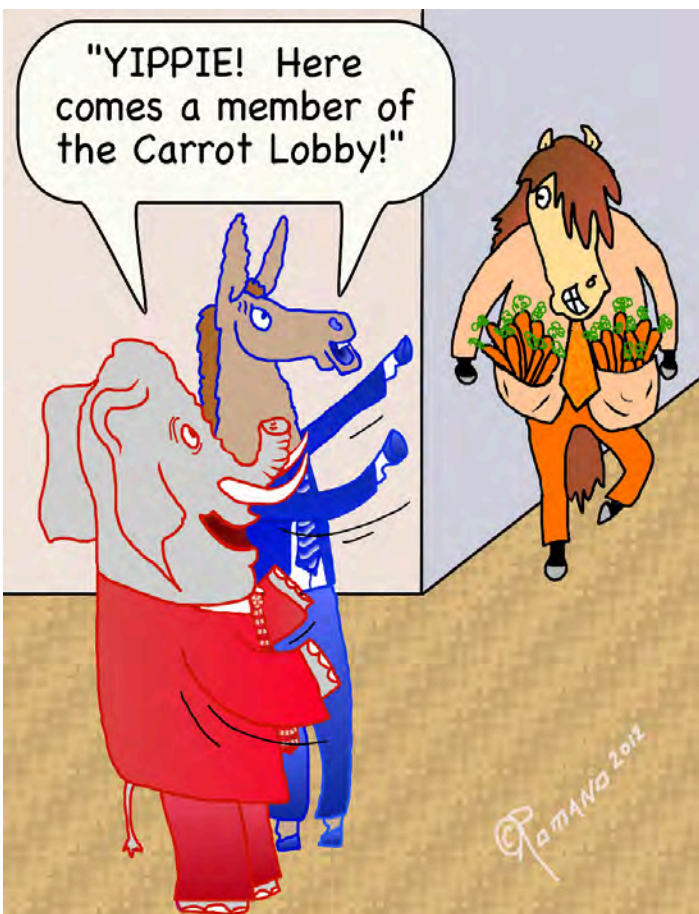
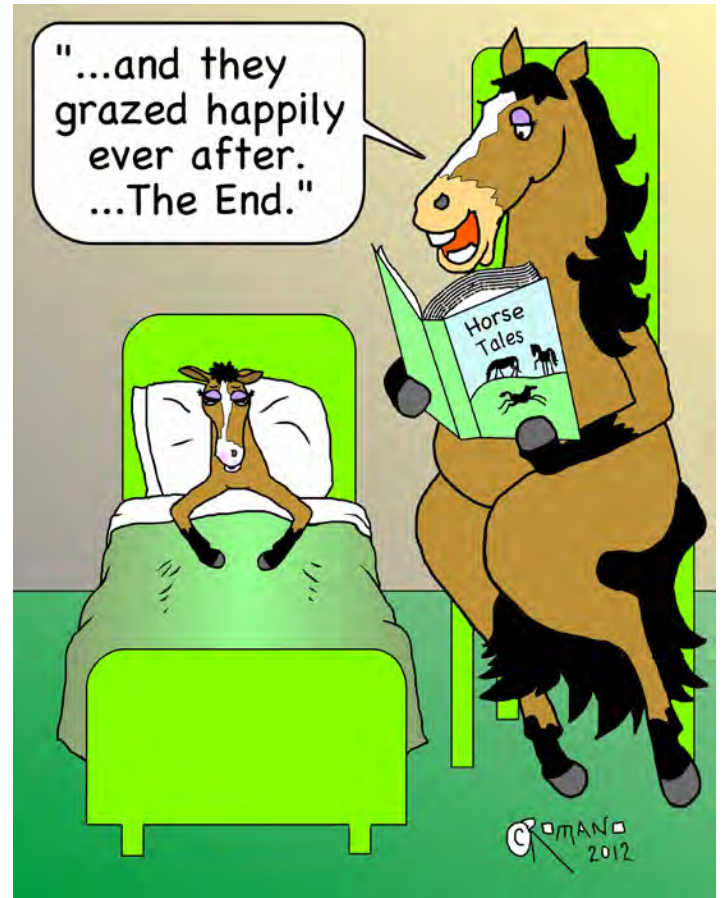
**Reservations for lesson horses must be made in advance and by the Friday prior to the clinic date to ensure a horse has been reserved.**

Approved helmets are required for participation in this riding clinic. Spring Down has English saddles, helmets and boots available for borrowing at no additional charge if needed.

**Larry Wohlford, DVM**  
 Equine Medicine & Surgery  
 Equine Acupuncture  
 (650) 851-1214  
 2995 Woodside Rd., Suite 400—#372, Woodside, California 94062



**Mini Warehouse Company**  
 DICK SANDERS  
 650-364-6930  
 2793 Spring Street, Redwood City, CA 94063



**ROBIN HILL WHALEN**  
 INTERIOR / EXTERIOR DESIGN

**HOLLYHOCK DESIGNS**  
 22 PRESTON ROAD  
 WOODSIDE, CA 94062  
 ROBIN@HOLLYHOCK.COM

TEL 650•851-9363  
 TEL 650•851-2411  
 FAX 650•851-2411

**V&V BROS**  
 RVS AND TRAILERS

10% Discount  
 S.M.Horseman members

**Motor Homes  
 Boat Trailer  
 Horse Trailer  
 Parts - Accessories - Service**

**V&V BROS RVS and TRAILERS**  
 www.vvvstrailers.com  
 1020-A Hansen Way, Redwood City CA 94063  
 650-556-1096 / vvvtrailer@att.net



## A TRIP TO THE ROAD PARADE WITH KACTUS JOE & TEQUILA

By Joseph Squillacioti

I have always loved watching the Rose Bowl Parade as far back as I could remember, which was when I was about 7 years old, mainly because I loved seeing those beautiful Palomino horses in all their silver finery. I tried to get into the parade several times over the last twenty years by writing to the parade officials and contacting different people I have met in the horse world, but all to no avail. So when I saw the advertisement in Cowboys and Indians Magazine that read "Come and ride with the 100 Palominos for Roy Rogers 100th Birthday," my application was in quicker than I could shoot ten balloons with my 45's (11 seconds). Just as quickly, I received an email from RFD TV and the Owners of Trigger that were running the event indicating that "even though you would have been perfect for the event we cannot enter you as we are already full." I shot them an email back asking, "Can I be back-up rider in case someone doesn't show?" The response was the obligatory "yea we will keep you on the speed dial." Their message didn't ring true to me, so I decided to go to the Los Angeles Equestrian Center where I knew they run Equifest before the parade and is where everyone stages up for the parade.

On I-5 on my way down to Los Angeles, I received call from a friend who is traveling with the Merced Sheriff's Posse to be in the Parade. She asks if I have my silver saddle with me since I would need a silver saddle to ride. I explained that even though I own two silver saddles, they were left at home as my vision of what I would need was different than that. I wanted to ride as a Mounted Shooter in my Old West gear. I take heed of her comments and tell her I know people and maybe I can borrow a silver saddle at the Equestrian Center. A few hours later I pull into the L.A. Equestrian Center across the road from Griffith Park. It's a fabulous facility with many horses and arenas and the Equidome where Equifest will be held.

The first person I meet, Lisa, is a lovely lady trainer who is running a horse show that weekend and when I tell her that I am there for the Rose Parade, the first words out of her mouth are, "Do you need a silver saddle." Well, talk about coincidence. Long story shorter, I purchase the saddle from her, get my stall and go on about my business. The following evening I am letting my horse Tequila run around one of the arenas as some men and women walking by stop to inquire who I was riding with. My answer was, "Well, I'm a wild card." When they asked what I meant by that, I explained my situation and I am there to fill in if anyone drops out or does not show and they are not keeping me out of this once-in-a-lifetime chance to ride in the Rose Bowl Parade with Roy Rogers' son and Trigger. These folks like my gumption and tell me there is a woman who may not show up so I may be able to ride with them, the U.S. Marshals.

Needless to say, I am ecstatic as it is all coming together just like I thought it would, but I am not official yet as the parade is still five days away. On Thursday night, everyone is going to the Equestrian Reception At the Saddle Ranch Chop House at Universal Studios for a reception put on by Wells Fargo. I make my way over to the event, dressed in my Old West Cowboy Finery. This event requires an invitation, which of course I don't have because I am not official yet. At the door, I am stopped by the Velvet Rope guys, who are checking all invitations. I explained who I was (Kactusjoe) and my situation and I guess they liked my gumption so they let me in without an invitation. The reception is fabulous, top-of-the-line food, band and electronic bulls to ride. All the riders for the parade were there, including the awesome Cowgirl Chicks from Texas and a bunch of trick riders. Several people ask me who I am with since I am the only one without an ID. I tell each one that I am there as the back-up rider for whoever doesn't show up. On Friday, I'm sitting in the stands for Equifest and still wondering if I will be in the parade.

On Saturday morning I decide to visit the crypt of someone important to me who I had come to know when I traveled to India in 1970. Amazingly enough his crypt is right across the street from the Equestrian Center in The Forest Lawn Cemetery, "The Cemetery of the Stars." I sign in as everything is very secure here. People like Michael Jackson are buried here and they





can't just have crazy fans running around. I go to the Crypt of my Great Guru, Yogananda and sit awhile reflecting on his life and the impact he has had on me in my life. I make a wish that all will go well and I will be accepted to ride in the parade. As I am leaving the Great Marble Hall I walk right past the crypt of another favorite person of my childhood, none other than William Boyd, better known as Hopalong Cassidy. I stopped by to pay my respects to Hoppy and make another wish to get in this once-in-a-lifetime event.

Just then, my phone rings and it is the U.S Marshalls calling to tell me get over there because I'll be in the parade. Now, we can all call it coincidence, but I see it as Divine Intervention. Coincidence or not that is exactly the way it went down believe me, I had goose bumps when I got that call. One more hurdle to jump and that was the fact that I didn't have borium on my horses shoes which is a requirement. My quest for the borium nails was eventually rewarded. The 210 freeway is closed so we can stage and park trailers there all night. We saddle up at 5 am and all of the equestrians and the marching bands head up the middle of the freeway so we can begin the parade. This parade is run like a precise military operation with dozens of motorcycle police, helicopters and guards everywhere. We do the 5½ mile parade wishing Happy New Year to millions of people all the way. My arm is tired from waving and I'm burned out from saying Happy New Year, but I loved every minute of it.

It doesn't end there...After the parade my friend John and I drive to Hollywood to take photos at Grauman's Chinese Theater, just like Roy Rogers, Gene Autry and Tom Mix have done. John laughs, thinks I'm crazy for doing this and tells me we'll get locked up. There must have been 500 people there taking pictures and looking at all the hand and foot prints of the stars. I pull my trailer up right in front of the place, saddle my horse in the trailer, then pop her out, jump on her and jump up onto the sidewalk. Everyone sort of steps back and lets us do our thing wide eyed but like this is perfectly normal; after all we are in Hollywood.

We click a bunch of pictures and suddenly a black and white pulls up, LAPD. They give me a gesture and I'm thinking Uh-oh, I'm in trouble now. I'm still wearing two 45 rugers and I'm on Hollywood Boulevard with my my horse Tequila. I step off of my horse and walk slowly over to the police car apologetically and say, "Hey guys, before you get made, let me explain. I just came from the Rose Bowl Parade honoring Roy Rogers." (I still had my armband on with Roy's picture on it) Before I could finish my apology, both officers looked at me and said, "Man, you and that horse look awesome. Can we take your picture?" They took a photo and said "you guys have a great time" and took off down Hollywood Boulevard. I breathed a sigh of relief and felt, "Wow, what a wonderful ending to a fantastic trip. I parted company with my friend John and hit the highway to start the 400-mile drive home It's been six months since my Rose Bowl Parade adventure, and I'm still flying high from the experience.

Yours Truly,  
*Kactusjoe & Tequila*





## Spring Down

EQUESTRIAN CENTER

725 Portola Road  
Portola Valley, CA 94028  
650-851-1114  
[www.springdown.com](http://www.springdown.com)

**TWENTY EIGHT YEARS • SAME LOCATION • SERVING THE COMMUNITY**

Over 50 show quality school horses for every level rider—first time through advanced. Two lighted arenas, one covered, the other outdoor. Our outdoor arena is the **ONLY** one of its kind in the area. It has state of the art, waterproof, dust-free footing. Rain or shine, night and day, **WE CAN RIDE!**

We offer a great staff of professional instructors available 7 days a week to accommodate your schedule.

### **LESSONS**

English, Hunter, Jumper, Dressage and Western

### **CAMPS/CLUBS**

Spring, Summer, Holiday Camp FOR ALL AGES

### **MOMMY & ME CLASS**

Dads can come too!

### **DRILL TEAM**

Dance to the music with your horse!

### **OPEN HORSE SHOWS**

Fun, family-friendly, and affordable!

### **GIRL SCOUTS**

Earn your merit badge here

### **BOARDING/TRAINING**

**Introductory Offer**  
**4 lessons for \$200**





## IN MEMORY OF JANICE OLSEN

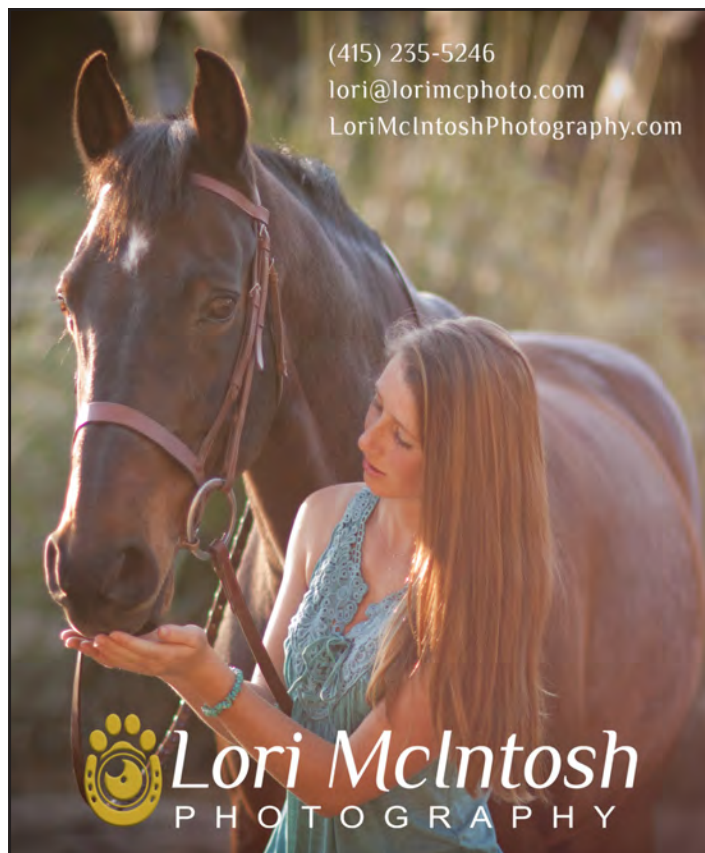
Janice Jansen (known to many as Janice Olson) passed away peacefully on March 31, 2012.

Janice was born in Van Nuys, Calif., and spent many of her younger years in San Jose until finally settling in Half Moon Bay, where she spent the last 20 years. She fell in love with the coast for its scenic views, horse friendly environment and the many, many friends she had.

She was remembered as a very loving, caring and giving woman. She is survived by three children, Kellen Hancock, and Britney and Tyler Olson, as well as her mother, Dorothea Jansen, and four siblings.

A funeral service is planned for Janice at 1 p.m. on Tuesday, April 10. The celebration of her life will be held at Oak Hill Memorial Park, 300 Curtner Ave., in San Jose, Calif.

Janice was born in Van Nuys, Calif., and spent many of her younger years in San Jose until finally settling in Half Moon Bay



# Start Horsing Around

*Jennifer Ott*

650.619.8257

*jottcameron@yahoo.com*

*www.starthorsingaround.com*

Horsemanship Classes . Lessons . Beginner through Advanced  
Training for Pleasure Riding & Showing . "Parent & Me"  
Specializing in Western Events



# CALIFORNIA RIDING ACADEMY

ENGLISH • WESTERN • DRIVING

CALIFORNIA RIDING ACADEMY offers Professional Riding Instruction to both children & adults, beginning through advanced in English or Western disciplines. In addition to being a U. S. Pony Club Certified Riding Center, we offer the best Summer Horsemanship Camps in the Bay Area: Camp Jumps For Joy! is ever-popular and should be booked early with our convenient Online Registration and Payment designed specifically for busy Silicon Valley parents.



Have your own horse? Enjoy our 150' x 300' fully lighted and covered arena, our 5/8 mile conditioning track and additional 8 arenas. We offer Full-Care Boarding and Training in many disciplines. We attend both Schooling and Rated Horse Shows. Call 650-740-2261 for information.



- Beginning through Advanced Riding Lessons
- Children AND adults
- English or Western Disciplines
- Private, Semi-Private & Group Options
- Open 7-days a week incl. evenings and weekends
- Full Care Board and Training
- U. S. Pony Club Certified
- Camp Jumps For Joy! Horsemanship Camps
- Carriage Driving Clinics
- Home of My Jumps For Joy! Kids' backyard jumps

*Camp Jumps For Joy!*



Come join or re-join the world of horses. At CALIFORNIA RIDING ACADEMY, we encourage all students, whether beginning or advanced, to develop their personal horsemanship skills. With the combined experience of more than 125 years, our team of horse professionals is well qualified to take your riding to the next level. Be sure to check-out our Website, but don't wait, call to schedule a visit! We are conveniently located in Menlo Park.

**CALIFORNIA RIDING ACADEMY**  
100 Ansel Lane Barn #2, Menlo Park, CA  
650-740-2261 Cell • 650-854-1037 Barn  
CALIFORNIARIDINGACADEMY.COM

# Alan Steel and Supply Co.

505 E. Bayshore Blvd.

(at Whipple Avenue)

Redwood City, CA 94063

(650) 369-2526



Call or email for an appointment  
650-468-8599

[info@darkhosedetail.com](mailto:info@darkhosedetail.com)  
[www.darkhosedetail.com](http://www.darkhosedetail.com)

**Specializing in:**  
Full Detail • Wash & Wax  
Interior Detail

Cars - Trucks - Trailers and more

Your detailing and  
waxing specialists!



Saturday  
Appointments  
Available!

**\$25 OFF**

**Complete Detail**

Cannot combine with other offers. Must present coupon.

**\$15 OFF**

**Wash & Wax**

Cannot combine with other offers. Must present coupon.

**10% OFF**

**Any Service**

Cannot combine with other offers. Must present coupon.



# Comfort Family, Friends and Home

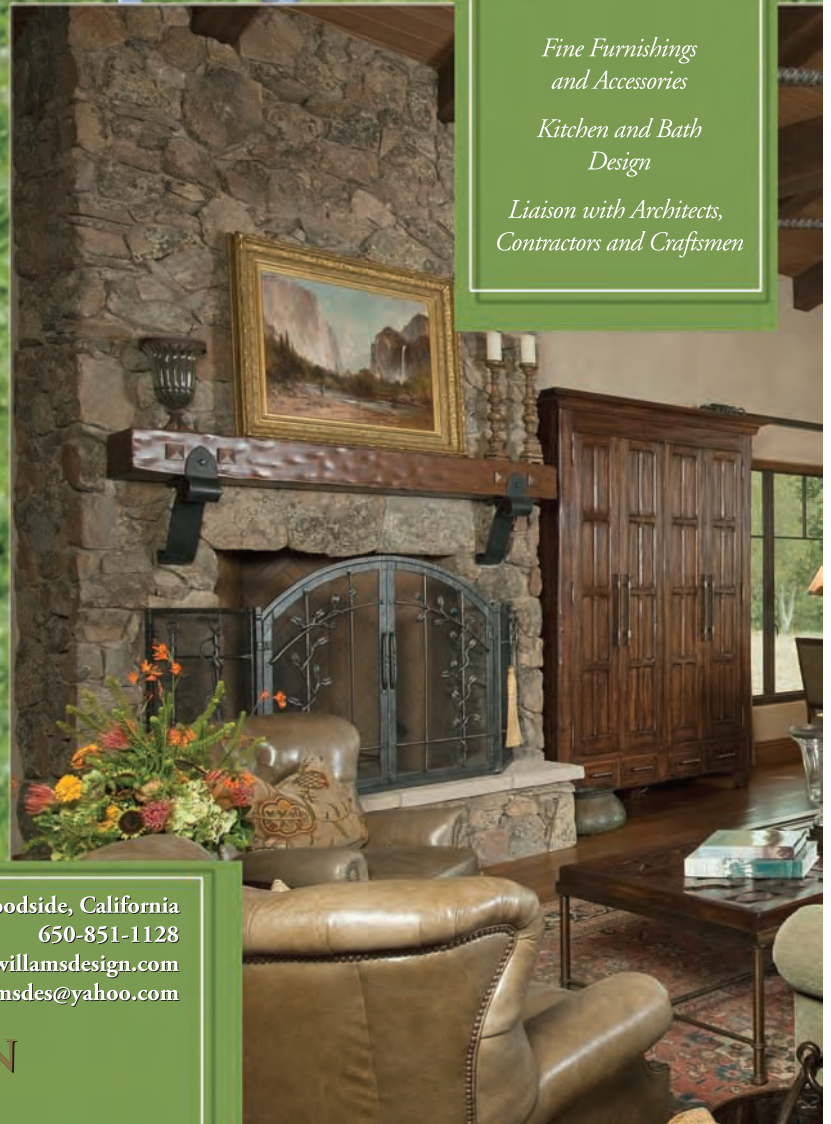
## INTERIOR DESIGN

*Fine Furnishings and Accessories*

*Kitchen and Bath Design*

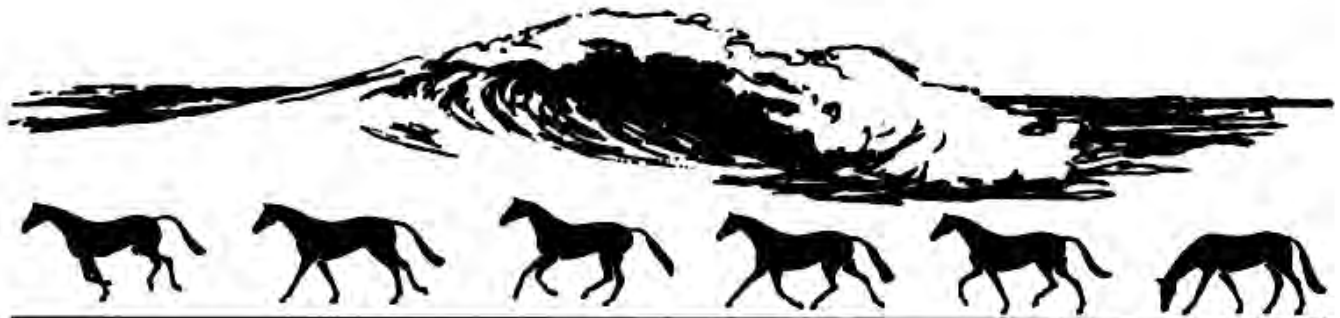
*Liaison with Architects, Contractors and Craftsmen*

Rocco, Binty and Treasure are lovingly owned by The Williams Family



Dawn Williams, ASID, Woodside, California  
650-851-1128  
dawnwilliamsdesign.com  
dawnwilliamsdes@yahoo.com

DAWN WILLIAMS DESIGN



## **PASTORINO HAY & RANCH SUPPLY, INC.**

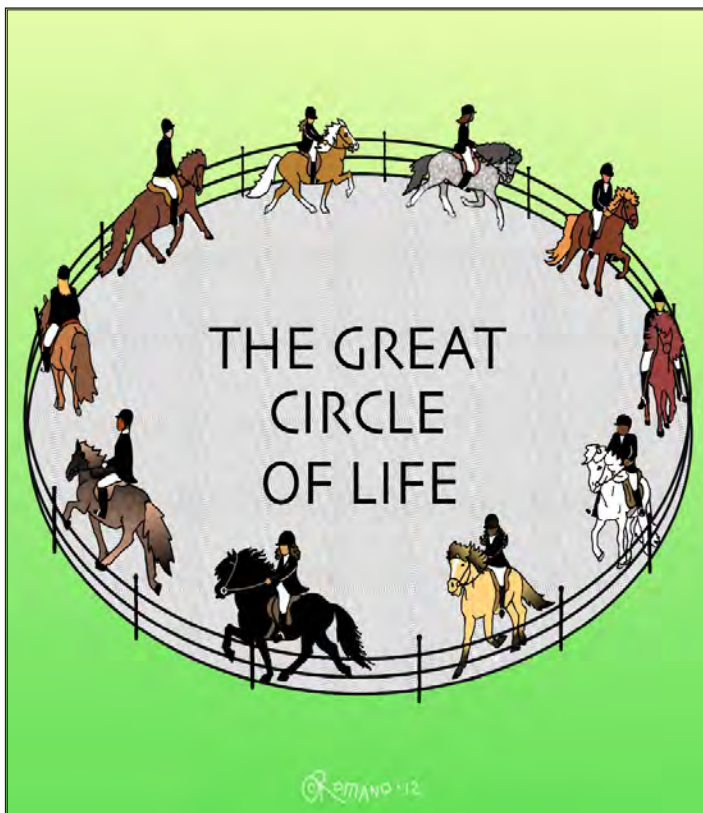
" PERFORMANCE HORSE QUALITY "

Oat • Alfalfa • Grass/Alfalfa  
Timothy • Grass • Straw • Shavings

(650) 726-6155

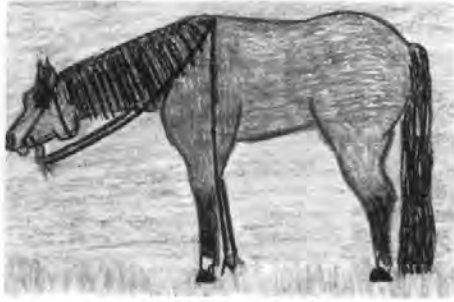
921 MIRAMONTES ST.  
HALF MOON BAY, CA 94019

WAYNE & DANA PASTORINO



"Just how will I be CUTE today?  
Should I be endearing, flirtatious,  
superficial, shrewd or clever? "





**Joan McLaren**

Training  
For Horse and Rider  
Showing or Pleasure

(650) 339-2996 cell  
(650) 364-4677 hm  
(650) 854-7755 alternate work

P.O. Box 620143  
Woodside, CA 94062  
joanmcl@comcast.net



**Call to Membership:**

*If you have an educational or horse related photo, article or topic that you feel would be beneficial to have included in this SMCHA magazine, please feel free to submit to: [j9oneill@comcast.net](mailto:j9oneill@comcast.net) and those submissions will be considered. We welcome your input!*



SMCHA GENERAL MEETING FOR ALL  
EQUINE ENTHUSIASTS  
Friday, September 21 @ 6:30  
Webb Ranch Polo Field  
2720 Alpine Road, Portola Valley

We have planned an evening of  
information, fun, good food and the  
outstanding movie, **War Horse**



---

Sharon Montoya Bretz, President of the  
San Mateo County Large Animal EVAC, will  
provide information about this vital  
organization and share important facts  
about readiness and evacuation for our  
equine partners.

---



From legendary director Steven  
Spielberg comes the epic  
adventure **War Horse**, a tale of  
incredible loyalty, hope and  
tenacity. Pull up your lawn chair  
and/or your pick-up to the polo  
field at Webb and enjoy this  
remarkable movie. About 8 pm

**Really important:** Bring your own chairs and blankets. Color Guard Cafe will  
be selling hot dogs, salads, desserts, beverages and POPCORN for the Movie.  
Proceeds will support the SMCHA Color Guard's return to the Grand National at the  
Cow Palace in October to defend their First Place title.

RSVP to Cheryl Basin 650-364-3020 or [c-cheryl@sbcglobal.net](mailto:c-cheryl@sbcglobal.net).

## THE DREAM OF ALL WEATHER TRAILS IS COMING TRUE

Phase 1 is done. Now on to Phase 2

By Don Pugh

All last winter, during the rainy days and sunny days, equestrians, pedestrians and runners have been enjoying the beautiful, smooth footing of the new All-Weather Trails in Huddart and Wunderlich Parks. Over the last three years, the equestrian community and the San Mateo County Parks Department have donated over \$100,000 to support the winterization of trails: 5.5 miles in Huddart Park and 1.4 miles in Wunderlich. In these three projects, the County was able to contribute "in-kind" services for hauling and purchase of the base rock. We were hoping to finish Phase 2 in Wunderlich Park this June. However, the County budget has been drastically cut, and "in-kind" services for this project reduced to zero. We now need to raise additional funds to complete Phase 2 in Wunderlich to fulfill the dream.

**Phase 1** was completed in May 2011. The 1.4 miles in this phase were completed thanks to the generosity of the equestrian community, who donated \$18,450. The trails compacted over last summer and were open in the winter. This created several Lower Loops:

- Bear Gulch Trail, from the Barn to the Loop Trail and on up to the Madrone Trail
- Alambique Trail – Barn to Loop Trail

**Phase 2** is now scheduled for October - November 2012.

This will open up the upper loop in the Park. We need your help for this phase.

- Bear Gulch Trail—Continue from the Loop Trail, to Redwood Flat, and then to the Meadows.
- The Redwood Trail from Redwood Flat to Salamander Flat will be left in its natural state.

The trails will be closed and allowed to settle in for the winter 2012 - 2013, and will then be open for year-round use next spring. The total length is 1.44 miles and will cost approximately \$27,470. We now have to raise the full amount because the County will be unable to contribute anything due to budget cuts. We have raised \$18,500 to date, so we are 67%

of the way towards the goal.

What better way to escape momentarily from our difficult economic times than riding under a crisp winter sky, hearing the creeks bubble, and breathing the fresh mountain air? We believe the equestrian community will continue to support this project and will provide funding for it.

We need to have the funds by September 15 in order to get the work done this fall. Any additional funds will be used for future trail maintenance and improvements in Huddart and Wunderlich Parks. CHAPS - The Community Horse Advocacy Program for San Mateo County – a new organization supporting equestrian activities in the County, and the Mounted Patrol Foundation are working together to raise the funds for this project.

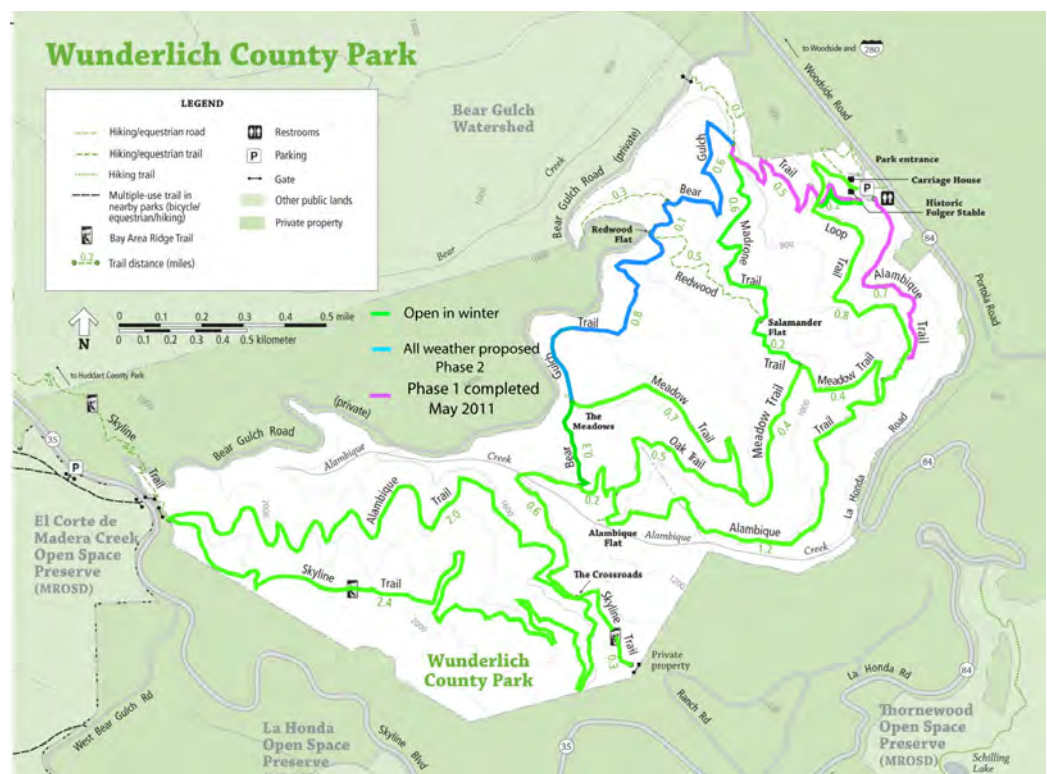
If you want to learn how the trails are built or other activities check out:

[www.chapsmc.org](http://www.chapsmc.org) or [www.mountedpatrolfoundation.org](http://www.mountedpatrolfoundation.org)

The Mounted Patrol Foundation is a 501(c) (3) organization, and tax-deductible checks should be made payable to CHAPS-MPF, with the notation Wunderlich trails, and mailed to:

Mounted Patrol Foundation, 521 Kings Mountain Road, Woodside, CA 94062-4209

Thank you for your support. Call Don Pugh at 650-851-8343, or email [don@chapsmc.org](mailto:don@chapsmc.org) with questions.





## Portola Valley



"The Knole at Lauriston" is an amazing, secluded Irish Georgian inspired retreat perched on eight oak studded acres high above Silicon Valley. Gracious marble entry hall, a perfect home for art & music. Light filled living, library & formal dining rooms, warmed by their own fireplaces, keep your family & friends in comfort & cheer. Guest cottage, caretaker's gatehouse & large four car garage frame a classic family compound setting. Lush grounds and all of the above make coming home as rich an experience as getting away.

**Price: \$ 7,490,000**

## Half Moon Bay



Charming country Victorian sits on over 3.5 acres of peace and tranquility in Half Moon Bay. Property features 3 bedrooms/2 bathrooms, updated gourmet kitchen in main house, 3 stall barn with turnouts and loft living space above the barn, additional 1 bedroom/1 bath apartment, large workshop with office and full bathroom. Year round running creek. Views of canyon and mountains.

**Price: \$1,595,000**

For more information or to schedule a private viewing, contact Barbara directly.

*"I'll Make Your Next Move a Galloping Success"*

**Barbara Stogner**

*Today Sotheby's International Realty*

**(650) 598-8112**

[Barbara@BarbaraStogner.com](mailto:Barbara@BarbaraStogner.com)





**CUSTOM COVERS**  
by CHERYL

**CAPS**  
Helmet Covers

**EMBROIDERY & MONOGRAMS**

**BOOT BAGS**  
Bridle & Garment Bags  
\*\*\*\*\*

**Western Design Pillows**  
and Afghans  
\*\*\*\*\*

**RV Camping Mats**  
Leather Purses  
\*\*\*\*\*

**Equine Laundry & Repairs**  
**866-523-7577**  
customcheryl@comcast.net  
[www.horseshowproducts.com](http://www.horseshowproducts.com)

**Still horsing around in**

**Woodside....** 

**But NOW hairstyling**

**in Menlo Park!**

Call 650-207-8846

You'll find me at

**Master Styling**

a family-friendly full-service salon

**1030 Curtis Street**

**Menlo Park**

(Across from Trader Joe's)

**Bree Vail**

**650-326-6447 • [bree.vail@gmail.com](mailto:bree.vail@gmail.com)**

*Please Support Our Advertisers*

**2012 SMCHA Horse Shows**

**"Save the Dates"**

[www.smcha.org](http://www.smcha.org)

***English Schooling Show***

***Sunday, August 5***

Four High-Point Prizes

Webb Ranch, Portola Valley

***SMCHA Open English/Western Show***

***Sunday, August 26***

Eight "Never-Won-A-Buckle" Classes

Horse Park, Woodside

For more information or if you'd like to help with these shows, please contact:

Cheryl Basin, Chair: 650-364-3020 or [c-cheryl@sbcglobal.net](mailto:c-cheryl@sbcglobal.net)

Sharon Butler, Co-Chair: 650-720-0513



## Horse Programs at Folger Stable

Wunderlich County Park, Woodside

650.446.1414 • [www.FolgerStable.com](http://www.FolgerStable.com)



### Public Horse Boarding

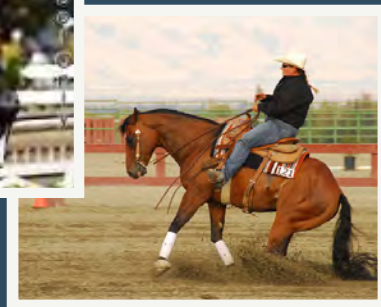
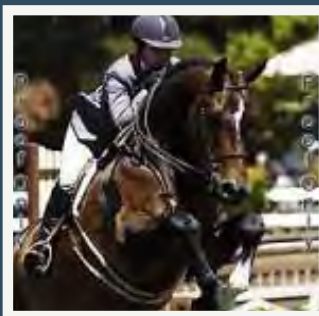
With 30 stalls open to the general public our amenities include:

- Direct trail head access to miles of beautiful, winterized and horse friendly trails (no bikes, no dogs).
- A large outdoor arena
- 50' round pen (coming soon!)
- Ample all-weather turnouts
- Multiple wash racks (including a hot wash)
- Large tack room areas
- Daily stall cleaning and your choice of grass hay or alfalfa fed twice daily.

### Riding Lessons

Resident trainers specialize in Trail Riding, Hunter/Jumper, English Equitation, Western Riding and children's programs.

*Lesson Horses Available*



Head Wrangler, Sam Bivins

### Trail Riding Club

Why ride alone when horses are naturally social?!

Join our new head wrangler, Sam Bivins, on rides exploring the trail system in Huddart & Wunderlich Parks. We have rides going out twice a week which explore different parts of the parks.

Trailer-ins welcome and lesson horses available.



**Bay Area Equestrian Connection LLC**

4040 Woodside Road • Woodside, California 94062

## COME BOARD AT RANCHO VIEJO!

For the first time in years, RV has openings. So if you want to board your horse in beautiful Portola Valley, consider us.

We have both english and western in the barn.

RV is a laid-back environment for the horse owner who likes comradery.



FOR MORE INFO, LOOK  
AT [WWW.RVSTABLES.COM](http://WWW.RVSTABLES.COM)

AND/OR CALL  
**ED OR DONNA COHN**  
**650-854-9109**

We have:

- Four arenas, including covered, three with lights. Watered and dragged almost daily
- Turnouts, wash racks, several tackrooms
- Miles of pasture and trail riding
- Lessons and training
- Lessons with cattle



## PENINSULA EQUINE MEDICAL CENTER

Equine Medicine & Surgery Group Practice

Digital Radiography – Ultrasound – Nuclear Scintigraphy  
Video Endoscopy – Advanced Lameness Evaluations  
Pre-Purchase Examinations – Regenerative Medicine  
Shock Wave Therapy – On-Site Labwork  
Online Pharmacy – Elective & Emergency Surgeries

100 Ansel Lane, Menlo Park, California 94028

**Phone:** (650) 854-3162 **Fax:** (650) 854-3658

Gilroy Gates: 7777 Frazier Lake Road, Gilroy, CA 95023

Phone: (408) 762-5626

[www.peneq.com](http://www.peneq.com)    [info@peneq.com](mailto:info@peneq.com)

## SUNLIGHT DELIVERS THE VITAMIN D MESSAGE FOR YOUR HORSE'S HEALTH

by Dr. Juliet Getty, Getty Equine Nutrition LLC

(as printed at HorseCity.com)

Thirty to 90 minutes in the sun will give the average person all the required daily vitamin D. But a horse's hair coat alone creates such a significant barrier to absorption that it typically takes 5 to 8 hours of exposure to ultra violet light for horses to produce enough vitamin D. Compound that with added blocks like fly spray, coat conditioner, blanket or sheet, or decreased body oils due to bathing, and it becomes apparent that in some cases, horses may not get enough of this vital ingredient.

How does sunshine convert to vitamin D? The key is in the skin's oils, which contain a derivative of cholesterol called 7-dehydrocholesterol. When exposed to sunshine, this compound is converted to Cholecalciferol, which is then converted to the actual vitamin D, known as: 25-hydroxy-cholecalciferol, or D3, for short.

D3 is actually a hormone. A hormone, simply put, is a substance that is produced in one place and delivers a message to another place. D3 is produced in the kidney, and its message is to insure correct blood calcium levels which are critical to the proper function of your horses' bones, joints, and muscles. D3 looks first to increase absorption by the intestine of ingested calcium, then if necessary, it will key the bones to give up calcium, and finally, it will instruct the kidneys to reduce calcium losses through urine.

There is a vitamin D2 which is found in plants. Plants make D2 from sunlight exposure, much in the same manner as D3 is made in animals, except the original starting point is ergosterol. Most vitamin supplements, however, contain the animal source – vitamin D3 – because it tends to be more stable and therefore has a longer shelf life. But when your horse eats fresh grass, he is getting the plant form. Once inside your horse's body, they both have the same function.

Vitamin D deficiency is more common than you might think.

- Horses that are kept indoors have the highest risk
- Frequent bathing with soap inhibits the body's ability to produce vitamin D simply because the precursor in body oil (7-dehydrocholesterol) is washed away
- The reduced intensity of sunlight during the winter or at higher latitudes (starting with the upper one third of the U.S., into Canada) inhibits vitamin D production
- Vitamin D does not survive in hay

Deficiency causes reduced appetite, slowed growth, phytitis in growing horses, bone demineralization (leading to stress fractures and bone deformities), and poor muscle contraction.

Horses do best when they receive at least 6.6 IU of vitamin D per kg of body weight. For an 1100 lb (500 kg) horse, this translates into 3300 IU/day. Sunlight exposure—5 to 8 hours/day under optimal conditions—will produce this amount of vitamin D.

Vitamin D toxicity is unusual but possible, and somewhat confusingly, the signs of toxicity are similar to deficiency: reduced feed intake, poor growth, and an unthrifty appearance. An upper limit of 44 IU/kg of body weight (22,000 IU for an 1100 lb horse) has been established. Improper supplementation can cause excessively high intake; check all your supplements and fortified feeds to make certain you're feeding a safe amount.

The very good news is that sunlight exposure cannot lead to excessive vitamin D production. So give your horse as much time outdoors, with minimal chemical or physical barriers. Let that vitamin D message do its wonders for the good of your horse.

Dr. Juliet Getty has taught and consulted on equine nutrition for more than 20 years. The Getty Equine Nutrition website <http://www.GettyEquineNutrition.com> offers helpful articles, a library of previous teleseminars and articles, and a nutrition forum. She is available for individual consultations. Contact Dr. Getty directly at [gettyequinenutrition@gmail.com](mailto:gettyequinenutrition@gmail.com) This e-mail address is being protected from spambots. You need JavaScript enabled to view it. or (740) 663-2333 (EST).

Read more: <http://horsecity.com/articles/care-health/15665#ixzz1zRCnozdz>





### **Matching Grant Offer in Support of Riding for Foster Children and War Veterans**

The Silicon Valley Community Foundation (SVCF) has offered the Community Horse Advocacy Program for San Mateo County (CHAPS) a matching grant opportunity in support of its community riding programs for Foster Children, War Veterans and the Boy Scouts. CHAPS is seeking to raise \$5000+ to fuel the programs, two of which are successfully underway at Folger Stable in Wunderlich County Park. "We believe in these programs and knew they would be in demand," said Eldona Hamel of CHAPS. "The kids' program is already in need of expansion; though the veterans' trail rides just launched, we foresee its growth as well."

CHAPS is seeking donations to insure that they can keep the magic and healing of horses in the lives of those who do not have access to them without community support.

To donate, please make checks to **CHAPS/The Mounted Patrol Foundation** and send to **521 Kings Mountain Road, Woodside Ca 94062**. Please specify "Community Riding Programs" on the check. CHAPS is under the fiscal umbrella of the Mounted Patrol Foundation, a 501 (c)(3) nonprofit. Donations are tax deductible as allowed by law. Email [info@chapsmc.org](mailto:info@chapsmc.org) for more information. [www.chapsmc.org](http://www.chapsmc.org)

#### **More about each program:**

**Foster Children:** Foster children struggle socially, emotionally and academically. CHAPS is committed to assisting these children heal and grow by exposure to horses. This provides the opportunity to gain skills such as caring for others, responsibility and attaining goals. Lessons include horse care such as grooming, tacking and riding fundamentals.

**War Veterans:** CHAPS in collaboration with the VA in Menlo Park and NCEFT (National Center for Equine Facilitated Therapy) is sponsoring trail rides for War Veterans. This program focuses on those veterans who can sit safely on a horse by themselves. Some of the program participants will have already graduated from NCEFT's eight session therapeutic riding program. CHAPS is proud to offer this opportunity to assist our wounded warriors re-enter civilian life.

**Boy Scouts:** CHAPS will support a program for Boy Scouts seeking to earn their Horsemanship Merit Badge. Scouts with no riding experience will participate in a multi-session program in order to learn about horses and satisfy the requirements for this badge. Scouts with previous riding experience will be able to take an exam to prove their competence.

## TO SPAY OR NOT TO SPAY; THAT IS THE QUESTION

By Sandi Bell

“Super mellow and not your typical mare,” was the wording in the ad placed for your horse’s sale. Did you read it incorrectly or did you miss something? Somehow, the horse in the ad is not the horse you brought home and you realize that she has fallen short of your expectations. If this has happened to you, you’re not alone.

‘Mare days’ - those days characterized by anything but mellow behavior.

It is an unfortunate fact that the hormonal mood swings displayed by many mares has led to a ‘mare day’ stigma that now sees geldings outselling mares at a rate of 4 to 1 in the world of horse sales. So many wonderful mounts are passed over due to this ‘typical’ stereotyping which is in fact a much misunderstood condition called estrus.

Estrus - the follicle phase, averaging 5-7 days in length, when a mare is sexually receptive to a stallion.

If you spend a little time in understanding a ‘typical’ mare, you very soon begin to detect that these remarkable girls deserve some consideration.

A mare displaying a strong estrus cycle is simply a mare that Mother Nature is indicated would be an excellent mother. Granted, one might not have purchased their mare to breed, but should we spend endless time fighting with this natural situation when it occurs? In some mares, the condition is barely present - you may even wonder ‘if and when’ your mare is cycling - but in others it presents itself as a definite change: a change that can create so much friction between you and your beloved that you may even choose to sell.

### Common Behavior

The signs and ‘symptoms’ of estrus rotate on a natural 19 to 21 day cycle and will most commonly present themselves in a ‘gelding-mare-moment’ but in some cases, the process can become a little more overwhelming to say the least. These are;

Winking - this describes the mare opening and closing the lower part of her vulva. Usually exhibited near or for another horse

Peeing incessantly and at irregular times

Calling – vocalizing her need to stay as the center of attention

High bursts of energy, fits or even stallion like behavior

All of the above can leave you wondering what you’ve gotten yourself into and if any of it resonates with you, taking some time out to analyze the options for both you and your horse would be time well spent.

### Options

If you’re in search of an answer to relieving the estrus behavioral symptoms your own ‘eternal mother’ is displaying, the following options are worth considering:

### Herbs

These may produce a mild effect overall and can be a good option for the ‘easy’ mare with an occasional condition. However, they may not be the answer for a strong cycler.

Depo -provera shots these are veterinarian administered, monthly shots, of the same drug used by some women to relieve the symptoms of severe PMS. The shots can provide a bit of relief in most cases, but the overall effect may not be significant enough in all mares.

### Regu-mate

This is a synthetic form of the hormone progesterone which suppresses estrus and fools the horse’s body into believing it is pregnant. However, it is a pricy option at approximately \$250.00 for a 3 month supply and it also comes with its own set of precautions as absorption into the human body can produce challenges with the human cycle. For this reason, rubber gloves for handling the product are highly recommended. A dispenser gun can also be purchased for around \$35.00, allowing the handler to coat the feed without direct contact. On effectiveness or the balancing of cycles, it is my experience that Regu-mate provided the best overall results of the three.

### Considerations

Some mares are very uncomfortable during their period of estrus and they can suffer many of the same conditions experienced by women around their time of the month. Symptoms such as cramping, moodiness, and lower back pain etc. are just as likely to be suffered by a mare as they are by a woman. These symptoms are not always alleviated by the above products as mares still ovulate on these remedies. That brings us to spaying.

### *Classic Limousine Service*

10247 Imperial Ave - Cupertino, CA 95014

Airport Service · Parties · Weddings

Sightseeing Tours · Birthdays · Dining

Special Occasions · Proms · Graduations

(408) 734-4444  
(800) 500-4544

Fax (408) 725-0201  
www.myclassiclimo.com

### To Spay or Not to Spay?

Listed below are important information points to consider when making the decision whether or not to spay.

1. 15 to 20% of mares still continue to cycle during winter. This is important for those considering Regu-mate as an option. If your mare is one of the 15 - 20%, this would mean there would be no time off from the drug as it would need to be administered year round. Case studies have not cleared this as safe and the cost would reach over \$1000.00 per year for the remainder of your horse's life.
2. There are 3 different stages of a mare's cycle. Estrus is just one of three natural hormone driven stages in a mare's reproductive cycle. In simple terms, without the medical jargon, the stages are:
  - a. Anestrus – the 'I don't care' stage which in most mares represents the winter months.
  - b. Estrus – the 'Here I am boys' stage in which winking and peeing are common behaviors, normally present for 5 to 7 days each cycle.
  - c. Diestrus – the 'No, no, no, don't even think about it' stage when the hormone progesterone is present, lowering her desire to breed.

These are important to understand as spaying mimics the winter 'I don't care' stage. In effect, it generates a permanent reproduction shut down mode in a mare's body. Regu-mate only mimics the 'no, no, no' or Diestrus period, meaning again, a mare will still ovulate and therefore may still suffer some of the uncomfortable symptoms of cycling. Although a trial of Regu-mate will give you an approximate assimilation of what your mare would act like as a spayed mare, the natural behavior shown in the winter months would more likely resemble a closer approximation of spaying. That is again if she actually shuts down.

### The Spaying Procedure

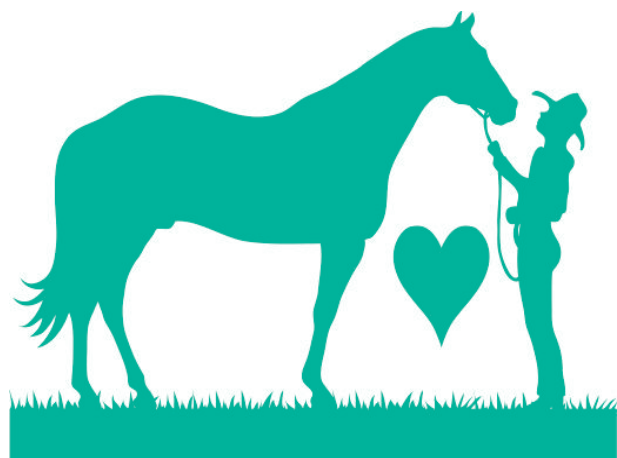
For example, in Northern California, spaying is done at UC Davis in Dixon California. The cost of the procedure is quoted to be approximately \$1800 to \$2000 depending on after care developments and needs. The winter months are recommended for spaying, while mares are not ovulating, although not required. The whole procedure from preparation to completion takes about one and one half hours to two hours. Surgery is performed by laparoscope, standing up in stocks, using drugs similar to those used in dentistry with the addition of an epidural. Three small one half inch incisions are made in the left flank for cameras and tools and both ovaries are removed from an approximately three inch incision in the right flank. Recovery time is minimal with a 12 x 12

box stall prescribed for two weeks and gentle hand-walking exercise only. After two weeks, when the cut and cauterized fallopian tubes have started to repair, turnout in a quarter acre paddock is allowed and the frequency of hand-walking can increase. After that, a gradual build up of regular work is in line. Hormones take approximately three months to leave the mares body completely. Your mare will come back 'your mare' after the procedure; she will still have all of her personality components intact without the hormonal influx she previously suffered.

### Conclusion

If, after careful consideration and exploration of your own mare's level of discomfort, you deem that the other available options are too prohibitive, either in terms of cost or in their level of effectiveness, it is recommended that owners of heavy cycling mares look into spaying as an option.

However, in closing this topic, it is important to note that this procedure is not a 'fix all' for all behavioral issues. Many incidents of 'typical' mare behavior are not related to hormones at all, but are instead reflections of weak leadership that may have in fact developed from misunderstanding how to handle a high level hormonal horse. The bottom line is that behavioral patterns or issues must be completely understood. Only with a sincere interest in learning to understand the difference, along with careful observation of your mare's cycles and behavior, will both you and your horse be able to benefit fully from this procedure.



This article is provided courtesy of Heart and Soul Equine

Sandi Bell 408-984-7440

P.O. Box 1338

Santa Clara, CA 95052-1338



**HAY ♦ FEED ♦ TACK ♦ GROOMING**

**WHY PAY MORE?**



**We carry a great selection of hay, grain shavings and other quality livestock products**



**(408) 289-8626**

**GANADOFEED.COM**

**WE DELIVER to the Bay Area, Including:  
Pleasanton, San Ramon,  
Livermore, Woodside,  
Portola Valley, La Honda,  
Menlo Park & Salinas**



# Medicine, Surgery & Dentistry



Digital X-ray  
Ultrasound  
Endoscopy  
Shock Wave  
IRAP  
Acupuncture  
Chiropractic  
Rehabilitation

123 Belmont Avenue, Redwood City  
(650) 851-2300  
[www.BayhillEquine.com](http://www.BayhillEquine.com)



Conveniently located in Woodside  
Veterinarian owned & operated

## Our Services

*AquaPacer underwater treadmill system*

*Eurociser*

*Shock wave therapy*

*Digital x-ray*

*Digital ultrasound*

*Game Ready cold/compression system*

*Acupuncture & Chiropractic service*

*IRAP*

*Stem Cell & Platelet Rich Plasma*

*Satellite lay-up facility*

*Trailing available*



**Stay**  
in the  
**Game**

650-851-2393  
[www.EquiSportRehab.com](http://www.EquiSportRehab.com)



# 2012 Calendar of Events

Subject to change - please check website for updates

## July

- 3 Mounted Patrol: Rodeo Dinner & Dance
- 4 Fourth of July Parade – Redwood City & HMB
- 4 Mounted Patrol: Junior Rodeo
- 12 Board Meeting
- 16 English Riding Clinic (Springdown Equestrian Center)
- 16-22 Reining by the Bay (Horse Park at Woodside)
- 23 English Riding Clinic (Springdown Equestrian Center)
- 25-29 Jack Brook Horse Camp
- 30 English Riding Clinic (Springdown Equestrian Center)

## August

- 5 English Schooling Show (Webb Ranch)
- 6 English Riding Clinic (Springdown Equestrian Center)
- 9 Board Meeting
- 11-12 Chick Ride
- 13 English Riding Clinic (Springdown Equestrian Center)
- 20 English Riding Clinic (Springdown Equestrian Center)
- 26 Open English/Western Show (The Horse Park at Woodside)

## September

- 13 Board Meeting
- 21 General Meeting @ Webb Ranch
- 30 Presidents' Ride
- TBA: Clarkia Trail Clean-up Day (Fall)

## October

- 11 Board Meeting
- 13 Woodside Day of the Horse
- 19/20 & 26/27 Grand National Rodeo
- 27 Play Day & Halloween Extravaganza

## November

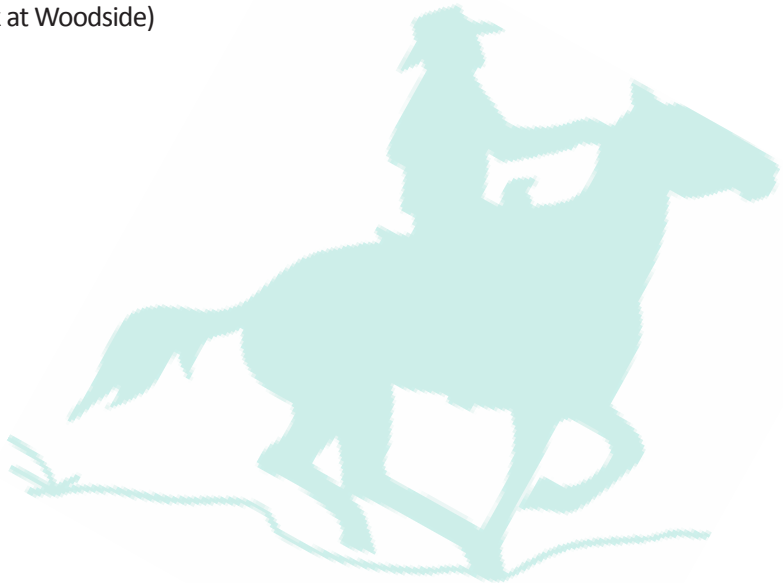
- 8 Board Meeting
- 10 General Meeting - Elections & Bingo Night

## December

- 1 Board of Directors Dinner
- 16 Holiday Barn Party

## January 2013

- 10 Board Meeting
- 26 Kick-Off Gala & Installation Dinner



THE SAN MATEO HORSEMAN  
P.O. BOX 620092  
WOODSIDE, CA 94062

(650) 568-1045  
www.smcha.org

ADDRESS SERVICE REQUESTED

Published by  
SAN MATEO COUNTY HORSEMEN'S ASSOCIATION  
A Non-Profit Organization

President Nancy Kouchekey  
Summer 2012

PRSR STD  
U.S. POSTAGE  
**PAID**  
Redwood City, CA  
Permit No. 12

**SAN MATEO  
COUNTY HORSEMEN'S  
ASSOCIATION**

**Membership Application**



____ JUNIOR MEMBERS (17 OR UNDER)	Annual Dues \$15.00	<input type="checkbox"/> New	<input type="checkbox"/> Renewal
____ SENIOR MEMBERS (18 OR OLDER)	\$25.00		
____ MR./MRS. MEMBERS	\$40.00		
____ FAMILY MEMBERSHIP**	\$45.00		

[Parent(s) and unlimited number of children 17 or under]

I would like to contribute to the following events or functions (see listing at right) in the following amounts:

B \$ ____	E \$ ____	H \$ ____	L \$ ____
C \$ ____	F \$ ____	I \$ ____	M \$ ____
D \$ ____	G \$ ____	J \$ ____	Other \$ ____

I would like to help with the following events/functions:

- |  |   |
|--|---|
| <input type="checkbox"/> Board of Directors      | <input type="checkbox"/> H Junior Members     |
| <input type="checkbox"/> B Trails                | <input type="checkbox"/> I Playday            |
| <input type="checkbox"/> C Western Riding Clinic | <input type="checkbox"/> J Hospitality        |
| <input type="checkbox"/> D English Shows         | <input type="checkbox"/> K Membership         |
| <input type="checkbox"/> E Western Shows         | <input type="checkbox"/> L Junior Color Guard |
| <input type="checkbox"/> F Magazine              | <input type="checkbox"/> M Senior Color Guard |
| <input type="checkbox"/> G Trail Rides           | <input type="checkbox"/> Other _____          |

\*\*Please list names and ages of children:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

TOTAL CONTRIBUTIONS \_\_\_\_\_ TOTAL AMOUNT ENCLOSED \_\_\_\_\_

Annual dues are for January 1 through December 31 of each year. Your cancelled check is your receipt. Join after October 1 and your membership is paid through the following year.

Do you want to be included in our Membership Directory? (Must be received by Jan. 31) \_\_\_ Yes \_\_\_ No

NAME(S) \_\_\_\_\_ PHONE (\_\_\_\_) \_\_\_\_\_

ADDRESS \_\_\_\_\_ EMAIL \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

**PLEASE MAKE CHECKS PAYABLE TO SMCHA. PLEASE DO NOT SEND CASH. MAIL APPLICATION TO:  
SMCHA • P.O. BOX 620092, WOODSIDE, CA 94062**