

Horseman

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84 Years!



Spring Tea



Jack Brook



Spring Tea



Menlo Polo Event



Menlo Polo Event



Spring Down Show



Jack Brook



SMCHA Gala



SMCHA Gala



Spring Down Show

Summer 2024



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Cover

SMCHA supported and hosted many fun and well-attended events over the past few months. Check our calendar for upcoming convivial and educational equine-related activities.

Horse Quote:

“Horses change lives. They give our young people confidence and self-esteem. They provide peace and tranquility to troubled souls. They give us hope!”

—Toni Robinson, Speech at Equine Assisted Therapy Conference (2007)

Cowgirl Quarterly

A Message from Your SMCHA 2024

President **Sharon Butler**



SMCHA is on a Roll!

2024 has started off on a high note. The San Mateo County Horsemen's Association has been bustling with activity over the past few months, hosting a series of fantastic community events and rides. We had memorable times at the Annual Tea Party, Spring Down Horse Show, the Gala honoring our Horsewoman of the Year, Jenny Mize, the Jack Brook dinner and campout, and an exciting polo match with the Menlo Polo Club.

I extend my deepest gratitude to all the committees and committee chairs for their tireless efforts and dedication in organizing such memorable events. Your hard work and passion make it all possible. For those who are eager to join our team of volunteers, please reach out to me. We have numerous upcoming events that could use your helping hands. Get involved and make a difference!

Stay tuned for our upcoming Free Riding Clinics, Halloween Play Date, Presidents' Ride, Barn Holiday Party, and more. Be sure to check the calendar on our website for the most updated information - www.smcha.org.

Lastly, we are also thrilled to announce the acquisition of a new membership and donation database system, thanks to the generous grant from our partner, the Woodside-area Horse Owners Association (WHOA). This new system will not only streamline our organizational tasks, making joining, reserving, and donating easier and more user-friendly, but also enhance our communications and bring our membership closer together.

Join us as we gallop into the fourth quarter of 2024 with enthusiasm and excitement!



The San Mateo County Horseman Magazine

SUMMER 2024

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- September (Summer)
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ASK THE VET

Kissing Spine

By Kristy Moding, DVM

What are Kissing Spines?

The spine of the horse has projections of bone throughout the thoracic and lumbar regions. A variety of factors can cause these projections to rub against each other during exercise, which can be quite painful and cause remodeling of the bone. Contributing factors are genetics, tight muscles along the spine, and poor saddle fit. Thoroughbreds and Warmbloods are common breeds for the condition. Most horses start to show symptoms in their early to middle riding career between 4 and 11 years of age.

How is it diagnosed?

A horse should not flinch or pin the ears during palpation of the spine or application of the saddle. Occasionally, the symptoms will be more subtle and manifest as misbehavior under saddle or poor performance. These symptoms should result in a call to the veterinarian, who will palpate the back and take radiographs (X-rays) of the spine. In these images, you can see if the spinous processes of the back are touching and if they are severely remodeled.

There is a grading scale of 1-4 to assess the severity of the condition. Interestingly, kissing spines are occasionally noted in asymptomatic horses during survey radiographs such as a pre-purchase exam. If the horse is not showing signs of pain, the saddle fit and stretching should still be considered to prevent the condition from becoming painful in the future. Cases diagnosed earlier in the disease are easier to treat, so promptly having back pain addressed by your veterinarian is helpful.



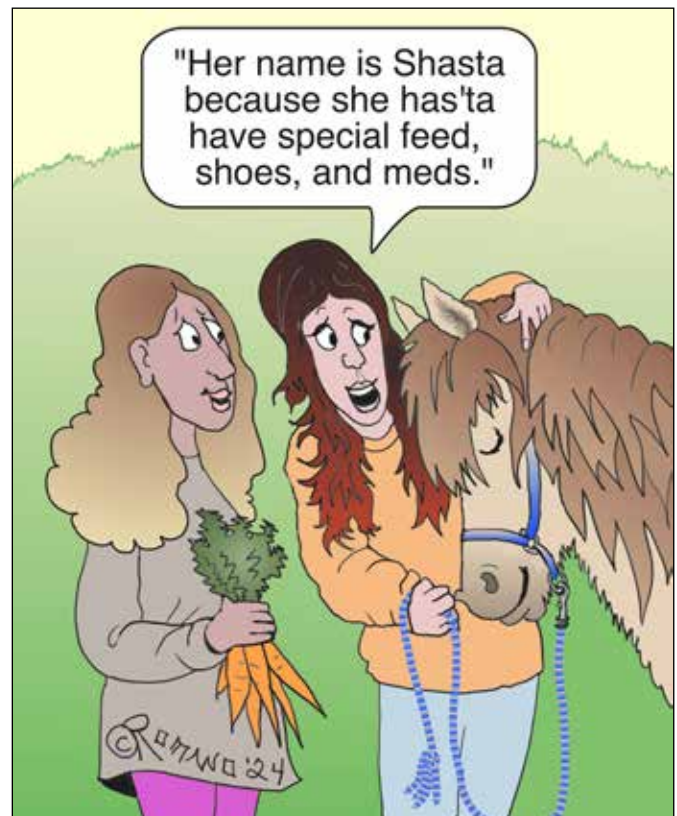
According to one ultrasound study, stretching the neck and back muscles can beneficially impact kissing spines. Researchers measured the muscles using ultrasound before and after weeks of stretches and found a significant change. Daily stretching extends the ligament that runs along the spinous processes to allow the bones to separate a few millimeters into a more comfortable position. Starwood Equine has free videos available on YouTube with examples of how to perform stretches properly with your horse. These can be accessed on our YouTube channel @starwoodequineveterinaryse2304. Shockwave, laser, and local injections of steroids can also be helpful.

For severe cases that have not responded well to traditional treatments, surgery is available where the ligament is cut. This would need to be performed at a specialty facility such as UC Davis. One study indicated this surgery is successful in 90% of cases.



How are kissing spines treated?

Many treatments are available for this condition, and response is variable. A round of anti-inflammatories (such as Bute) and muscle relaxants (such as methocarbamol) can be beneficial when combined with rest. The saddle fit should also be addressed by a professional saddle fitter. Riding bareback is not necessarily a better alternative as the weight is not evenly distributed as it would be with a saddle. Bareback riding can actually make the condition worse. It should also be noted that additional saddle pads will not necessarily improve saddle fit and can make the issue worse by creating more pinch in certain areas.



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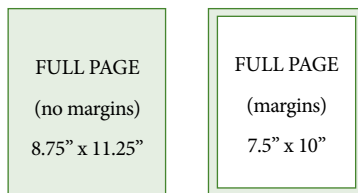
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SUBSCRIPTION RATE:

Membership Rates:

San Mateo County Horsemen's Association memberships are available from \$30 to \$60 per calendar year. You can either fill out and send in the membership form on the back cover of this magazine and send to: SMCHA, P.O. BOX 620092, Woodside, CA 94062-0092, Or simply complete and send through our website: www.smcha.org.

DEADLINE FOR ADS AND ARTICLES
for the Fall 2024 issue is October 28, 2024.

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Visit our website at www.smcha.org



EQUESTRIAN YOU

By Don DeFranco



Maggie and Shaq who died a few years ago from complications from Silicate Associated Osteoporosis or SAO.

AN INTERVIEW WITH MAGGIE MAH

Maggie Mah lives and rides in Woodside and never wants her barn to be empty. In addition to being a SMCHA member, she serves on the Woodside Trail Club Board of Directors and is Immediate Past President of the Trails Committee for the Town of Woodside. Maggie is active in WHOA!

Don: What is your first memory of being horse crazy?

Maggie: I've been around horses since before I was born, so I guess I've always been horse crazy. My earliest memory is of being in my crib and having my brother dangle a carrot over me because it was time to head for the barn.

Don: Where were you? How old were you? What happened?

Maggie: I grew up in Alamo. My two older brothers had horses, and I didn't want to be left out. At one point, they decided that a good way to teach me how to ride was to suspend an oil drum from the oak tree and outfit it with a saddle (an army surplus McClellan saddle). They put me in the saddle, and then each brother took turns yanking the rope. The net effect was a little like riding a saddle bronc. After that, it seemed to me that riding an actual horse might be nicer.

Don: Who was the person in your life who stepped in and made it happen for you? Was it a neighbor, a parent, a trainer, or a friend?

Maggie: When my brothers discovered girls and cars, I inherited the horses and really got into riding. My parents were supportive but not really involved so I just did my own thing. The first real instructor I had was an ex-Cavalry man named Erl Hanson. He was terrific. One of the first things he taught us was to vault off and land on our feet with the reins in hand. He also taught core principles such as direct and indirect reins, diagonals, etc.

Don: What about your first horse or your "heart horse?" How did it come into your life, and what did you learn?

Maggie: Bonnie was the first horse I ever rode. She is still my ultimate "heart horse." She was a big bay, part Morgan, and had been my brother, Steve's horse. I think she had become a member of the family before I was born. She came from Grizzly Stables in Tilden Park, where my brothers first started riding with a guy named Ray Ensminger. It's possible she was connected to the Remount program, but it's hard to know. My parents bought her for \$84. She was strong,



Maggie holding Bonnie at her eighth or ninth birthday party at which Bonnie provided rides to her friends.



Bonnie and Maggie circa sometime in the 60's in a Trail Class at the San Ramon Valley Horsemen's Arena on Stone Valley Road in Alamo.

smart, sensible, and would do anything I asked of her unless it was something unwise, and then she would let me know.

She was always kind and gentle. On one of my earliest rides, the cinch broke while we were trotting, and the saddle (with me in it) slipped around her barrel, depositing me directly under her feet. Many horses might have been startled and run right over me but not Bonnie. She stopped on a dime and waited patiently for me and the saddle to be retrieved. She was the best trail horse ever and even beat out Ada Brown's "Taffy" in a Trail Stakes class. Apart from riding, I learned so much about kindness, patience, persistence, and devotion. I still miss her.

Don: Do you have a favorite story about your horse life?

Maggie: So many! It's hard to pick just one. What I find remarkable is how each horse has guided me and led me to a new place, introduced me to people I would not otherwise have known, and taught me something I needed to know. The most recent story is one that brings me immense joy. I'm planning to write about it in detail so stay tuned!

Don: What does your horse life look like today?

Maggie: It's in transition. I was injured for the first time about 3 years ago, and I wasn't sure I would want to ride again. Well, guess what? Once I got back on, it felt like the piece of me that had been missing was put back.

We'd love to feature your horse story in an upcoming edition of the SMCHA magazine. If you are a SMCHA member, please answer the questions above with several high-resolution photos to Don DeFranco @ DonDeFranco@gmail.com



Archery - Adam Sewell jumping back shot on Carter

HORSE ARCHERY

By Adam Sewell—Bay Area Horse Archers

Imagine sitting astride your horse alongside 100,000 other warriors on the ancient Mongolian steppe. Facing you is around the same number of enemies, all with a vested interest in killing every last one of you. The charge is signaled, and you push your horse forward, following the lead horses, nocking an arrow on your short bow made of wood, horn, and sinew. You follow the leaders into arrow's range of the enemy's front lines and draw your bow, releasing a barb-tipped arrow, then immediately reloading and shooting arrow after arrow this way while riding in a circular pattern, toward the enemy, then away, shooting forward at first, over your horse's head, then backwards as you wheel around to retreat before charging again. Who knows what the end of the day will bring...

This is the origin of horse archery. Some-time around 3,500 years ago, the Scythians, Assyrians, Parthians, and other groups found wielding chariots around the battlefield too difficult, with fallen soldiers and horses and topographical obstacles in the way. These nomadic warriors moved from chariots to the more maneuverable horse, learning to

jump obstacles while shooting in all directions. The Parthians were known for feigning retreat, shooting back over their horses' tails while being "chased" by unsuspecting enemy warriors into an ambush somewhere deep in a canyon. This is the Parthian shot, possibly the origin of the term "parting shot" - an insult hurled back over your shoulder at your offender as you turn and leave the room.

Modern horse archery eventing (HBAE) found its beginnings in Hungary. Lajos Kaszai looked back to his country's rich history and decided he could make a go of training horses and teaching students to compete against each other, using the ancient principles of battlefield archery. Soon, the sport spread to different continents, becoming one of the fastest-growing equestrian sports in the world. Officiated in the USA by The Mounted Archery Association of the Americas (MA3) and, worldwide, by the International Horseback Archery Alliance (IHAA), this sport models itself on eventing with three main types of competitions, and local, regional, national, and international competitions held worldwide. The last World Championships was held on the Mongolian steppe in 2023, with dozens of

competitors traveling worldwide to compete on local horses. The USA is a potential location for the next World Championships to be held in 2025.

HBAE uses ancient battlefield shooting principles of shooting at targets all around you while riding at a walk, trot, or canter on one of two types of tracks. The first track is a 90 or 110-meter straight track, with between one and five standard 36-inch archery targets lined up on one side of the track, anywhere from 2 meters to 45 meters away. Par times at the canter range between 14 and 18 seconds, depending on the event, while walking and trotting events are not timed. Points are awarded for coming in under the par time and deducted for coming in outside the par time. The better archers have the advantage on this track as less riding skill is needed than on the second type of track.

The second type of event is held on a cross-country style track called the Hunt Track. This comprises 3D or animal-style archery targets placed at around 30-meter intervals on both sides of the winding track. Optional jump shots are sometimes added at higher levels where the competitor must



Adam Sewel and Ariel Conrad, co-owners of Bay Area Horse Archers on Spectyr and Brûlée at the Woodside day of the Horse.



Student rider starting out at a walk.

shoot when the horse has two or more feet off the ground, although the jumps are no higher than 70 centimeters. Other ways to gain points are completing lead changes within a specific zone and stopping from a canter or gallop to shoot a target from a standstill when your horse just wants to run home to his companions. Hunt track distances range from 500 to 2,000 meters; on this track, the more advanced riders usually score higher.

Targets can be placed directly to the side, in front of, behind, above, below, or on the off side of horse and rider. Each of these targets requires turning in the saddle, as the rider tries to have the lead hip facing the target as much as possible, just as would be done standing sideways to shoot on an archery range. Some horse archers shoot ambidextrously.

Communication and connection with one's horse are paramount, due to the need for not being able to hold the reins while shooting. On the Hunt track, competitors will shoot, then guide their horse with the reins while pulling an arrow from their quiver with their bow hand, then drop the reins that are attached to the saddle with a breakaway attachment; they will nock the arrow onto the bowstring, then get back on the reins one-handed until shooting again.

All this begins with shooting on the ground, working on desensitization exercises with your horse, and then riding at a walk, maybe even being led by someone on foot. What is the best type of horse for horse archery? The answer is whatever type of horse you like. The best horse for horse archery is the one with which you have a connection, a whole bunch of mutual trust, and is happy with you shooting missiles from its back! In the author's personal experience, no telling which horses will take to this sport exists. Some "bomb-proof" horses have a serious issue with the twang of the bow and the snap of an arrow leaving the string behind their ears. The

author's "crazy redhead Arabian mare" (you have doubtless heard of the stereotype) had absolutely no problem with archery and had arrows shot at full pelt from her back in about three minutes without so much as a flick of the ear.

While Western saddles may be more comfortable for many Americans, English-style dressage saddles, endurance saddles, and European-style horse archery saddles are usually easier to stand up in two-point and shoot, although not necessary. Wait! Stand up in two-point? At a canter, you cannot shoot accurately if you are sitting on your horse's back; your horse moves up and down, and so do you and your bow arm. At higher levels, standing in two-point allows the rider to "float" above the horse's back,

compensating for the vertical movement by moving down and up while the horse moves up and down. This riding position is more upright than the two-point seen performed by show jumpers and eventers, and, of course, this comes later for most people.

Finally, the camaraderie. The cheering you will hear on horse archery videos on YouTube, is usually from fellow competitors who are always helping each other with tips of the trade and cheering each other on. HBAE is fun to watch, and anyone can easily get involved, regardless of the riding or archery level.

More information about horse archery lessons, group classes, and clinics can be found at BayAreaHorseArchers.com.



Ariel Conrad at Gauchoux competition in France.

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Steinbeck Peninsula Equine veterinarians bring expert care plus the latest diagnostic and therapeutic tools, directly to your horse at home or in the field. Our 24/7/365 equine hospitals are among the finest in the nation, equipped with state-of-the-art technology and staffed with board-certified surgeons and specialists.



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Lost Donkey Seen with Elk Herd Five Years Later

By Elizabeth Ouellette

A donkey named Diesel went missing in the Cache Creek Wilderness in 2019. Born in the wild in Nevada, he was captured during a Bureau of Land Management roundup. Terrie and Dave Drewry adopted Diesel, and he lived on their ranch in California alongside chickens, sheep, llamas, and a miniature donkey named Jack.

The Escape

During a hiking trip in 2019, Diesel was spooked by something and ran off, disappearing into the wilderness. Diesel's blue saddlebags were still attached when he bolted. A weeks-long search for the donkey involving drones was unsuccessful.

Living With Elk

Following Diesel's disappearance, there were no sightings of him for four years. But, in 2023, Instagram user Mikki Rhodes posted a video of a donkey traveling with an elk herd. Another video, taken by triathlete Max Fennell in March or April of 2024, depicted the donkey as a member of an elk herd that included at least a dozen members.

The video, taken a few miles from where Diesel had disappeared, circulated on social media sites and received widespread media coverage. After seeing the video, Terrie Drewry positively identified the donkey as Diesel. She said, "Finally, we know he's good. He's living his best life. He's happy. He's healthy, and it was just a relief." There are no plans to recapture Diesel, who Drewry said has "earned his freedom."

Watch the rare encounter here on Max Fennell's Instagram:
<https://shorturl.at/2lknQ>.



Polo at the Menlo Circus Club

By Sharon Butler

Despite the latest heatwave, the SMCHA-sponsored polo match at the Menlo Circus Club was a resounding success! We are deeply appreciative of the seventy-five dedicated members who, despite the soaring temperatures, braved the heat to enjoy the game from front-row shaded seats. Their resilience and commitment made the afternoon bearable and truly enjoyable.

The creative and delicious spread added to the day's perfection, delighting attendees. Our very own Don Pugh, the liaison between the Menlo Polo Club and SMCHA, delivered an insightful speech about the intricacies of polo. He answered numerous questions and explained the rules of the game engagingly. Then, in a thrilling

display of skill, Don took to his horse and demonstrated how the sport is played by scoring several impressive goals.

We were honored to meet Lynn Cobb, Fran Finato, and Cherie Campbell. Lynn, President of the Menlo Polo Club, was the official announcer for the day's games. Fran, the Club's manager, refereed the games and is the person to contact to rent a Polo Pony. Cherie Campbell competed on the polo field and was a massive help to SMCHA President Sharon Butler with all the organizational tasks.

Kudos to our Polo Committee for their hard work in setting up, preparing the fantastic food, and leaving the area in pristine condition. The event was such a hit that we are already looking forward to our 2nd Annual Polo Match in 2025.



The Menlo Polo Club in action.



Chris Friis, Donna Lee and Cheryl Basin enjoy the sun, games and camaraderie.



This popular polo match had a draw of over 75 people from far and wide.



Sharon Butler, Don Pugh and Cherie Campbell memorialize the day with a photo.



Postgame, horses and riders discuss the day's events.



The Menlo Polo players reunite on the field after the games.

Discovering Horses Everywhere I Go

By Cherie Hammer

Ever since I was little, I have loved all things horses. I'm a Sagittarius; I have become my spirit animal, honestly. Growing up, my family spent every summer vacation on Catalina Island in southern California. My most cherished childhood memories are of my sister and I riding the best horses at the Catalina Stables on our own, galloping through the canyons overlooking Avalon. So, it is hardly a surprise that riding or having some kind of equine experience while on vacation has always seemed natural to me.

These days, when I travel, I try to weave something horsey into my itinerary. Ideally, of course, I want a ride. In last quarter's issue of SMCHA Magazine, we featured "Where in the World" our members have ridden, which, for me, included the Italian Dolomites and Imperial Beach, CA (near the Mexican border). It was fun to think back on all the places I have ridden during my travels: Catalina, Vermont; Garden of the Gods in Colorado; Kauai; the Grand Tetons, Tucson, AZ; the Wild Horse Sanctuary near Mt. Lassen; and more.

However, trips and travels do not always afford the opportunity to ride, but this does not stop me from searching out and discovering horses in slightly less obvious locales wherever I travel. Case in point. Years ago, I visited the Philadelphia Museum of Art. Wandering through the galleries, I was quickly overwhelmed, trying to take in literally thousands of works of art. In the ancient Asian art gallery, I was immediately drawn to a collection of delightful, 7th-century



The photo of the delightful 7th-Century clay figures in the Philadelphia Museum of Art that started it all.

clay sculptures of reveling musicians on horseback. I snapped a photo, and the picture is still, to this day, one of my favorite pieces of art (and the background picture on my iPad). I then noticed a painting of a horse on the opposite gallery wall. Photo snapped. Suddenly, I was flitting from gallery to gallery, scanning for any piece of art with a horse on it. Snap. Snap. Snap. It gave me a way to focus my journey through the museum, and soon, I had an album full of photos of equestrian art. Quite often, I look back at my private collection of equine paintings, sculptures, knight's armor, tapestries, pottery—you name it—from the Philadelphia Museum.

Now, when I go to other museums, I do the same and have amassed equine art "collections" from museums ranging from the De Young in San Francisco to the Met in New York to the Ashmolean Museum in Oxford. It is amazing to see and appreciate just how the mystery and majesty of the horse-human relationship

is expressed through art, both throughout time and across every culture around the globe. Next time you find yourself at a museum, search out the equine art and start your own collection. I guarantee it will be a treasure hunt that is sure to delight.

When you are traveling, I also recommend seeking equestrian tourist attractions or local events that might be off the beaten path but make for memorable visits. On one family vacation in Vermont when my kids were little, we stumbled upon the Addison County Fair & Field Days, a "real" local county fair that was something out of Charlotte's Web! We watched both in-hand and driving equestrian competitions and were positively gob-smacked watching the draft horse-pulling competition. With a rodeo topping off the day, we had an unexpected equestrian vacation experience, my kids, now grown, still talk about.

Recently, I made a trip to England and Wales, but had only one free day in London, which happened to be the day after the Trooping the Colors, which according to the experts at Wikipedia, is a ceremonial event performed every year on Horse Guards Parade in London by mostly mounted regiments of Household Division, to celebrate the official birthday of the British sovereign. I realized I could get my equine touristy on by visiting the Royal Mews at Buckingham Palace, the working "barn" that houses all the carriages used for the royal processions (like weddings, the coronation, and the Trooping), as well as the Household Guards & Cavalry Museum, which is located at the parade grounds where the Trooping the Colors was held the day before.

You probably have seen the TikTok videos of the Household Guards mounted on beautiful, big, tall black horses stationed in guard boxes at the entrance. These soldiers and their steeds show unending patience with silly tourists who come up and grab at the horses for their Instagram photos. After only a few minutes of observing, sure enough, a particularly pushy and ignorant young woman came aggressively up to the horse. I watched with glee when the horse snatched a sweater off her shoulder and tossed it aside. The soldier did not even flinch! It will serve as a highlight memory of my time in London.

So, my fellow horse lovers, I encourage you to seek out all things equestrian wherever your travels take you. And please share your equestrian adventures and discoveries with the SMCHA magazine! Let's fill the Water Trough page with horses and equestrian art from around the globe! Keep calm and horse travel on!



The magnificent horse of his majesty's Household Guards in London having a moment with a clueless tourist.



Woodside Day Of The Horse

Endorsed and supported by the Town of Woodside
Organized by the Woodside-area Horse Owners Association

Opening Reception

Friday, October 11
Woodside Town Hall
2955 Woodside Road
6 pm - 9 pm



Join the Kickoff Party
Celebrate the Journey
Food & Drinks
Live Music
Meet & Greet

Trail Ride & After Party

Saturday, October 12
The Horse Park at Woodside
3674 Sand Hill Road
11 am - 3 pm



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Overnight RV & Stabling
After Ride Party
Special Demonstrations

Family Fun Horse Fair

Sunday, October 13
Woodside Town Hall
2955 Woodside Road
10:30 am - 1:30 pm



Pony Rides
Equestrian Exhibits
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Looking Back, GALLOPING FORWARD



UNBRIDLED ACCESS:

Training Horses for a World with Many Scary Objects

By Elizabeth Ouellette

Last year, I attended an out-of-town equestrian event that left a lasting impression on me. Watching the horses and riders warming up in a large arena, the excitement and nervous energy in the air were palpable. Suddenly, out of the corner of my eye, I noticed two people heading toward the arena, each pushing a child in a wheelchair.

Within seconds, the young adults charged with opening and shutting the gate for the riders began yelling frantically, "Wheelchairs! Kids in wheelchairs! Inbound! Wheelchair kids!" With terror in their eyes, they lamented loudly, "Not now! No! Not now! The horses are going to freak!" After a few minutes of tense whispers, one of the volunteers ran over to the families, probably asking them to stay back, out of the horses' sight.

On the one hand, I understood the fear of horses being spooked by unfamiliar moving objects, but my heart ached for the families who were publicly denied access to the point of humiliation. I am sure this was not the intention of the organizers and gatekeepers, who were simply frightened of the horses' reactions to the wheelchairs, especially during an already high-stress competitive event. As we know all too well, horses are flight animals who scare easily and may bolt, rear, or buck when they encounter unrecognizable objects in their field of vision. However, the workers' response displayed a distressing lack of sensitivity



Elizabeth strives to desensitize Cantaro to all kinds of dangers!

and understanding of the sometimes harsh indignities that many people in the disabled community face every day.

What do you do in a situation like this?

I believe part of the answer lies in learning how to tactfully handle these situations so anyone using unfamiliar adaptive equipment understands why they are asked to remain a safe distance from the arena. As someone who depended on a wheelchair for three to four years, I readily understand the rejection, bias, and judgment often cast upon users of adaptive equipment, be it a wheelchair, walker, scooter, or even a service animal. Although I rarely use my wheelchair today, the experience of feeling dependent on others for my freedom and being cast aside by society left deep scars. How I empathized with those families!

Secondly, as horse owners, why not work on desensitizing our horses to unfamiliar (and therefore potentially scary) objects for our own safety and the safety of others? If this idea speaks to you, here are a few tips on desensitizing your horse to a wheelchair (or any other "scary" object). The goal? Have fun, bond with your horse, and live harmoniously in a world where unfamiliar objects are all around us. It can be fun and very rewarding!

Getting a Horse Used to a Wheelchair (or Any Kind of Unfamiliar Object)

1. Familiarization:

- Place the object in a safe, enclosed area where the horse is comfortable, such as a paddock or stable.
- Allow the horse to investigate the object at its own pace. Let it sniff and explore without any pressure.

2. Positive Association:

- Reward the horse with treats, praise, or gentle pats whenever it shows curiosity or calm behavior around the object.
- Ensure the horse associates the object with positive experiences.

3. Introduction to Movement:

- Once the horse is comfortable with the stationary object, start moving it slowly and smoothly around the horse.



- Keep the movements gradual and consistent, allowing the horse to observe and get used to the motion.

4. Desensitization Exercises:

- Walk around the horse while moving the object, maintaining a calm and reassuring presence.
- Gradually decrease the distance between the horse and the moving object over multiple sessions.

5. Closer Interaction:

- Have someone use the object (i.e. sit in the wheelchair) and move around the horse, repeating the process of desensitization.
- Ensure the person with the object remains calm and speaks softly to the horse.

6. Touch and Contact:

- Gently touch the horse with different parts of the object. For example, the wheels and handles of a wheelchair.
- Reward the horse for staying calm and relaxed during these touches.

7. Gradual Progression:

- Gradually increase the duration and intensity of the interactions, always monitoring the horse's comfort level.
- If the horse shows signs of stress or discomfort, take a step back and proceed more slowly.

8. Incorporating into Routine:

- Include the object in the horse's daily routine, such as during grooming, feeding, or leading exercises.
- Continue reinforcing positive behavior and gradually increase the complexity of the interactions.

Patience and consistency are key throughout this process. Each horse is different, so be attentive to its individual responses and adjust the training accordingly. Most importantly, enjoy the experience!

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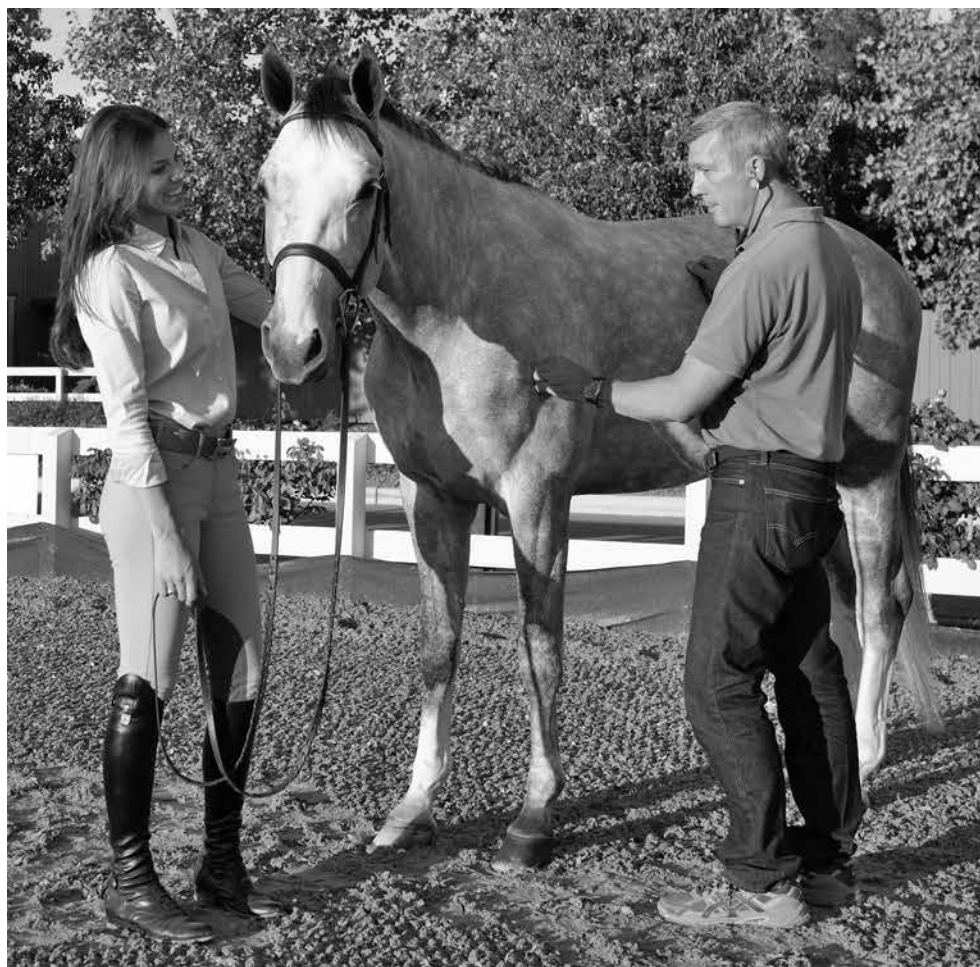
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Jack Brook Campout

By Tanya Rebarchik

Our annual campout at Jack Brook was blessed with beautiful sunny weather all weekend long. Around 20 campers enjoyed the trails and facilities at California's best Horse Camp July 18-21. Bobby Garman served gourmet food, and we had a total of over 50 people for Saturday night's dinner, which also featured our annual drawing and silent auction. Thank you to all who brought items, bought tickets, and bid on auction items - the funds raised help the SMCHA keep this event going year after year. A special thank you to Rebecca Holland, who donated one of her beautiful paintings to the auction, and Lee Reed, who generously gifted some of Sharon Heinbrook's horses to our drawing; they made beautiful decorations and were enjoyed by kids and adults alike!

We were overjoyed to ride the entire Brook Loop Trail as the bridge at the bottom of West Brook Trail was once again repaired. We were all in awe of the size of the giant trees that had fallen on the bridge and highly appreciative of Mike Bushue for removing them, making the bridge passable once more. It's beautiful!

Thank you to all who participated and contributed to the success of this event! Please mark your calendars for next year's campout scheduled for July 17-21, 2025. We look forward to your continued support and hope to see you there with your friends!



These donated horses made wonderful gifts.



Carin Zeller enjoys a delicious dinner.



Gaby and Chris are thankful for the opportunity to spend a relaxing evening, eating, drinking and catching up.



This group of horse lovers enjoys each other's company.



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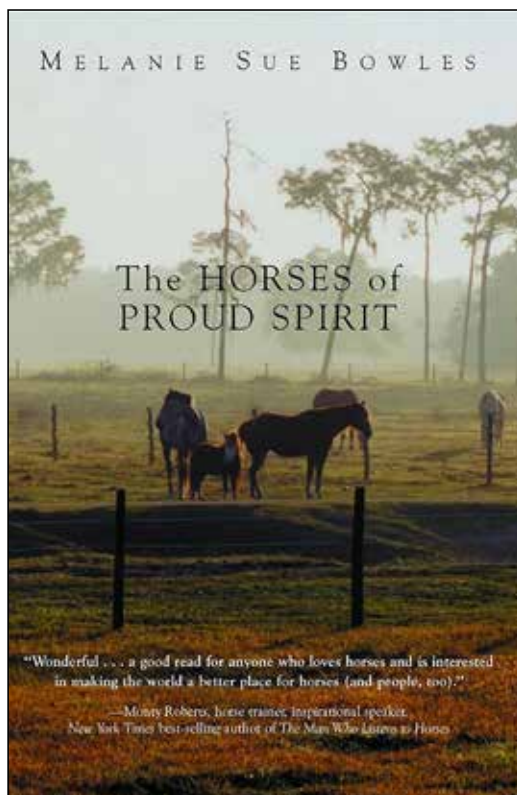
THE HORSES OF PROUD SPIRIT—BOOK REVIEW

By Jenny Mize

The Horses of Proud Spirit is an homage to the spirit of these alluring creatures and a moving memoir of lessons learned in compassion, strength, and loss.

There are approximately seven million horses in America. Each year, over seventy thousand are abused, abandoned, and fated to slaughter by callous and irresponsible owners. With a heart as big as a pasture, author Melanie Bowles takes some of these horses into her Proud Spirit sanctuary. Here, horses that arrive listless and broken find a home where they finally know safety.

Like many horse enthusiasts, I often enjoy reading books about all different kinds of horse-related topics, including horse rescue. I was unsure what to expect, but I



quickly fell in love with how *The Horses of Proud Spirit* takes you on a journey from horse rescue to rehab and a life of luxury, living the way horses are meant to thrive.

Author Melanie Bowles tells story after story of how she came to own many of the horses living at her sanctuary and the various backgrounds of where these horses came from. Read as Melanie and her husband, with unwavering dedication, slowly work towards earning the trust and affection of these beloved horses as they undergo a remarkable transformation and let go of the past. *The Horses of Proud Spirit* is the first book in a two-part series; *Hoof Prints* continues the journey of the many Proud Spirit horses along with some new editions. For more information, please visit—horsesofproudsprit.org/the-horses-of-proud-spirit.

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PARIS 2024 SUMMER OLYMPICS: Woodside-Connected Horses and Riders

By Elizabeth Ouellette

Woodside-born Karl Cook and his 12-year-old French-bred horse, Caracole de la Roque (a Saddlebred mare), were chosen as an alternate athlete combination for the 2024 Paris Olympic Games. However, in a last-minute change, Karl Cook and Caracole De La Roque replaced Kent Farrington and Greya, making this Cook's Olympic debut. Cook ran two clear rounds—free of any time or jumping penalties—in the qualifier round and again in the final. Ultimately, Cook helped the United States equestrian jumping team win its third straight Olympic silver medal.

Laura Kraut, who won silver in the Tokyo Olympics 4 years ago, returned to jumping for Team USA. This time, she rode Baloutine, a 14-year-old bay Hanoverian gelding owned by former Woodside resident Barb Roux. The 58-year-old showjumper took home a silver medal, making her the oldest U.S. medalist at the Olympic Games in 72 years.

Dressage rider Akiko Yamazaki of Woodside and Four Winds Farm owns pro



dressage horse Suppenkasper, a 16-year-old bay gelding Dutch Warmblood. They sponsored Steffan Peters, who won a silver medal for the U.S. Dressage Team at the Tokyo Olympics. Unfortunately, the pair's Grand Prix results were disappointing; they left the Olympic Games without a medal.

Another Woodside rider and horse owner,

Karie Thomson, and her husband David (a New Zealander) traveled to Paris to watch Hiarado, their Dutch-bred 12-year-old bay mare. Hiarado's rider, Jonelle Price, is from New Zealand. During the 3-day eventing team competition, Hiarado refused to jump a fence, squashing New Zealand's hopes for a medal. Jonelle Price finished 40th overall and did not qualify for the individual final.

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MAKING CONNECTIONS

By Paula Hertel

Connected Horse is a not-for-profit organization that provides innovative equine-assisted workshops and training that inspire connection and engagement and improve the lives of those impacted by dementia together with their care partners. Our pathbreaking equine programming is driven by research conducted at Stanford University and UC Davis and is designed to help those who can attend workshops in person at local barns and those who need programming to come to them.

Understanding Connected Horse

Connected Horse's barn workshops and engagement programs offer a unique blend of mindfulness practices, therapeutic equine-guided exercises, and social support group activities. Our approach emphasizes being in the moment and engaging in failure-free experiences, focusing on sensory involvement and non-verbal communication. Central to our program is establishing a trusting bond between participants and horses. These interactions help participants develop a sense of connection and empathy with the horses, fostering emotional regulation, stress reduction, and improved self-awareness.

Our Program Improves Our Clients' Brain Health Through:

Stress Reduction: Interacting with horses in a serene outdoor environment can

significantly reduce stress levels. Rhythmic grooming and mindful breathing with horses calm the nervous system down, lowering cortisol levels and promoting relaxation. Chronic stress is detrimental to brain health, contributing to cognitive decline and other health challenges.

Cognitive Stimulation: Activities such as haltering or leading horses require substantial cognitive engagement. Participants must negotiate with the horses, find a collaborative approach, adjust their actions accordingly, and communicate effectively without words. These cognitive challenges stimulate neural pathways involved in decision-making, spatial awareness, and executive function. Engaging in such tasks can enhance mental agility and preserve cognitive functions.

Emotional Regulation: Horses are highly attuned to human emotions, making them effective partners in promoting emotional regulation. Through interactions with horses, participants become more aware of their responses and impact on others. Horses' unconditional acceptance and non-judgmental nature create a safe space for individuals to explore and express their feelings, fostering emotional resilience and self-confidence. This emotional support is crucial for mental health and can lead to better emotional regulation.

Social Connection: Connected Horse workshops are conducted in groups, providing opportunities for social interaction

and peer support. Building connections with fellow participants who share similar experiences fosters a sense of belonging and community, which are vital for overall well-being. Social isolation and loneliness are linked to an increased risk of cognitive decline and mental health disorders. The social aspects of these workshops help combat these risks, promoting brain health through enhanced social bonds.

Physical Exercise: Equine-assisted activities also offer physical exercise, which is essential for brain health. Regular physical activity enhances cognitive function, neuroplasticity, and mood regulation, reducing the risk of age-related cognitive decline and neurodegenerative diseases. The physical aspect of interacting with horses, such as walking, grooming, and riding, provides a comprehensive workout that benefits both the body and the brain.

In summary, Connected Horse offers a multifaceted approach to promoting brain health. Reducing stress, stimulating cognitive function, aiding emotional regulation, fostering social connections, and providing physical exercise contribute to maintaining and enhancing brain health across various dimensions.

We encourage everyone to take a moment to breathe and visit us and our horses at the barn in Rocklin, California! To learn more about Connected Horse, please visit us online at www.connectedhorse.org or email us at info@connectedhorse.org.



Junior, The Little Arabian Who Could

By *Caroline Mameesh*

If you had told me a few years ago that one day I would buy, rehabilitate, train, and compete with an Arabian—all by choice—I would have bristled with indignation and probably replied, "I hate Arabians!"

I know "hate" is a strong word, but hear me out. My understanding of Arabians was that they were unstable, unsafe, and not at all a good fit for my sport of Eventing. Now, this is not necessarily an untrue generalization, but I've learned that Arabians, like many "hot" horses, reflect the time and patience put into them. This is why my journey with Junior is the most rewarding experience I've ever had.

Three-and-a-half years ago, I stumbled across a post on Webb Ranch's Facebook page asking for help giving a horse medication. I was currently between horses, had never owned one myself, and had only ridden other folks' equines, but even that was not enough for me to stop scrolling. I moved right along because the horse was...an Arabian! Forget that. They are a handful, and their owners are usually, as well. But something inside me whispered to reach out anyway. You never know. And I needed a horse to ride again!

Well, that is how I met my closest friend and to-be Maid of Honor at my wedding, Elizabeth, and her Arabian, Cantaro. In exchange for giving him medication, she said I could ride him. I soon discovered he was pretty cool and nothing like my notions of an Arabian. But still, I did not want my own Arabian. No way. If I were to buy a horse, it would be a "traditional" Eventing horse, most commonly a Warmblood or Thoroughbred.

In January 2022, Elizabeth and I visited Cantaro's breeder, Sun King Farms. I thought to myself, "A one-night trip, spending maybe an hour or two visiting their horses, is no big deal. And no temptation because I really don't want an Arabian. I sure do miss jumping, but Arabians don't jump anyway..."

Then I spotted what looked like Cantaro's twin. He was off in a

small pasture in the back, away from his companions, looking forlorn and scrappy. I asked the breeder who that beautiful horse was, (he was NOT looking beautiful at that moment, but he was to me!) and she replied, "That's Cantaro's younger brother!" He looked so similar that we named him Cantaro Junior, or just Junior for short. She then told me that even though he was ten years old, he was unstarted because previous owners kept returning him. "Nobody seems to want him. The last person who had him sent him away to a trainer who beat him; when that did not work, he returned Junior to us scared and with a new bucking problem. But he sure does love to jump."

Without hesitation, I said, "I'll take him."

Junior came home in June of 2022. You could barely touch him. He would not let you clean his feet, apply medication, or use fly spray near him—let alone on him—and was completely feral to ride. After our first ride, I bought myself a body protector because, while ordinarily a fearless rider, I was scared of hurting myself from a nasty fall. (P.S. Knock on wood; I have yet to fall off Junior.)



It took two years to undo the bucking problem that the abusive trainer instilled into Junior in just a couple of weeks. He had learned bucking was the only way he could express his emotions if he did not understand what was being asked of him. However, I am happy to say he now only bucks when he is excited about having soared over a particularly large jump—that I do not mind!

Initially, I figured I would rehab Junior, turn him into a trail horse, and sell him to his forever home. Maybe I would get to make a small jump here or there for fun. Little did I know! As of this writing, June 2024, Junior has successfully competed in three 3-Day Events, bringing home ribbons in two of them. And the breeder was right; he sure loves to jump. In his spare time, he also plays the role of a confident trail horse.

Junior has taught me a level of patience I did not know I possessed. He has shown me that it doesn't matter what people think of you as long as you believe in yourself and put in the work. Although we are often faced with negative judgments about Arabians, what I find striking is how positive most people are. Regularly, people I don't know will come up and make comments such as, "What a beautiful Arabian! I just love the two of you!" A special shout out to my trainer, Megan McIver, who has never once judged Junior or me and supports us as she does all her other riders and their fancy horses. Thank you.

Managing Junior's mental game has been our biggest challenge. My work ethic is higher than his, and I have spent these two and a half years perfecting the balance between pushing him and letting him take it easy. I have learned that it is critical not only to listen to him when he tells me he is frazzled and that I need to back off but also to know when it is appropriate to ask him to push through.



Junior has also taught me the importance of perseverance. Many times, I have wanted to quit, especially when I have been unsuccessful at managing his mental game, and I feel like we are getting nowhere. It is very hard training an Arabian to be an Eventing horse. Indeed, they are not naturally suited to it, so I have to work twice as hard as my peers. We have had many terrible rides where I have debated quitting altogether. But, the successes are much more powerful, and I will see this through as long as Junior is happy to do so.

One day, Junior will let me know he has had enough, and I will listen. He will always be remembered as "The Little Arabian Who Could." So next time you wonder if you can do something, let Junior be a reminder that no matter the boxes you or others put yourself in, what you believe is possible will define what you can achieve.

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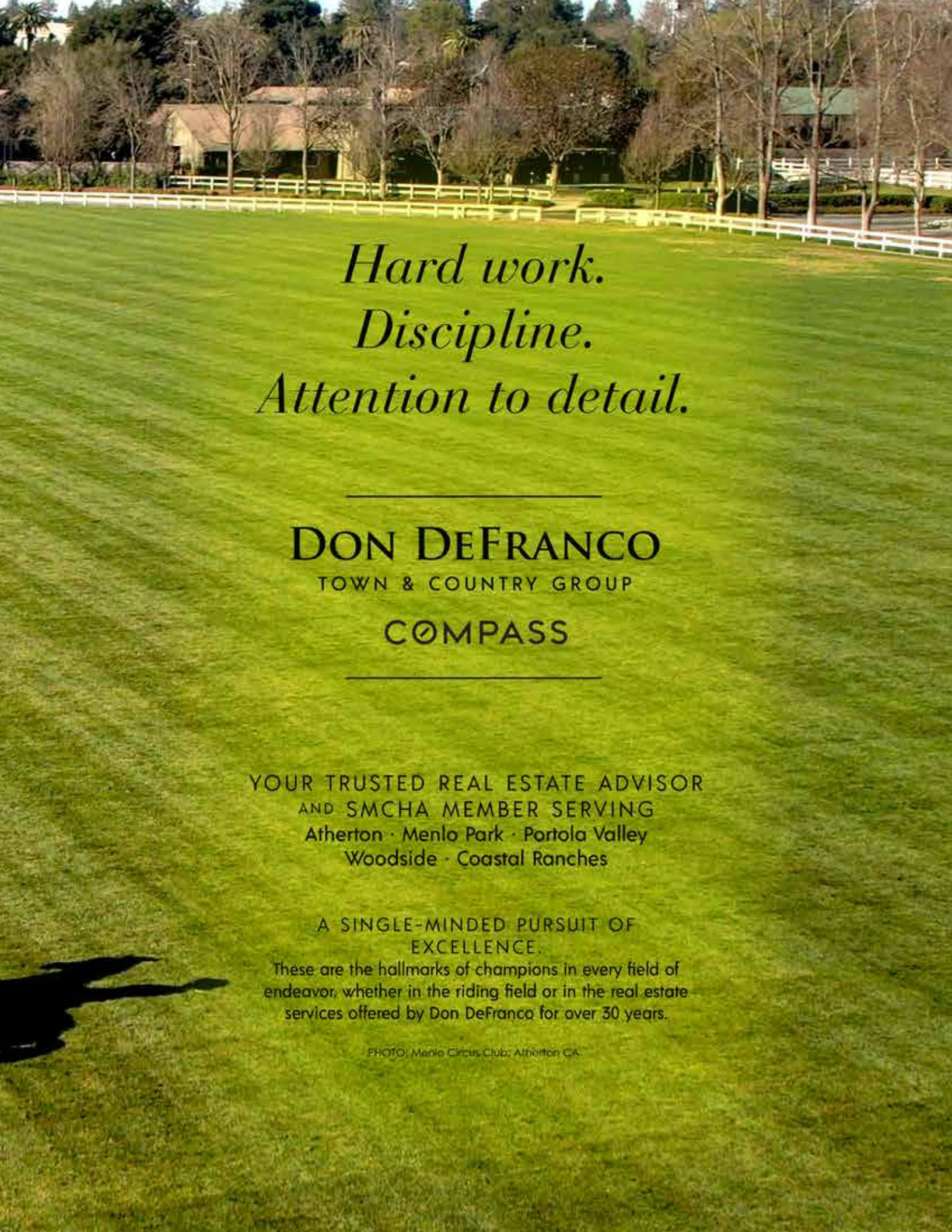
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PHOTO: Menlo Circus Club; Atherton, CA.

STRAIGHT FROM THE HORSE'S MOUTH



SMCHA is eager to welcome new members to our Board of Directors as we continue to grow and innovate within our equestrian community!

The SMCHA Board is made up of dedicated volunteers who are passionate about strengthening our horse community. Whether you enjoy planning and participating in social events, supporting our trails or assisting with educational training - there's something for everyone on the SMCHA Board. You don't need to own a horse to be part of our team, all you need is love for our equestrian community and a desire to see it thrive!



- Meet new like-minded people
- Strengthen San Mateo County Horsemen's legacy and future
- Seize opportunities to be a Mentor as well as a Community Leader
- Share your ideas and/or skills to strengthen our horse community
- Help us develop a stronger connection with our Coastal Equestrians

Curious?

We invite you to sit in on our Monthly meeting and watch our Board in action on October 10th, 7 pm at Independence Hall in Woodside.

You're welcome to bring questions, and we look forward to seeing you.



Ages 18 and over are encouraged!

For more information or to RSVP for October 10th, please email SMCHA@SMCHA.Org or call Christine Friis at 650 704-2996

Where in the World?



Last May, Maria Fonseca and her husband, John, traveled to Kremmling, Colorado, to visit their daughter, Marian. They rode in the hills in the back of her home. Their other daughter, Gabriela, who lives in New York City, met us there for a getaway. Pictured in the photo from left to right are Maria's husband, John Cole, riding Remy, her daughter Gabriela, riding Mona, Maria Fonseca riding Bella, and Marian holding Snow's lead rope. Remy and Snow are Bella's offspring, and Mona was gifted to Marian as a foal after her first year in college when she started a job as a wrangler on a dude ranch outside of Grand Junction, Colorado. Marian raised three out of the four horses they rode. They bought Bella for Marian when she was in middle school. Marian rode her through high school at SMCHA events and Mounted Patrol events. Bella went to college with her at Colorado State University. Bella is now 25 years old and continues to be her same sassy self.



Adeline Forrest and Cheryl Basin visited the Hunewill Ranch for the 7th consecutive year in June. Hunewill Ranch is a family-owned and operated working cattle ranch in Bridgeport, CA, at an altitude of 6,500 feet. Adeline and Cheryl ride Hunewill's ranch horses, who know every ditch and stream on the thousands of acres. Sylvia Ruggiero, also an SMCHA member, joined the fun for the last two years. Not only do the Hunewills raise cattle, but there are usually a few new foals that love cuddles. They all can't wait to get back to the ranch next summer.

Kristi Eifert and Caprice Tennefoss trailered their horses to DeLaCour Ranch in Lone Pine, CA back in 2016. A long-time SMCHA member, Julie Fought, owns the Ranch. We rode through the Alabama Hills State Park. Many Hollywood Westerns were filmed there, including "Hopalong Cassidy" starring William Boyd, and "Utah" starring Roy Rogers & Dale Evans just to name a few.



In June 2024, Emmet Brophy, Marcy Rosenberg, Faye Brophy, and Bob Rosenberg toured Scotland. When the group was near Glasgow, they experienced a highlight of the trip. They all took turns driving Spencer and Arthur, the Clydesdales, down lovely country lanes. Before driving, the group participated in getting Spencer and Arthur tacked up with help from the guide. This farm has more than 30 Clydesdales as well as pigs, peacocks, highland coos, sheep, and chickens. If you ever go, you may choose to do a beach ride on a Clydesdale. Their website is www.blackstoneclydesdales.co.uk.



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The Water Trough

Hope you are enjoying *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

Congratulations Tori Traube!

In July, Webb Ranch trainer and northern California professional Tori Traube competed in and won the three-day divisions at Rebecca Farm in Kalispell, Montana. This competition incorporated eventing's traditional endurance day with roads and tracks, steeplechase, and cross-country. She and Sheryl Ehrlich's HSH Chase de Muze led from the start and added only one jumping rail to their dressage score, finishing on a 31.9. Bravo!



The Bell Brothers

Shoer by day, performer by night, Scott Bell (pictured here with Sharon Butler and Susan Jakubowski), and his brother Russ have been performing all around the Bay Area! Don't miss out on future gigs! Visit their webpage www.thebellbrothers.net for a schedule of upcoming performances.



Condolences

Big hugs to Marcy Rosenberg, who unexpectedly lost her longtime pal BG in July. BG was a beautiful gaited-Morgan horse with the sweetest disposition and the most beautiful, ever-changing coat imaginable. He was a sooty Palomino with a golden coat in the winter, which became a rich chocolate brown after shedding. Our hearts go out to Marcy during this difficult time, as we remember BG's gentle nature and the joy he brought to everyone who knew him.



Funny Sign

Liz Carey recently stayed in Forks, WA (the rainiest city in America) as a staging point for her adventures in Olympia National Park. While in a hardware store in the area, she came across this funny sign! Precious!!



Rob Krensky

Happy 90th Birthday Rob Krensky! Rob's family put together a celebratory gathering at Sundown Steakhouse—everyone's favorite restaurant. They reserved a private room so the noise level of everyone's talking at the same time did not annoy other restaurant patrons. Everyone had a wonderful time!



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SMCHA GALA 2024: A Night to Remember!

By Susan Jakubowski

The San Mateo County Horsemen's Association held its annual Gala on June 29, 2024. The event took place at the Los Altos Community Center and honored Horsewoman of the Year Jenny Mize.

Members and guests were treated to a fun evening of delicious Italian food and great dancing music. The buffet dinner included classic Italian favorites: chicken parmesan, vegetarian lasagna, and pesto pasta with meatballs. Nicole Chenoweth from Esposto's provided excellent service and catering for all who attended. The gala committee cleverly decorated the tables, and the napkins were folded to look like western bandanas. The venue was very open and full of light, allowing many members to reunite and catch up on what was happening in the horse community. SMCHA and Mounted Patrol Member Don Pugh acted as master of ceremonies and kept things on track, providing some comic relief with his various jokes.

Following dinner, Jenny Mize was presented with a Horsewoman of the Year buckle by SMCHA President Sharon Butler and Board Member Deborah Vasquez. Jenny came with many friends and family to celebrate this great honor. After accepting her award, Jenny gave a heartfelt speech about her time with SMCHA and all of her work with horses and promoting horsemanship in the community. Please read her speech on the next page.

Later in the evening, DJ Paul Martin got everyone dancing with a varied selection of songs. Many guests headed to the dance floor to participate in line dancing, including some impromptu dance lessons provided by SMCHA member Annie Tyo. All had a fantastic time. Gala committee members Sharon and Clint Butler, Ceci Ellis,



Tanya Rebarchik, Don Pugh and Debbie Tucker

Adeline Forrest, Chris Friis, Susan Jakubowski, Lucia Mokres, Marty Raynor, Lee Reed, Deborah and Jose Vasquez, Carin Zeller, are to be congratulated for their hard work in making the event such a wonderful success. Finally, high fives to Jenny and Nancy Mize for designing the programs, the Woodside Bakery at Sharon Heights, who once again this year donated a scrumptious cake, Martha Greene, who created the memorable slide show and photographer Erik Butler.

Photos by Erik Butler



Dancing the night away.



Mariangela and Greg Sonstegard



Karen Rowley Shawback and Alan Demmons



Erik Butler With Sister Sharon Butler



Robert and Robin Foucrault

JENNY MIZE, 2024 SAN MATEO COUNTY HORSEWOMAN OF THE YEAR:

It's NEVER the Horse's Fault



Jenny Mize was voted as the San Mateo County Horsewoman of the Year for 2024. She was honored at the annual Gala on Saturday June 29th to great fanfare and appreciation. For those of you unable to attend this special evening, here is the speech Jenny gave that evening. Congratulations, Jenny!

For those of you who know me, you know how much I LOVE being the center of attention... not! Yet, here I am!

With that being said, I am truly grateful to have been chosen as SMCHA's 2024 Horsewoman of the Year. It has been an honor and a privilege to spend practically every day immersed in our horse community. Horses have been a lifelong passion; they say you are born with that "horse

gene." After attending a few local equestrian events like the Driscoll Ranch Rodeo, I was fortunate enough to get involved with the SMCHA Color Guard unit.

Being around such an experienced group of horsewomen, Christine Friis, Cheryl Basin, Kristi Eifert, Caprice Tennefoss, Tina Wuslich, Debbie Padilla, and Stephanie Owens, I soaked up a wealth of knowledge and gained confidence in my abilities. All of these ladies tolerated having me around as the bratty teenager and have all evolved from color guard teammates to lifelong friends. This experience expanded my world and shaped my life in ways I never thought possible.

Soon, these Color Guard connections offered another perk: with my parents' support, I was able to have my very own horse, a handsome little red Quarter Horse named Lil Joe. Color Guard captain Christine Friis connected me with his owners, Nan & Kevin Daley, who had reached out to her looking for a good home for a "solid trail horse."

I fondly remember the day we first met him in May 2012. In hindsight, I now realize how little I knew about horses! Pre-purchase exam? Who needs that? Off we went riding into the sunset...

Twelve years later, we are both a lot older and wiser, and he will forever be a family member, even into his senior years. As many of us horse-crazy people know, it is easy to get caught up in spending countless hours at the barn, socializing and caring for our horses. Before I knew it, I offered to lend a hand here and there, helping my barn mates with their horses.

Horses are a lot of work, and who doesn't need help with their upkeep once in a while?

From wound cleaning and shots to exercising, feeding, blanketing, and trailering - I learned to do it all and then some. As my network grew and my expertise evolved, my career path became crystal clear: horses would always be a big part of my life.

Working for the Webb Ranch lesson program helped me continue my education in all things equine. I quickly realized my strong passion for being able to help horses and their owners in times of need. Every time the vets were called, I wanted to understand and learn more about the care and maintenance of these beautiful creatures. While working at Webb Ranch, I was given the opportunity to apply for a job as an equine veterinary assistant for Steinbeck Equine Clinic. Fast-forward almost eight years, and I wouldn't change this decision for the world. Spending countless hours in vet trucks with many amazingly talented veterinarians has been some of the best times of my life, and I have met many awesome clients and horses along the way!

I'd like to thank everyone for coming tonight and everyone who has played a role in my journey into the horse community. No matter the circumstance, the people and horses I have met and worked with have been influential in every aspect of my life.

And always remember: It is NEVER the horse's fault!



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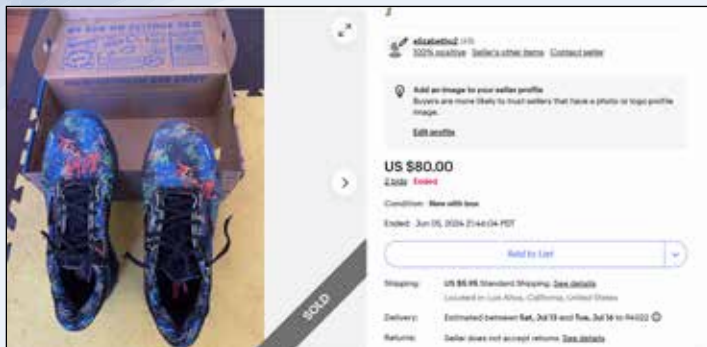
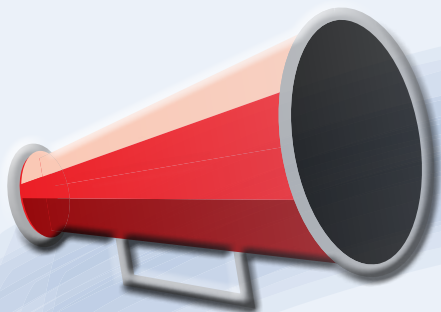


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WAYS TO GIVE



Clean Out Your Closet for SMCHA

By Elizabeth Ouellette

"We have too much stuff! There is too much clutter everywhere, and I can't find anything," my husband complained. "Well, he's not wrong," I thought. "I better make a random pile of stuff for Goodwill to calm his nerves because reducing the number of cat toys hidden away in every nook and cranny of the house is non-negotiable!"



I started looking around the house for items to donate and remembered the many boxes of new and barely worn shoes, now too small for my widening feet, collecting dust on various metal racks hanging in the closet. Just then, I remembered that The San Mateo County Horsemen's Association (SMCHA) had just joined eBay for Charity, so why not sell a few pairs of my unwanted/unwearable shoes on eBay and donate the proceeds to SMCHA?

How does it work?

First, go to the eBay Charity search (charity.ebay.com). Find and choose our non-profit, San Mateo County Horsemen's Association. Put your item up for sale and pick your donation percentage (between 10% and 100%) before finalizing your listing. Alternatively, you can donate a fixed amount of the sale to SMCHA.

Did you know items benefiting charity may sell faster, even at a premium price? By donating 10% or more of the sale, your item will feature an attention-grabbing charity ribbon—it may even be listed in the Charity Shop. Plus, you reduce your seller fees and enjoy tax savings.

SMCHA President Sharon Butler wrote, "I am thrilled about this new way to raise funds for our organization. I encourage everyone to use eBay to support us by selling their stuff. It is fun, easy, and quick! Better yet, your contribution can significantly impact us, helping us continue our vital work in the horse community!"

I have more shoes and other items to sell in the upcoming months (but not cat toys!), and I hope a few of our readers will join my efforts to support SMCHA, which will celebrate its 85th anniversary in 2025!

Have questions about selling on eBay? That's perfect because I have answers! Email me at elizabetho@outlook.com or call me at 650-248-3409 if you need help. Let's work together to support SMCHA!

2

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SHARE YOUR HORSE STORY!

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SMCHA wants to print your horse stories in the SMCHA magazine. Don't know where to start? Here are a few prompts:

- Write a fantasy adventure story.
- Describe a funny horse experience.
- Let us know how your horse has inspired you.
- Explain how horses have changed you or your child's life.
- Write a story from your horse's point of view.

Send your story (around 1000 words) and high-resolution photos to me, Elizabeth Ouellette @ elizabetho@outlook.com.
Due date: October 28, 2024.

Generous Donations Help Achieve Project Goals

The MP Foundation has awarded several scholarships to outstanding equestrians.

\$10,000 Equestrian Merit Scholarship

WHOA and the MP Foundation jointly sponsor a \$10,000 Equestrian Merit Scholarship for an outstanding equestrian. This year's award goes to Zachary Koller from Fremont.

4th of July Junior Rodeo scholarships

These are awarded to participants in the 4th of July Junior Rodeo.

The Bill Lane Scholarship of \$2,000, jointly sponsored by Friends of Huddart and Wunderlich Park and the Bill Lane Fund, was awarded to Jackson Lee from San Carlos.

The \$1,000 scholarship is sponsored by Christine Finerty and was awarded to Jessica Owens from Livermore.



THE EQUESTRIAN ORGANIZATIONS OF THE COUNTY OF SAN MATEO, STATE OF CALIFORNIA PRESENT A RESOLUTION HONORING AND COMMENDING THE SAN MATEO COUNTY PARKS DEPARTMENT

Whereas, the equestrian organizations would like to recognize the efforts of the San Mateo County Parks Department which has elevated equestrian trails to unparalleled heights, offering the finest and most exceptional riding experiences in any populated area in the US. Whether meandering through the gentle hills of Edgewood, conquering the ascent to Skyline, or exploring the refreshing coastal paths of Pescadero, equestrians revel in and deeply appreciate the diverse and outstanding trails maintained by the Department, especially in the following areas:

- Jack Brook Horse Camp
- Pescadero Creek County Park
- Huddart Park
- Wunderlich Park
- Edgewood Park
- Sam McDonald Park

Whereas, we wish to convey our gratitude to the dedicated rangers and all those who tirelessly maintain the trails. Our members cherish the beauty and tranquility of riding our loyal horses through the picturesque hills, valleys, redwoods, and oak forests. Whether young or old, men, women, or children, healthy or infirm, everyone delights in the well-kept trails that San Mateo County Parks diligently preserves.

Whereas, we extend our heartfelt thanks to the dedicated management and team members at the San Mateo County Parks Department who work relentlessly behind the scenes. Special recognition goes to:

- Nicholas Calderon and his dedicated team, the unsung heroes who make it all happen.
- Scott Lombardi and his team of rangers, the guardians of these magnificent landscapes.

Whereas, the equestrian community, a vibrant group of riders of all ages and abilities, comes together to cherish the tranquility and natural beauty of these landscapes. We've enjoyed countless moments of joy and togetherness in these well-maintained and treasured equestrian grounds.

Now, Therefore Be It Resolved that we unite in a unanimous and heartfelt resolution to express our deep gratitude and appreciation to San Mateo County Parks, its outstanding management, and its entire team. Its unwavering support for equestrian facilities in these parks has preserved a cherished tradition and continues to provide moments of peace, happiness, and unity in the natural wonders of San Mateo County.

Signed by the Local Equestrian Community Champions:

This is a heartfelt tribute that celebrates the exceptional dedication of the San Mateo County Parks Department to preserving the cherished equestrian heritage that winds through the breathtaking landscapes of San Mateo County.

Resolution thanking SMC Parks, signed by 15 equestrian groups, was presented in December 2023.

Sheriff's Activity League Youths Ride at Wunderlich Park



This program provides horseback training and trail rides for these youths. Read their comments on our website.

Learn more about our grant history or donate at

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Tanya and the Ladybug

By Don Pugh

Tanya saw a ladybug swimming in the water, so she got off her horse to rescue it.

While holding Pegasus' reins in her right hand, she scooped up the ladybug and raised her right hand with the ladybug safely in her palm.

But alas, her horse Pegasus decided he was going to be eaten by this giant ladybug and jumped away. Being a dedicated horse person, Tanya held the reins tightly until he pulled her over and dragged her a few feet before escaping her grasp.

The good news is that besides a few bruises, Tanya was fine. And despite the troubling encounter, Pegasus carried on unscathed.

And yes, Tanya was wearing a helmet - a purple helmet, of course, but the artist took some liberties with her rendition.

I have more good news - we have something to talk about over the campfires for many years to come! The fate of the ladybug is uncertain, but we later learned that ladybugs can swim!



Graphic by Kyle Brocklehurst

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SMCHA is a registered 501(c)(3) non-profit organization.
Visit us at www.smcha.org

Spring Down Horse Show—A Portola Valley Staple

By Spring Down Equestrian

Spring Down Equestrian Center hosted its first horse show of the year on Saturday, June 9th, featuring approximately 25 riders from Spring Down and the local horse community.

The Spring Down horse show remains a staple in the Portola Valley area, offering riders of all levels the opportunity to gain show experience in a relaxed and supportive environment. From lead-line to hunter/jumper, there is a place for everyone at the Spring Down Horse Show! This year's event would not have been

a success without the generous support of the San Mateo County Horsemen's Association, who not only donated snacks and treats for both human and equine participants but also sponsored the show by providing scholarships for several riders. Spring Down would also like to acknowledge and thank all the volunteers and Spring Down staff who gave their time to make this horse show a success.

Spring Down's next horse show is scheduled for December 1st. For more details, you can email the office at springdowneqcenter@gmail.com or go to www.springdown.com.

Photos by Mazin Omron, mazinomron@gmail.com



Top photo: Noah Sassoon on Trigger.
At Left: Sofia Vergara, Senior High Point winner on Ella.

Top photo: Julia Meggitt on Sonata. Above: L to R - Jennifer Lewicki on Jasmine, Taylor Ford on Trigger, Libby Beasley on Bruno.



Right: Taylor Ford on Trigger.



Above: Leoni Colton on Jasmine.
Left: Libby Beasley on her horse, Bruno.



Left: Taylor Ford on Trigger.

Free San Mateo County Horsemen's Association & Mounted Patrol Foundation's Fall Riding Clinic



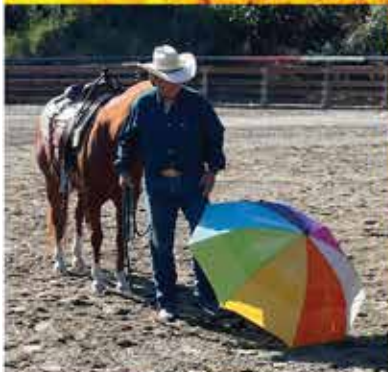
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HORSE BREEDS: AMERICAN PAINT HORSE



By Bob Rosenberg

Breed Overview

WEIGHT: 950 to 1,200 pounds

HEIGHT: 14 hands to 16 hands

BODY TYPE: Strong, well-balanced body with colorful coat patterns and powerful hindquarters; distinctive stock-horse body type.

BEST FOR: Owners and riders of all levels.

LIFE EXPECTANCY: 30 years

COLOR: Each Paint Horse has a particular combination of white and another color of the equine spectrum. Most common are horses with white spots combined with black, bay, brown and chestnut or sorrel.

KNOWN FOR: Paint horses were bred for their friendliness, calm demeanor, intelligence, athleticism, and trainability.

History

The American Paint Horse is an eye-catching breed with distinctive coloring and stock horse bloodlines. This American breed shares ancestry with the Quarter Horse, which deliberately excluded horses with pinto coat patterns from their breed registry. An American Paint Horse can also be registered as a Quarter Horse. The reason lies in the shared lineage of these two breeds. The American Paint Horse breed was developed by crossing Spanish horses carrying distinct coat patterns with Quarter Horses and Thoroughbreds.

In addition to bloodlines, to be eligible for the Regular Registry of the American Paint Horse Association (APHA), the horse must also exhibit a "natural paint marking," meaning either a predominant hair coat color with at least one contrasting area of solid white hair of the required

size with some underlying unpigmented skin present on the horse at the time of its birth. Natural Paint markings usually must cover more than two inches and be located in certain designated areas of the body.

Hidalgo, an epic action-adventure from Walt Disney Pictures, based on the true story of the greatest long-distance horse race in history, features a registered American Paint Horse in the starring role.

There are three primary coat colors of American Paint Horse: Tobiano, Tovero and Overo.

Tobiano: These horses usually have a color over one or both flanks with rounded white patches around their withers and tails. The head is colored and can have markings, such as stars, blazes, or strips. The tail and mane hair can be of two colors.

Overo: Horses with this pattern have irregular white patches across their bodies, though their backs are usually a solid color. The legs are colored but can have white stockings. The face is mainly white.

Tovero: These horses are mainly white on the body, while the upper head, chest, and flank areas are a color. Some Tovero horses have blue eyes.

My Horse Mikey

I began leasing Mikey when he was four and had just been gentled to the saddle. He had never been off the ranch, so he was pretty green. By the time he was six, he was quite comfortable out on the trail, and I purchased him from that owner. I heard that the San Mateo County Mounted Search and Rescue volunteer organization had openings in their annual sensory training, so I signed up. I was only interested in that training, but Mikey did so well that they encouraged me to join the unit. Now, at 22, Mikey has proved himself over and over to be quite the search horse. He stays calm in the most stressful environments.

For more American Paint Horse information, visit the American Paint Horse Association —www.aphaonline.org/aphaonline.

A Delightful Afternoon: SMCHA's Spring Tea and Bingo Event

By Annie Tyo

The San Mateo County Horsemen's Association's third annual Spring Tea and Bingo Event was a resounding success, drawing over 60 attendees who enjoyed an afternoon of camaraderie under the warm spring sun. The collection of teacups gifted by my mother became a source of joy for many of my friends, and I am deeply grateful to all who joined us at Mary Ansel's beautiful home for this delightful event.

Seeing entire families and mother-daughter duos sharing in the fun was heart-warming. We had delicious food, popular bingo games, stunning table decorations, and beautifully wrapped baskets, thanks to Carin Zeller.

The event was made special by an incredible team who helped bring it all together. A huge shoutout goes to our generous friends and donors for their



Sally and Audrey Anderson, sitting under umbrellas with fans, keep cool all afternoon.



Antonia Boscacci is super excited to bring home a basket!

contributions to the baskets, the day's highlight. A special thanks to the late Sharon Heinbrook for her exquisite horse statues, which were used as decorations and gifts for participants, and to Lee Reed for her professional bingo calling. However, it's important to note that the event was only possible with the hard work and dedication of our volunteers. Their contribution was invaluable, and we look forward to their continued support in future events.

Looking ahead, Noel Moody has suggested a fun addition for next year's tea: the best hat contest with prizes. So, ladies and gents, start preparing your dandy headpieces! We look forward to seeing you all again in 2025!



Carin Zeller, Gabriela Marquez, Annie Tyo, Corina Boscacci and Sharon Butler pose happily after a very fun and successful day!



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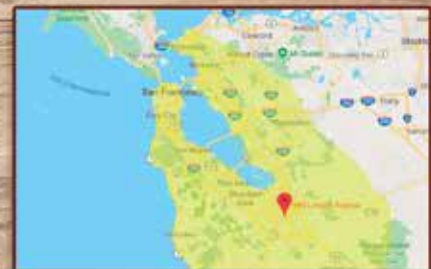
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Email: SMCHA@smcha.org

COME ADVERTISE WITH US!

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

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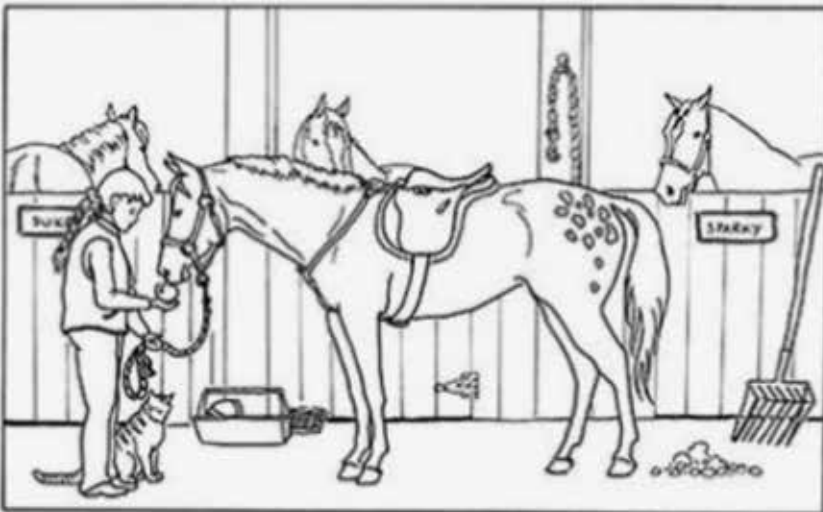
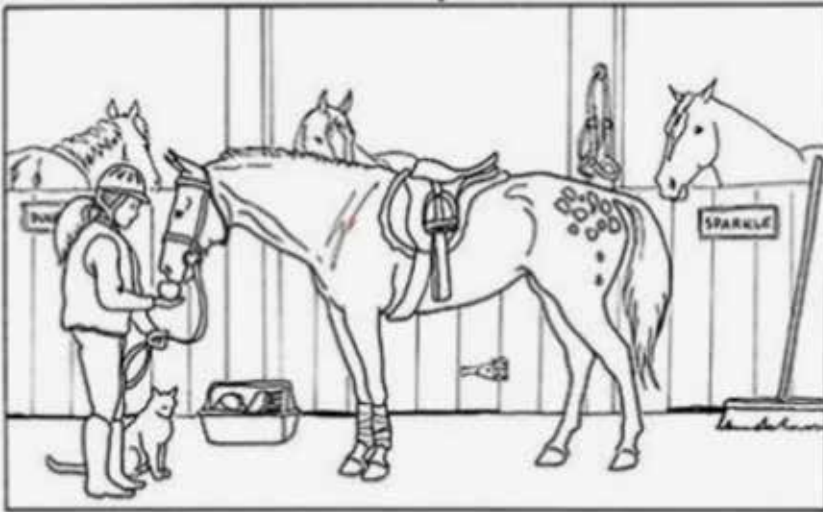
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Puzzle

Find the differences between the two images.



Answers on page 46.



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SMCHA 2024 Calendar of Events*

Check our website for updates: www.smcha.org

SEPTEMBER

- 12 – Board Meeting
- 15 – Fall Riding Clinic @ Mounted Patrol
- 21 – NCEFT Gala
- 22 – Fall Riding Clinic @ Mounted Patrol
- 29 – Fall Riding Clinic @ Mounted Patrol

OCTOBER

- 5 – Presidents' Ride
- 6 – Fall Riding Clinic @ Mounted Patrol
- 10 – Board Meeting

11–13 – Day of the Horse (WHOA!)

- 25-27 – Woodside Schooling Show - Fall Finale @ Horse Park
- 27 – Halloween Play Day @ Webb Ranch

NOVEMBER

- 14 – Board Meeting

DECEMBER

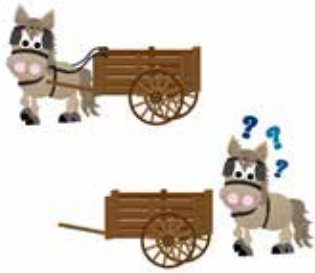
- 1 – Spring Down Equestrian Show, Portola Valley
- 8 – Holiday Celebration @ NCEFT

*SMCHA club events in bold

Idioms

Putting the Cart Before the Horse

Putting the cart before the horse is an idiom that signifies doing things in an illogical order or sequence. It is like trying to move a cart in front of the horse meant to pull it.



Origin and Etymology

The idiom putting the cart before the horse comes from a period when horses and carts were the primary transportation method. This metaphor is significant in societies that rely on horse-drawn transport. It represents the concept of doing things in the proper order.

The phrase as we know it today was first recorded in English in 1589 in George Puttenham's "The Arte of English Poesie." He wrote, "We call it in English proverb, the cart before the horse, the Greeks call it Histeron proteron."

In summary, the exact origin of the idiom "putting the cart before the horse" is not clear. However, it has been part of the English language for centuries, highlighting the importance of following a natural or logical order.

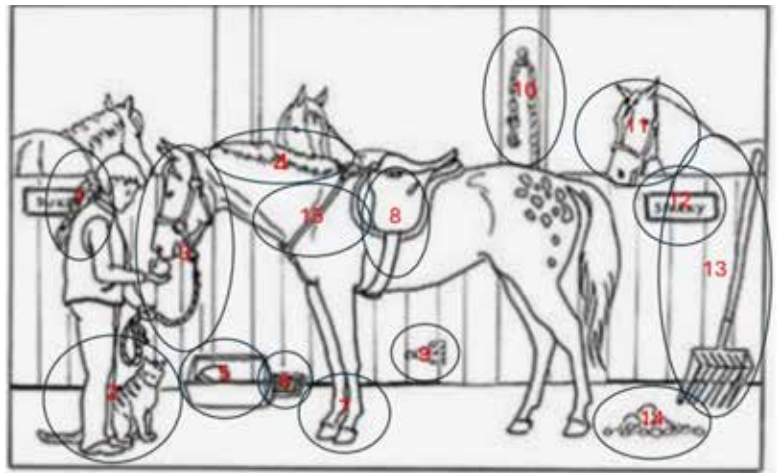
Buck's of Woodside: Memorabilia

Can you spot the Flexi-Flyer?

On a wall at Bucks in Woodside hangs an alligator using a Flexi-Flyer, a must-have for the well-equipped boy of the 1950s. With ineffective brakes, below the speed limit of cars, and wickedly fast, the Flexi is believed to be rare today, as most were rounded up and burned by MAFF (Mothers Against Flexi-Flyers) as so many boys were hurled into traffic on their faces.



Puzzle Answers



Equestrian Websites

Backcountry Horsemen of California: bchcalifornia.org

Bay Area Equestrian Network: bayequest.com

Bay Area Horse Archers: bayareahorsearchers.com

Bay Area Players: facebook.com/BayAreaSavvyPlayers

BLM Wild Horses & Burros, California: blm.gov/whb

California Dressage Society: california-dressage.org

California State Horsemen's Association (CSHA): californiastatehorsemen.org

Community Horse Advocacy Program (CHAPS): facebook.com/chapsmc

Disabled Equestrians: disabledequestrians.org

Equestrian Legacy: equestrianlegacy.com/home

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

Horse Park at Woodside: horsepark.org

Horsensei: horsensei.com

Jasper Ridge Farm: jasperridgefarm.org

Los Altos Hills Horsemen's Association: lahha.org

Los Viajeros Riding Club: losviajeros.org

Monterey Bay Equestrians: montereybayequestrians.org

Mounted Patrol Foundation: mountedpatrolfoundation.org

Mounted Patrol of San Mateo County: mpsmc.org

National Center for Equine Facilitated Therapy (NCEFT): nceft.org

Portola Valley Pony Club: portolavalley.ponyclub.org

San Martin's Horsemen's Association: smhorse.org

San Mateo County Horsemen's Association: smcha.org

San Mateo County Large Animal Evacuation: smclaeg.org

San Mateo County Parks Volunteer Horse Patrol: smcvhp.org

San Mateo County Sheriff's Mounted Search & Rescue: smcmsar.org

San Ramon Valley Horsemen's Association: srvha.weebly.com

Santa Clara County Horsemen's Association: horsemens.org

Santa Cruz County Horsemen's Association: sccha.wildapricot.org

Summit Riders Horseman's Association: summit-riders.com

The BOK Ranch: bokranch.org

The Square Peg Foundation: squarepegfoundation.org

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

Woodside Pony Club: woodside.ponyclub.org



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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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_____ Adult (18 & Above)	\$40
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_____ Family and all kids under 18	\$60

Please list names and ages of children:

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

- | | | |
|-------------------------|---------------------------|-----------------------------|
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| ____ Playdays/Gymkhanas | ____ Magazine | ____ Clinics |
| ____ Trail Maintenance | ____ Horse Shows | |
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