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### Horse Quote:

"I'd rather ride on a Mustang, than in one."

- Bailey Ann Neal

## Cover

Our horse community is well-travelled!

# Cowgirl Quarterly

A Message from Your SMCHA 2024

President **Sharon Butler**



## Spring Has Sprung

2024 has started off on a high note. In April, we hosted our highly anticipated Community Unity meeting, bringing together various equine-focused organizations to strategize and collaborate on initiatives to preserve our trails and support our equestrian community. The energy and passion everyone brought to the table were truly inspiring. Together, we've laid a strong foundation for future cooperation and progress.

In the spirit of bringing everyone together and keeping in touch with the most equine-friendly people in the area, the SMCHA is integrating an efficient and much-needed new database into its internal operations. This enhancement will help us streamline our outreach efforts and better serve the horse community.

Your updates and news from your specific equestrian group are invaluable to us! We'd love to help you spread the word on Facebook and in our quarterly magazine. Your contributions are what make our community vibrant and connected. Also, if you'd like to post a date for your next equestrian event, let us know so we can add your event to our calendar!

As for activities, we will have hosted our annual Spring Tea, which sold out early due to its increasing popularity. We hope you enjoyed a delightful afternoon if you were fortunate enough to secure tickets.

If you have yet to purchase your ticket for our Annual SMCHA Gala, where we will proudly honor Jenny Mize as SMCHA's Horsewoman of 2024, you still have time. Visit our website for more information: [www.smcha.org](http://www.smcha.org). It promises to be an inspiring evening celebrating her contributions to our community.

There is so much excitement in the air! Watch for news and eblasts announcing upcoming events, including the SMCHA Jack Brook horse camping trip, the Presidents' Ride, and a multi-weekend fall riding clinic. Also, keep an eye out for community Dine 2 Donate gatherings supporting both the SMCHA and our local restaurants. We can't wait to share these experiences with you!

Have a wonderful summer, be safe, have fun, and enjoy your horses and the community that loves them. Happy trails!



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Horseman Magazine

SPRING 2024

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# ASK THE VET



## Choke Is Serious—Take Action!

*Choke - Definition, Treatment, Complications, Prevention;*  
*Dr. Ellie Clow-Nutile, DVM*

### The Back Story

Annie Tyo wants to remind you to soak any pelleted food you feed to your horse! After feeding Piston his grain, he started to choke; he had eaten it much too fast! Thankfully, Steinbeck's Dr Ellie made a house call and, after an hour, cleared the deep choke. Dry pellets can swell 2 to 3 times, which can cause enormous problems for our horses. After checking him several days later, Dr. Ellie put him on antibiotics to prevent a lung infection. Phew! Today, Piston is completely healed and doing well!

### Defining Choke

"Choke" or esophageal obstruction is a common equine emergency every horse owner should be able to identify to ensure prompt treatment and prevent any complications. The term "choke" in humans describes a blockage of the trachea (windpipe) and is an immediate emergency due to the inability to breathe properly. In horses, the term is used to describe a blockage of the esophagus (the muscular tube that transports chewed food from the mouth to the stomach). Your horse will still be able to breathe but cannot swallow feed, water, or saliva. Identifying and treating choke as soon as possible is essential in reducing the chance of the most common complication, aspiration pneumonia.

### Identifying Choke

There are a few specific signs to look for when you think your horse may be choked. The most common and obvious sign is feed material and saliva coming from the nostrils. Other signs include coughing, gagging, retching, a low head carriage with an outstretched neck, excessive swallowing, and hypersalivation. Depending on the length of time your horse has been choked, it may present with elevated vital signs (pulse rate, respiratory rate, and temperature), appear dehydrated, have decreased gut sounds, or show signs of colic.

### Take Immediate Action

If you think your horse is choking, the most important thing you can do is move it to a confined, quiet environment and remove any feed and water. Call your vet immediately. Do not try to resolve the choke on your own.

### Treatment

When your vet arrives, they will perform a complete exam on your horse and ask questions about what your horse may have eaten last. The most common cause of choke is concentrated (pellet) feeds. Many horses consume these feeds too quickly and fail to chew fully and coat feed in saliva before swallowing. This results in dry feed in the esophagus that expands as it mixes with saliva and causes an obstruction. However, horses can choke on any feed, including hay, treats, and non-feed objects. Poor dentition and anatomical abnormalities of the esophagus can also predispose horses to choke.

In most cases, your vet will administer sedation and smooth muscle relaxants, followed by the passage of a nasogastric tube from the nose into the esophagus. Once the tube cannot advance further, they will gently lavage the esophagus with water to break up and dislodge the blockage. This process can take a few minutes to several hours, depending on the severity of the blockage. Once the tube has been successfully passed into the stomach, your vet may pump water into the stomach to help rehydrate your horse, especially if they have been choked for several hours. Your vet may administer an anti-inflammatory (flunixin meglumine or "banamine") to treat pain and inflammation in the esophagus. Many vets will also place horses on a short course of antibiotics post-choke to prevent the development of aspiration pneumonia.

Aspiration pneumonia is the most common complication of choke. It occurs when feed and saliva are inadvertently inhaled into the trachea and lungs, leading to a bacterial infection. Other complications include esophageal tears or ruptures. If your vet suspects this, they will recommend immediate hospitalization for supportive care and further diagnostics, such as endoscopy (a small camera is passed down the esophagus to identify the extent of damage).

In the rare case that the choke cannot be resolved in the field, your horse may need to be hospitalized for supportive care (intravenous fluids) and further diagnostics to identify the blockage. Rarely, surgery may be required. Surgical intervention in chokes is uncommonly performed and carries a high risk for complications, including esophageal stricture (scarring of the esophagus that makes it inflexible and affects its function). Cases of choke caused by a large solid object such as an apple are more likely to require hospitalization and surgery since the object cannot be easily removed via nasogastric tube and lavage. Severe cases of aspiration pneumonia following a choke may also need to be hospitalized for more aggressive treatment.

### Aftercare

If the choke is resolved successfully, your vet will leave instructions for medications (most commonly anti-inflammatories, antibiotics, and sucralfate) and will likely recommend a diet of soft mashes for several days, as hay can irritate a healing esophagus. Monitoring your horse's attitude, appetite, and rectal temperature for at least a week following the choke episode will be extremely

*Continued on Page 42*

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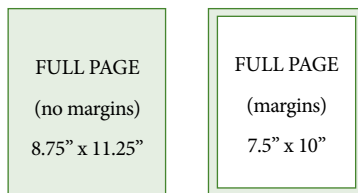
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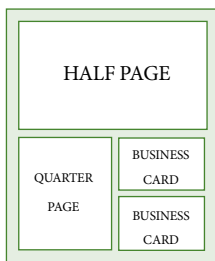
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## SUBSCRIPTION RATE:

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

**DEADLINE FOR ADS AND ARTICLES**  
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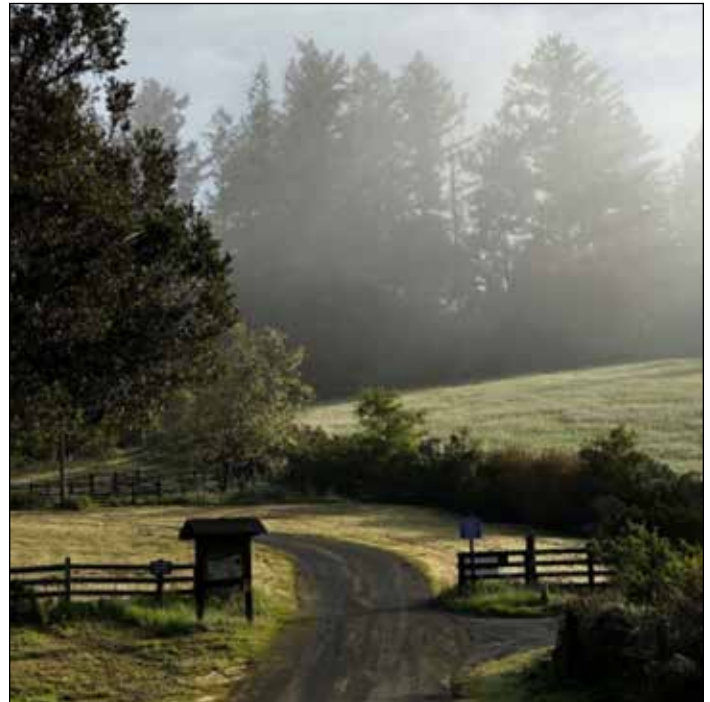
# Jack Brook Horse Camp is Ready for Business!

By *Karen Gregory*

Thank you to all Volunteer Horse Patrol (VHP) members who turned out for the April 20 Workday to help us get Jack Brook Horse Camp (JBHC) up and running for the 2024 season. We are proud and pleased to announce that JBHC is ready to provide fabulous accommodations for our equestrian community for the year, and we hope everyone will take advantage of the privilege of using it!

Over 20 VHP Members volunteered their time and energy on behalf of the equestrian community. They put in more than 150 hours of volunteer work on the camp! Organized by the JBHC Committee, other volunteer groups represented in this endeavor with VHP were Los Viajeros (LV), San Mateo County Horsemen's Association (SMCHA), Mounted Search and Rescue (MSAR), Mounted Patrol (MP), and more. Ranger David Vasquez actively participated, with other rangers and Parks personnel contributing "off stage." JBHC is precious to so many people!

Our beloved Rob Krensky helped organize the event and manage the task list, keeping track of everything to do while working hard throughout the day. Mike Hertert, Rick DeBenedetti, and Terry Welcome arrived bright and early to set up and prepare for volunteer arrivals, with Susan Osofsky and Teri Baron contributing before and after. The workday was followed by a hearty BBQ by chef Rick DeBenedetti in the freshly spruced up camp "kitchen," cheered on by Tom Smith, the Colemans, and Garcias. Thanks to Betsy Hart for raking the winter leaves out of the dining area and to others for cleaning up the "dining and gathering" facilities. Betsy also recruited volunteers and provided motivation. Ever-energetic Chris Smith brought reinforcements (thanks, Dan!) and performed the invaluable task of getting our hot showers pristine, among her other contributions. The hard labor of members Sarah Rivers, Tanya, and Larry Rebarchik made the workday move swiftly and efficiently. Emmet and Faye Brophy kept us all smiling as they pitched in with tasks like making sure the camp supply of wood and other resources were available. Munish Manrao and daughter Sarah were joined by Mardi and Scott Herron and others who weed-whacked the pasture and paddocks, making them safe and sound for our horses. Anne Van Camp demonstrated her infamous joyful energy while tackling important jobs. Catherine Helgeson and hubby Chris were joined by Kathy DiZio to put chaos into order. George Gadd was a welcome addition with his calm competence and general goodwill. Jiji Mellon washed the wash racks, which was one of her many tasks. Karen Gregory assisted Rob in managing the workforce between cleaning



bathrooms, restocking supplies, repairing hardware, and more. So many people contributed their time and energy! This fast completion of our workday could not have been accomplished without all of us working hard together and sharing our passion for JBHC.

Two exciting upgrades to the camp were completed. One highlight was the installation of light support poles: beautiful redwood beams from the Towne Bridge. Thank you to Mike Bushue for the impetus for the project and for skillfully honing the poles. Thank you to Don Pugh and others for helping Mike position and erect the poles and carrying heavy buckets of water to set them! "Permanent" lights will be hung for the camping season for all groups to enjoy. The other beautiful addition is the placement of a lovely wooden "foot deck" and an umbrella holder to go with the Rob Krensky Honorary Bench for a reprieve when the sun is beating down. Many appreciate this serenely picturesque spot, and now it will be even more enjoyable regardless of the weather. Thanks to Ranger David and others.

## Accomplishments

So, what other things did we accomplish? We raked the entire campground, weed whacked all of the paddocks, fields, and areas that the power mower couldn't reach, used leaf blowers on roofs and the dance floor, power washed surfaces, split and stacked a new supply of firewood, trimmed trees, cleaned off the tables and cooking areas, cleaned appliances (refrigerators, microwave, toaster oven), brought the showers and restrooms back to pristine condition, cleaned out the fire pit, brought out the manure forks and wheelbarrows, pumped up the tires, distributed hoses to paddocks and wash racks, cleaned and readied all campsites, exercised water valves, thoroughly spruced up the wash rack area, replaced the road clocks, repaired broken fencing, hooked up the phones, and much more! You will have to come to check it out!

Thank you very much to all of you who volunteered!





# Meet Your SMCHA 2024 Board of Directors

Each member of the San Mateo County Horsemen’s Board of Directors dedicates time, effort, and expertise to the organization, and for that, the organization is truly grateful. Each person’s unwavering dedication, tireless efforts, and strategic vision are instrumental in guiding the organization to new heights. The commitment shown, the countless hours dedicated, and the wisdom shared are deeply appreciated. The leadership is not only inspiring but also pivotal to the organization’s success. Thank you for your time, treasure, and talent.

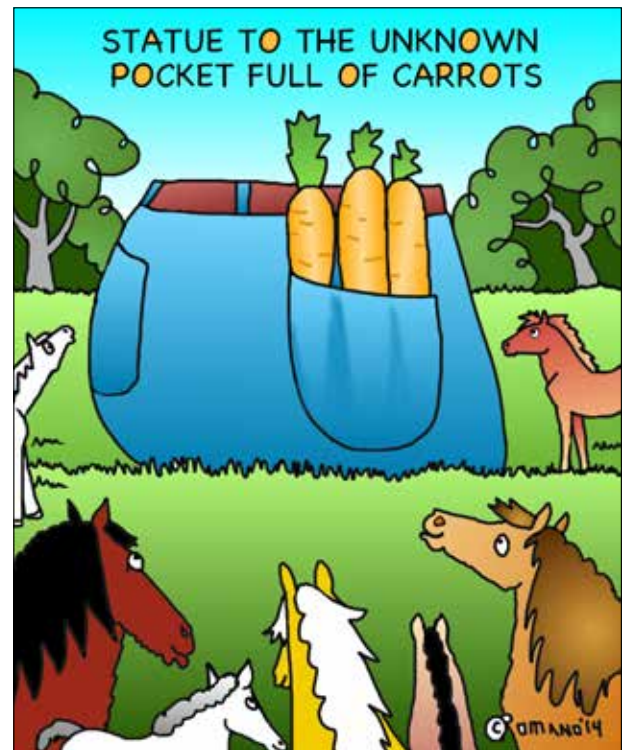
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 Deborah Vasquez





# Horse Allergies

By Cassidy Glass

For anyone who has ever had allergies or suffered from an allergic reaction, you know just how debilitating it can be. Like us, horses can suffer from these seasonal intermeddlers, which appear as hives, runny and watery eyes, and coughing or sneezing. Some allergies can be seasonal; others may appear more often and are trickier to identify and eliminate. Whatever the cause, there is no reason your horse should suffer.

## From the Inside Out

The most common allergens and irritants for horses are insect bites, dust, pollen, mold, bedding, topicals, and vaccinations. Some of these, like dust and insects, are almost impossible to avoid at a horse barn. One approach may be to help your horse's immune system response, as it reacts to the irritant. As the immune system responds to an allergen, it produces antibodies to fight it, ultimately leading to bothersome inflammation. Many will turn to antihistamines, but those can have adverse side effects, like drowsiness and dryness. One alternative creating buzz in the health community is the superfood colostrum. Thousands of studies using humans and animals have revealed the many benefits of this extraordinary food. In one such study in 2002, researchers from the University of Manitoba, Canada, published a review of bovine colostrum's therapeutic applications, which included immune-related episodes (such as allergies and autoimmune diseases). The unique composition of this natural supplement, with its immunoglobulins, proline-rich polypeptides (PRPs), lactoferrin, growth factors, and cytokine-modulating properties, suggests that it may be a valuable tool in managing allergy symptoms.

Another non-invasive alternative to reduce inflammation caused by allergies is red light therapy, also known as photobiomodulation. During treatment, red light wavelengths penetrate the skin and are absorbed by the cells, stimulating various cellular processes. This includes the production of adenosine triphosphate (ATP), the energy currency of cells, which can help improve cellular function, reduce inflammation, and modulate histamine.

Reducing inflammation is a great way to make your horse feel more comfortable, and these therapies can benefit their health in many more ways than just relieving allergies without adverse side effects.



## Seasonal Allergies

Short of putting your horse in a protective bubble suit for seasonal allergies, eliminating all offending allergens can be nearly impossible. With the change in weather, heat causing dryness and dust,



rain causing mold, or springtime with its pollen, avoiding Mother Nature is not a realistic possibility. The goal should be to minimize exposure. Here are some helpful tips:

- Horses should have a turn-out to avoid inhaling dust and mold in barns.
- Feeding hay on the ground will help horses from breathing in dust and other particles.
- Water down dusty arenas and turn-outs.
- Soaking of hay can be helpful for horses with dust allergies.
- If pollen is a cause, keeping the horse stalled and near an air purifier is ideal.
- A good fly control strategy is a good first step for insect allergies (e.g., limiting stagnant water, covering manure heaps, mounting fans in the barn).
- Insect repellents, fly masks, and fly sheets can be helpful to horses suffering from insect bite allergies.
- A high DHA omega fatty acid supplement can help to alleviate symptoms by decreasing allergic inflammation.

## Symptoms of Food Allergies

"Food allergies are much rarer in horses, but it does happen," explains Dr. Erica Lasher, equine veterinarian. The top 3 most common allergies are alfalfa, soy, and corn. The way horses show allergy symptoms with food might surprise you, or they might finally explain a few things. "Typically, horses with food allergies have diarrhea or fecal water syndrome as opposed to itchy skin, although itchy skin can be secondary," explains Lasher. The easiest way to determine if your horse has a food allergy is by eliminating them in your feed and supplements. Alfalfa meal can sneakily show up in many supplements, so be on the lookout if your horse has these symptoms.

Working with a knowledgeable practitioner is always essential to determining the best approach for your horse. Whether you eliminate foods, try new fly protection products, or use holistic alternatives, it is always best to start slowly and write down your observations.

Disclaimer: Before making any changes to your horse's daily regime, please consult with a qualified veterinarian or equine nutritionist. The information in this article is for general guidance only and should not be a substitute for professional veterinarian advice.

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# Jasper Ridge Farm "Animals Helping Inmates" Program

By Corie Thompson, Jasper Ridge Farm Program Director

In 2015, Jasper Ridge Farm (JRF) founder Wendy Mattes approached the Santa Clara County Board of Supervisors with a proposal to bring Jasper Ridge Farm animals to the women at Elmwood Correctional Facility in Milpitas.

Expanding their program to a correctional facility seemed a natural fit for Jasper Ridge Farm's mission "to improve the physical, mental, and social well-being of our program participants." They do this through the comfort and unconditional acceptance animals provide.

Their Animals Helping Inmates program visited Elmwood once a month, bringing hand-picked volunteers willing to go through the rigid screening and clearance process, and meet their sheep, goats, bunnies, guinea pigs, chickens, and Kachina, their star miniature horse. If anyone needs proof that animals know how important their jobs are – just watch goats, sheep, and a mini horse walk calmly through a lobby, hallways, and loud doors to get to the courtyard where the visits are held. At one point, they were even temporarily moved to an upstairs patio, and the critters bravely took a short ride in an elevator!

Along the way, Jasper Ridge Farm has added guest animals: a peacock (with therapy animal certification!), baby chicks, kittens, and dogs all coming together to give smiles and giggles with their antics and cuddles. Many women open up and tell us about their own pets and how they missed them.

The program has been a solid success, garnering handwritten, heartfelt responses from the incarcerated women:

*"...the animals made me smile and happy cry. They made me feel I was somebody."*

*"...I felt loved"*

*"Simple pleasures like petting the animals are a treasure to us."*

*"...it made me relax a bit."*

*"...it made me feel normal."*



JRF has also received thanks from the Santa Clara County Sheriff's Office:

*"From smiling to crying, it brings out a part of the inmate we don't normally see."*

*"Thanks to your leadership and dedication...we are benefiting from the immediate change in the behaviors of our justice-involved women."*

When COVID hit, Jasper Ridge Farm had to put in-person visits on hold, so they created Farm Academy. They connected virtually with the women's mental health unit every Thursday morning. They had an interactive lesson about a particular animal, general animal care, training, and enrichment techniques, and even practiced mindfulness using the animals.

The connection with our animals has grown so that women know all the animals by name (including chickens!) and their behaviors, likes, and dislikes. As new inmates come through, they are brought up-to-date by their fellow inmates on each animal. Many participants have quite a bit of animal experience and knowledge, and they have taught us new facts. We often hear fond stories of the women's pet—a topic that always brings smiles and sometimes tears. And it is not unusual to get stumped by questions that send the humans happily into research mode – all adding to the depth and fun of the sessions.

After one recent session, as they began to end the call, the leaders heard a woman loudly state, "I LOVE this s#\*t!" Another rave review.

*Continued on Page 42*



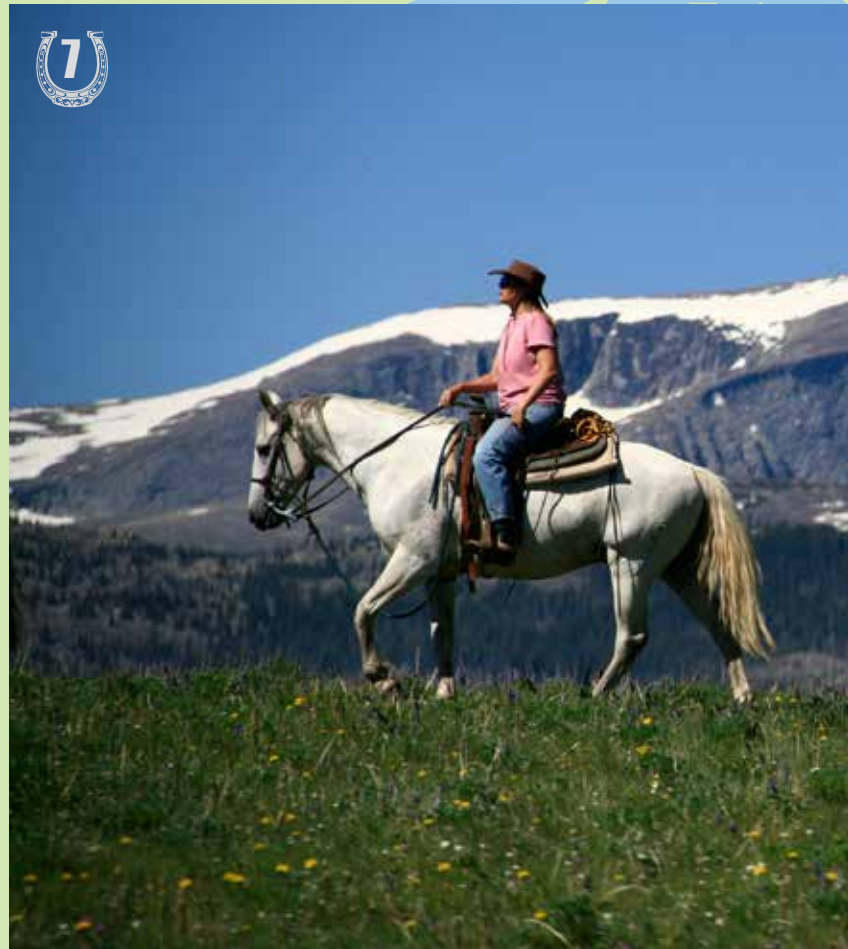
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# WHERE IN THE WORLD?



8

Thanks to everyone who sent in a photo and description about where you've ridden in the world. If anyone would like to submit a picture and a short article explaining your experience, please send to me, Elizabeth Ouellette - [elizabetho@outlook.com](mailto:elizabetho@outlook.com). I'll publish you in the next SMCHA magazine. The deadline for the next issue is August 1, 2024.



1. Liz Carey, Jasper National Park, Alberta, Canada.
2. Liz Carey and her husband Charles on gaited Tennessee Walkers in the valley of the Knik glacier in Palmer, Alaska.
3. Jeff and Amy Lokey, with friend Michelle, Ireland.
4. Amy and Jeff Lokey on Andalusians, Umbria, Italy.
5. Left to right - Marcy and Bob Rosenberg with Faye and Emmet Brophy on Irish Sport horses, Killarney, Ireland.
6. Left to right–Marcy Rosenberg and her daughter Ally rode Icelandic horses in Gauksmyri, Iceland.
7. Left to right–Karen and David Gregory, Big Horn National Forest, Wyoming.
8. Tasha Summers on Dorito, Rocky Mountains, Banff National Park, Canada.





## WHERE IN THE WORLD?

9. Left to right–Karen and Kurt Riffle, Cape Town, South Africa.
10. Shari Fisher rode Moose, Paradise Valley, Montana
11. Faye and Emmet Brophy traveled to Montaña de Oro, near San Luis Obispo.
12. Gilles Bouchard, Monument Valley, Arizona.
13. Left to right–John Cole, Gabriela Cole, Maria Fonseca, Marian Cole, Kremmling, Colorado.
14. Left to right–Deb Alvarado, Sharon Butler, and Jan Lazzara, Belize.
15. Left to right–Cory Periera and Sarah Rivers on Queso at Point Reyes National Seashore, California.
16. Melinda Stoker and her daughter (wearing GoPro), Bodmin Moor, Cornwall England.
17. Left to right–Kat Eschelman, Jan Lazzara, Deb Alvarado, Sharon Butler, and Adeline Forrest in Costa Rica.
18. Cherie Hammer, Imperial Beach, CA.
19. Cherie Hammer, Italian Dolomites, Alpe di Siuse, Italy.
20. Gilles Bouchard, Tucson, Arizona.
21. Jen Harding on Jojo, Corning, CA. *(Picture by Laura Adcock)*
22. Julie Gleason and daughter, Maddie, Cotswolds, UK.
23. Kathy Firkins and Duke, Gold Beach Oregon.
24. Left to right–Caroline Mameesh and Bryce Frey, Vieques, Puerto Rico.
25. Rob Krensky on Rudy in Carrizo Plain National Monument, San Luis Obispo County, California.





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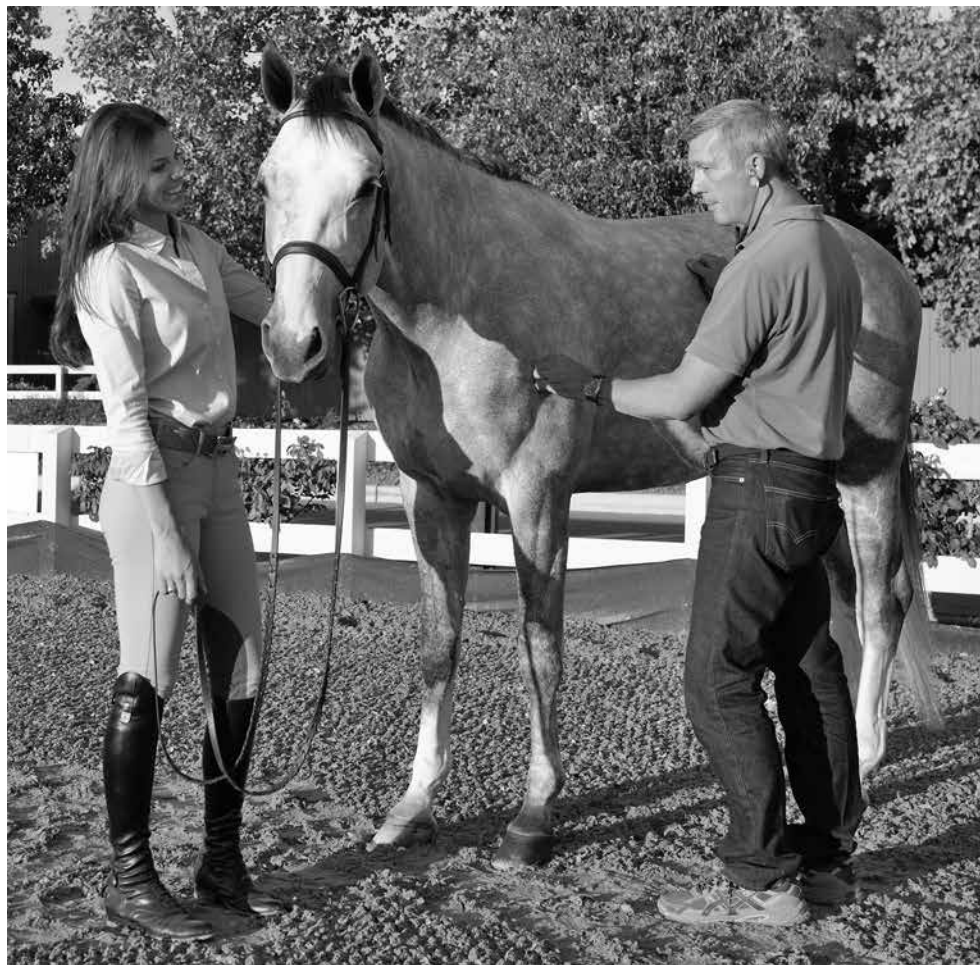
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# Meet Spirit of Woodside

By Nan Meek

Spirit by name and Spirit by nature. This life-size fiberglass horse has been dressed in seasonal-themed costumes around town since May Day 2023, celebrating the equestrian Spirit of Woodside. Most recently, Spirit starred in the rainy but "spirited" Woodside May Day Parade, along with friends from the Woodside-area Horse Owners Association known as WHOA!

Advocating for the preservation of the fundamental role of horses in maintaining the rural character of Woodside and surrounding communities, WHOA! supports equestrian causes and events to promote the enjoyment of horses.

Spirit was born from a discussion with WHOA!'s steering committee members and the Town of Woodside's Livestock and Equine Heritage Committee. Wouldn't a life-size horse mascot be a light-hearted way to acknowledge the Town's equine heritage and visually communicate that "Woodside is Horse Country?"

To test this theory, WHOA! borrowed the hand-printed fiberglass horse owned by Woodside nonprofit NCEFT, the National Center for Equine Facilitated Therapy, and began showing up around town dressed in seasonally appropriate costumes. Kids loved it, adults smiled about it, and the general consensus was that this theory had legs—four of them, actually.

Thanks to the generosity and efforts of Woodside residents, WHOA! was able to order the snow white, life-size horse, which arrived just in time for 2023's May Day Parade. The new horse in town rode in the WHOA! float, dressed in 60s-70s theme attire along with other tie-dyed, fringed, and bell-bottomed equestrians. The enthusiastic reception of this remarkable equine convinced the WHOA! steering committee to horse around even more.

Naming the new horse in town "Spirit" seemed like a natural extension of the names for the cast bronze beauties that frolic in the field across Woodside Road from Town Hall. Their names, Spring and Sprite, just naturally suggested that the snow white fiberglass newcomer should be named Spirit.

In just one year, Spirit has tacked up in 4th of July apparel, summer flowers, sixties psychedelic for 2023 Woodside Day of the Horse, Halloween decor, Thanksgiving display, Lights for the Holidays, and Happy New Year cheer. Spirit has been spotted in downtown Woodside, across the street from Roberts Market, and at the Pioneer Saloon, the Hub at Village Church, Folger Stable, and The Little Store.



Spirit enjoying spring rain at the 2024 Woodside May Day Parade.



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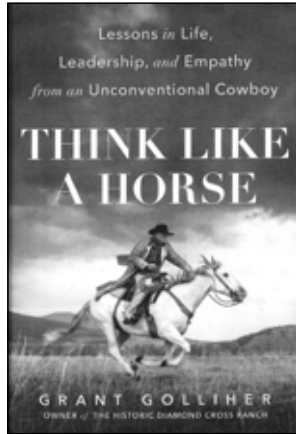
# THINK LIKE A HORSE BOOK REVIEW

**THINK LIKE A HORSE:  
Lessons in Life,  
Leadership and Empathy  
from an Unconventional  
Cowboy**

By Grant Gollhofer

Horses and riders are two worlds at opposing poles: prey animals and predators. But when united, the two exhibit a beauty of fluid power, athleticism, and grace equal to any of man's endeavors like dance, music, or art. Some riders become known as horsemen. How they make the transition is revealed in a book by Grant Gollhofer, *Think Like a Horse*.

This author has crystallized his life experience into prose as a storyteller and philosopher. A reading may help you be a better rider, perhaps a horseman. Thinking together as one aids communication with empathy and feeling. These two elements may lead one to ride with a little more ask and much less tell. Per the author, "Make the right thing easy and the wrong thing difficult. Give them the freedom to choose".



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# From Santa Clara County Horsemen's Association

By Rachael Parakh

Santa Clara County Horsemen's Association (SCCHA) is excited to be included in the 3rd Annual Santa Clara County Preservations Awards Night. This event, held at History Park San Jose, honors local individuals and organizations for their work in preserving the history of our Valley. Our Horsemen's Association, founded in 1939, was granted a display table, where we can lay out our history books full of newspaper articles and vintage photos. Since our founding in 1939, SCCHA has worked to preserve the fellowship of our equestrian members, maintenance of horse trails, and a greater understanding of horses. This event fits perfectly with our mission of honoring rural ranch history and providing ongoing equestrian education. This will be a wonderful night to celebrate and support the incredible leaders in historic preservation.

Please visit <https://horsemens.org> for more information about SCCHA!



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# Protect You and Your Horses Against Mosquito Bites

By Rachel Curtis-Robles, PhD

Mosquito bites are high on the list of things that can ruin a relaxing ride or stable time. Read on to learn about how to protect yourself and your horse.

## Horse Protection

Flysheets and fly masks can help prevent bites. The American Association of Equine Practitioners recommends choosing a horse-safe repellent formulated with permethrin or pyrethrins when using an insect repellent. To protect against West Nile virus, which can cause neurological damage or even death in horses, speak with your veterinarian to ensure your horse is current on all vaccinations.

## Human Protection

Long sleeves and pants help protect against bites. When using insect repellent, choose a product registered with the Environmental Protection Agency, which means it is safe and effective. Always follow the directions on the bottle. Some examples of effective ingredients include DEET, picaridin, IR3535, and Oil of Lemon Eucalyptus.

While DEET is the gold standard and safe when used according to label instructions, it can damage some synthetic fabrics and plastics. You may want to choose another repellent to apply to those materials. Picaridin, like DEET, is effective against ticks as well as mosquitoes. "Oil of Lemon Eucalyptus" is specially formulated for insect repellents and is not the essential oil "lemon eucalyptus."

If you want a longer-lasting option, you can apply permethrin to clothing and gear prior to wearing it. Permethrin is effective against ticks, mosquitoes, and a variety of other pests like chiggers, mites, and fleas. Although permethrin can be used safely around people, dogs, and horses, it can be toxic to cats until it has dried, so read the label carefully and use caution when applying.

## Sunscreens

Products that contain both sunscreen and insect repellent are not recommended. However, you can safely apply them separately. Apply the sunscreen first and then the insect repellent. Reapply sunscreen every two hours. Most insect repellents last more than 2 hours, so refer to the label to determine how often you should reapply.

## What about other products?

The EPA registers only those active ingredients that have proven information about their safety to humans and their ability to repel insects. Products not registered by the EPA might be safe to use, but they are not known to effectively protect people from insect bites. Examples of ingredients in repellent products that are not registered include essential oils like citronella oil, cedar oil, geranium oil, peppermint oil, and soybean oil. While these ingredients might be considered "natural" and safe, they have not been evaluated for their ability to repel insects or protect against disease.

## References

American Association of Equine Practitioners. 2016. AAEP External Parasite and Vector Control Guidelines. Available at: [https://aaep.org/sites/default/files/2021-02/AAEP\\_ExternalParasites\\_071316\\_Final.pdf](https://aaep.org/sites/default/files/2021-02/AAEP_ExternalParasites_071316_Final.pdf)

California Department of Public Health. 2023. Other Repellent Products. Available at: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Other-Repellent-Products.aspx>

Look for these active ingredients:

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Picaridin

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Rachel Curtis-Robles, PhD

Public Health Education and Outreach Officer

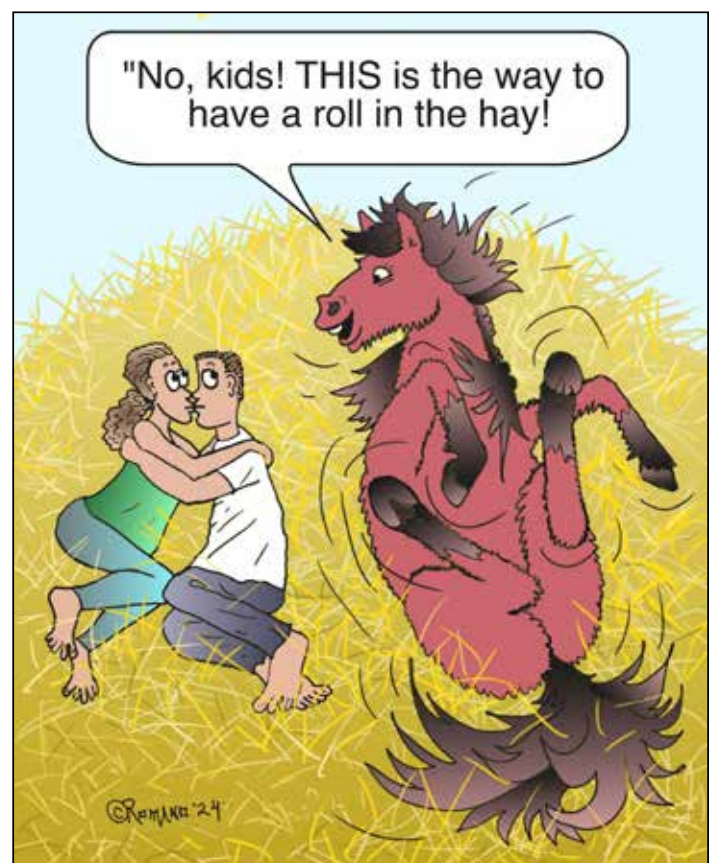
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# HORSE BREEDS: NORWEGIAN FJORD



*By Marty Raynor*

Considered one of the oldest and purist breeds of horses, the Norwegian Fjord is a relatively small but very strong breed from the mountainous regions of western Norway. It is an agile breed with a light draft horse build. It has been used for hundreds of years as a farm horse in Norway, and in modern times is popular for its generally good temperament. Today it is used as a harness horse, under saddle, and, increasingly for equine-assisted therapy.

## History

It is believed that the original Fjord horse migrated to Norway and was domesticated over 4,000 years ago. Archeological evidence suggests that the Fjord has been selectively bred for over 2,000 years, first by the Vikings around 1,200 BC. Rune stone carvings in Norway, many of fighting stallions, show images of horses recognizable as Fjords. The Vikings took their Fjords, which they used as war mounts, in their travels to Scotland, Iceland, and elsewhere. In these lands the Fjord influenced the Highland Pony and the Icelandic Horse. From the Vikings' horses of war, the Fjord evolved into a working horse for Norwegian farmers in the mountainous western district of Vestlandet. Working on the hillside farms, the Fjord became surefooted, agile, thrifty, and hard working—qualities they maintain to this day.

## Characteristics

The conformation of the Norwegian Fjord differs from that of many other breeds in that it is a blend of draft horse muscling and bone, with smaller size and greater agility. It has a strong, arched neck, sturdy legs and good feet, and a compact, muscular body. The head is medium-sized and well-defined, with a broad, flat forehead and a straight or slightly dished face with small ears and large eyes. Despite its small size, the breed is fully capable of carrying an adult human and pulling heavy loads. The hair coat becomes particularly heavy and thick in the winter.

Most Fjords are dun. Dun is a body color that is a tan, gold, or related shade with darker (usually black or dark brown) points and primitive

markings. Distinctive zebra stripes on the legs are common. The natural mane is long, thick, and heavy, but is usually clipped in a distinctive crescent shape so that it stands straight up and accentuates the horse's strong neck and full-length dorsal stripe. There is no upper or lower limit for height set for the breed, but heights between 13.1 and 14.3 hands at the withers are common. Weight normally ranges from 850 to 1,100 lbs.

## Fjords Locally

Two Norwegian Fjords are resident at NCEFT (National Center for Equine Facilitated Therapy) in Woodside. "Elf" and "Aldi" are stars of NCEFT's programs. Both horses are used for equine-assisted programs (Physical Therapy and Occupational Therapy), Adaptive Riding, and Mental Health and Resilience programs. They are intelligent, willing, and possess a charming, gentle disposition which makes them ideal for therapy. Elf, a 26 year-old gelding, has been a part of NCEFT programs for 10 years. He has helped countless clients and is a favorite of clients and staff alike. Aldi, a 13 year-old mare, came to NCEFT from British Columbia in 2020. She was bred to be a therapy horse and shines in NCEFT programs. These two have also been popular participants in the Woodside Day of the Horse and the May Day parades.

## Future of the Fjord

Even though the Fjord is one of the oldest horse breeds, there are not many famous Fjords or popular Fjord pedigrees. In 2016, less than 100 total Norwegian Fjord foals were born and registered in the United States. This low number is daunting because, without careful and selective breeding, this breed may become endangered and/or extinct. At Fjord breed shows, highly trained judges keep a keen eye on horse conformation, movement, and temperament to assist owners and breeders in identifying both desirable and undesirable characteristics of the breed. The evaluators' overall intention is to maintain and enhance the overall breeding program currently in existence in the United States and abroad.

# HELP KEEP HORSES ON THE SAN MATEO COUNTY COAST: Coastside Members Need Your Support!

By Karen French and Jennifer Harden

Coastside residents are currently up against a proposal from the Golden Gate National Recreation Area (GGNRA) that threatens the last remaining equestrian boarding on the public lands at Rancho Corral de Tierra (Rancho) in San Mateo County. Spanning almost 4,000 acres at the base of Montara Mountain, Rancho holds a special place in the hearts of local and not-so-local equestrians, where horses have long been a cherished part of our coastal heritage. Together, with your support, we can preserve this rich tradition and ensure horses continue to grace the coast for generations to come.

## What is at stake?

The GGNRA has unveiled a draft of the Rancho Corral de Tierra Comprehensive Site Management Plan on its website

*There are many public benefits of privately owned horses. At a meeting in April with boarders and GGNRA staff, early childhood coach Lynn Turner recounted how her horses became a safe haven for children stuck indoors during the pandemic. Kids from all incomes and backgrounds learned about responsibility, first aid, physical chores, and all the emotional rewards of joining up with their equine partner. This was a pivotal time for kids to be outdoors and a great example of the impact horses at Rancho have.*



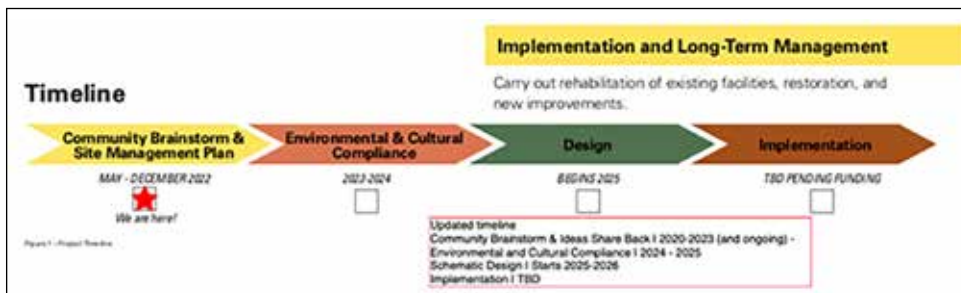
following a Freedom of Information Act request from the Coastside Horse Council. The Council, newly reactivated, is advocating for the equestrian community who face potential devastation from the proposed plan. This draft plan follows a trend of stable closures since GGNRA purchased lands in Pacifica: over 100 horses were displaced from Mori Point and Sweeney Ridge since 2012. Should the current draft be approved, the roughly 210 horses boarding on Rancho land—Moss Beach Ranch, Ember Ridge, Ocean View Farms, and Redtail Ranch—could be merged into one ranch and reduced to a postage stamp worthy of fewer than 40 horses. The "equestrian zone" may not even cater to horse boarding as the proposal currently outlines an "educational working ranch with programs and public horseback riding."

The proposal's impact could lead to the displacement of over 200 horses; currently there are no other available stables along the coast to accommodate them. Many

Deleeuw, DVM and equine holistic medicine practitioner. The loss would not only affect these businesses but would also diminish significant public benefit. Rancho boarding and training centers offer a wide range of programs for the community, including summer camps, clinics, trail rides, lessons, and specialized programs for disabled individuals, neurodiverse children, and adults, as well as programs supporting veterans and those dealing with PTSD. Numerous equine businesses on Rancho ranches offer a diverse set of horse experiences to the public.

## From Exclusion to Inclusion in the Draft Process

The 2024 draft plan highlights the importance of restoring and maintaining the expansive open spaces and trails in Rancho. Yet, the 2024 plan did not openly consult the Coastside community of equestrians, regular Rancho users, lease holders, and park stakeholders. As of May 2024, we have changed this together with GGNRA



GGNRA timeline for planning and implementing long-term management.

horse owners chose coastal boarding for its affordability and now may struggle to afford distant options.

Horse owner Jennifer Castner explains, "My horse is stabled at Ember Ridge at (Rancho) and has lived coastside since 2005. He is blind and physically unable to be moved off-site. I will have no choice but to euthanize him if GGNRA eliminates horse boarding."

The impact extends far beyond the equestrian community. The local economy thrives on over 50 diverse businesses, from farriers and veterinarians to equine dentists, trainers, and feed stores. "I am an Equine Veterinarian, and 75% of my patients are on the Coastside, with the majority of those at Ocean View, Ember Ridge, and Moss Beach Ranch. Losing these facilities would have a major financial impact on my family," says Kari

staff. In response to coastsideers, GGNRA has activated numerous gatherings with the public (for example, "tea on the trails") and has begun to engage with public meetings and residents of local ranches. Here is the timeline for the process, which stresses the urgency for folks to engage with their representatives and with GGNRA events before the end of 2024:

On March 27, the Midcoast Community Council (MCC) brought together the Coastside Horse Council, San Mateo County Supervisor Ray Mueller, and Superintendent David Smith (mailto:GOGA\_Superintendent@nps.gov) from the GGNRA to discuss the draft proposal (listen here to MCC meeting <https://www.youtube.com/watch?v=6tZsLCr-kg4>). The local community showed their support for equestrians with over 200 emails.

Superintendent David Smith has since assured attendees of his commitment to maintain the current number of horses on Rancho, contingent on water pollution of Rancho streams that retain stables and pastures in their watershed. Despite this concern over water quality, comprehensive data have not yet specifically or consistently linked horses to water pollution on Rancho. There is hope that the equestrians can partner with the GGNRA for years to come. GGNRA is asking for transparency involving data-based planning goals and will advocate for an independent review of the water quality issue. Moreover, Representative Anna Eshoo and Supervisor Ray Mueller have notified the GGNRA that they are watchful and insistent on transparency and public engagement (conversations on April 23 and March 27, respectively).

As of 2010, Rancho lands retain concrete liners for composting manure before its removal from Rancho. This prevents excess nitrogen from eroding or leaching into ground and surface waters. To date, nitrogen pollution has not been indicated as a pollutant of Rancho streams.



Manure Bunker

Volunteers are on-site stewards of GGNRA lands, and we monitor dog waste stations to address E. Coli, which was in the past attributed to dog waste in some Rancho streams. Dog waste can be potentially harmful to humans if exposed.

Your food requires nitrogen and phosphorus fertilizers, which threaten stream runoff. As of about 2010, regulations for retaining excess fertilizers have increased drastically. San Vicente Creek is "Listed" in Section 303D of the California State Water Resources Control Board. There are dozens of pollutants in the report, and ONLY Indicator Bacteria are listed for San Vicente Creek, where Ember Ridge and Moss Beach Ranches reside. Oth-



Dog waste station

er bodies of water in the Bay Area have many infractions, including trash, mercury, pesticides, nutrients, metals, (read more here [https://www.waterboards.ca.gov/water\\_issues/programs/water\\_quality\\_assessment/2024-integrated-report.html](https://www.waterboards.ca.gov/water_issues/programs/water_quality_assessment/2024-integrated-report.html))

While human activities can induce harmful levels of Phosphorus, Nitrogen, and harmful bacteria via soil erosion, animal manure, leaky septic systems, and croplands, the very best, up-to-date practices have been adapted throughout Rancho. The horse ranches along the San Vicente Creek have a long history of implementing water testing and have worked alongside other organizations to keep the creeks clean. There has been a general downward trend in the number of detectable Fecal Bacteria in San Vicente Creek over the years, thanks to improvements in best management practices for manure removal and storage that were implemented with the help of our local Resource Conservation District (RCD).

**Therefore, we ask that the Rancho Corral de Terra Plan reflect and reward these best practices while also supporting comprehensive, transparent science as it evolves.**

## How Can You Help?

The GGNRA has set a deadline of December 2024 for the public to share their thoughts on the future use of the Rancho Corral de Tierra recreational area. With time running out, the community needs to come together quickly. Here's how you can show your support to keep horses on the San Mateo County coast:

- Envision a future where coastal San Mateo County horses offer a foundation for emotional, ecological, and recreational well-being.

- Act on one or all of the following:
  - Complete this survey In question 8, please comment on your vision: the management plan deserves re-drafting for the continuation, protection, and future of horses on the coast of San Mateo County (To take the survey. Please cut and paste the link here: <https://bit.ly/3ybEDpi>)
  - Write to or call Congresswoman Anna Eshoo (<https://bit.ly/3WsCEXL>) if you reside in her district or write to your Congressional representative and express your concerns. Copy your letter to a San Mateo County supervisor, State Senator, State Assembly, and U.S. Senators. To find your representative cut and paste link: <https://bit.ly/4aeBpPd>
  - Stay informed by joining the Friends of Rancho Corral de Tierra Facebook Group: <https://www.facebook.com/groups/126150890751346>

Join the Coastside Horse Council by emailing [coastsidehorsecouncil@gmail.com](mailto:coastsidehorsecouncil@gmail.com)

Read the DRAFT Comprehensive Site Management Plan and Consider whether the GOALS are aligned with your Vision (<https://bit.ly/3y8KWKn>)



Public land ownership map from 2024 GGNRA Draft plan. One of the largest areas of open space near San Francisco, this area encompasses the majority of an 1839 Mexican Land Grant. Horses lost boarding stables from Mori Point and Sweeney Ridge upon GGNRA ownership in 2011. The Rancho Corral De Tierra property retains the last remaining horse boarding facilities on coastal public land in San Mateo County.



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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

## Dalecarlian Horse

At the end of February, Caroline Mameesh and her fiancé, Bryce Frey took a trip to Sweden where they went reindeer sledding, witnessed the northern lights or aurora borealis, a natural light display that occurs in the night sky in the northern hemisphere, from a frozen lake in Kiruna. They also learned that the Dalecarlian horse or Dala horse is a traditional carved, painted wooden statue of a horse originating in the Swedish province of Dalarna (Dalecarlia). In the old days the Dalecarlian horse was mostly used as a toy for children; in modern times it has become a symbol of Dalarna, as well as of Sweden in general.



## Sharing is Caring

Debbie Tucker's horse, Picabo, shares his grain with local deer. How cute is this?



## Samara, Costa Rica

Several SMCHA Members got away from the chilly Bay Area and enjoyed two weeks in Costa Rica which offers a tropical climate with white-sand beaches, sweeping mountain views and lush jungles. They relaxed, shopped, swam, went zip lining and even took an amazing ride through the jungle and on the beach on horseback. What a trip! Pictured in Samara, left to right - Alison White, Kat Eschelman, Tanya Rebarchik, Sharon Butler, Adeline Forrest, Deb Alvarado, Jan Lazzara, Marcy Rosenberg,



## SMCHA Color Guard at Applebee's

Did you know that SMCHA Color Guard rode in Redwood City in a July 4th parade? They did, and we can prove it! Swing by Redwood City's Applebee's and look for their picture on the wall! Tell them SMCHA sent you!



## Shoer, Bub Whiting, Retires

After 43 years of shoeing horses and 40 years at Webb Ranch, Bub Whiting is retiring. The SMCHA would like to thank him for his many years of contributions to the health and well-being of our horses!



## Mouse So Small

In the corner of my shed, a mouse so small,  
Despite my efforts, he ignores them all.  
He squeezes through cracks, he climbs with ease,  
His determination, sure to please.  
I've tried all means to send him away,  
But he returns, day after day.  
Perhaps he seeks a cozy nest,  
Away from rain, a place to rest.



What should I do with this shed mouse,  
Who's made my shed his little house?  
Perhaps I'll share this space with glee,  
For everyone needs a home, even he.

# Walking with Lurline: An Equestrian Walk at Filoli

By Don DeFranco

Photos compliments of Katherine Basso Photography



Renowned for its beautiful mansion and gardens, Filoli is a national treasure that is the pride of Woodside. Lurline Matson Roth, heiress to the Matson shipping line fortune, was much more than an heiress. She was a "giver" who created an incredible equestrian legacy for San Mateo County, California, and the U.S. In 1975, Lurline Matson Roth made her greatest gift to her beloved California by donating Filoli to the National Trust for future generations to enjoy. Sadly, her name, horses, and prestigious Why Worry Farm in Woodside are now mostly hidden from visitors at Filoli.

Mrs. Roth was nationally recognized as a horsewoman and champion Saddlebred breeder. She was most notably the breeder of "Sweetheart on Parade" and "Chief of Longview," the greatest show horses of the 1930s. At the end of their show careers, they both retired in Woodside and joined the breeding operation.

The Roth Family purchased Filoli and moved from Why Worry Farm in 1937. Why Worry Farm, with its distinctive round barn and stained green fences, remained stable as a training field, and the vast fields of Filoli were used to grow hay and fenced for mares and foals to grow and enjoy. At one point, Filoli and Why Worry Farm had more than 100 horses in residence.

## Walking with Lurline

Part of my job as a real estate professional is to be a calming influence during stressful and often dramatic transition periods for my clients and their families. It's not always easy. One way I manage my stress is by walking and, of course, traveling to the barn to hang out with the horses and love them.

Today, Woodside photographer Katherine Basso joined me on the beautiful farm road and trail that leads from the mansion at Filoli and "walked the walk" that Lurline walked, far removed



from the majestic estate house and gardens, where American presidents and foreign leaders now meet. Like every horse person, I'm sure Lurline escaped to the barn, her safe place, where she drew her strength and power.

The enormous mansion becomes smaller and smaller, just as Lurline's troubles did the further she walked toward the horses. Beautiful hay fields led to a gentle winding road up to what once was "Red's Barn," now repurposed as an education center. Red was the teaser pony that kept the 40 mares at Filoli interested in boys when the breeding season came around.

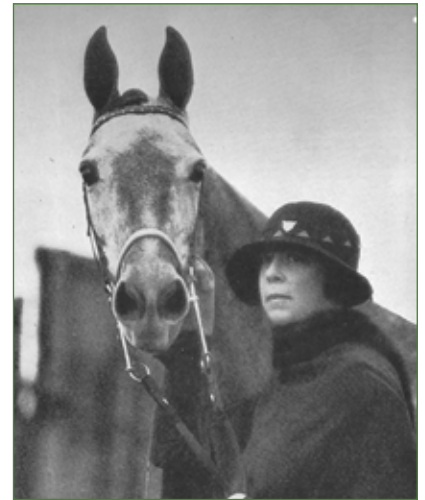
I imagine Mrs. Roth checking the green fences as she walked, making notes in her head, looking for Sweetheart and her foal to come running for peppermints or carrots. These moments transported her to a world of being just an everyday "horse girl" where she watched, mesmerized by her horses grazing and foals nursing—heaven here on earth. Hopefully, all of the staff had retired for the evening, and she had the whole place to herself.

As we walked back to the mansion and gardens, I imagined that she found peace at the barn and was fortified by the uplifting experience. She marched on to take charge of the family (the twins, William Jr., and her husband), the vast staff, the menus for upcoming guests, and the social calendar. So, just like Lurline, I return to my work and many responsibilities, stronger and more relaxed in who I am and what I believe in, especially the importance of horses in my life.

Fight, Love, Live. Fi-Lo-Li. Filoli. This could be the battle cry for every horse owner and horse lover in San Mateo County. Fight for your horses to stay here, love your horses, live with your horses.

The American Saddlebred Association awards the Lurline Roth Sportsmanship Award to a deserving equestrian each year. Here is a list of her accomplishments:

- Nationally recognized breeder and equestrian
- American Saddlebred Association, Board Member
- Woodside Trail Club founder
- Menlo Circus Club, founder
- The San Mateo National Horse Show founder (later moved to The Cow Palace)
- The Cow Palace, Board Member
- The American Horse Shows Association Board member
- Funded the purchase and restoration of Ghirardelli Square with her son, William P. Matson, Jr., thereby saving it from demolition
- Donated the Filoli Estate to The National Trust for Historic Preservation in 1975.





## SMCHA: Cultivating UNITY in our Horse CommUNITY

By *Christine Friis*

Do you ever wonder what other fun activities you and your horse could do to have fun, make new horse friends, and even support your community? Well, on Sunday, April 21st, SMCHA hosted a casual gathering for our local horse community to learn more about some of our local horse organizations. Guest presenters included Volunteer Horse Patrol (VHP), San Mateo County Sheriff Mounted Search and Rescue (MSAR), San Mateo County Large Animal Evacuation Group (SMCLAEG), Los Viajeros Riding Club (LV), and Woodside-area Horse Owners Association (WHOA!).

Representatives from these organizations shared PowerPoint slides, pictures, videos, and pamphlets and spent time answering

questions and providing valuable information. We had an excellent turnout with lots of great questions and suggestions. If you missed it, feel free to visit these websites and learn more about the opportunities and adventures right here in San Mateo County!

[https://smcvhp.org/ Volunteer Horse Patrol](https://smcvhp.org/)

[https://www.smcsar.org/ San Mateo County Sheriff Mounted Search and Rescue](https://www.smcsar.org/)

[https://smclaeg.org/ San Mateo County Large Animal Evacuation Group](https://smclaeg.org/)

[https://www.losviajeros.org/ Los Viajeros Riding Club](https://www.losviajeros.org/)

[https://whoa94062.org/ Woodside-area Horse Owners Association](https://whoa94062.org/)

[https://www.smcha.org/ San Mateo County Horsemen's Association](https://www.smcha.org/)

## TOP TEN EXERCISES FOR BECOMING A BETTER EQUESTRIAN

*Reprinted from SMCHA Magazine, Spring 2003*

10. Drop a heavy steel object on your foot. Don't pick it up right away. Shout, "Get off! Move! Get off!"
9. Leap out of a moving vehicle & practice 'relaxing into the fall'. Roll lithely into a ball and spring to your feet. Shout "I'm ok!" and smile.
8. Learn to grab your checkbook and write out a \$200 check without expression.
7. Jog a long distance carrying a halter and a carrot. Go ahead, tell the neighbors what you're doing. They may as well know now.
6. Affix a pair of reins to a moving freight train and practice pulling it to a halt. Smile and wave as if you're having fun.



5. Hone your fibbing (diplomacy) skills: "I'm really glad your lucky performance and multimillion dollar horse won the class. I am just thankful that my hard work and actual ability won me second place."
4. Practice dialing your chiropractor's number with both arms paralyzed to the shoulder and one foot anchoring the lead rope of a frisky horse.
3. Borrow the Army's slogan: 'Be All That You Can Be'; bitten, thrown, kicked, slimed, trampled, frozen ...
2. Lie face down in a puddle of mud in your most expensive riding clothes and repeat to yourself, "This is a learning experience, this is a ... "
1. MARRY MONEY!



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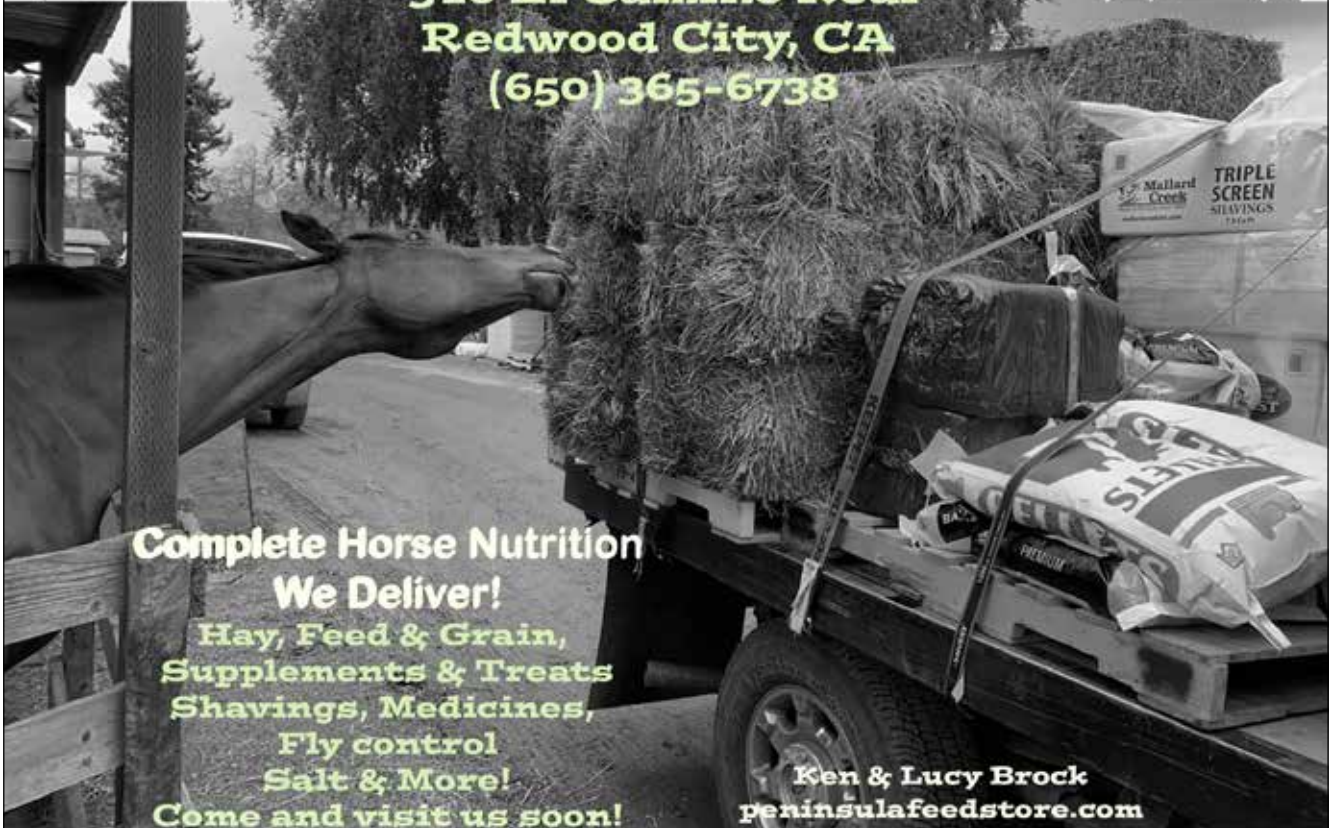
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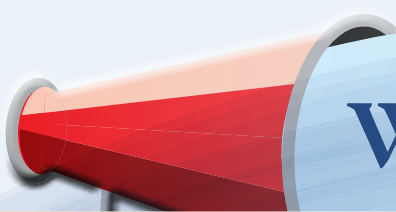


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# WAYS TO GIVE



SMCHA just signed on with eBay for its eBay for Charity program which allows sellers to donate a portion of their sales and buyers to shop while supporting their favorite charities. SMCHA can also sell directly on eBay to raise funds. To participate, nonprofits need to be registered with eBay for Charity and meet certain criteria. Here's how it works:



1. **Seller Donation:** Sellers can choose to donate a percentage (10-100%) of their sales to SMCHA. They can also opt to donate a fixed amount per sale.
2. **Buyer Contribution:** Buyers can add a donation to their purchase during checkout. They can also shop for items that benefit specific charities, with the full sale price going to the nonprofit.
3. **Direct Selling:** SMCHA can sell items directly on eBay and keep the full sale amount.
4. **Benefits:** eBay for Charity offers exposure to millions of eBay users, potential tax benefits for donors, and a simple way for nonprofits to raise funds.

SMCHA President is thrilled about this new way to raise funds for SMCHA, "I encourage everyone using eBay to support the San Mateo County Horsemen's Association when selling or buying items. It's fun, easy and your contribution, no matter how small, can make a significant impact on small nonprofit organizations like SMCHA, helping us continue our vital work in the horse community."




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

**PERKS:**

- Receive our quarterly magazine - *The San Mateo County Horseman*.
- Meet like-minded horse people; have fun!
- Get discounts from many of our advertisers.
- Learn about horse-related issues impacting our community.
- Receive eblasts about all our upcoming events.
- Go on organized trail rides, and so much more...




## Generous Donations Help Achieve Project Goals

The MP Foundation completed another successful year in supporting the equestrian environment. We are pleased to announce that grants to the community have just passed \$636,186, since founding in 2002. Over 68% of this came from generous contributions from many folks and organizations, for which we and the recipients are forever grateful. This year we have awarded a total of \$75,131.

### Major projects include:

- \$16,328 Town Creek Bridge repairs
- \$15,500 Trail repair—Pescadero Creek County Park
- \$8,523 Western Heritage Scholarship
- \$5,400 UC Davis Vet School
- \$5,000 Equestrian Merit Scholarship
- \$3,000 Rodeo Scholarships
- \$2,880 NCEFT
- \$18,500 Other projects



Bridge is done. Thanks to Mike Bushue and his team of volunteers.

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
- San McDonnell 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, meadows, 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 tirelessly behind the scenes. Special recognition goes to:

- Nicholas Calderon and his dedicated team, the amazing 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:**

 Lynell Old, President, San Mateo Equestrian Riders and Trails	 Allison White, President, Los Verdes Riding Club	 Anne Goff, Co- Editor, San Mateo County Sheriff's Office Horsemanship and Practice Unit	 Anne Van Camp, Chair, SMC Horse Association
 Holly Nash, President, Community Horse Advocacy Program for San Mateo County	 Scott Michelson, Co-Editor, Equestrian Pulse of San Mateo County	 Mary-Carol Rhoads, Chair, San Mateo County Parks Foundation	 Kelli Decker, Program Director, Peninsula Area Horse Show
 Mary Huffy and Beverly Lane, Co-Chairs, Equestrian Trail Riders Action Committee	 Dan Pugh, Chair, Edgewood Park Foundation	 Anne Cheng, Co- Editor, San Mateo County Horsemanship Horse Pulse	 Rick DeBarnett, Chair, Peninsula Trail Club
 Ann Crisp and Jackie Mendenhall, Co-Presidents, Club President, Friends of Huddart and Wunderlich Parks	 Deb Alvarado, Sharon Sellen, and Deborah Vesperas, Co-Presidents, San Mateo County Equestrian Association	 Rick DeBarnett, President, The Death Riders	

*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. Presented in December 2023.

Learn more about our grant history or donate at

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



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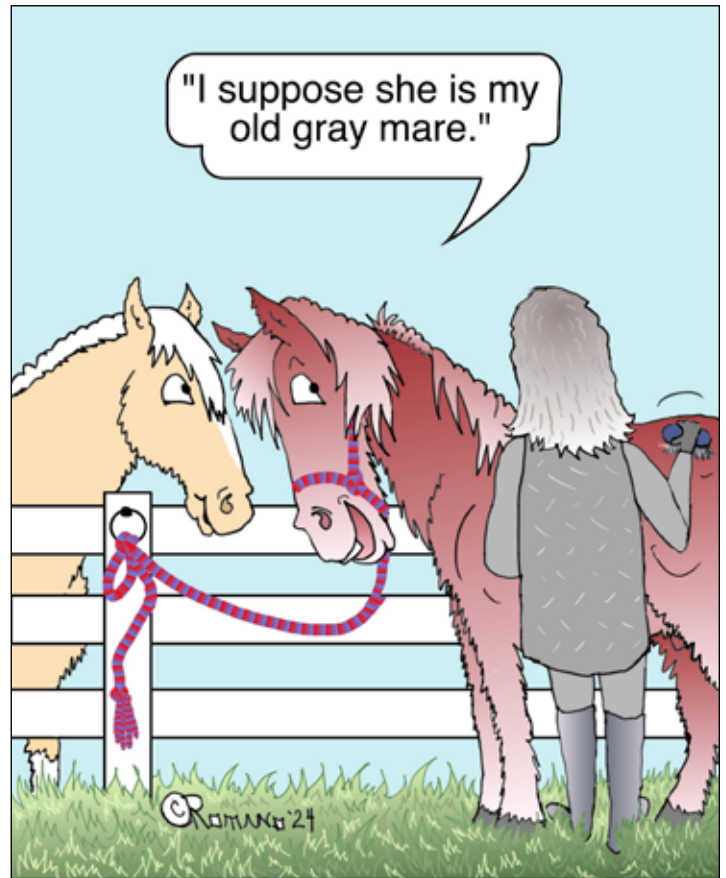
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Half Moon Bay, CA

# Auntie Em's Fly Spray

By Elizabeth Ouellette

Ditch those toxic fly sprays for Auntie Em's essential oils! Auntie Em's solution to pesky flies cleverly deodorizes your horses, masking their odors while offering natural protection.

Inventor Margie Lee has been a local farrier since 1984 and passed the American Farriers Association Certified Journeyman Farrier exams in 1991. Back in the 1980s, she faced a challenge - only one non-toxic fly spray was available, and it was limited to Southern California. After years of using chemical-based fly sprays, Margie experienced contact irritation on her skin and lungs. To make matters worse, the horses quickly became irritated by flies again.

Margie sought advice from a fellow farrier, Robert Tucker, who suggested creating her own fly repellent using a non-toxic, biodegradable base and high-quality essential oils. With Robert's guidance, Margie developed the perfect combination. Surprisingly, her creation turned out to be a horse deodorant, not just a fly repellent. Better yet, when she used "her fly spray," the horses were fly-free for hours and smelled great. Better yet, her skin and sinus issues vanished! Word spread and Margie's horseshoeing clients began asking her to purchase her spray. Thus, Auntie Em's High-Performance Horse Spray was born.

Today, Auntie Em's is a thriving family business with clients from all over the US. Thanks to the success of Auntie Em's High-Performance Horse Spray, they are constantly innovating and expanding their product line.

I made the switch to Auntie Em's fly spray when my horse, Cantaro, reacted to every other horse spray with hives, irritation, and discomfort. Auntie Em's is the only spray I've found to be effective, non-irritating, and pleasantly fragranced. Visit Auntie Em's website: [auntieems@protonmail.com](mailto:auntieems@protonmail.com). By doing so, you'll not only be getting a great product but also supporting a local Woodside business!



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# Remembering Rudy



Rob and Rudy at Mount Hamilton

*By Karen Gregory*

Sweet and Gung Ho Rudy, Rob Krensky's 38-year-old Connemara/quarter Horse cross, died peacefully on the evening of April 4, surrounded by loved ones brushing his shedding "fur" and whispering loving words of gratitude in his ears.

I have been riding with Rudy for over a dozen years, and I will miss him at home, on the trails, and at campouts. He loved his job as Rob's partner and traveling companion. Rudy was an amazing horse who always knew where he was, recognizing trails and their routes even if he had ridden them decades earlier and always knowing where the trailer was on his way back to camp. Rudy was a passionate adventurer who was fearless and loved to go go go! Rob rode often and for hours at a time, covering a tremendous number of miles with his partner Rudy. Rob and Rudy are as familiar with the California trail opportunities as any pair around here, having been to essentially every available site "worth riding."

I will always remember Rudy's predictably fast gait, making my willing quarter horse, Cody, have to jog to keep up. I could always



Rob and Rudy with VHP

count on Rudy to be calm and reasonable in any situation, never giving Rob a shy, kick or buck...though he challenged him in other ways. It was rare to see a slack rein on Rudy since his preference was to keep his forward motion fast and energetic. It was also rare to see Rudy tire out; even in his 30s, he was always raring to go. Rudy would sweat with his exertions, but that was the only indication that his joyful travels had covered many hours and miles of challenging terrain.

Rudy carried Rob through varied activities in both pleasure and service. He was a steadfast partner on campouts, a terrific lunch buddy to ride up to Alice's Restaurant, and a talented trail horse carrying Rob on hundreds of Volunteer Horse Patrol (VHP) patrols. He also took Rob on many searches and call outs with the Mounted Search and Rescue, making the San Mateo County Sheriff proud to have such a courageous and enduring steed represent the unit. Rudy was the perfect ambassador for the San Mateo County Sheriff's Office (SMCSO) giving "pony rides" to at-risk kids at STAR Camp (camp for underprivileged youth in the county) bravely serving at "Dream Machines," and responding to various events around the state. There are few in the San Mateo County equestrian

community who have not had some kind of contact with Rob and Rudy, and they have become "heroes" to many who ride.

We asked Rob to write a few words about Rudy, and this is what he shared:

"When 14-year-old Rudy came into my life 24 years ago, I never expected to have him this long. He was represented as being a trail horse and having been ridden in the hunt.

It turned out that he was a hunt horse with little trail experience! All he knew was to be first and fastest; crossing streams and trail switchbacks were not part of his expertise, nor was loading into a trailer.

It took about a year to work through these issues, and Rudy became a great trail horse, though he always wanted to be out front.

Long story short, in time, he became a great trail horse. He carried me on endless trails from Humboldt Redwoods to Orange County, from the Pacific Coast to the High Sierras. He became a great companion and friend for 24 years, and I genuinely miss having him in my life but will cherish his memory."

---

*By Rob Krensky*

My son, Paul, lives in Orange County, California, just south of Los Angeles. He had been urging me to visit with my horse, Rudy, a Quarter/Connemara cross so we could ride together in the open spaces near his home in Coto de Caza.

Los Viajeros Riding Club had a ride planned that year (2017) at Lake San Antonio, about midway between home and Orange County, so I decided to extend that trip to visit Paul and his family. We had a nice time and even rode some in his area.

On the way home, I visited the Carrizo Plain National Monument. It is a desert park that most people have never heard of, but here's a link if you would like to check it out: [www.blm.gov/programs/national-conservation-lands/california/carrizo-plain-national-monument](http://www.blm.gov/programs/national-conservation-lands/california/carrizo-plain-national-monument).

When we arrived late afternoon, the visitor center was closed, so we made our way to the Selby campground. While not primarily a horse camp, there are a couple of corrals and a hose bib, so horses are welcome. It was about a five-mile drive off the main road, a fifty-mile well-maintained gravel road that runs the length of the monument from north to south.

When we arrived at the campground, a friendly family at the next campsite invited me to dinner, so I got Rudy settled in, fed and watered and joined them for dinner. The next day, Rudy and I went out to scout the trails. They were not very well marked - some single track, some gravel service roads - but all with fabulous views. With my trusty GPS, we found our way around and, most importantly, back to camp. There were no worries about returning to camp because Rudy always knew his way back, even in

## Adventures with Rudy



Rob and Rudy enjoy a beautiful view overlooking the campground.

places we had never before visited.

I'm including a couple of photos, one from the trail and one from the campground. In the trail photo, just above Rudy, you might be able to see an oval road; that is the campground.

This is the place if you feel like having an adventure with your horse. Facilities and staff are minimal, so you have to be pre-

pared to rough it and take care of yourself. The park is known for its spring wildflowers, and camping during the spring wildflower season is no doubt difficult. However, it is not crowded the rest of the year, though hot in summer and cold in winter.

Unfortunately, we lost Rudy on April 4, 2024, at age 38. He was 31 at the time of this adventure and was still going strong.

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



Mounted Patrol Grounds, Woodside, CA

Sundays 10:00am to noon  
**September 15, 22, 29  
& October 6, 2024**



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**Come and ride with us!**  
**Improve your skills and confidence!**

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Experienced sensory trainers will help you build confidence through the use of obstacles

### **September 22, 29** Joan McLaren

Western Horsemanship: Balance, Transitions and Control

### **September 22, 29** Joanne Morrison

Horsemanship: Teaching your horse to love their job

### **October 6** Chris Ellsworth

Horsemanship:

The greatest teachers – about riding, about life and all – are horses

### **All 4 Sessions** Noel Moody

Beginning Western Riding

**Open to members and non-members**





# HORSE IDIOM



## Horse (Horsing) Around

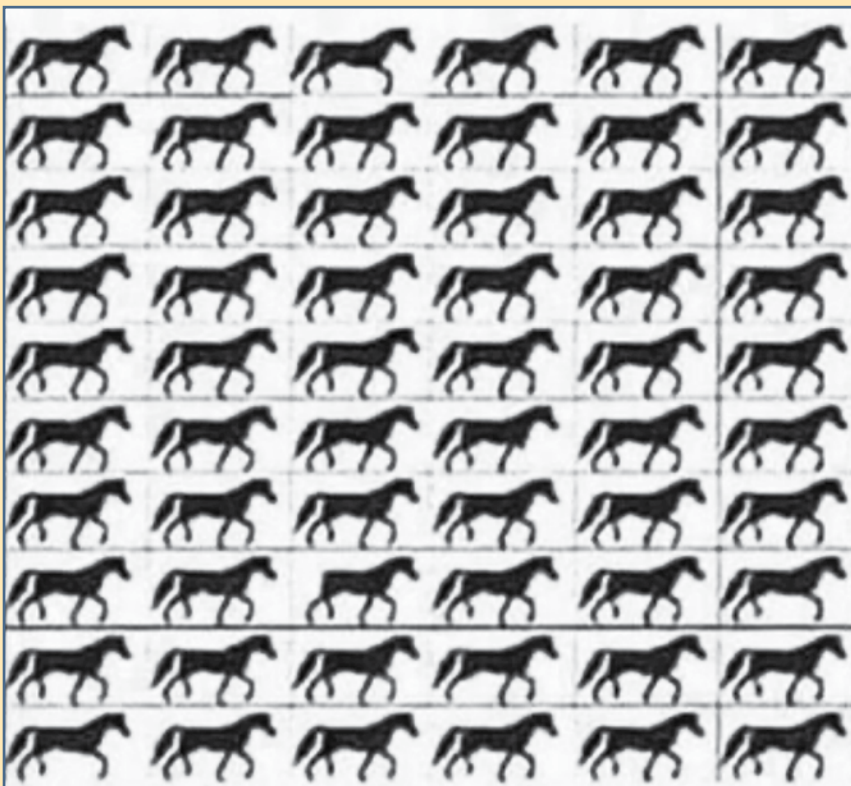
The idiom 'horse around' or 'horsing around' is probably related to 'horseplay,' which has long been a term meaning rough, noisy, and rowdy play. To horse around, however, does not necessarily mean to engage in rough play. It usually refers to playing or being silly when you are supposed to be acting seriously or working, engaging in frivolous activity.

## Origin

Although the word 'horse' has long referred to anything big, strong, and coarse (consider horseradish), the origin here is more direct, as it relates to how young horses play together by running back and forth and pretending to fight. Horseplay has been used since the late 1500s, but the related idiom 'to horse around' has only been used since the first half of the 1900s.

## MARCY'S MYSTERIES

How many horses have three legs. Answer on page 46.



## Horse Cipher

In this quote, a famous horse trainer gives some advice. Your clever magazine editor, Marcy Rosenberg, secretly encoded the words below. Your job is to crack the code by replacing each letter with a different letter to discover the original lettering and reveal the hidden message.

"TX MJGL AJLVW VPBV QJ, MJG WTOAWL PVUWY OAW SGWVOTJQ ZLJQH JL PVUWY OAW ZLJQH SGWVOTJQ." – EPO EPLWCCT

Hint: T = I

Answer on page 46

## BUCK'S OF WOODSIDE: Memorabilia

Can you find this picture of an actual live ballot with chads at Buck's Restaurant in Woodside?

The term "hanging chads" became famous during the controversial 2000 United States presidential election. It refers to small pieces of paper, called chads, that are punched out from a punch card ballot but are still partially attached, leaving them "hanging."



During the election, there were issues with the punch card voting machines, particularly in Florida, where incomplete punches confused voters' intentions. The chads were a central focus of the recount process, as officials had to determine whether a partially punched chad indicated a valid vote or not.

The controversy over hanging chads led to a legal battle that ultimately reached the U.S. Supreme Court, which ruled in *Bush v. Gore* to halt the recount in Florida, effectively deciding the election in favor of George W. Bush. The term "hanging chads" has since become a symbol of the complexity and controversy surrounding the election process.

## Animals Helping Inmates

*Continued from page 11*

The Thursday virtual visits continue to grow in participation and interaction. With new post-COVID clearance requirements, Jasper Ridge Farm is slowly starting in-person visits again. Since many women know our animals from the virtual sessions, our four-legged colleagues are treated like celebrities when they visit in person.

The use of animals to alleviate depression and anxiety, improve mental health, help regulate emotional control, and build empathy has become a mainstream treatment over recent decades. However, the knowledge that animals have a therapeutic effect on humans can be traced back as far as the ninth century. Ancient Greeks observed improvement in the overall well-being of individuals who interacted closely with horses. There is documentation that doctors in the 1600s used animal interaction in the treatment of patients with mental conditions. Interacting with animals has been shown to raise oxytocin levels, providing a calming effect that, over time, leads to less dependence on medication, less violent outbursts, lower stress levels, improved social interaction, and higher self-esteem.

It is easy to see how these effects would be crucial to managing a healthy environment in our correctional system. And it is not just the inmates who benefit; the deputies and correctional officers from all over the facility manage to grab a few minutes and get their share of animal time, sometimes hanging around after the inmates have returned to the ward to destress with a chicken or guinea pig. Staff at all levels attest to the value of animal interactions. Below are statements Jasper Ridge has received from some of the corrections officers involved with the program.

*"The women who are participants love the Pet Therapy class and look forward to it occurring. I observed them as being more calm and content during these sessions, and after the session, they appeared to engage more with one another, discussing what they've learned as well as their own personal experiences. We enjoy being able to provide this population with pet therapy."*

*"This unique program allows the only socially acceptable way of showing affection while incarcerated, and the opportunity to do so provides effective emotional therapy."*

*"The clients continue to share a desire and willingness to engage in the visits."*



Interestingly, the visits have a calming effect on behavior in the ward before and immediately following them. However, in many ways, the staff and volunteer crew from Jasper Ridge Farm get the most profound insights. One volunteer observed an inmate quietly cradling a bunny in her arms like a baby and gently weeping. Catching moments like these is why this program is one of our most rewarding.

Please consider volunteering or donating to Jasper Ridge Farm to help us continue this and the many other programs we offer. Jasper Ridge Farm does not charge a fee for its services, but we feel richer for them.

For more information about Jasper Ridge Farm, please visit: [www.jasperridgefarm.org](http://www.jasperridgefarm.org)

## Choke

*Continued from page 5*

important. Report signs of aspiration pneumonia to your veterinarian immediately. These commonly include temperature over 101.5F, coughing, heavy or fast breathing, and refusing food.

### Preventing Choke

Your horse is predisposed to choking if it eats concentrated feed quickly ("bolting") or has poor dentition affecting proper chewing. For horses that eat quickly, implement slow feeders, fully wet any pelleted feed, and remove them from situations that force them to eat quickly, such as a dominant pasture mate. When feeding treats such as apples and carrots, make sure they are cut into small pieces and feed one at a time. Check on your horses frequently, especially after feeding concentrates and treats such as carrots and apples. Keep up on yearly dental floats with your veterinarian to remove sharp points from the teeth and identify other dental problems early. Horses that have choked recently should have an oral exam soon after if poor dentition is suspected as a cause. Geriatric horses with expired (worn down)

cheek teeth may need to switch to an all-pellet mash diet rather than hay. This becomes particularly important if they are having repeated episodes of choke.

It is important to identify choke as soon as possible to decrease the chance of serious complications. If you think your horse is choking, stay calm, call your vet, and remember the information from this article - your equine companions will thank you.

This article was written using the author's own experience in the field and reference to the American Association of Equine Practitioners or AAEP's owner education article on choke (linked below for further information). The attending veterinarian will determine the best approach to your horse's treatment in any emergency based on each individual case. This article is a general overview of choke and common treatments and is not intended to replace your veterinarian's opinion and approach to your horse's case.

To locate the AAEP article on choke and many other articles on equine health, visit the AAEP website ([aaep.org](http://aaep.org)) and select "Horse Owners," "Horse Health," then "*Understanding Choke in Horses.*"

<https://aaep.org/horsehealth/understanding-choke-horses>



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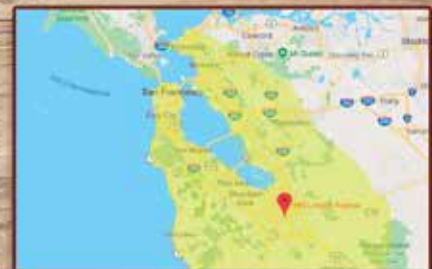
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# VOLUNTEER



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

Email: [SMCHA@smcha.org](mailto: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](http://smcha.org)

Email: [SMCHA@smcha.org](mailto:SMCHA@smcha.org)

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# Community Gatherings: **Dine 2 Donate**

Our Dine 2 Donate community gatherings were so much fun! The Woodside Roadhouse did a fantastic job of hosting SMCHA in March. We caught up with people we hadn't seen for a while, ate delicious food, and shared a lot of laughs.

In May, we were thrilled to see over 30 people at Taco Night, hosted by the delightful Sanchos Taqueria in Redwood City. Sharon Butler insists that their fish tacos are a must-try! This

evening was made even more enjoyable by the incredible support of Adam and his team. Your presence and enthusiasm truly made a difference!

Thanks to everyone who came out to participate and support the SMCHA. Mariangela Sonstegard and Sharon Butler deserve a big thank you for organizing these community get-togethers!



Roadhouse Fundraiser



Sancho's Taqueria

## SMCHA 2024 Calendar of Events\*

Check our website for updates: [www.smcha.org](http://www.smcha.org)

### JUNE

- 1-2 - Woodside Vaulters' Spring Fest  
Vaulting Competition, Horse Park, Bay Annex
- 2 - Equine Events Tack Sale - Horse Park
- 9 - Springdown Equestrian Show, Portola Valley
- 13 - Board Meeting
- 29 - SMCHA Annual Gala

### JULY

- 7 - Polo Tournament & Luncheon, Menlo Circus Club
- 11 - Board Meeting
- 18-22 - SMCHA Jack Brook Campout

### AUGUST

- 4 - Woodside Junior Riders - End of Summer Show
- 6-11 - Menlo Charity Horse Show
- 8 - Board Meeting

### SEPTEMBER

- 8 - Presidents' Ride @TBD
- 12 - Board Meeting

### 15 - Fall Riding Clinic @Mounted Patrol

- 20-22 - Woodside Fall Schooling Show @ Horse Park
- 21 - NCEFT Gala
- 22 - Fall Riding Clinic @Mounted Patrol
- 29 - Fall Riding Clinic @Mounted Patrol

### OCTOBER

- 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

### NOVEMBER

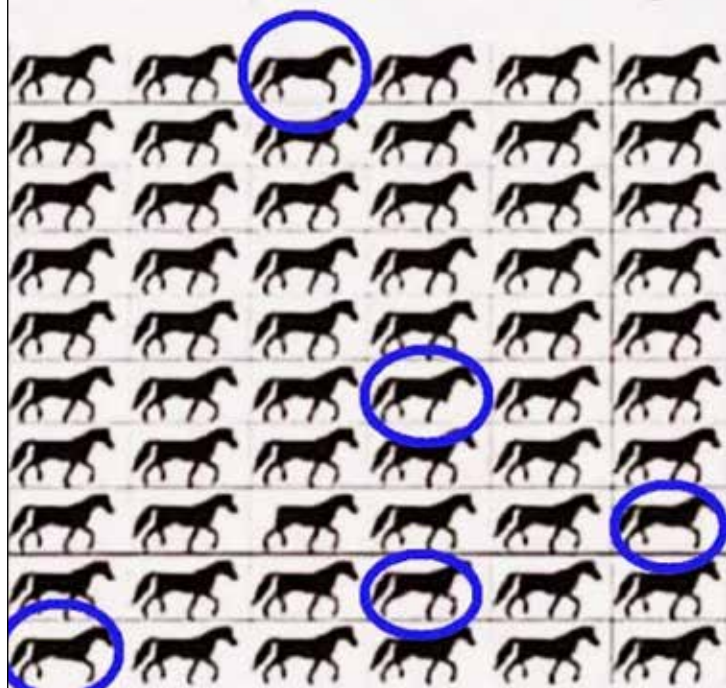
- 14 - Board Meeting

### DECEMBER

- 1 - Springdown Equestrian Show, Portola Valley
- 8 - Holiday Celebration @NCEFT

\*SMCHA club events in bold

## How many horses with 3 legs?



## MARCY'S MYSTERIES

### Horse Cipher

In this quote, a famous horse trainer gives some advice. Your clever magazine editor, Marcy Rosenberg, secretly encoded the words below. Your job is to crack the code by replacing each letter with a different letter to discover the original lettering and reveal the hidden message.

“TX MJGL AJLVW VPBV QJ, MJG WTOAWL PVUWY OAW SGWVOTJQ ZLJQH JL PVUWY OAW ZLJQH SGWVOTJQ.” – EPO EPLWCCT

Hint: T = I

**ANSWER:** “If your horse says no, you either asked the question wrong or asked the wrong question.”

– Pat Parelli

## Equestrian Websites

Backcountry Horsemen of California: [bchcalifornia.org](http://bchcalifornia.org)

Bay Area Equestrian Network: [bayequest.com](http://bayequest.com)

Bay Area Horse Archers: [bayareahorsearchers.com](http://bayareahorsearchers.com)

Bay Area Players: [facebook.com/BayAreaSavvyPlayers](https://facebook.com/BayAreaSavvyPlayers)

BLM Wild Horses & Burros, California: [blm.gov/whb](http://blm.gov/whb)

California Dressage Society: [california-dressage.org](http://california-dressage.org)

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

California State Horsemen's Association (CSHA):  
[californiastatehorsemen.org](http://californiastatehorsemen.org)

Disabled Equestrians: [disabledequestrians.org](http://disabledequestrians.org)

Equestrian Legacy: [equestrianlegacy.com/home](http://equestrianlegacy.com/home)

Equestrian Trail Riders' Action Committee (ETRAC):  
[etrac-equestrian.com](http://etrac-equestrian.com)

Horse Park at Woodside: [horsepark.org](http://horsepark.org)

Horsensei: [horsensei.com](http://horsensei.com)

Jasper Ridge Farm: [jasperridgefarm.org](http://jasperridgefarm.org)

Los Altos Hills Horsemen's Association: [lahha.org](http://lahha.org)

Los Viajeros Riding Club: [losviajeros.org](http://losviajeros.org)

Monterey Bay Equestrians: [montereybayequestrians.org](http://montereybayequestrians.org)

Mounted Patrol Foundation: [mountedpatrolfoundation.org](http://mountedpatrolfoundation.org)

Mounted Patrol of San Mateo County: [mpsmc.org](http://mpsmc.org)

National Center for Equine Facilitated Therapy (NCEFT): [nceft.org](http://nceft.org)

Portola Valley Pony Club: [portolavalley.ponyclub.org](http://portolavalley.ponyclub.org)

San Martin's Horsemen's Association: [smhorse.org](http://smhorse.org)

San Mateo County Horsemen's Association: [smcha.org](http://smcha.org)

San Mateo County Large Animal Evacuation: [smclaeg.org](http://smclaeg.org)

San Mateo County Parks Volunteer Horse Patrol: [smcvhp.org](http://smcvhp.org)

San Mateo County Sheriff's Mounted Search & Rescue:  
[smcmsar.org](http://smcmsar.org)

San Ramon Valley Horsemen's Association: [srvha.weebly.com](http://srvha.weebly.com)

Santa Clara County Horsemen's Association: [horsemens.org](http://horsemens.org)

Santa Cruz County Horsemen's Association:  
[sccha.wildapricot.org](http://sccha.wildapricot.org)

Summit Riders Horseman's Association: [summit-riders.com](http://summit-riders.com)

The BOK Ranch: [bokranch.org](http://bokranch.org)

The Square Peg Foundation: [squarepegfoundation.org](http://squarepegfoundation.org)

Woodside-area Horse Owners' Association (WHOA!):  
[whoa94062.org](http://whoa94062.org)

Woodside Pony Club: [woodside.ponyclub.org](http://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.)

Memberships	Annual Dues
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_____ Couple .....	\$55
_____ Family and all kids under 18 .....	\$60

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

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

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

Donations to any of these functions/events are also welcomed!  
Use my donation for: \_\_\_\_\_

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

Dues \_\_\_\_\_ Donations \_\_\_\_\_ Total Enclosed \_\_\_\_\_

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