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San Mateo County



SUMMER 2006

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COVER

President Al Filice and his granddaughter
 Daeja at the 84th Annual May Day Parade
 in Woodside.
 photo by Sarah Filice

PRESIDENT'S MESSAGE



It seems that the older I get, the more time just seems to slip through my fingers. I can't believe that the year is already half way over. There just never seems to be enough hours in the day to get everything done! Thank goodness for daylight savings time, because it gives us more time to enjoy those evening rides and drives we all so love to partake in.

Even though it seemed like the rain was never going to stop, we finally have been experiencing some good traditional hot weather. Summer is

officially here and I'm sure we are all welcoming it with open arms; even if it means dealing with more flies and those unbearably hot days. Just remind yourselves of those cold, windy and raining days of not so long ago and the heat won't seem so bad.

Since we had rain so late into the season this year, we unfortunately had to cancel the first Clarkia Trail Clean-Up Day scheduled in April. The weather was just too unpredictable to go forward with the workday. Fortunately, our June clean-up day had perfect weather and a handful of SMCHA members and one park ranger spent the morning string-cutting the weeds and pruning the overgrown shrubs alongside the path. Our group may have been small, but our efforts were mighty and the Clarkia Trail looked well groomed by the time we were done; top to bottom! Our next scheduled clean-up day is in early September, so be sure to keep an eye out for upcoming flyers and emails.

This year the Grand National Rodeo was back at the Cow Palace and ran from April 7th to the 15th. A favorite evening for many is the traditional "Horsemen's Night"; which is held the first Saturday night of the Grand National Rodeo. This year SMCHA had 100 tickets available for purchase and we sold every last one of them! Saturday is also the day for the Color Guard competition and this year my wife, Sarah, and I were asked to be Ring Stewards for the competition and for the Color Guard Opening Ceremony during the Saturday evening performance. This was a huge honor for us and we were pleased to accept the offer. SMCHA's Junior Color Guard (Emma Francis, Jenna Likins, Britney Olson and Anna Machado) competed in the Junior Color Guard Division and did such a fantastic job that they were awarded Third Place. Way to go girls – you always do SMCHA proud! The evening performance began with the Color Guard Opening Ceremony. All of the Color Guard groups who had competed earlier that day entered the arena and were greeted with the roar of the audience. It was truly a spectacular site and a completely different experience when you are viewing it from inside the arena, on foot and making sure that everyone is having a safe and fun experience! We had a great time and are looking forward to next year's rodeo. The evening ended with a terrific concert from "Big and Rich" with "Cowboy Troy" — the perfect cherry on top of a perfect day!

The weather also cooperated for our Spring Ride this April. Cheryl Basin, SMCHA's 2nd Vice President and Ride Chairman, and her Ride Committee

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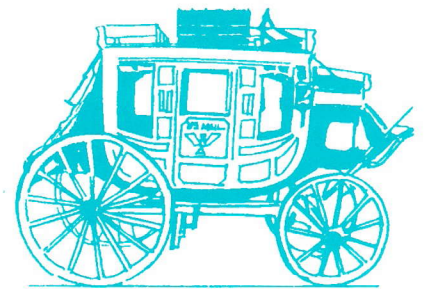
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The San Mateo HORSEMAN

Summer 2006

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

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



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(Application on back cover)

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President's message continued

(Sue Sheehan, Adeline Forrest and Sharon Gloskowski) planned a perfect outing. Everyone met at Spring Down Equestrian Center in Portola Valley, enjoyed a wonderful continental breakfast, got their horses tacked up and then started out on a beautiful trail ride. The group was large, so we divided into two groups and rode through the lower trails of Windy Hill, then crossed Alpine Road and continued into the picturesque Coal Mine Ridge area. — It was a beautiful ride and the sun was shining, so everyone had a great time. Upon our return to Spring Down, we untacked and watered our horses, and then enjoyed a hearty lunch under some magnificent shade trees. I want to extend a special "thank you" to the Ride Committee for all your hard work in making this a spectacular event and to Carol Goodstein for graciously offering Spring Down Equestrian Center as our staging and lunch location. I also wish to thank all those who rode and attended the Spring Ride; your presence and participation in events like these is what keeps this Association strong and viable.

The theme for this year's 84th Annual May Day Parade in Woodside was "Happy 50th Birthday Woodside"! Many of the participants were very creative in their costumes, decorations and props. SMCHA's Junior Color Guard, once again, led our group in the parade. I love driving my team of Percheron mares, Mari-Anne and Rosie, in this parade and this year they pulled our wagon with members from NCEFT in the back. I also had a special person sitting along side me during the parade; my 3 year old granddaughter, Daeja, was my companion for the day! I also want to acknowledge Danielle Bushue, my Junior Driver and Assistant, for all her hard work and dedication to my team. If you haven't ever ridden in the Woodside May Day Parade you should strongly consider it for next year; it is a perfect venue — the route is short and there are lots of escape routes along side streets if you choose to make a quick exit!

On May 12th we organized another Friday Nite at the Races at Bay Meadows Racecourse. Seventy members and their guests gathered in the Club House to watch eight exciting horse races and enjoy a splendid all-you-can-eat buffet dinner. Since the future of Bay Meadows is uncertain, this may have been the last Friday Nite at the Races; only time will tell if we will be able to arrange another event next year. Some of us went home a little richer, some of us with a little less change in our pocket, but we all had a great time either way!

The Western Schooling Show and Play-Day was held on May 21st at Webb Ranch. Unfortunately, Sarah and I were unable to make the event this year, but we heard it was a huge success and very well attended. Many thanks to Kathie

Goddard and Noel Moody, the Horse Show Chairwomen, and the Horse Show Committee for all their efforts and hard work in putting on such a spectacular event. I'm looking forward to August when the English Schooling Show, held at Webb Ranch, and the Nor Cal Open English/Western Show, held at the Horse Park at Woodside, takes place.

The 36th Annual Western Riding Clinic is in full swing over at the Mounted Patrol Grounds in Woodside. SMCHA and the San Mateo County Mounted Patrol launched the riding clinic back in 1970 and it has been a favorite of SMCHA members ever since its inception. The Clinic's chairperson, Karen Rowley-Shawback, and the instructors (Jason Attard, Joan McLaren and Noel Moody) have done an outstanding job so far this year; I have heard nothing but great feedback from the participants. There are only a few more clinic days left before the big Saturday night barbecue dinner and show held on July 15th; it's hard to believe it's almost over! If you haven't ever participated in the clinic, you should consider it for next year. Even though it says "Western" Riding Clinic, you can also ride using "English" tack; the instructors don't mind one bit!

I hope you have taken the time to enjoy all the wonderful opportunities San Mateo County has to offer us equestrians. Go out and ride through Wunderlich and Huddart Parks, ride up the Clarkia Trail in Edgewood Park, take a stroll through Windy Hill, enjoy horse camping during our week at the Jack Brook Horse Camp, take a ride through Portola Valley or Woodside, go over to the Coast and ride through the many beautiful trail systems they have to offer or take a ride along the beach. In this crazy hustle and bustle world, nothing helps unwind us better than the time we can spend with our four legged friends; except when it includes more friends and their horses too!

Happy Trails,

Al Filice

April's General Meeting

By Sarah Filice

As the First Vice President for the San Mateo County Horsemen's Association, it is my responsibility to organize the general meetings for the membership. I am always encouraging my fellow Board members to bring me new meeting ideas and this time Gretchen King came through with a fabulous one! Gretchen had taken an Art History course at San Jose State University and had found it extremely interesting; especially since the focus of the course was the horse in art throughout the centuries. It just so happened that the lecturer for the course was someone who boarded her horses at the same facility where Gretchen and I boarded our horses! What a coincidence – this was meant to be! When she told me the name of the instructor I nearly laughed out loud, because this was a woman who had her horses in the same barn as me and I



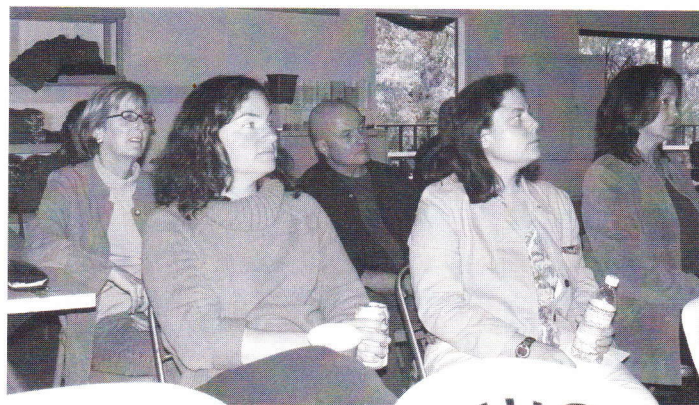
Jan Newstrom Thompson, PhD.

knew she was an art history professor at San Jose State University, but I never even thought to ask her about giving a lecture to our members. Thank you Gretchen for your most insightful idea!!

When I asked Jan Newstrom Thompson, PhD. if she would be interested in giving a lecture and slide presentation to our membership on "The Horse in Art", she gave me a very enthusiastic "YES"! I was so glad to hear that she was

available, because I had heard her talking about an upcoming trip to Germany and I was sure the dates were going to be conflicting; fortunately for me they weren't!

The general meeting was held at NCEFT in their therapy room and even though there was only a small crowd of attendees, the room was filled with an attentive audience. I have known Jan for about 10 years out at the barn, but I had never seen this side of her before. She is extremely passionate when it comes to talking about art and horses, and she had us all mesmerized during her lecture. She had a very impressive slide presentation and I also never knew she was so humorous; there were times when I couldn't stop laughing at some of her descriptions of the various works and the artists who created them. The lecture lasted a little over an hour, but I think most of us could have listened to her all night long!



A very attentive audience listens to "The Horse in Art" lecture.

Thank you again to Gretchen King for your brilliant idea, to Dr. Jan Newstrom Thompson for her enthusiastic, insightful and educational lecture, and to NCEFT; who once again made their therapy room available for our use! Our next general meeting is scheduled for September 21st; we hope to see you there!

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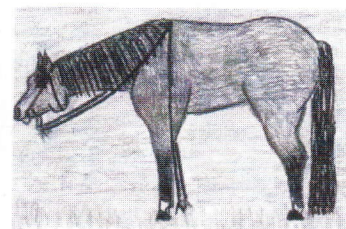
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Pictures from the 84th Annual Woodside May Day Parade



Danielle Bushue heads the team.



A picture taken from the driver's seat!



A wagon full of riders — many were from NCEFT.

Welcome New Members

- Lynn Clifford — Woodside
- Sarah Corey — San Jose
- Michelle Eastwood — Menlo Park
- Natalie Haber — Los Altos
- Leatha Hendeson — East Palo Alto
- Mr. & Mrs. Kane — San Mateo
- Kevin Laney — San Jose
- Alex Naeve — Redwood City
- Noel Powers — Foster City
- Amy Roleder — Menlo Park
- Katrina Smith — San Francisco
- Brittany Thacker — Redwood City
- Tori Traube — Palo Alto
- Sara Warren — Los Altos
- Alison White — Redwood City



adapted from Crosby, Stills, Nash & Young

Workday at Jack Brook

Over 50 people from various equestrian organizations, including SMCHA, San Francisco

Horsemen, Los Viajeros, Mounted Patrol, Shack Riders and Volunteer Horse Patrol showed up on April 22 to help get Jack Brook Horse Camp ready for the camping season.

A large tree had fallen onto the woodshed over the winter, so there was lots of wood to cut and split for firewood.

On Memorial weekend another handful of volunteers (Willy Johnson, Rick Payne, Larry Rebarchik, Stuart Hoenck and Rob Krensky) cleared some trails that had been blocked by fallen trees over the winter.

Thanks to all who helped! We'll all benefit when we go camping at Jack Brook this summer!

Some of the money donated to the Horse Camp in Doug Moody's memory was put to good use to tile the showers – they look great! Special thanks to Rick DeBenedetti for organizing the work contract,; thanks also to Dick Sanders, Mike Hertert, Rob Krensky, Willy Johnson and Adda Quinn for all their help with this project!



Adeline & Nichole Jones



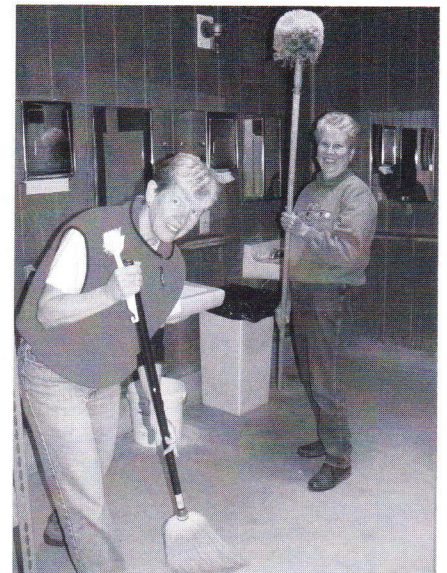
Kathie Goddard



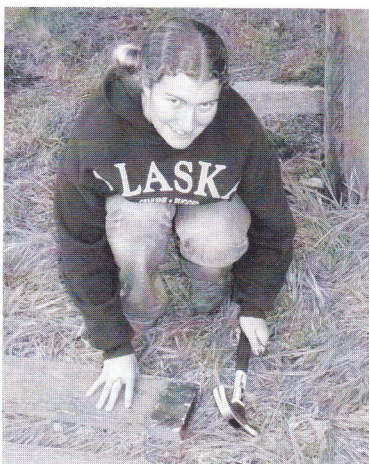
Adeline Forrest



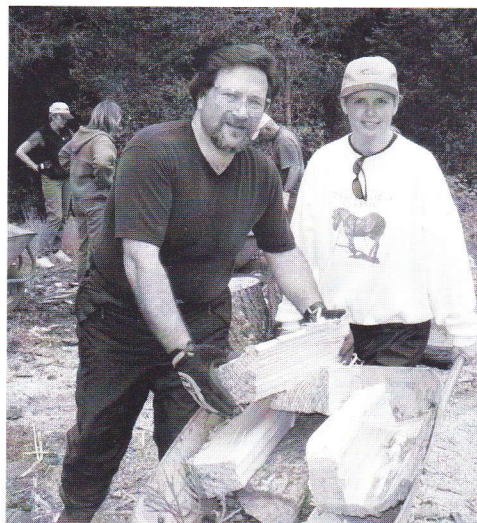
"Hey, are you going to work or take pictures!"



Bathroom Duty - Thank you Ladies!



Danielle Bushue



Al & Sarah Filice



Rick Payne



Stacking Wood



Splitting Wood



Noel Moody



Wild turkeys on the hillside



Tom O'Connor



Rick Eagleston, Nora Johnson, Joyce Halpin & Stuart Hoenic

Jack Brook Day continued



Mike Bushue & Doug Jones



Everyone takes a much deserved lunch break



Rob Krensky



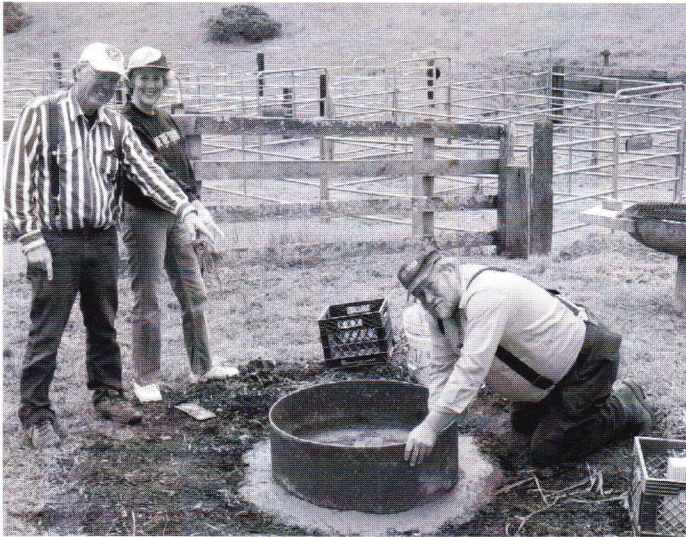
Clearing the trail at Shaw Flat; Willy Johnson



Rick DeBenedetti



Stuart Hoenck, Willy Johnson, Larry Rebarchik and Rick Payne.



A new fire pit is built for the VHP Campsite



Our crew hard at work on the Pomponio Trail - mission accomplished, the trail is now open again!



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Spring Ride in Portola Valley

By Tanya Rebarchik

On Sunday, April 30th, over 30 SMCHA members and friends enjoyed beautiful sunny weather and perfect temperatures for our annual Spring ride. This year we started out at Springdown Equestrian Center in Portola Valley. The ride took us through parts of Windy Hill and Coal Mine Ridge into the Portola Valley trail system.

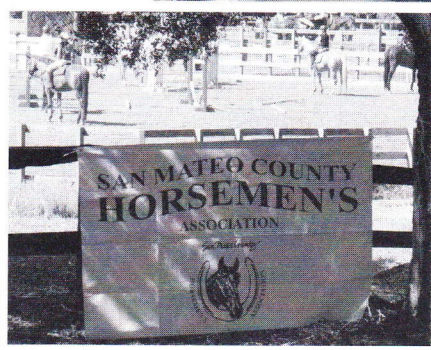
We returned to Springdown for a delicious lunch under some nice shade trees.

A big Thank you to Carol Goodstein for allowing us to stage in her field !

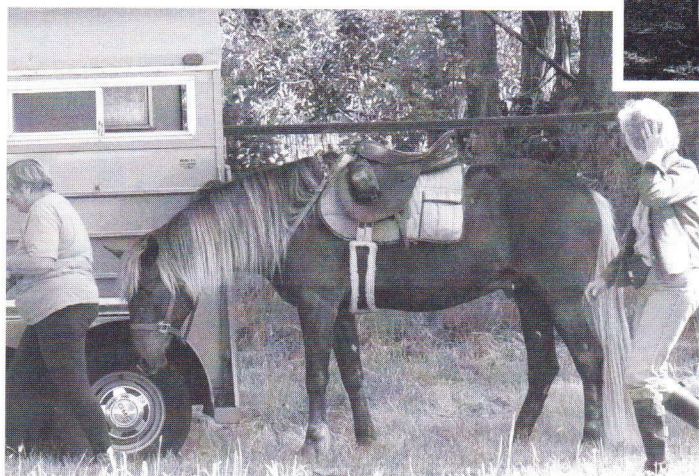
Another big Thanks to Sue Sheehan and Cheryl Basin for organizing the ride and for the wonderful lunch, to Maryanne Agosti and Adeline Forrest for all their help, and to Debbie Tucker and Jeanette Hansen for helping pre-ride.



Everyone grabs a little bite of breakfast before the ride.



The SMCHA Banner.



Sue Sheehan gets her horse ready.



Adeline and Nichole Jones riding their mule, Audrey.



After a nice trail ride, everyone starts to gather for lunch.



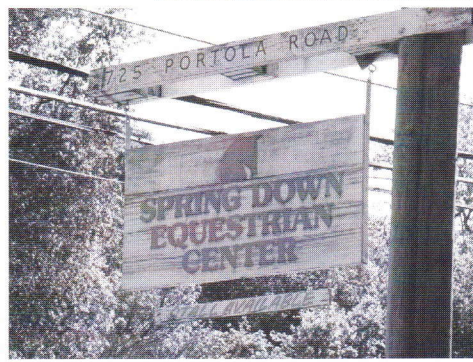
The Ride Committee — Sue Sheehan, Sharon Gloskowski, Cheryl Basin & Adeline Forrest



Great Friends — Stan Ramirez and Al Filice.



Smile Ladies!



Our Host for the Day — Spring Down Equestrian Center



Sit back and enjoy the shade.



Everyone seems to be enjoying themselves!



Time for lunch!



More satisfied riders!

EDGEWOOD COUNTY PARK CLARKIA TRAIL CLEAN-UP DAY

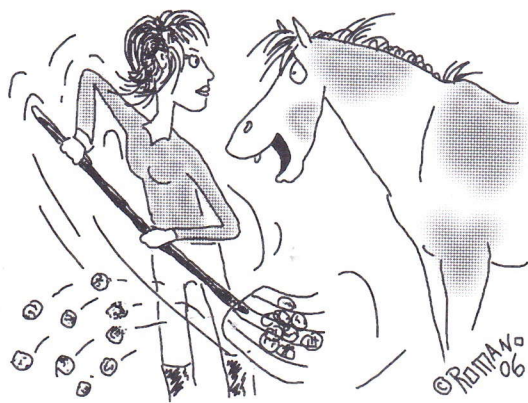
By Sarah Filice

In July of 2000, the San Mateo County Horsemen's Association adopted the Clarkia Trail in Edgewood County Park. By adopting the trail, SMCHA agreed to take the responsibility of actively monitoring and maintaining this trail; with the supervision and direction of the San Mateo County Parks and Recreation Department.

Edgewood County Park and Natural Preserve is famous in the greater San Francisco Bay Area as a place to see fields of spring wildflowers, but the importance and meaning of the preserve to the horse community go well beyond viewing the wildflowers. Edgewood Park is one of the County parks that still remain accessible to equestrian and foot traffic only. No bicycles or dogs are allowed in Edgewood Park. The landscapes along the trails are beautiful and the views are breathtaking.

Our first clean-up day for the year was scheduled for April 22nd, but had to be canceled due to unpredictable weather. As many of you can still remember, we received a significant amount of rainfall during the month of April and the maintenance that needed to be done to the trail (i.e.: re-rocking of the lower trail head) could not be performed at that time. So, after many discussions with the park rangers it was decided to cancel our first Clarkia Trail Clean-Up Day.

On June 10th, five volunteers and one park ranger met for our second clean-up day for the year. Our tasks for this maintenance day were to string cut the weeds along the trail and trim the bushes that were invading the path. Our crew came to work and we got the job completed in three hours! My husband, Al, Mike Bushue and Ranger Kevin spent the day using the weed-whackers to cut the weeds



Cleaning up my poop again? Are you annal compulsive or annal retentive?

along the entire Clarkia Trail; top to bottom! Adeline Forrest and I followed behind the guys with rakes to clear the debris that left from the weed-whacking; leaving behind a beautiful and well maintained trail! As the group rounded one of the bends in the trail, we ran into Rick Payne; who was busy trimming the overgrown bushes! Rick had started from the top of the trail and had been working his way down! He was definitely a welcomed sight and a pleasant surprise to us all!

Our next Clarkia Trail Clean-Up Day is scheduled for September 9th; so be on the lookout for flyers and e-mails! The clean-up days are actually a lot of fun, with a little hard work mixed in! A quick reminder for our Junior Members & Parents, many High Schools now require students to participate in community service activities and most Colleges look at community service participation when reviewing applicants. Helping out with our Clarkia Trail Clean-Up Days is a perfect opportunity for your kids to fulfill their community service requirements and help maintain a great equestrian trail! SMCHA would love to write a letter on behalf of the Junior volunteer and sight the hours of service. Again, than you to everyone who helped out this year; your efforts and labor are extremely appreciated by everyone in the horse community and by those who use the Clarkia Trail in Edgewood Park.

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HORSES AND HAWKS

by Adda Quinn

I took a two week trip to England this past May 2006 to visit a friend who lives in Henley on Thames, the delightful Vivien Burke. She has 4 horses, so we went horseback riding all over the British countryside. Vivi was mounted on Julius, a lovely large Arab she had recently imported from California, gift of Cathy and Josh Hatcher. I was on her cob Dougie, who was as wide as he was tall, but quite a nice boy that Dougie. We were joined by Sandy Quinn on Herbacious, a dear friend of Vivi's. Herbie, as he was called now, was Horse of the Year in England a few years back until he announced that he did not intend to set one more foot in an arena ever again. Herbie sticks to that story even to this day, but has become an awesome trail horse.



Viv & Chris Burke's Thatched Roof barns (a la 16th C) and house.

Riding in the UK can be quite an experience as vast tracks of land often require you to ride on pavement to get to them. The horses had special studs on their shoes to keep a grip. It was very charming to be able to ride from tiny



village to tiny village for miles. We stopped at the pub in Porlock one more than one occasion for a pint of Scrumpy Jack. And then there was the ever-delightful clotted cream teas every afternoon...so civilized!

continued on page 14

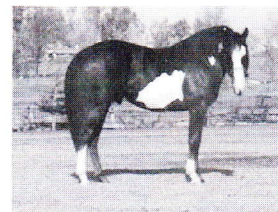
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Ann Kirby, CSR, owner

Horses and Hawks continued

One of the most memorable events of the fortnight (as the Brits say) was a trip to Exmoor in Somerset County. Exmoor is a huge national park on the west side of England. We stayed in a 1000 year old farm there called the Exmoor Falconry. We could both stable our horses there (or you could rent theirs) AND we got to fly the birds. Vivi would



Riding from Exmoor to Village outside of Porlock on road, read that cars both directions!

stand on one side of the farm, and me on the other and the birds would fly between us. We wore big gloves so that we did not get scratched, as some of the birds were VERY big. We flew owls, falcons, hawks, buzzards and eagles. My favorite bird was named Dale. Dale was a Harris Hawk from California and very smart. At the end of the day they let us



An eagle flying to Vivi's bait. We are talking BIG BIRD here!!!

take Dale out for a Hawk Walk in the forest. We let him loose and he either followed or led us down the creek bed, flying to us periodically for his treats. It was a wonderful day of learning all kinds of interesting things about birds. Did you know that birds descended from reptiles and are really just flying lizards in a way? Did you know they have a little hole under their tongues to be able to breathe while they are swallowing their meal? Did you know that the raptors (birds of prey) can't fly when they get wet? Their feathers are soft for silent flight, but get soggy when rained on.

Vivi and I each adopted one of the Harris Hawks before we left, covering their keep for the next year. I googled raptor experiences like this in North America, but not much available except in Vermont or British Columbia. So if you are even in England or Scotland, be sure to think of going riding where you can fly raptors and ride your horse between villages to the local pub. It will be the trip of a lifetime.

Happy Trails, from the Trail Nag, Adda Quinn



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Friday Nite at the Races

By Sarah Filice

On May 12th, SMCHA celebrated another "Friday Nite at the Races" at Bay Meadows Racecourse! This year we sold seventy tickets to the event; most of those who attended were SMCHA members (seniors and juniors), but many of their family and friends came too. The first race started at 7:00 pm and the last race ran at 10:00 pm; a total of eight races in all! The price of the ticket included general parking, admission, a racing program and a fabulous buffet dinner in the Club House. Where else can you go for \$25.00 and enjoy an all-you-can-eat dinner (of good quality food), visit with friends and family, watch eight entertaining horse races and maybe even go home a little richer than when you came!! A few of us left a little poorer, but we still had a great time!

SMCHA had the second race named in our Honor; Flying Vicar was the winner and Luis Martinez was the jockey. Five members of SMCHA's 2006 Executive Board (President Al Filice, 1st Vice-President Sarah Filice, 2nd Vice President Cheryl Basin, Treasurer Michelle Goodspeed and Sergeant at Arms Stan Ramirez) were given the privilege of watching the race from the Winner's Circle and having their picture taken with the winning jockey! It was a very thrilling experience to be so close to the action and to hear the thundering hooves racing towards you!

Since 1934, Bay Meadows has been a jewel right in our very own backyard and SMCHA has truly enjoyed hosting many "Friday Nite at the Races", but unfortunately this may have been the last year our Association was able to partake in this favorite pastime. Since 2001, developers have been working with the Bay Meadows Land Company in developing a concept for the future use of this location. The 83-acre Bay Meadows racecourse may soon be the new site of 2.5 million square feet of office space, 1,500 residential units and a new shopping corridor. After a year of submitting proposals for the redevelopment of this land, the Planning Commission and the City Council both unanimously adopted the redevelopment proposal. It is only a matter of time before Bay Meadows Racecourse, as we know it, is no more.

Since the racetrack is loved by so many, the Bay Meadows Land Company has hired a real estate firm, Collier International, to identify a possible future site for the racecourse. Hopefully the efforts to retain the operations and the employees of Bay Meadows racecourse will be a reality; in a future not so far away! If Bay Meadows is still in its current state the same time next year, every effort will be made to host another "Friday Nite at the Races"; keep your fingers crossed!



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Thoroughbred Charities Supports Local Square Peg Foundation

Half Moon Bay California, 26-JUN-2006. Today Square Peg Foundation announced receiving a generous grant from the Thoroughbred Charities of America to help fund day-to-day costs of caring for the off-track Thoroughbreds working in the non-profit riding school.

"After submitting our grant proposal to Liz Harris, Executive Director of Thoroughbred Charities of America, we were excited and honored to learn that we had the highest percentage of off-track Thoroughbred horses of any school that they have funded in the past," says Joell Dunlap, Program Director for Square Pegs. With more nearly 12 years of experience exercising, training and breeding racehorses in California, Dunlap is very familiar with the heart and grace of these beautiful horses. She also understands how important it is for them to find second-chance careers once they've been retired from racing.

Of the nine horses currently under the care of Square Pegs, all but two are former thoroughbred racehorses. "Our most important partners at Square Pegs are our horses," Dunlap explains. "All of our horses have been donated after they could no longer compete due to injury or illness, which makes each of them unique and Square Peg in their own right." From the beautiful gelding, Red Power, who was retired from racing just last fall, to the elegant Classica who, after her racing career also competed among elite polo ponies in Palm Springs, their stories of success, failure and renewal helps connect the students to the horses on a personal level. "We use their stories as a meaningful link to our motto of "Everyone Fits"," adds Dunlap. "They are a vehicle to discuss diversity, second chances, physical ability and disability, and personal growth."

Thoroughbred Charities of America

(www.ThoroughbredCharities.org) is the largest non-profit organization of the thoroughbred industry. The TCA's sole mission is to raise money for distribution to more than 150 organizations involved with thoroughbred rescue/retirement, retraining/adoption, education, equine disease research, backstretch/jockey programs and therapeutic riding.

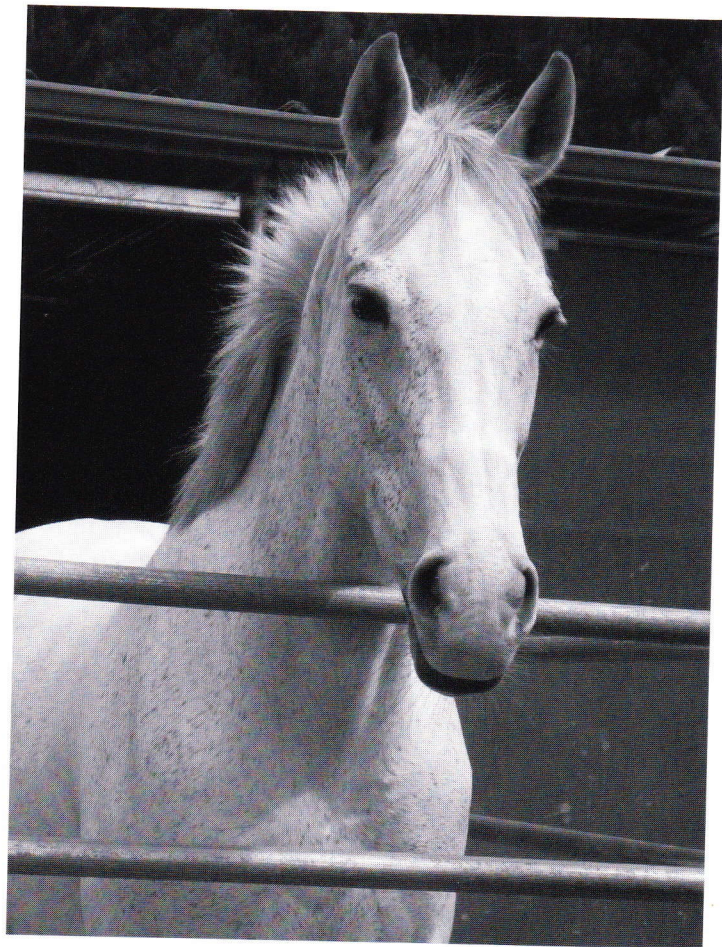
Finding homes and second-chance careers for all breeds of horses is critical. More than 86,000 horses, 15 percent of them thoroughbreds, are slaughtered each year in America and sold as horsemeat to be eaten in Europe and Asia.

Square Peg Foundation

<http://www.squarepegfoundation.org> is a non-profit 501 c 3 charity dedicated towards fulfilling it's mission of "We turn 'I wish' into 'I can.'" We help students find success,

strength and inspiration within themselves. Our instructors promote a sense of personal accomplishment, dignity, strength and responsibility in all our students regardless of personality, learning ability or economics. At Square Pegs, EVERYONE FITS.

To arrange a visit to Square Pegs riding school, please contact Chris Dunlap at chris@squarepegfoundation.org or call 415.828-2951 for an appointment.



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SMCHA Western Schooling Show A Winner

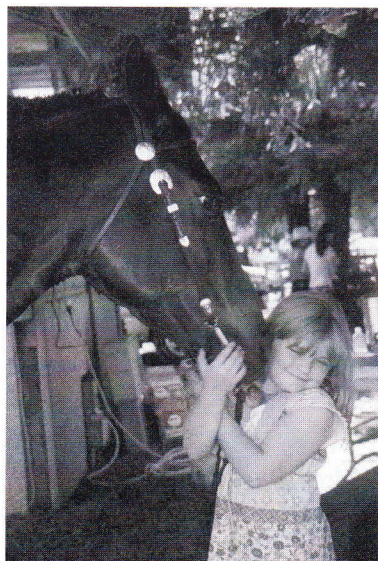
By Noel Moody

The SMCHA Western Schooling Show at Webb Ranch was totally fun. First there was a free class at the start of each division. The judge explained to the contestants how she wanted the class done and what was expected of each rider. Then the free class was followed by four or so classes in that event. The free classes were Halter, Showmanship, Western Equitation, Western Pleasure and Trail. Lisa Ekers did a wonderful job explaining things to the riders and judging the show. The format lent itself to try new classes and to have fun doing it.

In between the divisions, races were held. Really popular was the ribbon race where two partners had to run around a barrel and back to the starting line without breaking the ribbon they were holding. The carrot race was a hit, too, as

was the barrel race. The races ended with a great boot race: boots were piled up at the end of the arena and people had to race down to get their boots on and race back to the starting line. Five door prizes were given away instead of high point awards. Everyone came away smiling.

Paul Williams and Sarah and Al Filice barbecued hamburgers and hot dogs. Kathie Goddard managed the show. Karen Shawback was show secretary while Noel Moody was the announcer. Adeline Forrest was ring steward, and Bill Ashton and Paul Williams were ring crew. Thank you all! Can't wait till next year!



Best Buddies



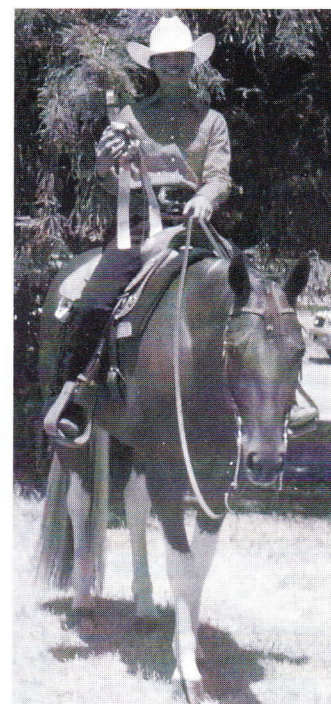
Callie Pacheco



Elizabeth Sullivan



Maggie Golder and Rudy



Joanna Hansen on Woody

Consider Helicopter or Flight Insurance

by Adda Quinn

A few years ago when Pat Dallam and I were riding a lot in the Sierras, we took out CalStar Air Rescue insurance. This group provides helicopter evacuation to the injured all over Central California. We first learned of it on the Tevis web site. It was so very reasonable in cost, that we considered it a no-brainer to sign up for it, and include our husbands. The current cost is \$40 for one person or \$45 for a family. See www.calstar.org or call 916.921.4094.

According to the American Trauma Society, trauma is the number one cause of death in the United States for persons under the age of 44. Trauma is defined as an acute personal wound or injury requiring immediate care. Between 140,000 and 160,000 trauma related deaths occur nationwide every year. For each death, at least two permanent disabilities occur, leading to a great loss of productivity and enormous disability costs.

The total annual cost of accidental death and disability in the United States is estimated to exceed \$110 billion. Despite the staggering loss of life, productivity and great cost to our society, trauma remains "the neglected disease". For trauma victims, medical treatment within one hour, often referred to as the "Golden Hour", can prevent 20-30 percent of potential deaths and dramatically reduce hospitalization times.

You always buy this sort of insurance and never think you will need it, then start wondering if you should drop it. On June 14, my horse slipped in Bort Meadows of Anthony Chabot Park and in one fell swoop justified my continued premium payments! I landed on my back, cracked my helmet, did a headstand and ended up in a face plant. Between my helmet and flak vest, I was pretty well padded, but still injured despite the precautions. Broken finger and lots of bruises keep me quiet even two weeks later. Thanks

to Martha Mikesell who called this incident in immediately (on the radio), two helicopters arrived within minutes and I was at the hospital within half an hour. Spent the night in Neurological ICU, then released next day.

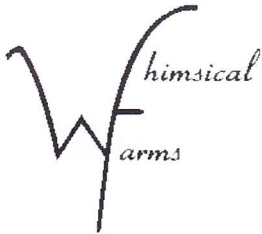
While I have not gotten my bills yet, a mountain biker injured the same day on the road near where I did my acrobatics broke an arm and lost some teeth and had to be heli-lifted out. His bill was \$24,000 for the helicopter alone, and \$49,000 for the hospital. He did not have the flight insurance. I fully expect that CalStar will cover this flight, if not directly, through reciprocity, as Eden Hospital said that they bring in flights all the time to them.

Thanks to all of you like Martha who volunteer your time for trail patrols everywhere, and thanks to those on scene who helped my through this, both before and after. There was one fringe benefit of which I was not aware, but all of my lady friends advised me of after my return: apparently the flight EMTs look really great in their tight tee shirts and jeans!

For those of you who do extensive foreign travel such as my husband and I, AAA has a wonderful extension to their regular membership that will either fly you out of foreign countries, or fly someone in to care for you during medical emergencies. We have this coverage as well. Contact your local AAA office for more information on it.

Please consider CalStar or other flight insurance whether you ride a horse or just drive a car, depending on your individual needs. You never know when an accident or sudden illness could happen. And don't forget that helmet when you ride your horse! I would have had a totally different outcome without the helmet.

Happy Trails and Good Health from the Trail Nag,
Adda Quinn



- Lay-ups
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- Boarding

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Notes from Noel

Los Viajeros Riding Club News By Noel Moody

Los Viajeros started in 1940 with a Four Day Ride to Santa Cruz. This year's Four Day Ride was a little closer. It was held at Bort Meadow which is part of Anthony Chabot Regional Park in Oakland. It's located next to Redwood Regional Park and Lake Chabot Regional Park and is only forty miles from Woodside. The camp sites were excellent and the trail loops were shady and tree lined and beautiful. The Grace Headquarters Ranch of Los Banos catered the ride. The food was a ten plus with steaks, ribs, Mexican food, Italian food, chicken, salads, great desserts, and wonderful breakfasts.

The "Fowl Players" presented another academy award winner. It was a Mystery Play loaded with clues. Everyone was assigned to a team to solve the case. The play was not only two acts, it was a two day long play. On Friday, the characters were introduced and clues were given out. A ghost flew over the stage. Whooooooo! On Saturday night, special detectives were brought in to help the teams solve the mystery. Perry Mason showed up. So did Sherlock Holmes and Sam Spade. The characters told why they couldn't be the culprit and each detective told who he thought was guilty and why. The ghost appeared again. Then each team explained how they arrived at the solution to the mystery. The winning team received bottles of wine. Great fun!

Next was the annual LV Raffle to raise money for the club. Dr. Gary Hanes won seven prizes. (My vet)! Others made multiple trips up to the awards table to gather such things as halters. Equine Sr., Horse cookies, picture frames, cinches, saddle blankets, horse blankets, saddle bags, camp chairs lanterns, feed bags, books, jewelry, horse shampoo, you name it, it was there. Lots of fun lasting until after 10pm. on a beautiful moonlight night.

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LV has had other wonderful rides this summer. We were one of the first clubs to ride the brand new Harvey Bear Ranch in Gilroy. It is next to Coe Park and has lovely rolling hills with wide trails leading around Coyote Lake. We also enjoyed the Poker Ride put on by NCEFT in Woodside to raise money for scholarships for handicapped riders. Over \$50,000 dollars was raised. To complete the weekend, LV rode through Huddart Park to the Mountain House for lunch on Sunday. It was good to be in the redwoods on such a hot day. It was a gorgeous ride.

On Labor Day, Los Viajeros will be up a the Jack Brook Horse Camp. We expect about 60 riders. It will be a fabulous weekend with entertainment, games, and lots of good food. For information about Los Viajeros call Tanya Rebarchik at 650-367-9773 or Rob Krensky at 650-368-8200.



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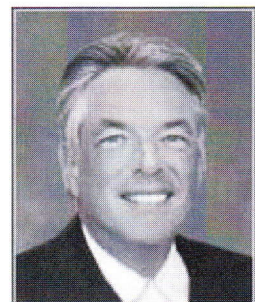
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News From Our Members

Born on the 4th of July — Diane Hawks reports her mare Dyskura had a healthy little colt; check out the rest of her herd at <http://www.kaliistoarabians.com>. — there are some great pictures!



On the first day of creation, God created the Horse.

On the second day, God created man to serve the horse.

On the third day, God created all the animals of the Earth to spook the Horse when Man was upon his back.

On the fourth day, God created an honest day's work so that Man could labor to pay for keeping of the Horse.

On the fifth day, God created the grasses in the field so that Horse could eat and man could toil and clean up after the Horse.

On the sixth day, God created veterinary science to keep the Horse healthy and Man broke.

On the seventh day, God rested and said, "This is good. This will teach Man humility, it will tire him out and keep him striving ever forward to meet the needs of the Horse."

SMCHA is sad to report that Pat Holmes, who operated the horse boarding facility at the historic Folger stable at Wunderlich County Park in Woodside since 1971, died of complications from melanoma on June 28. She was 60.

Pat was an accomplished horsewoman and a fixture in the Woodside equestrian community. Laura Stevens, her friend and assistant, said that before her death Pat worked hard to take care of her boarders and find another

The once-opulent stable building is the focus of a privately funded multi-million dollar restoration project by the Friends of Huddart and Wunderlich Parks.

Besides running the boarding stable, Ms. Holmes was an impassioned supporter of Welsh Cobs, winning numerous breeding awards and serving as a judge at horse shows. She rode her farm's founding sire, Cyffylliog Pendefig, in the 1984 Olympic games' parade of breeds in Los Angeles, her friends said.

Pat was a champion of both horses and humans who served as a teacher, mentor and friend to a new generation of young horsemen and horsewomen, her friends said.

She is survived by her brother Greg; two nephews; and her friend and assistant Laura Stevens.

Memorial donations may be sent to the Peninsula Humane Society or any animal charity, especially those that help cats.

Condolences to:

Barbara Stogner on the loss of her horse, and to Kati Dancer on the loss of her mare, Donna.

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Would like to be able to bring a dog and 1 or 2 horses.

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2006 Calendar of Events

Tentative

August

- 6 English Schooling Show
- 10 Board Meeting
- 20 Nor-Cal Open English/Western Show

September

- 1-4 Los Viajeros: Jack Brook Horse Camp
- 9 Clarkia Trail Clean-Up Day
- 14 Board Meeting
- 21 General Meeting
- 21-24 Grass Valley Draft Horse Classic

October

- 1 Los Viajeros: Ride
- 8 SMCHA Presidents' Ride
- 12 Board Meeting
- 14 Woodside's Day of the Horse

November

- 5 Los Viajeros: Progressive Ride
- 9 Board Meeting
- 16 General Meeting - Elections

December

- 1 Board of Directors' Dinner
- 2 All Club's Holiday Party

January 2007

- 11 Board Meeting
- 27 Kick-Off Gala & Installation Dinner

PLEASE CHECK WEBSITE FOR CHANGES AND UPDATES
www.smcha.org

Save the Date . . .

Saturday, October 14,
Woodside's Day of the Horse
Horse Fair and Trail Ride - fun for all ages!
Watch your mailbox for Details coming soon!

Save the date!

Mark your Calendars, and come celebrate the Holiday season with
all your equestrian friends at

Holiday EQUUS 2006

A Holiday Gala Evening for horse enthusiasts

Presented by:

San Mateo County Horsemen's Association, Los Viajeros Riding Club,
Mounted Patrol of San Mateo County, The Shack Riders,
San Francisco Horsemen's Association

Saturday, December 2, 2006

Crystal Springs Golf Course, 6650 Golf Course Drive, Hillsborough

Watch your mailbox and the next issue of the San Mateo Horseman
for all the details!

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- I would like to help with the following events/functions:
- Board of Directors
 - B Trails
 - C Western Riding Clinic
 - D English Shows
 - E Western Shows
 - F Magazine
 - G Trail Rides
 - H Junior Members
 - I Playday
 - J Hospitality
 - K Membership
 - L Junior Color Guard
 - M Senior Color Guard
 - Other _____

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 C \$ ___ F \$ ___ I \$ ___ M \$ ___
 D \$ ___ G \$ ___ J \$ ___ Other \$ ___

**Please list names and ages of children:

TOTAL CONTRIBUTIONS _____ TOTAL AMOUNT ENCLOSED _____

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

NAME(S) _____ PHONE (____) _____
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