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HORSE JOURNAL

Volume 16 · Issue 3 · Summer 2019

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Published by the Sonoma County Horse Council – Home of the Equus Awards



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Cover Photo: Marcie Lewis Photography

Miniature Horses like this foal (First Knights Ring of Power x Sami's Zat's a Doozi), three weeks old in this photo, are born 16 to 21 inches tall at the last hair of the mane.

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Camilla Gray-Nelson is founder and president of Dairydell Canine, a luxury dog training and boarding resort in Petaluma. A life-long horsewoman, she rides, drives and shows her Gypsy Vanner horses when she's not writing or blogging about animals and people. She is author of the book *Lipstick and The Leash – Dog Training a Woman's Way*.



Anne Palmer lives in Sebastopol with her business, Karuna Stables, at Santa Rosa Equestrian Center in Santa Rosa. Karuna means "compassion" in Sanskrit. She prides herself on being a dressage rider and trainer from the old French Classical School with an emphasis on the mental and emotional understanding and connection with the horses. She has started about 60 horses under saddle and trained or retrained hundreds on three continents. She emphasizes natural care of the horses with an emphasis on barefoot rehabilitation supported by proper nutrition, having studied horse nutrition for four years. Healthy horse minds in healthy bodies. www.karunariding.com



Sami Scheuring and veterinarian husband Ron are owners of Sami's Lil Horse Ranch 30 miles north of San Francisco. Sami is a licensed horse show judge and judges internationally and national shows. She has judged the American Miniature Horse World Show and National Breed Shows and holds certifications in many different breeds and disciplines. She is a clinician and facilitator for seminars and has been instrumental in the development of the judges committees for several different breeds.



Patti Schofler is the managing editor of the *Horse Journal*, a publicist and freelance writer for national equestrian magazines including *USDF Connection*, *Arabian Horse Life*, *Chronicle of the Horse* and *Warmbloods Today*. She began her writing career as a reporter of the *Chicago Tribune* and is author of the Lyons Press book *Flight Without Wings* on Arabian Horses. Passionate about dressage, she is a graduate of the USDF L Judges Education Program, and trains her eight-year-old PRE Toledano. She lives in Petaluma.



Ellie Phipps Price is the owner of Sonoma's Durell Vineyard and Dunstan Wines. She is a founder of Montgomery Creek Ranch, a 2,000-acre, wild horse sanctuary, which is home to more than 200 rescued mustangs and burros. Ellie currently serves as board president of the American Wild Horse Campaign. She is an avid equestrian, has competed in three-day eventing and enjoys riding her mustangs on the trails of Sonoma. www.montgomerycreekcranch.org.



Michelle Beko, DVM, has been an equine veterinarian since 1991. When not working, she enjoys spending time with her husband and daughter, eventing her horse Zeke, hiking and traveling. You can reach her at Empire Equine, (707) 545-3909. Her website is www.empire-equine.com.



Mike Loades is a British author, director and broadcaster resident in the Bay Area. He has appeared in over 200 television broadcasts as a military historian and has five books published. He co-founded the California Centaurs horse-archery club at SCEC.



Lizbeth Hamlin MA, LMFT, practiced psychotherapy for over 40 years in Santa Rosa. She acquired her USDF Silver Medal and cares for her beloved 30-year-old warmblood, Wimbledon, in his retirement. She is an EMDRIA Certified EMDR Therapist and an Approved Consultant who assists other therapists in becoming proficient in their skills. She is also a trained facilitator on the faculty of Parnell Institute for AF-EMDR.



Terry Church trained in dressage through the FEI levels in the United States and Germany, and works with horses and riders in every discipline and at all levels of dressage. In 1990, she met the great master horseman Tom Dorrance with whom she spent the next seven years relearning everything she thought she knew about horses, and about herself. Today she offers individual lessons and training, and teaches clinics in horsemanship and dressage. She is author of the book *Finding Pegasus*. www.naturalsporthorse.com



Sam Durham, CJF, DWCF, (Durham Farrier Service, Hoof Pathology and Therapeutic Shoeing) has been a farrier for nearly 25 years. He spent several years training with seven-time world champion and 5th generation farrier Bob Marshall. Sam participates in continuing education programs and competitions. He was one of the first ten farriers in the United States to test with the UK's Worshipful Company of Farriers and achieved his DWCF designation from the 700 year old organization.



Ted Stashak graduated from UCD School of Veterinary Medicine in 1971 and retired in 2005 from Colorado State University as an Emeritus Professor of Surgery. He has authored six text books on lameness and wound management in horses. He enjoys family events, traveling, horseback riding and cycling. Ted can be reached through the SCHC web site.



Robin Everett is a freelance bookkeeper and 35+ year resident of Petaluma. She has been a board member of Golden Gate Arabian Horse Association since 2004, and holds the position of trail coordinator. Although horse-crazy her entire life, she did not purchase her own horse until age 50. Her equine sport of choice is endurance, and she has an AERC record of 4,720 miles since 1998. She currently owns three horses, two of which are retired endurance horses and a third who is an excellent trail horse.



Melissa Kalember is a United States Equestrian Federation R judge, Sacramento Area Hunter Jumper Association judge, equine masseuse and intuitive trainer at (707) 363-1258, or melissa@kalemberquine.com.



Wanda Smith is an engineer, the Executive Director of CEPEC (www.cepec.us), and a Board Member of the California Horse Council. She has Quarter Horses, showed cutting horses, and authored several books including *Horses of the Wine Country*. She designed the 2017 exhibit at the History Museum of Sonoma County: *Equine Epochs, the History of Sonoma County Horses* (<http://www.cepec.us/EquineEpochs.htm>).

PRESIDENT'S MESSAGE

The sun now comes up a little sooner and sets a little later, with long, blue sky days in between. It must be summer.

You may have noticed some changes in the *Horse Journal* with the spring issue, and with this summer issue we're expanding the kind of stories, articles, and content we think you'll enjoy and find helpful. Our contributors provide important information on everything from hoof care to veterinary insights; need-to-know practical content from sustainable equine management to

horse-proofing your dog; and thought-provoking stories about the effects of fear and how to recover confidence.

To round out this issue we've got stories about art, horse adventures in China, and one woman's work on behalf of wild mustangs.

I'm always asking for feedback, participation in and support of your Horse Council, and our new, broader approach to content provides another opportunity for you to let us know what you'd like to see more of in the *Journal*. It's also, as always, your opportunity to interact with us as a member and BECOME A MEMBER, if you're not already.

We want to add your voice to the ongoing conversations about our horse community's future in Sonoma County. Enjoy our wonderful summers on trail rides and in arenas, support the business and retailers who advertise in each issue, and join the Sonoma County Horse Council.

Best,
Elizabeth Palmer
President, Sonoma County Horse Council



Elizabeth and Greycie

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HORSE-PROOFING YOUR DOG

by Camilla Gray-Nelson

Picture this. Your new dog gets into the horse pasture, chases the horses, and you're afraid one or the other will end up injured or worse. Or, you are riding in the arena and as you canter by, your dog darts in. Now it's your life at risk.

Five tips on how to overcome instincts when they collide with lifestyle

Every horse owner with a dog has likely grappled with the challenge of predator and prey co-existing safely and peacefully together. As a professional dog trainer, I'm happy to offer ways to keep our dogs, our horses and ourselves safer together.

First and foremost, know that there is no magic solution when instincts collide with lifestyle. Dogs are, by nature, predators and are hard-wired to chase just about anything that moves, be they balls, cars or horses. Horses, on the other hand, are prey and wired to run away from predators.

Luckily, there's something else hard-wired in our dogs: they will do what's fun and avoid what's not. If your dog already thinks chasing your horse is "fun," something or someone—you or your horse—just has to change its opinion. Since asking our horse to teach that lesson could be more risk than we want to accept, here are ways you can make horse-chasing less fun for your dog.



Photo: Camilla Gray-Nelson

Sweet yellow lab models a prong collar.

1. If your horse is in a stall or paddock, start there. You'll need a lunge line and a prong collar. Yes, a prong collar. This is not a parlor trick we're teaching. It's how to stay alive.

Start by teaching your dog that your horse could be dangerous, and his space needs to be respected. With your dog on a lunge line attached to a snug-fitting prong collar, let him walk around outside your horse's paddock with you walking at least six feet behind your dog. If the dog

approaches the horse and fence line, give a sharp tug on the line as you say "out." You are beginning to teach your dog that horses can bite and "out" means it needs to stay away from them.

Praise and give a treat when your dog disengages his interest. Disengaging is becoming more pleasant than obsessing or stalking. Do this outside a stall, too. Soon you will see your dog disengaging to just your "out" command and your praise.

2. If your horse has turnout in a field, you have approval from

the property owner and none of the horses in the field hate or chase dogs, work with a friend on this next exercise. Provide your friend with a lunge whip to assure that the horses stay at least 30 feet away from your dog at all times. Have your dog wear the prong collar with the line attached. Give it a good 15 feet of line.

Your assistant keeps the horses moving around at a calm walk or trot—not canter—while you will give your dog the "out" command and snap the line if he even thinks about chasing them. This exercise will be more challenging than the paddock one, but will build upon what the dog has learned. Provide praise and a treat for proper responses.

3. The next step will be arena work and cantering past your dog. Have a friend assist in this exercise. If you feel ready and your horse is not spooky, you will be on your horse in the arena, and your assistant will have the dog on the lunge line and prong collar outside the arena.

Begin by walking your horse past your dog and friend. If you need to point and say "out" because your dog is barking or too interested, your friend must give that sharp tug on the line as you say it. If successful, repeat at the trot and then at the canter. What should happen is that your dog eventually becomes disinterested altogether or responds correctly to just your "out" command. Have your assistant praise and treat the dog for every good response.

4. Repeat all exercises as necessary.
5. Note to the obvious: These and any other exercises with animals carry inherent risk. Be smart and be safe.



Photo: Camilla Gray-Nelson


Tina Kydd instructs Teba to stay out of the arena.



Photo: Camilla Gray-Nelson

Teba considers her options as a horse travels by in the arena.

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I am a dressage rider and teacher with a French classical background and a much less classical life story. Born near Paris, I started riding when I was five. By ten, I was riding a couple of Connemara stallions. The first horse I trained alone at 18 was a Selle Français stallion, that I rode all around the forests that surround Senlis, my home town.

I moved to the U.S. to pursue studies in comparative law, I met my husband Scott, and quit my law studies to pursue horses full time. Scott was as passionate about China as I was about horses, and we ended up moving to Beijing, China, where we stayed for ten years.

I found work at the Beijing International Equestrian Center (BIEC), a large riding club south of the city. There I met Aladdin, a gorgeous, unbroken Arabian stallion that belonged to the barn owner. Part of my job was to start him under saddle. He was very smart and very funny, and in no time, we quickly developed a bond so strong that I borrowed money from my mom and bought him.

Stray Dogs Roam the Streets

China has a lot of stray dogs roaming the streets of small towns and the outskirts of larger ones. While I was working for BIEC, a three-month-old puppy wandered into the barn and became our second dog. We called him Gremlin. The dogs came with me to the barn every day and were quite comfortable around the horses.

One day I was working my horse at liberty in a small pasture. One trick I taught him was to come to me at a full gallop and stop on command. Gremlin decided to join us and started running toward us. Aladdin chased him, his neck outstretched, his ears pinned and his teeth ready to bite. The dog tried to run away, but with his little stubby legs he couldn't outrun a horse. The stallion grabbed him by the hair right before the tail and lifted him off the ground. The hair loosened and the dog dropped to the ground and started running away. My stallion was about to kill my silly dog and all I could do was call my horse—and he came.

Gremlin ran out of the pasture with a very healthy respect

ON STALLIONS, DOGS AND CHINA

by Anne Palmer



Anne and Aladdin play at a demonstration in China. Photo Courtesy of Anne Palmer

for horses. He since keeps a good distance between his little behind and those teeth. But Aladdin's aggressive tendencies towards dogs came in very handy not long after that episode.

Leaving my job at BIEC, I moved Aladdin to Sherwood Stables, where we had woods nearby to take the horses for a decent trail ride. However, a pack of four or five stray dogs roamed that area and would have a blast chasing the horses and their riders.

Dog Chasing Skills

That was where Aladdin got to put his dog chasing skills to good use. The first time the dogs came after us we turned around to face them and I let my horse do his thing. We came at them at a full gallop with him making a really ugly face and me twirling my whip and yelling at them to go away. That really scared them, and they ran off. After that we would see them regularly, but from quite a distance. They just watched us trot or canter by, never chasing us again.

Nowadays I live in Sonoma County, where I own two Lusitano stallions. My older stallion Ben shows some of the same tendencies that Aladdin had. When I lead him with my dogs on the other side, he pins his ears and lunges at them. I don't let him get to the dogs, but I don't scold him for it either. Having a bold stallion comes in handy at the beach where loose dogs chase the horses up and down the beach. In that setting, Ben and I turn around and take on the dogs.

I love stallions. I feel safer on them than on any gelding. Their boldness combined with the deep trust we share makes them brave. They have my back and I have theirs, and that keeps me very safe on the trail and in the arena, when the local bobcat comes visiting.

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WHEN A LITTLE HORSE IS A MINIATURE AND NOT A PONY

Petaluma Ranch is Big on the Small of the Horse World by Sami Scheuring



Photo: Marcie Lewis Photography

Confident young foal takes a look at the world.

They have even been found buried in tombs with the Egyptian Pharaohs.

In the 19th century Miniatures of English and Dutch mine horse breeding were brought to West Virginia, Kentucky and Ohio for the same coal mine jobs. The first recorded mention of tiny horses being imported into the United States was in 1888.

By the 1960s the Minis were gaining in popularity as pets and show horses. About that time the Regina Winery in Southern California imported an eight hitch of horses from Argentina to pull their wine barrel wagon in parades and special events. For several years the Domino's Pizza Wagon presented demonstrations at the Grand National Horse Show in San Francisco.

Miniature Horses are not ponies. No bigger than large dogs, they cannot exceed 34 inches at the last hair of the mane. Though most of the bloodlines include selected Shetland Pony breeding, Miniature Horses have the proportions, disposition, and other characteristics that make them horses. At one time, it was popular to breed smaller ones, under 30 inches. Today, while the horses are refined in their type, they are not as small since they are bred for performance. You may find these horses in any color with breed characteristics such as Pintos, Appaloosas, Quarter Horses, Arabians and POA's.

According to the Standard of Perfection of the American Miniature Horse Association (AMHA), the Miniature Horse must be small, sound and well-balanced, and possess the correct conformation characteristics required of most breeds. The general impression should be one of symmetry, strength, agility and



Photo: Cary McBride

Knights Little Man wins the Country Pleasure Driving World Championship with Tui Scheuring at the reins.

alertness, with refinement and femininity in the mare, and boldness and masculinity in the stallion.

Today, the horses are popular in many jobs and disciplines. For show horses their performance classes include halter obstacle, hunter jumper, showmanship, costume, liberty and driving. They serve as therapy and parade horses. For several years, including 2019, they have been selected to appear in the Rose Parade. Retirees who had horses earlier in their lives love them for their companionship and fun. An elite resort on a private island off Lana bought nine, some of which will be used for driving and guest enjoyment. Because of their calm, affectionate nature, the Minis are often used as pets for young children, adults, senior citizens, and the handicapped.

Care of a Mini Horse and a conventional horse essentially is one and the same, but on a much smaller scale with regard to feed, deworming doses, medication, etc.

Breeders, owners and fans of the Mini have two associations to join: The AMHA with its year-end national Word show in Fort Worth, Texas, and the American Miniature Horse Registry with its year end national show in Tulsa, Oklahoma. Locally, Miniature Horses compete at a large regional show in Reno, Nevada, in July,



Photo: Marcie Lewis Photography

Mom and baby Miniature Horse move out across the field.

local events hosted by the Norcal Miniature Horse Club and CDEs (combined driving events) in Woodland and Wilton, California.

Sami's Lil Horse Ranch breeding began in 1979 and opened on Lakeville Highway in 1983. Today we have over 90 horses and nine stallions. Our mare Alliance Boleros Sangria was a 2018 AMHA World's grand champion. Those who stop on Lakeville may just be photographing a champion.



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Exploring the Possibilities

by Patti Schofler



Photo: Alden Corrigan

Beverly Jovais celebrates a good show with her student Gillett Brescia and her horse Illux.

WHERE EAST MEETS WEST



Photo: Ted Pettit

Sandy Bonelli and Sheza Smart Rider working a cow

“Oh, East is East, and West is West, and never the twain shall meet” is the first line of an 1892 poem by Rudyard Kipling. If we substituted the word “east” with English, and “west” with Western, we might ask ourselves if Kipling’s statement applies to these two seemingly different ways to ride. Or, as they say, is riding riding?

In this issue we posed the same questions to hunter/jumper trainer Beverly Jovais and cutting trainer and competitor Sandy Bonelli.

And if you would like to pose a question for us to ask our county’s experts, get in touch with me at schc.pschofler@gmail.com.

Let’s meet the experts.

BEVERLY JOVAIS (BJ) trains hunters, jumpers, ponies, equitation horses and the people that ride them. Her Chestnut Hill, LLC, training program of over 30 years is based at Edgemont Farms in Petaluma. A native of Philadelphia, Beverly has taught many riders who have been successful on the A circuit. They have won year end awards from the U.S. Equestrian Federation, Pacific Coast Horse Shows Association, and Northern California Hunter Jumper Association (NorCal). Beverly is a “R” hunter and hunter seat equitation judge. She has served on the board of NorCal and currently sits on the California Professional Horsemen’s Association board of directors.

SANDY BONELLI (SB) is a National Cutting Horse Association Riders and Non-Pro Hall of Fame Member with over \$3,300,000 in lifetime earnings. She grew up in Marin riding every sport she could and now lives in Petaluma at her Heart Ranch, which she shares with goats, cows, dogs, donkeys, cats and up to 30 horses that make up her cutting horse breeding and competition program. At Heart Ranch West in Bodega, she has held fundraising clinics including a benefit for the Navy Seals Foundation.

The Horse Journal (HJ) asked Beverly and Sandy:

HJ: Does how you use your eyes influence riding success?

BJ: The horse will go where you look. When the rider looks to the left, the horse knows to go left because when you look left your left shoulder comes back a little, your left hand comes back,

your left hip comes back, and the left leg goes on. Ditto for turning right.

If you want to go straight, look straight ahead at the horizon, or even a little above that, and your horse will go straight. When you do that, you will raise your chest a little. As a result, you not only make your horse straight, but it may also jump better.

When you purposefully use your eyes, your horse isn’t guessing where you want him to go. Looking where you are going helps you plan every stride, and that is important. If you are in mid-air and you look down, you’re not planning your landing track. Your departure from one jump is your approach to the next one.

SB: Because the cow is a moving, thinking object, cutting is different from other horse sports. My job is to control the cow and keep it in the middle of pen. For that I might need to put its body in different spaces. But I can only do that by always looking at the cow. If I’m tuned into the cow, my horse should be completely tuned into the cow. All my horse’s energy and my own energy should be geared toward the cow and its movement.

Generally, I can tell where the cow will go by how it moves its eyes, its head, its body. But each cow is different. For example, if my horse’s eye is on the cow’s eye, that cow might stop. Or if I’m trying to turn a cow, I usually have my knee at the level of the cow’s eye. But for those cows that don’t have a lot of feeling, I have to go past that place and get my horse’s hip at the cow’s eye to get it to turn.

HJ: Do you turn your head, say, to influence your horse to go left?

BJ: As you are coming off the ground you start looking left. You don’t want to look too early or you could turn your horse before it lands behind and have a hind rail down.

SB: I don’t know what my head does. I know I’m watching the cow, and my horse is supposed to always mirror the cow’s movement. If my knee is at the cow’s eye, then I’m looking over my shoulder. If the cow is a little more in front of me, then I’m looking ahead more so I can look at the cow. My influence on my horse comes from my seat and legs. Even when it’s all lovely and I don’t have to assist my horse, the horse doesn’t know where the cow is going to go any more than I do. I may have to help the horse

go a little faster. Or maybe a horse tries to stop at the shoulder of the cow, but that's not what's going to stop the cow. So, I have to move my horse two more steps to stop this cow.

HJ: Is it important to keep your head up?

BJ: Yes, keep your eyes looking ahead and your chin parallel to the ground at all times.

SB: I sit flat in the middle, in balance, with my head level, with my horse turning underneath me.


HJ: Is this hard for people to do?

BJ: Using your eyes properly is simple, but not easy. I always remind my riders -- raise your eye level, look where you are going. It really improves your effectiveness, your body position and posture.

SB: Very hard. We all want to look at our horse's head, especially of we train horses a lot. At clinics I'm always having to say, "Watch your cow." That's the biggest thing in cutting.

HJ: What can go wrong if you don't use your eyes correctly?


BJ: Your position and your performance will suffer. Looking where you're going is essential in making a smooth and polished round. Today's courses are very technical, and if you are not looking up and planning ahead, a lot can go wrong.

SB: If you're not watching that cow, you won't realize soon enough that its changing direction or momentum, and you'll get left behind your horse. Your horse is saying "I turned, but where are you?" Staring at the horse's head you don't realize the horse is getting ready to turn because the cow is going to turn. If he's trying to go with the cow, you can't be leaning off in the wrong direction. If your head down is, and he goes to turn left to follow the cow, you might kick him with your left foot to keep your balance as he goes to turn left. But then you're blocking him from going the direction you want him to go. It takes a special horse to say, "I don't care what you're doing, I'm still going to work the cow." 




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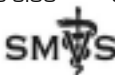


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My Life with MUSTANGS

by Ellie Phipps Price

In July 2010, I received a call that 18 wild mares with foals by their side were rounded up in Nevada and bound for slaughter. Photos followed the distressing call. I couldn't bear the thought of their ending up in foreign markets. While horse slaughter is illegal in the U.S., Mexico and Canada have legal slaughter and ship horsemeat for human consumption.

I immediately drove to Fallon, Nevada, where I saw five semi-trucks with Canadian plates in the auction yard. "Every horse here is destined for slaughter," I thought to myself. I wanted to change their destiny.

That day I bought every horse at the auction, all 174 of them.

I couldn't look those horses in the eye and not help them. Yes, I have rescued a lot of them. Montgomery Creek Ranch (MCR), our sanctuary in Elk Creek, California, is now home to over 200 wild horses.

We can't rescue them all, but we can follow our plan to shine a light on mustangs, help people understand what is happening to them, and why wild horses and our public lands are at risk.

Let Me Back Up

My husband, Chris Towt, and I live and work in Sonoma where we grow and sell grapes at the Durell Vineyard and have a winery called Dunstan. My horse background includes three-day eventing.

My first wild mustang, named Dunstan after the winery, started it all.

In 2009, I was at the Bureau of Land Management's (BLM) holding corrals in Canon City, Colorado, doing research for a film I was producing called *American Mustang*. To make the film we followed horses in the wild, did numerous interviews with the BLM, wild horse advocates, ranchers, and other stakeholders on the wild horse issue. We went to Canon City because the high security prison with an inmate mustang training program was holding its annual National Adoption Day.

I remember looking at a sea of 3,000 formally wild horses. I had to bring at least one home.

When Dunstan the mustang arrived in California, he had had 30 days of training under his belt (thanks to the inmates), and I was able to put the first ride on him six weeks later. He became a great trail horse, totally unflappable. He also can jump around a small course.

Sadly, not all those horses I saw in Canon City found the good life that Dunstan has. Shortly after our visit, over 1,700 horses from Canon City were sold to a man who in turn sold them for slaughter. Though illegal, the BLM claimed not to know where the horses were going. It was a tragic end for those horses and clearly showed how wild horses sold in large numbers at a low cost can enter the slaughter pipeline. We included this story in our movie (www.americanmustangthemovie.com), which came out in 2013 and is available on streaming services.

The Plan

How naïve I was. After saving the 174 horses, I thought I would be able to place them with various rescues and sanctuaries. However, I quickly found out that most rescues are at full capacity, and not many people want wild horses, especially recently gelded stallions, or older ones.

And so, two years later we founded our wild horse sanctuary MCR, 2,000 acres of long valleys, rolling hills and steep ridges dotted with grey pines.

I swear, when the trailer doors swung open and we saw their trepidation to even step out of the stock trailer, and then the pure joy when they took to the hills—it was one of the best days of my life.



Photo: Kimerless Cuyil

Ellie Phipps Price walks her mustang Dunstan to the barn.

The Advocacy

Soon I joined the nation's largest wild horse advocacy organization, the American Wild Horse Campaign (AWHC), and now serve as board president. Our mission is to implement common sense solutions and proper management to keep wild horses wild. AWHC's work focuses on advocacy and mobilization, public education, legislation, strategic litigation and implementation of humane, in-the-wild management programs, including fertility control.

At MCR, we developed a natural horsemanship training program to start and train the younger horses, hiring two full-time trainers that make sure our horses in training experience



Photo: Tara Arrowood

Over 200 mustangs find sanctuary at the Montgomery Creek Ranch in Elk Creek, California. The name *mustang* comes from the Spanish word *mesteño* or *monstenco* meaning wild or stray.

lots of time crossing creeks, climbing steep hills and being ridden over all kinds of terrain to make them safe and dependable trail horses.

Durell Vineyard serves as a satellite for MCR. Adoptable horses are brought to the Sonoma ranch to give them new experiences and exposure to potential adopters. We host riding and horse training clinics at the vineyard several times a year to showcase trainers that we are working with including Lester Buckley and Argentina's Cristobal Scarpati.

Since the MCR program's inception, we have adopted out over 50 wild horses to forever homes. For every horse we are able to get adopted, we go back and save more.

We firmly believe that the best life insurance for any horse is training.

The Right Path

When I think back to 10 years ago, standing at those corrals in Colorado, watching the thousands of wild horses languishing in dirt pens, or to the auction that changed the course of my life—I know I've made a difference.

The BLM currently has over 50,000 formerly wild horses in government holding. I never want to see another wild horse, a mustang like my Dunstan, lose his freedom or worse his life because of the mess created for these animals by mismanagement. This issue is a marathon, not a sprint, and I'm in it for the long haul. 🐾



TEDRICK'S HORSES OF STEEL

Enhance Sonoma Landscapes and Urban Settings by Patti Schofler

The bend in Highway 101 near Geyserville is encased by berms. As we take the turn, we both draw in a breath of surprise. As if out of nowhere, a magnificent, giant horse head of steel and striking front legs, appears in the air. Driving a few more feet, we meet all of "Victory", the amazing seven ton, 25-foot tall, steel and redwood galloping horse on the Geyserville Sculpture Trail.

His name is appropriate. This horse sculpture emerged victorious with minor damage from the 2017 fire that destroyed sculptor Bryan Tedrick's studio in Nun's Canyon, close by to the starting point for the October inferno.

It was out that studio's window that Tedrick, an internationally acclaimed artist, studied his landlord's horses, attracted to their forms. "I don't think it takes a lot of imagination to see horses as beautiful animals. They're so muscular and graceful. Like you look at a flower and it's beautiful. Look at a horse and it's beautiful and athletic."

Today, his studio is in Glen Ellen where he, his wife, daughter and son live and which was spared from the fire, its flames coming within a quarter mile of either side of their home.

Not all his horses or his creations express the free spirit of "Victory". The life size, grazing horse in Healdsburg and the horse in front of the Santa Rosa City Hall are calm and content. The 26-foot coyote, originally installed at Burning Man and now at Wilson Winery on Dry Creek Road, howls at the sky. All have their own expression and feeling created out of scrap steel, stones and wood.

Tedrick gathers material for his art in a variety of ways. "Word gets out and people bring me things, or I go to scrap yards like Maselli's in Petaluma." Those things might include shovels or pitch forks or steel hooks that become body parts of an animal.

His massive works begin either as a drawing or a maquette (scale model) or even a plastic toy, Victory was a miniature horse made to scale, one inch to a foot, out of steel. "A model gives me a better understanding of how the planes and masses relate to each other."

The grand scale of the final work does not intimidate Tedrick. "My work is very physical. I've always been athletic, and I like using my body. I'm not the type that can sit still very long.

"Mother is a very good painter who is very able to capture a likeness. I inherited from her the ability to draw what I see," he said, explaining the kind of split-

brain mentality required to make a life-size or giant horse that looks like a horse and can stand up; he is simultaneously creative and logical. His mother's father was a civil and construction engineer for the city and county of San Francisco. "I inherited a little of his love of structure and building. He was a bridge engineer from Denmark who emigrated in the 20s and got involved in all the Bay bridges. I was a carpenter and a builder for quite a while."

The sheer size of Tedrick creations has made several of them perfect for the Burning Man art and culture event in Nevada's Black Rock Desert. However, once the nine days end, the mantra is to leave no trace. And where do you stash a 25-foot mass of steel? For Tedrick, so far, so good. They have all found homes and patrons. No need to rescue these horses or a coyote or a spread eagle or a wild boar named Lord Snort. Fortunately for the art lovers of Sonoma County, they have found homes among us.

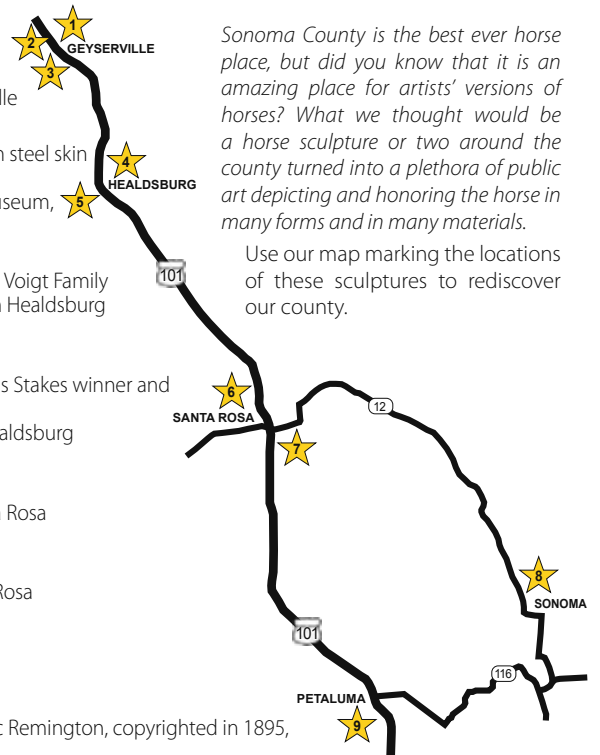


Photo: Barbara Tomlin



TAKE A ROAD TRIP FOR HORSE ART

- 1 Victory** by Bryan Tedrick
2018. 7 tons, 25 feet tall, steel and redwood sculpture
Geyserville Sculpture Trail
20789-20355 Geyserville Ave., Geyserville
- 2 Mare and Foal** by Keith Christie
Life-size bronze sculpture
Trione Winery, 19550 Geyserville Ave., Geyserville
- 3 Nicki's Dream** by Michael Seymour
Steel piping and tubing, covered with Core-Ten steel skin
200 pounds, six feet high x three feet wide x eight feet deep. Bosworth Mercantile and Museum,
21060 Geyserville Ave., Geyserville
- 4 Grazing Horse** by Bryan Tedrick
2000 pounds, steel horse grazing as part of the Voigt Family Sculpture Trail, Foss Creek Pathway, across from Healdsburg City Hall, 401 Grove St., Healdsburg
- 5 Rachel Alexandra** by Glenn Schot
Life-size bronze sculpture of the 2009 Preakness Stakes winner and Horse of the Year
Stonestreet Estate Vineyard, 7111 Hwy. 128, Healdsburg
- 6 Bucephalus** by Bryan Tedrick
2006. Steel and wood horse
Santa Rosa City Hall, 100 Santa Rosa Ave., Santa Rosa
- 7 Rearing Horse**
Bronze sculpture
Wild Oak Saddle Club, 550 Wild Oak Dr., Santa Rosa
- 8 Cline Horse**
Cline Cellars Winery
24737 Arnold Dr., Sonoma
- 9 Bronco Buster**
Reproduction of a bronze sculpture by Frederic Remington, copyrighted in 1895,
6614 Lakeville Hwy., Petaluma



Sonoma County is the best ever horse place, but did you know that it is an amazing place for artists' versions of horses? What we thought would be a horse sculpture or two around the county turned into a plethora of public art depicting and honoring the horse in many forms and in many materials.

Use our map marking the locations of these sculptures to rediscover our county.



Photo: Patti Schoffler



Photo Courtesy Brian Tedrick



Photo: Patti Schoffler



Photo: Terry Roberts



Numbered stars refer to the map and key on page 14.

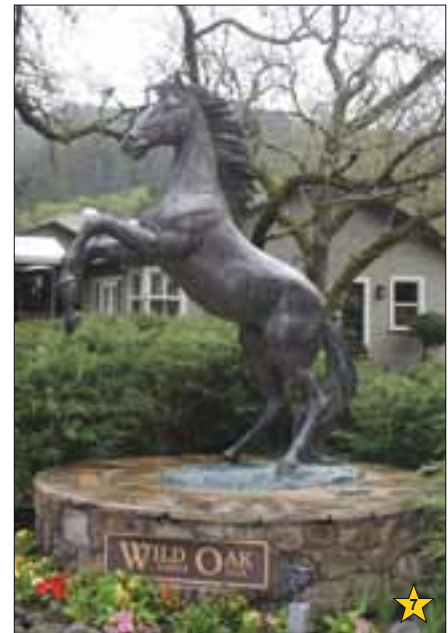


Photo: Patti Schoffler



Photo: Megan Cline



Photo: Keil Hendricks



Artist Bryan Tedrick



Photo: Patti Schoffler





Equine Metabolic Syndrome

by Michelle Beko, DVM

You may have heard of Equine Metabolic Syndrome (EMS), a condition that predisposes horses to getting laminitis. Laminitis is a painful and potentially life-threatening inflammation of the laminae that hold the hoof wall to the underlying coffin bone. The underlying problem with this syndrome is poor regulation of insulin. Insulin is a hormone produced by the pancreas, which allows cells to uptake glucose from the blood stream. Glucose is the major form of energy used by all cells.



A pony with a "cresty" neck typical of metabolic syndrome

Photo: Michelle Beko

Horses with EMS tend to have elevated levels of insulin either due to their cells being insulin resistant or because they over produce it.

The majority of horses with EMS are overweight and accumulate fat in their necks and on either side of their tail heads as well as over their ribs. Even if they lose weight, their cresty necks seem to persist. There appears to be a genetic predisposition to the syndrome with Mustangs, Morgans, ponies, Peruvian Pasos and Norwegian Fjords being a few of the breeds that are particularly likely to have it. Individuals with EMS are often referred to as being "easy keepers".

While we've known for decades that overweight horses eating spring grass are likely to founder (i.e., get laminitis), the specific cause has been elusive until recently. Researchers have discovered that experimentally giving normal horses large doses of insulin can induce laminitis. Horses with EMS must be managed to minimize their risk of laminitis.

A presumptive diagnosis based on physical examination can be confirmed via testing resting insulin levels or by doing oral sugar tests. Oral sugar tests are done by measuring resting blood glucose and insulin, administering sugar (Karo syrup) and then remeasuring blood glucose and insulin levels 60 and 90 minutes later.

The most important part of managing a horse with EMS is to decrease the carbohydrates in their diet and to get the horse

to lose weight. If the horse is not laminitic, exercise is very beneficial. Horses with EMS should not get any grain, especially corn or barley. If they eat grass hay it should be less than 10% non-structural carbohydrates. Hay can be tested, or teff hay, which is almost always low in sugars, can be fed. In the short term, grass hay can be soaked, which leaches out much of the sugars. Since it also leaches out some vitamins, this should not be a long-term solution. Alfalfa hay is acceptable

(although I never recommend a diet of solely alfalfa).

Green grass is particularly high in carbohydrates, especially in the spring. If the horse is already overweight, he should not be on green pasture from March through May. If the horse's weight is okay, she could potentially have small amounts of grass in the early morning when the sugar levels are the lowest. A grazing muzzle can be used to maximize turn out time while minimizing grass intake.

Horses with EMS who are a little thin over the rib cage can be safely fed fat (rice bran or vegetable oil). Oil or any supplements the owner might like to give can be put on/ in a small amount of alfalfa pellets.



Michelle Beko, D.V.M.

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Gone Away



Poster photo: M.J. Wickham

The poster promoting *Dressage in the Wine Country* is the well-known picture of Gwen riding Casino on the beach.

Gwen Elaine Stockebrand

Gwen Elaine Stockebrand passed away peacefully on April 19, 2019, at Flying Changes Farms in Santa Rosa where she had lived for forty years. She was 64.

Born November 13, 1954, she was the daughter of Archie and Grace Stockebrand, and sister of Stephen Stockebrand, Leanne Friedenthal and Paula Fabionar.

A brilliant, gifted rider and generous, patient instructor, Gwen was well-known locally, nationally, and internationally in the world of dressage. She trained numerous horses to Grand Prix and represented the U.S. in international competitions including the Olympics, World Championships and the Pan American Games. She was extremely successful in the art of dressage and excelled through an exceptional performance and competitive history, training, as a licensed "R" dressage judge and organizing activities related to this discipline.

Gwen was born in Hawaii. Her father was in the military and the family moved frequently in her early years. They subsequently moved to Badger, California, to the family's guest ranch, the M Bar J, where at age five Gwen began riding. The ranch was down the street from Linda Tellington-Jones TTouch Training Ranch, where Gwen and her sister frequently rode. At 21, she moved to Santa Rosa.

Gwen was basically self-taught until she met Melle Van Bruggen in 1977 and trained with him until his death in 2007. Her competitive history began in 1973, when she finished third in the country in eventing on Pembroke. That year, she also won the "Newcomer Award" riding her Morgan/Tennessee Walker gelding Bao.

At the World Championship Games in 1978, they came in 15th in Grand Prix and 3rd in the KUR (Freestyle). At age 23 on Bao, she was one of the youngest riders chosen to represent the United States Equestrian Team. In 1979, at the Pan Am Games she and Bao won team gold and individual silver medals. In 1980, they were ranked 15th in world standings. At the 1980 alternate Olympics held in Goodwood, England, they finished 15th in the Grand Prix and 2nd in the musical freestyle. She and Bao were short-listed at the 1984 Los Angeles Olympics. At those Olympic Games she rode the test ride and retired Bao.

Gwen also received national acclaim on her Dutch Warmblood gelding Monseigneur including National Grand Prix Champion in 1984 and 1986, Grand Prix Freestyle Champion in 1987 and 1989, California Dressage Society (CDS) Grand Prix Champion Horse of the Year in 1988 and 1989 and American Horse Shows Association (AHSA) Grand Prix Freestyle Champion in 1987. Gwen and Monseigneur were short-listed for the 1988 Olympics.

Since the late 1970s, Gwen was influential in the horse community and the discipline of dressage. An equestrian icon in Sonoma County for many years, she supported the horse community with talent, passion, heart and years of hard work that were dedicated to increasing a sensitivity and conscious knowledge of horses and to advance the discipline of dressage

She trained and worked with dressage enthusiasts in Sonoma

County and across the country. For many years, she organized regular schooling shows at Flying Changes Farms. She loved her dogs as much as her horses, and for years she sponsored a fundraiser at her farm for Canine Companions.

She was an active member of the United States Equestrian Federation, United States Dressage Federation, AHSA and CDS. She assisted in the establishment of the Sonoma County Horse Council (SCHC). She was also a winner of the SCHC's Equus Award in 2010.

Gwen was instrumental in developing one of the most renowned Sonoma County horse events—the CDS-sponsored Dressage in the Wine Country. She rode in this event for many years on a number of horses demonstrating dressage at the higher levels.

Devoted advocate and friend Chris Mudge, who also provided her with medical care during her struggles with cancer, described Gwen as a loving, free spirit who had an unprecedented zeal for life. "Her gifted horse awareness made her an extraordinary horsewoman. She touched many lives and brought a vital passion for living to everyone she met. She enjoyed people and was kind, gracious and generous with everyone she encountered. Her glowing spirit and zealous nature for her ongoing support of the art of classical dressage will be missed."

Friends and family are invited to a memorial service Saturday July 20, at 4 pm at St. Stephens Episcopal Church 3 Bayview Avenue, Tiburon, California, 94920.

Maria Silva

Maria Silva passed away May 3 from a stroke in Petaluma. She was 87.

Maria was born December 23, 1931, in San Francisco to Giulio and Evelina Silva. Her father was an outstanding figure in Italian music, a renowned musician and music teacher, and a department head at the San Francisco Conservatory of Music.

Maria taught music in the Novato school district, and spent a year teaching in France. But horses were her love. She had sat on her first horse at a year old. She then rode in Golden Gate Park and at



Photo courtesy of Rhonda Dunlap

Wearing her cowboy hat and sunglasses for which she was well-known, Maria Silva instructs a student.

six, she entered her first show at Albert's Field in San Rafael. She had to ride her horse fourteen miles to get there.

Maria moved to Sonoma County in 1972, when she purchased the Lone Pine Ranch in Sebastopol where she trained horses and students to compete in western disciplines.

Her students and horses were successful at local, national, and international competitions. Some of Maria's well-known students include: Doreen Bobo and Debbie Dee, who both won year-end awards with the Pacific Coast Hunter Jumper Stock Horse Association; Steve Garretson who held the title of Reserve Champion in the Stock Seat Medal Class of the AHSA; and Lyle Smith and Jan Brandt.

Maria was awarded a SCHC Equus Award for her outstanding work with Quarter Horses and her dedication to advancing the disciplines of reining and western pleasure in Sonoma County.

As one nominator put it, "Maria has probably forgotten more than most of us ever knew about Quarter Horses." Docs Drifter, well-known son of Doc Bar, stood at Maria's ranch. Maria brokered many known Quarter Horses to buyers in the United States and abroad. She trained western show horses in Denmark. Her horses were shown throughout Denmark and Germany in the 1980s.

THE GARROCHA

AN ART AND A TRAINING TOOL

Add pole dancing to cross-training with your horse

by Mike Loades

Then have your assistant stand on a mounting block holding the pole. Either mounted or leading, take your horse under the arch of the pole.

As with any tool, let the pole do the work with your hand, or a part thereof, always in contact with it. A basic pattern is to let the butt or fat end slide towards the ground as you ride in a circle, then spiral the horse out, meanwhile sliding your hand up the pole to its tip, but keeping the butt end in one spot. You and your horse become a compass describing a perfect circle.

To add flourish to your dance, lift the garrocha, turn your horse underneath the arch made by the pole and circle in the opposite direction. To return from the left lead circle to a right lead circle, simply turn your horse to the right as you swing the pole over your head.

Momentum Is Your Friend

Use the momentum of the horse to move the garrocha. For example, use a rein back to move your hand to the center of the pole. Then, moving forward, perform a "roll-over" where you allow the forward end of the pole to slide through your hand and to the ground as you progress. Or with the butt end facing toward the sky, side pass until you are holding the very end in your palm. From here, lift and turn under the pole, riding diagonally into it and lifting it back onto your shoulder.

Many patterns are possible, both for a single horse and for a pas de deux. The garrocha can be trailed on either side for large canter loops or trailed for diagonal crossings of the arena at the half pass. Simply roll the pole over your head to switch direction. More



Photo: Kim Hawkins

Author Mike Loades and his horse Bolero dance under the garrocha.

The vaqueros of Andalusia, Spain, and Camargue, France, herd their bulls in part by nudging them with the tip of a 13-foot pole (hence cowpoke) called a garrocha. It also serves as the focus of a dance on horseback, a form of equestrian performance art, known as garrocha. Further, it is a wonderful way to provide variety to dressage training, flat work and horsemanship skills while building on your connection with your horse.

Garrocha videos on YouTube (Editor's note: visit [youtube.com/watch?v=YOVykh4tGzk](https://www.youtube.com/watch?v=YOVykh4tGzk)) and images on Instagram show expert practitioners on superbly trained horses, whirling at the canter in the tightest of circles around the garrocha. They canter figure eights with flying changes and pirouettes under the pole. They do spins and roll-backs. Such feats require not only a skilled rider, but also a highly trained and conditioned horse. There are, however, many stages, both rewarding and enjoyable, on the road to that perfection.

The garrocha is ideally a tapered wood pole of limited flexibility. It should balance in the hand and not feel unduly heavy. Hardware stores sell long lengths of 1.5-inch dowelling, which can be tapered down with a draw knife. Another option is a length of bamboo with a natural taper, but beware of splinters if the bamboo cracks. An alternative for the novice is a telescopic aluminum pole, the type used for cleaning tall windows. It will do to start, but it doesn't have the weight of a wood pole, which can be disadvantageous.

Teach Your Horse About The Pole

To teach a novice horse about the garrocha, remember a pole does two things: it looms into view unexpectedly during maneuvers and it makes a noise when trailed on the ground. With that in mind, accustom your horse to the sight and sound of it. Hold it vertically and walk your horse around it. Let him smell it. Stroke him with it. Tap it and bang it. Drag it along the ground towards and around your horse. While mounted, have a helper bring the pole to the horse and walk around, especially letting it pass by either eye. Once all this causes no reaction, drag it along while you ride.



Mike Loades takes perfect aim.

Photo: Kim Hawkins



Portuguese rider Frederico Peres demonstrates the beauty, skill, athleticism and art of the Garrocha.

Photo: Bianca McCarty

ambitious cantering circles can be started by placing the tip on the ground and cantering a 20-meter circle, allowing the tip to move in a circle on the ground. These trailing patterns relate to the work in the fields whereby the bulls are lured to follow the garrocha.

As performance art, garrocha has no rules or limitations. One challenging exercise is to suspend rings from gallows-style posts at a height a foot or so above the horse's ears and use the pole to pick up the rings. This is a skill reminiscent of the accuracy required when handling a garrocha to herd bulls.

According to the King Duarte of Portugal's *The Book of Horsemanship* (1430), start riding with the pole at a 45-degree angle, lowering it gradually, little by little, almost imperceptibly, as you canter towards the ring. Riding with the pole out straight with its

tip bouncing up and down, besides being inelegant, makes it very hit or miss. Only inches away will the tip align with the center of the ring. The objective is to isolate the movements of the pole from the movements of the horse, so that your aim is not disturbed by the bounce of the animal.

Garrocha lessons are available at Petaluma's Sonoma Coast Equestrian Center (SCEC), under the guidance of Nathalie Guion and Laerke Mikkelsen. Also, each year, Elisa Moya, a garrocha virtuosa from France, visits SCEC for clinics. Clinician John St. Ryan teaches at Erin King's All The King's Horses Ranch on Petrified Forest Road. He has produced a series of insightful videos on garrocha as has Australian Steve Halfpenny. 🐾



THE ANATOMY OF FEAR

What Happens When We're Scared

by Lizbeth Hamlin, MA, LMFT

“Whoa,” we have either thought or shouted when we have gotten on and our horse has had a different idea about the day’s activities, or when the feeding cart has gone by during our dressage test or when the unexpected has occurred while on a pleasant, long rein, trail ride. We are either off to the races or off the horse.

Childhood experiences have left some folks terrified of horses, even though they wish they could be around them again. Others have had injuries that have left them with fears which keep them out of the show arena or not riding as they wish they could. For some, the tension created in their bodies and minds stays regardless of what they do to soothe themselves.

When fear strikes, the amygdala (a small almond-shaped organ in the center of our brain) sends signals to our autonomic nervous system and creates a wide range of effects. Our heart rate increases, our blood pressure rises, breathing gets quicker, and stress hormones of adrenaline and cortisol are released. The body shuts down to prepare for action. Our cerebral cortex becomes impaired as we lose the ability to reason. Time can slow down; our memory can forget what occurred, and we can feel like what is happening is not real. Nature is protecting us with either its fight, flight or freeze mode.

Some folks say, “I was really lucky. It could have been worse.” They are taking danger in stride and dismissing the adverse possibilities. That’s impressive.

In dealing with my scary moments I’ve put into practice the Buddhist phrase, “If you just let go, the fight will be over.” I did indeed do this with a runaway mare. As she was racing away, I recalled this teaching and let go of the reins, instead of pulling on her to stop. And guess what? She righted herself and we were done with the race.

Another way to deal with fear resulting from trauma is through a process called eye movement desensitization and reprocessing (EMDR) whereby we learn to regulate the nervous systems to not be as aroused by “triggering situations.” With EMDR, a trained therapist guides a client to use a body-based technique called bilateral stimulation whereby eye movements, tones or taps move a memory that has been incorrectly, detrimentally stored to a more functional part of the brain.

Our life-threatening 2017 fires threw many in our community into immediate post-traumatic stress disorder (PTSD). Afterwards, sights, smell, sounds and feelings bring back recollections of the trauma and cause intense emotional and physical reactions, such as raised heart rate, sweating and muscle tension. EMDR has helped some with PTSD to regain a sense of regulation and they have realized they in fact did get through the fires.

If confronted with tension when they are with horses, I recommend my clients check in by asking themselves: 1. What is happening in my body? 2. What emotions am I having? 3. What thoughts are arising? 4. Am I safe? 5. Can I breathe through this?

After this mindful assessment, riders become more present,



Photo: Ulrika

Anxiety comes in many shapes and finds distinct remedies.

grounded and able to proceed with what is right in front of them. This method can assist us in calming our nervous systems and enjoying the better ways our lives are intended to be lived, especially with our horses. 🐾

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HOW THE BRAIN CHANGED ONE DRESSAGE RIDER'S TIME IN THE SADDLE

by Patti Schofler

Her mare Halona bucked her off, and she ended up with a broken collarbone. She remembered the fall, how she landed on her shoulder and then hit her helmeted head, but the details of what happened afterwards were vague.

The injury kept Avra Tracht, DVM, out of the saddle for two months. When she was back in the saddle, riding was quite different. Avra had trained two horses from Training Level to Grand Prix dressage and ridden most of her life. But now she was tense.

"I realized that when I was trotting I was holding my breath and had a lot of tension in my upper back. My heart wasn't pounding and my palms weren't sweaty, but fear translated into tension in my body. No matter how much I thought about relaxing and breathing, my body held on to that fear."

Less than a year later, the sensitive mare again dumped Avra, and again her collarbone broke along with several ribs. "She was insecure and needed me to guide her and give her security. After my accident, I couldn't do that because of what was going on in me."

A highly motivated rider, the Santa Rosa small animal vet looked for a solution. "I'm so motivated to ride and to grow as a rider and do the best job possible, I had to figure this out. It would be easy just to sit with it and be the way I was after the accident, and then slowly improve, but being an analytical person, I realized how much it was impairing my riding. I had to get to a more basic level of where the fear was coming from."

She turned to eye movement desensitization and reprocessing therapy (EMDR), originated by psychologist Francine Shapiro, Ph.D., who explained in an interview on psychotherapy.net that trauma causes negative emotions to be sorted within the same memory network as a troubling event. "Instead of the brain digesting it and making sense of it and letting it go, it [the event]

actually gets stored in the brain with the emotions and the physical sensations and the beliefs that were there at the time."

Avra recalled that originally when she thought about the fall, the part where she was bucked off and hit the ground had a huge emphasis, "brightly lit and capitalized compared to the rest of the story. And the story stopped at that point."

Shapiro explained that the information processing system of the brain is designed to make sense of the world. "The perceptions that we have about something in the present link up with the memory networks, and if it connects with the unprocessed memory, it gets triggered, and the emotions, physical sensations and beliefs get triggered as well. People may have no idea why they continually feel anxiety when an unrelated situation is linking them to an unprocessed memory and those feelings are coming up automatically."

At the end of Avra's EMDR sessions, when she told the story of being bucked off, the fall had the same emphasis, but it included the part where she took care of herself. "Originally my story stopped when I was on the ground, helpless. After EMDR,

I tell that eventually I got up, I caught my horse, walked into the barn, and got someone to help me with my horse. I knew my collarbone was broken, and maybe some ribs. I called the barn manager and she took me to the hospital. Because I could recall the whole incident, the hurtful, fearful part had less intensity."

After the EMDR experience, Avra's riding changed. She was breathing. She could focus on the training part of dressage, not defending herself, waiting for the spook or the problem.

It stayed with her. She had an accident on another horse and thought she might have to go back to the therapy. "I didn't need to. I just got on and rode."



Avra Tracht and Wellington, a horse that Avra bred, raised and trained herself, were on their way to Grand Prix level in this photo.

Photo: Pat Mitchell

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WORKSHOP SHARES IDEAS ON SUSTAINABLE EQUINE MANAGEMENT

by Terry Church

“Slow it, spread it, sink it” was the mantra for horse property water management outlined this March at the third annual Sustainable Equine Management Workshop, sponsored by the non-profit Daily Acts and hosted by Sienna Mountain Ranch in Petaluma.

Recognizing the profound impact horses have on land, habitat and water resources, the course presented practical, efficient and cost-effective strategies to promote horse health and environmental integrity. Attendees included 25 facility owners, barn managers and horse owners eager to learn how to mitigate the impact of equine activity, waste and land use.

Each year the course focuses on select topics ranging from site and stabling design, pasture management, insect and weed control, native habitat restoration, fencing and arena options and track pads.

This year’s topics were eerily timely: mud management, manure/composting and integrating native habitat into landscapes for pest management and erosion control. In a year of abundant rainfall, the workshop demonstrated the benefits of this water while showing how to eliminate mud. For example, roads elevated slightly above adobe soil and constructed of base rock and gravel create less runoff than pavement. Bio swales along each side of a road, arena and/or paddocks that are then filled with rock minimize weeds and standing water while filtering runoff from the roads and surrounding hills. This alone can replenish ground water on site and eliminate mud in trafficked areas. Rain gardens, planted with natives that tolerate wet soil in winter and dry in summer, can be strategically placed downslope to capture excess runoff.

Best Practices For Confined Animal Facilities

The course then covered regulations now requiring best practices for Confined Animal Facilities (CAFs) located in the Bay Area watershed, particularly pertaining to seepage and runoff of urine, manure and feed into groundwater, seasonal creeks, ponds, riparian areas and waterways.

Alayne Blickle, founder and director of Horses for Clean Water, an award-winning environmental education program for horse owners, was the main presenter. This life-long equestrian is in demand, giving workshops, farm tours, and consultations presented in a down-to-earth style. Alayne lives on her eco-sensitive home and guest ranch in Nampa, Idaho.

Saturday morning Alayne offered creative solutions to challenges and questions typically facing horse owners. “My barn is at the bottom of a hill and floods every winter.” “What about pasture erosion?” “How do I deal with all that manure?” “My neighbors complain about flies.” Alayne reminded us that if we design solutions that are too complicated or too much work to maintain, we will soon abandon them.

Kari Wester, project manager for the Sonoma Resource



Photo by Alayne Blickle.

Composting systems turn manure piles into “black gold.”

Conservation District (RCD), spoke about the work of our local agency. Established in every county in the United States since the 1940s, this non-regulatory resource exists solely for the purpose of supporting land owners, providing consulting expertise, tools and some financial resources for projects that benefit the environment.

The Future of Manure Disposal

Michael Murphy, realtor and equine

environmental management consultant, updated participants on the status of a planned county-wide composting facility that would accept horse manure from both individual homes with back-yard horses and commercial equestrian facilities. Details to be worked out include finalizing a contract with the county and dealing with chlopyralid, an herbicide often sprayed on the alfalfa horses eat but that does not decompose in the composting process. The projected date for an operational composting facility is about three years.

After lunch, the group toured Sienna Mountain Ranch, which has utilized community volunteer groups to install swales and rain gardens for water seepage and runoff while attracting beneficial insects. Rain gutters installed on shelters and barn roofs allowed rainwater capture, stored for use during summer. But like those of many facilities, the unmanaged manure pile provided good brainstorming exercises for our group. We discussed the advantages of covered, aerated static piles (ASPs) as opposed to those needing labor and equipment to turn. ASPs produce less methane and can be built simply and inexpensively. The key is designing one appropriate to your site and resources.

On Sunday, we visited facilities enrolled for on-site consultations with Alayne. Each one provided unique and challenging circumstances, requiring us to put into practice what we had learned the day before.

Resources from the workshop include:

Daily Acts—www.dailyacts.org

Horses for Clean Water—www.horsesforcleanwater.com

Sonoma Resources Conservation District—www.sonomarc.org

Daily Acts’ next annual Sustainable Equine Management Workshop will be held in **March, 2020.** 🐾

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Ali enjoys a good laugh.

What do you call a poorly behaved horse?

A neigher-do well

Rebecca Cushman, Petaluma

One horse says to another: "What's your name? My name is Whoa Dammit!"

Janice Koch, Winters

Teacher asks students to use the words defense, defeat and detail in a sentence. Jenny, a horse crazy little girl, raises her hand and answers, "when my horse sees the fence first, the feet goes over it and last the tail."

Joanna Constance, Alameda

Equestrian Terminology Explained

Collection (noun): 1. What you have when you have three or more horses

2. The act of acquiring more horses

Impulsion (adj): The act of acquiring another horse without planning or forethought

Moment of Suspension (noun): The state or feeling of excitement when you see a horse for sale advertisement and you scroll down to see if you can afford it.

Natacha Waddell, Sao Paolo, Brazil

SUMMER HOOF CARE

News from The Farrier Center, Cotati

by Mary Taft-McPhee and Sam Durham

As we leave behind wet wintry weather and embrace the sun and heat of summer, you may notice a number of changes in your horse's hooves. All relate to the differing levels of moisture in the hoof and its surrounding environment, and to the different needs and expectations we have for our horses during this season. Many questions come along with these changes.

In general, a horse's hoof grows about a quarter inch per month, with significant variations based on age, use, nutrition and season. All else being equal, horses will grow hoof wall at a faster rate in the summer compared to the winter. When you also consider that the ground is harder, and most people are riding more, you can imagine that the amount of concussion the hoof will see over a given period is greatly increased. Combined with faster growth, this increased force means that any distortions to that hoof wall will appear and progress more quickly. Harder ground will also wear down barefoot hooves at a greater rate than soft mud. This makes it even more essential to keep a regular schedule with your farrier and to discuss decreasing the length of time between shoeings.

The Sore Soles of Summer

Another common issue is that hooves and their environment often change moisture levels at different rates. A pasture that dries out over the course of a few days will suck moisture out of hooves that are still saturated with water from standing in wet ground all winter. This can cause cracking of the wall and can leave soles more sensitive to bruising and soreness as they have yet to build thickness to protect against the harder surfaces they encounter. Horses that have sore soles may need pads to help with this transition. Given the increased wear discussed above, those that have been



Photo: Coran Horat

Periople is the thin outer layer over the hoof.

barefoot over the winter may need shoes to help protect their feet or support them in their summer work.

Finally, consider the cosmetic demands of show season and how these may affect your horse's hoof health. Some consider the periople, which is the thin outer layer over the hoof wall, as something flaky and ragged looking to be removed. Its function, however, is to protect new growth and to regulate moisture. If it is possible to maintain it, you will reap the benefits down the road. While many people apply hoof dressings intending to provide a similar function to the periople, evidence shows that dressings may do more harm than good by locking in too much moisture. It may be unavoidable on show days, but its regular use during training could easily be reduced.

Mary Taft-McPhee is a Sacramento-based farrier who enjoys spending time with her retired polo ponies, Frenchie and Bayita.



GENERAL BIOSECURITY GUIDELINES FOR EQUINE PREMISES

by Ted S Stashak DVM, MS, DACVS

Key to protecting horses and people from the invasion of infectious disease at your facility is adopting well-designed biosecurity practices. Since infectious pathogens that cause disease easily can be spread by horses, humans, pets, vehicles, equipment, insects, ticks, birds, wildlife, rodents, feed, waste, air and water, these practices are particularly important where a concentrated transient horse population resides. Following these practices will minimize the risk of a life-threatening disease outbreak.

Guidelines for Arrivals

Follow these suggested points for horses coming on to your property.

- Require a certificate of veterinary inspection (CVI [aka Health Certificate]) dated within seven days of arrival.
- Require all horses be vaccinated as recommended by your veterinarian.
- Require from the horse owner/agent a statement of the disease status of the herd and premises of origin.
- Isolate horses arriving from a facility with minimal perceived risk to prevent contact with resident horses for seven to 14 days, and horses coming from a facility of unknown risk for 21 to 28 days. During the isolation period, equipment should not be shared between the new and resident horses. Ideally, separate, designated personal should feed and care for isolated horses.
- Isolate resident horses returning home from an event for seven days or take their temperatures twice daily for at least seven days to allow early detection of disease.
- Deny access to horses with overt signs of disease or a high risk of infection. Alternatively, house them in an isolation/quarantine facility. Consult your veterinarian regarding the best place and time frame to isolate the horses.

Guidelines after An Outbreak

When an infectious disease breaks out locally, additional restrictions should be applied for animal entry.

- Only allow horses to entry that have a CVI issued within seven days; a CVI issued 72 hours before arrival is optimal. If a CVI has not been obtained, the owner/agent should provide a written statement attesting that the horse has been healthy with no clinical signs of a contagious disease or body temperature more than 102°F for the preceding seven days.
- Consult your veterinarian regarding revaccination of resident horses.
- Keep all visitors out of paddocks and stalls if they don't need access. If they need to visit their horses, restrict them from touching other horses. One visitor can easily spread an infectious agent to many animals. Hand washing with soap and water or alcohol-



Photo: Patti Schaefer

Miki arrived at his new barn and is housed apart from the resident horses.

based hand sanitizers is encouraged before visitors are allowed access to visit their horses.

- Maintain a record of visitors to contact if there is an outbreak and spread of disease.

Disease Outbreak among Resident Horses

• Immediately isolate the suspected horses if a contagious disease (respiratory infection, diarrhea or fever of unknown origin) is recognized. Have your veterinarian examine the horses to determine etiology, biosecurity risk and containment plan. Treatment and follow-up procedures depend on the diagnosis. Clean and disinfect the sick horse's stall.

- Vaccinate all horses with core and risk-based vaccines.
- Check on all horses on the property twice daily for signs of infectious disease and take their temperatures.
- Familiarize all farm personnel with signs of infectious diseases and report any signs of disease promptly to the owner of the premises and the owner/agent.
- Separate pregnant mares from all other horses on the property, especially from horses that travel frequently to other equine venues.
- Restrict visitor access.
- Establish protocols for key personnel that required access to horses to minimize the risk posed to other horses on the property. Optimally, these people would not handle any other horses on the premises or have access to any other areas of the premises.

Preventing Spread by Humans

To minimize the risk of transmission by humans, consider the following.

- Require personnel to wear clean coveralls and shoe covers dedicated to a specific facility (or disposable barrier protection) within each separated group;
- Require hand washing with soap and water or a hand sanitizer prior to contacting individual resident horses and prior to departure from a group of animals or the facility.
- Require the use of foot baths by humans traveling in barns or between stalls and paddocks;
- Use dedicated equipment such as halters, lead ropes and blankets for each horse; and clean and disinfect shared equipment prior to use between horses.

Your veterinarian can help you adapt these ideas specific to your situation. Consult the California Department of Food and Agriculture (www.cdfa.gov/biosecuritytoolkit) for a complete discussion of how to: dispose of manure, handle soiled bedding and hay; manage/control water sources; and disinfect equipment, stalls, trucks and trailers.

TOLAY LAKE REGIONAL PARK

Sonoma Adds a New Jewel to the County's Places to Ride

by Robin Everett

It had been several years since I'd ridden in Tolay Lake Regional Park, but as soon as I drove in I was reminded how this place is comfortably like a working cattle ranch. I used to visit this park almost weekly. Since Tolay has been opened daily to general public use, and acquired new trails, I wanted to see what it is like now.

My friend Margaret Shepherd and I had been antsy to get out, but we wanted to wait until the trails were well dried out, so as to be good equestrian guests. We also wanted to start our horses (half-brothers) slowly this season, as her Mini is still somewhat green, and my Casey spent the winter recovering from a ligament injury. Tolay seemed like just the ticket.

We arrived on a perfect spring day, and I was reminded why I enjoy this park so much. The parking area has been re-organized a bit. Equestrian parking now has its own designated spot; just look for the new location of the manure bunker. The great facilities are still there—paved parking, nice porta-potties, and a faucet with a hose. Boards at the trail heads list the trails and whether they are open or not.

On this day all trails were open. We decided to save the Causeway and the Three Bridges Trails for a later visit and go up to the West Ridge Trail. I say "up" and up it is, but climb is gradual. Most of the trails are well-maintained ranch roads and perfect for two horses to move easily side by side. It is easy to imagine being on an actual cattle ranch, and going out to move cows. We saw quite a few, all respectful and mellow. The West Ridge Trail goes south for a little over three miles. There were a number of gates, but plenty



Half brother Arabians Mini with Margaret Shepherd on board and Casey enjoy spring grass at Tolay Park.

Photo by Robin Everett



Photo: Charlie Gesell

One of many vistas at Tolay Regional Park

of space for some nice trots or even canters between them. The gates do require dismounting. If I were to ask the park rangers for anything, it would be for a rock or stump on each side of each gate to be used as a mounting block. Neither Margaret nor I are as limber as we used to be.

The views from West Ridge Trail are sweeping. We could see all across the Petaluma Valley and south to the San Pablo Bay. There were also many birds and flowers. The horses enjoyed snacks on the great grass—much better than their well-grazed pastures at home.

We moseyed along, never getting out of a nice walk. We did not get to the end of the West Ridge Trail, but turned around at a gate about a half mile past the South Creek Trail. We backtracked to the Burrowing Owl Trail, which is a single track and a bit steep. Ready to turn around if it appeared too muddy, we found the trail to be fine, and we came down to the Historic Lakeville Road Trail. We turned south and went as far as the historic rock gate. That trail included some slightly muddy areas that had been creeks during the winter. The horses sniffed suspiciously, but crossed with no real concern. We wanted to limit our outing to two hours, so we turned around at the rock gate and followed the Historic Lakeville Road Trail back to the parking lot.

We immediately made plans to return and explore the other trails to see the San Francisco skyline, the bridges and the Bay Area mountain peaks. This is a fun, low-key park. The Regional Park District uses it quite a bit for school field trips and docent-led tours for bird watching or flowers. I strongly recommend a visit. 🐾

At 3,400 acres, Tolay Lake Regional Park, 5869 Cannon Lane, Petaluma, is the largest Sonoma County regional park. It is named for the 200-acre seasonal lake that forms in the valley between the park's hillsides. Eight miles southeast of downtown Petaluma, the park offers trails for hiking, mountain biking and horseback riding, and is the site of the annual Tolay Fall Festival each October. Daily hours are 7 a.m. to sunset. Parking is \$7 or free for members.



HELP YOUR HORSE HANDLE THE STRESS OF SHOWING

by Melissa Kalember

Horse shows are fun, exciting and challenging tests of our skills and knowledge. Yet, if given the chance, those same positives can be reversed. The show can become stressful and complicated with long-lasting negative effects. But fear not. There are well-proven strategies to managing the stress for you and your horse at a show.

First, know the energy of the venue. Some are very intense and kinetic. Since horses are energetically sensitive, the potency of the energy needs to be part of your formula for ensuring a successful show. I was at a show venue that was next to a shooting range and train tracks. The layout was wide open and the wind was blasting. Take a moment to feel what that kind of energy does to you and possibly to your horse. This can make your horse spooky, restless and super distracted. And then imagine the impact this atmosphere will have on your ride.

If you and your horse are having a hard time at the show, dial yourself down and take your time. I see people over and over get mad at their horses because they're "being bad," "won't listen," "won't go near a fence." Take time to show your horse the grounds. It's in his nature as a fight or flight animal to constantly survey the surroundings. Let him. For example, I had a horse who was super afraid of a huge tower of bagged shavings. The sun glistened off the white plastic and the clear plastic surrounding the whole tower flapped in the wind. I kept my energy quiet, non-reactive and grounded. My horse and I would walk towards the tower until he stopped to map the tower. I would stand and simply wait till I could feel his energy soften or he walked towards the tower on his own. We did this same pattern until we were next to the tower and he was smelling it on his own. After that, he never spooked at it again.

Take more time in the beginning so you can succeed later.

Second, remember that the world is full of distractions, especially a horse show. Tractors, water trucks, trainers coaching, horses everywhere and riders and spectators walking and running every which way. It takes time and practice to learn how to stay focused and grounded amidst the goings-on of a show. Usually riders have to attend many shows before they truly are able to focus. I know a few stables that have new riders attend shows with them, but not show. They come along to just help and familiarize themselves with the atmosphere and flow of a show.

Once a rider and a horse become familiar with shows, only then do they have the ability to focus on their ride. Otherwise, they are completely overwhelmed and literally can't focus well enough to be effective.

Communication and compassion also are tools to surviving horse shows. Communicate to your trainer and friends how you


are feeling and what you need. Have compassion for yourself, your horse and for your fellow attendees.

As hard as showing is, there is no right way to survive a show or manage stress. You have to find your own, personal way.

You have to know your horse and help him succeed. Every rider and horse react differently to stress and nerves, and for that reason, the management of stress is individual. Keep seeking to understand what's best for you and your horse.

Some riders become quiet and shut down; some get more kinetic and rowdier. Notice which one you are and create something to do or focus on when this happens. Horses have their own way as well. Some pace the stall. Some hide in the corner and don't eat. Notice what your horse does and help him. Take him for walks around the show with another horse. Let him stand and watch the horses warming up or showing. Study what works and what doesn't and why. Do this and you will reach the point where the stress is less and the enjoyment so much more for you and for your horse. 🐾

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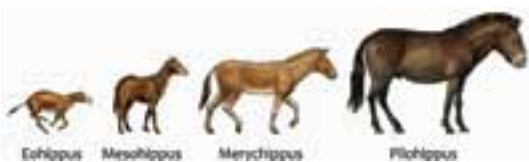


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This article is the first in a series of articles on the evolution of horses in Sonoma County, tracking them from prehistoric times to the modern era.

The first horse to appear in Sonoma County was *Mesohippus*, arriving 22 million years ago. This was fairly late in the evolutionary scheme as the first horse in the world, *Eohippus*, evolved in America 55 million years ago.

Mesohippus fossils have been found on the Lawler Ranch near Petaluma, at the Stony Point Quarry, and in Valley Ford. *Mesohippus* was larger than *Eohippus*, had three toes on each foot and longer legs allowing it to run faster. Its back was



straighter and its nose and neck longer. Sonoma County's horses continued to evolve and produced *Merychippus* 17 million years ago. It had shorter hind legs, a taller body, longer neck, stood on one toe of each foot and used its shorter, lateral toes for support

while running.

Throughout their history, horses have diverged into many species, several of which coexisted during the same time period. *Merychippus* is believed to be the ancestor of many equine species including *Pliohippus*, which lived 10 million years ago. It originally had three toes on each foot but later only the remains of a second toe. Its legs were long and slender, and its neck was long and straight.

The age of *Equus* began about two million years. The first *Equus* had a Zebra-like body with a head similar to a donkey's, a short, stiff tail, and a straight, upright mane. Its legs were strong, allowing it to run fast. One of its descendants is the modern horse which has a barrel-shaped body, long neck and a large and long

SONOMA COUNTY HORSES BACK IN THE DAY

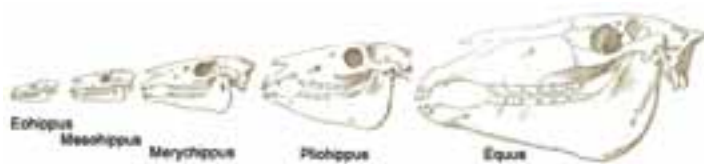
The History of Horses in Sonoma County: Prehistoric Eras

by Wanda Smith

head. Its tail is short but covered with long, coarse hairs; its mane is less coarse and long.



Horse's teeth also evolved over the millennia. The first horses lived and browsed in humid forested environments and ate leaves and fruits with low-crowned teeth. Horses gradually started eating more leaves and less fruit. About 25 million years ago, the climate across America became dryer and colder replacing rain forests with grasslands. The surface of horse's molars became more complex and better adapted for chewing grasses which contained silica particles. Chewing on silica wore down their pointed teeth resulting in a flatter surface. However, the height of teeth increased in response to a harsher, colder, climate and the continued consumption of forage grasses. The fossils found in Sonoma County were *Mesohippus* teeth.



Another evolutionary change was the size and shape of horses' skulls. Over time, they became larger, longer, slimmer and positioned lower. *Eohippus* had a skull that resembled a dog. The skulls of the first horses in Sonoma County were shorter, more compact and resembled those of a pig. Their lower jaws became stronger over time and their eyes moved to a more posterior position.

Around 10,000 years ago horses became extinct across America. Domesticated horses eventually returned to America in the early 1400's with European explorers. About three hundred years later, domesticated horses arrived in Sonoma County with Mexican vaqueros, an era to be explored in the fall issue of the *Horse Journal*.

(Images by permission of Wilfried Nauta.)



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News & Newsworthy



Aerial view of Opus Sporthorses

PUTTING ON A NEW FACE

Jumper rider Ashley Bewick is dividing her time between commuting to the City for her tech job and fixing up the recent purchase she and husband Morten Brogger made in Cotati to create Opus Sporthorses. Ashley and Morten recently migrated from Florida to the 1200 Railroad Avenue property, though she is a native of Canada and he is from Denmark.

On board at the facility as trainers are jumper trainer Kevin Winkel and hunter/jumper instructor Laurel Pryor who are loving the new 300'x 150' grand prix arena. International jumper rider Ray Texel of Sebastopol comes by to work with Ashley. www.opussporthorses.com

MICROCHIP YOUR HORSE

One of the most effective means of aiding the return of your dog, cat, horse, llama, goat or any lost, stolen or missing pet during a disaster is by microchipping them.

Four reasons to microchip your animal are:

1. Collars, tags, halters, and other forms of ID are not permanent and can easily be altered, broken, or damaged when your animal is lost.
2. Microchips help prevent theft and aid in recovery during a disaster. If your animal is lost or stolen, a registered chip is definitive proof of ownership.
3. A chip greatly increases the likelihood that your pet will be returned to you quickly. Veterinarians and Animal Services carry universal microchip readers, and your animal can be rapidly identified.
4. Microchips are easy for your veterinarian to implant, cannot be altered and last a lifetime.

Recent studies show that cats are 20 times more likely and dogs 2.5 times more likely to be returned to their owners if they are microchipped. The state of Louisiana requires horses to be microchipped when they are being tested for equine infectious anemia. This process proved to be a huge advantage to horses finding their owners during the hurricane Katrina.

Look for to an up-coming free microchipping clinic sponsored by Jameson Animal Rescue Ranch and the Sonoma County Horse Council, and hosted by Sonoma County Animal Services and Sonoma Community Animal Response Team (Sonoma CART). Visit www.sonomacart.org to sign up for emails on the upcoming clinic.

FIRE AND FLOOD CAN'T KEEP A GOOD TACK STORE DOWN

Within 10 months, Sebastopol's Saddles to Boots tack store was smacked by both fire and flood. In May, 2018, the store next door burned down. At the end of last February, an atmospheric river storm system slammed four feet of water into the store and led to some wild experiences.

Owner Michele Helberg had a call the day before from the feed store down the road suggesting she might take her stuff off the floor which she did. She came back the next day at 5:30 a.m. when it wasn't even raining, and within 45 minutes the water was up to the door. Sandbags were laid down, but the water kept coming until it reached nearly four feet.

The 10-foot rearing black and white plastic horse that had stood outside as the store's signature fell over and was floating down the road. Michelle called out to her son, "Grab the rope out of my car and rope it." The horse continued on its journey and ended up in the neighbor's yard.

"Everything was floating like a sinking ship, but we got everything out. We floated the saddles out in plastic bins. The water was coming so fast. I put Hazel (the store cat) on the counter and went out. It was supposed to be only a foot deep. My son went to get Hazel and she wasn't there. My heart sank," she said, even now sounding like she would cry." She had moved to another counter."

Today, Saddles to Boots, 6144 Sebastopol Avenue, has reopened in the concrete and steel store next to the old building because it was easy to clean up. "I'm lucky. We've made so many friends. We're part of the community. As much stress as it was, we're very fortunate." www.saddlestoboos.com



Saddles to Boots tack store braces for four feet of flood waters.



LOCAL EQUESTRIAN EVENTS – Summer 2019

June 12-16	HMI June Classic A	Petaluma	sonomahorsepark.com
June 22-23	Russian River Rodeo	Duncans Mills	russianriverrodeo.org
June 23	SREC Combined Test and Dressage Show	SREC, Santa Rosa	srequestrian.com
July 14	Cavaletti Clinic - Erika Jansson	SREC, Santa Rosa	ejdressage@me.com, 707-326-7612
July 21	SREC Combined Test and Dressage Show	SREC, Santa Rosa	srequestrian.com
July 21	Woodbridge Farm Mid-Summer Classic Show	Petaluma	woodbridgefarmdressage.com
July 22-23	USEF Junior Hunter National	Petaluma	sonomahorsepark.com
July 24-28	HMI Equestrian Clinic	Petaluma	sonomahorsepark.com
July 27-28	Sue Curry Dressage Clinic	Fairwind Farm, SR	Sue Curry-707-483-0860, suecurryfwf@gmail.com
July 31-Aug 4	Giant Steps Charity Classic AA	Petaluma	sonomahorsepark.com
Aug 4	SREC Combined Test and Dressage Show	SREC, Santa Rosa	srequestrian.com
Aug 16-17	Sabine Schut-Kery Clinic	Petaluma	Sienna Mountain Ranch
Aug 18	SREC Jumper Show	SREC, Santa Rosa	srequestrian.com
Aug 18	Wine Country Polo	Santa Rosa	winecountrypoloclub.com
Aug 18	Dressage in the Wine Country	SoCo Fairgrounds	winecountrydressage.org
Aug 24-25	Sue Curry Dressage Clinic	Fairwind Farm, SR	Sue Curry-707-483-0860, suecurryfwf@gmail.com
Aug 25	Cavaletti Clinic - Erika Jansson	SREC, Santa Rosa	ejdressage@me.com, 707-326-7612
Sept 4-8	Split Rock Jumping Tour Sonoma	Petaluma	sonomahorsepark.com
Sept 15	SCREC Combined Test and Dressage Show	SREC, Santa Rosa	srequestrian.com
Sept 11-15	Strides & Tides A	Petaluma	sonomahorsepark.com
Sept 14-15	Sue Curry Dressage Clinic	Fairwind Farm, SR	Sue Curry-707-483-0860, suecurryfwf@gmail.com
Sept 15	SREC Combined Test and Dressage Show	SREC, Santa Rosa	srequestrian.com
Oct 27	Trailer Safety & Maneuvering Course	SoCo Fairgrounds	sonomacountyhorsecouncil.org

Please submit events for the next issue to Horse Journal Editor, Patti Schofler – schc.pschofler@gmail.com

PLACES TO RIDE

Annadel State Park	6201 Channel Drive	Santa Rosa CA 95409	707-539-3911
Armstrong Redwoods State Natural Reserve	17000 Armstrong Wds Rd	Guerneville CA 95446	707-869-2015
Bodega Bay Equestrian Trailhead	Westshore Dr at Bayflat Rd	Bodega Bay CA 94923	707-843-1716
Cloverdale River Park	31820 McCray Rd	Cloverdale CA 95425	707-433-1625
Crane Creek Regional Park	5000 Pressley Rd	Rohnert Park CA 94928	707-565-2041
Doran Beach Regional Park	201 Doran Beach Rd	Bodega Bay CA 94923	707-875-3540
Foothill Regional Park	1351 Arata Lane	Windsor CA 95492	707-433-1625
Helen Putnam Regional Park	411 Chileno Valley Rd	Petaluma CA 94952	707-433-1625
Hood Mountain Regional Park	3000 Los Alamos Rd	Santa Rosa CA 95409	707-565-2041
Laguna de Santa Rosa Trail	6303 Highway 12	Santa Rosa CA 95401	707-433-1625
Lake Sonoma	3333 Skaggs Springs Rd	Geyserville (west of Hburg)	707-431-4590
Ragle Ranch Regional Park	500 Ragle Rd	Sebastopol CA 95472	707-565-2041
Riverfront Regional Park	7821 Eastside Rd	Healdsburg CA 95448	707-433-1625
Salt Point State Park	25050 Highway 1	Jenner CA 95450	707-847-3221
Spring Lake Regional Park	391 Violetti Drive	Santa Rosa CA 95409	707-539-8092
Stewart's Horse Camp	Pt. Reyes Nat'l Seashore	Bolinas CA 94924	415-663-1362
Sugarloaf Ridge State Park	2605 Adobe Canyon Rd	Kenwood CA 95452	707-833-5712
Taylor Mt. Regional Park & Open Space Preserve	3820 Petaluma Hill Rd	Santa Rosa CA 95404	707-539-8092
Tolay Lake Regional Park	5869 Cannon Lane	Petaluma CA 94954	707-539-8092



AD SPECS AND RATES

The Sonoma County Horse Journal is a quarterly publication designed to reach Sonoma County's estimated 30,000 equestrians through direct mail to SCHC Members, individuals, organizations, 35 local horse clubs and distribution at local feed stores and equestrian businesses. A very affordable way to spotlight your business to the Northern California horse community!

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Published mid-month in March, June, September & December.

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Name _____ Phone _____ Date _____
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I am interested in volunteering.

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