

Sonoma County

Horse Journal

Volume 8 • Issue 1

Winter 2012



Published by the Sonoma County Horse Council | Equus Awards Edition

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Published by the Sonoma County Horse Council – Home of the Equus Awards**Inside this Issue**

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**Cover Photo: Marcie Lewis**

Black Ruby, a nineteen year-old retired racing mule mare, is this year's Equine Hall of Fame inductee. Credited as the "winning-est racing mule of all time," she now spends her time mentoring yearlings and two year-olds at her home in Healdsburg. Read more about Black Ruby and the other Equus winners in this issue of the Horse Journal.

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A Message from the President

Howdy!

Welcome to the 2012 Equus Awards edition of the Sonoma County Horse Journal!

2011 has been a year in which the Sonoma County Horse Council (SCHC) reorganized and refocused its commitment to promote the health and well being of horses and the \$300 million per year horse industry in Sonoma County; our goal is to inform and advocate for all aspects of our horse community. Here are a few of the highlights:

- We established the Horse Cabinet where all horse clubs in the county can join and where every single constituency of the horse community will have a forum to discuss issues of common concern. The Horse Cabinet has formed committees to assist Animal Control with emergency evacuations and to work with the Sonoma County Fairgrounds leadership to return it as a premier horse event venue. On January 11th, the Horse Cabinet is hosting a forum to discuss what we can do prevent state park closures in the county.
- We have instituted a newsletter and a Facebook page to keep people informed of events on a timely basis.
- We have revitalized our website and expanded it to include space for our local horse club members.
- In response to the EHV-1 outbreaks this year, SCHC board member and world renowned equine veterinarian, Dr Ted Stashak helped us reach out to the horse community to educate them and to keep them informed of current developments.



Our equine community faces many challenges, and the only way to effectively meet them is to organize and unify ourselves. If we can just do that, we will speak with one voice and we will be heard. So get involved with your local horse club, and get involved with the SCHC. Encourage your club to join SCHC and take advantage of the low \$10 annual associate membership rate. Volunteer for committees at your horse club and at SCHC.

Read on, and join us in honoring some great folks who have contributed to our community. Don't forget to join us for some fun in recognizing these outstanding equine leaders at the 8th annual Sonoma County Horse Council Equus Awards Dinner on March 24th, 2012. See you there!

Happy Trails,
Ron Malone, President
The Sonoma County Horse Council



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2012 Equus Hall of Fame Winner



2012 Equine Hall of Fame Inductee—Black Ruby



Photo: Marcie Lewis

Black Ruby has been inducted into the Equus Hall of Fame for her lifetime achievement and advancement of mule racing locally, nationally, and internationally.

According to the NY Times, "To say that Black Ruby is the Secretariat of mules is a bit unfair. Secretariat never won 57 races, nor was he named Champion of his breed five straight times. He did not hold the world record in three distances. Black Ruby has done that and more. She is one fast mule." The NY Times featured

Black Ruby mid-career; she had much, much more to accomplish.

Black Ruby is a nineteen year old mule mare owned by Mary and Sonny McPherson of Healdsburg, Ca. Her dam was an Appendix mare named Satinette, and her sire a Jack named Two Bals. She raced successfully from age four to age sixteen, when the American Mule Racing Association (AMRA) mandates retirement. Mule races include males and females racing against each other. Given the mixed field, Black Ruby's successes seem even more impressive. She has been called "the winning-est racing mule of all time," by publications all over the world, from the *Press Democrat* to the *London Times*.

Black Ruby has enjoyed an extraordinary career. She has 119 starts, with seventy wins, twenty-two second places, and fifteen thirds. The AMRA named her the World Champion Sprint Mule seven straight years in a row (1997-2003), Long Distance Champion in 2003, and Speed Index Champion in 1996. Major race wins include the Fresno Gold Cup, the Cream City Mule Stakes, the Solano County Mule Stakes, and the Winnemucca Mule Classic, among many others. Black Ruby was the winner of three high-purse Invitational Match Races (Del Mar, Pomona, and Los Alamitos), and is one of only two non-Thoroughbreds to ever race at Del Mar.

Perhaps most importantly, Black Ruby put mule racing on the map. Her success has earned her not only national, but international attention.



Mary and Sonny MacPherson with Ruby



The Press Democrat, 2000

Lover's Soul. Finally, she is likely the only mule to have a song written exclusively about her: "Black Ruby Fever" (Gary Hyde Music BMI).

Black Ruby was inducted into the National Mule Racing Hall of Fame in 2009.

Locally, during the 75th Anniversary Celebration of the Sonoma County Fair, fair officials designated August 7, 2011 "Black Ruby Day." Black Ruby made an appearance, dancing around the track and posing in the winner's circle for some well-deserved attention.

According to Sonny and Mary, it is a privilege to own such a serious athlete. Although Black Ruby did not come from racing stock, she loved her job, and always did her best. While Black Ruby is officially designated as "retired," the description is hardly accurate. She is currently employed at her home in Healdsburg guarding the pasture and babysitting the yearlings and two year olds.



Photo: Marcie Lewis

Ruby enjoys her retirement



2012 Equus Award Winners



Christopher K Brown *(a special thank you to Wanda Smith)*



Chris Brown has received an Equus Award for his dedication to teaching and advancing the discipline of Cutting in Sonoma County.

Chris Brown was born in Australia. He began to ride at age three on his family's horse Tish. As an adult he spent eight years in the outback learning ranch operations.

In 1972, Chris came to the US to learn about training and breeding Quarter Horses. He worked with Leon Harrel, a national champion rider and one of the Cutting horse industry's top trainers. Leon taught Chris how to ride Cutting horses and Chris immediately got "bit by the Cutting bug." Thirty years ago he moved to his ranch on Sonoma Mountain, started training and showing Cutting horses, winning numerous championships. Chris found his true calling teaching others, focusing on amateur and non-professional riders and their horses. Over the years, many of his students have become regional and national champions.



Chris and Hesa Tari Kat

Chris's efforts have been instrumental in improving the Sonoma County horse industry. He co-founded the Vintage Cutting Horse Association (VCHA) over thirty years ago, and served as President eleven times. He has helped operate VCHA shows since the club was formed. Chris is an approved National Cutting Horse Association judge and provides his expertise at local clinics, shows, and high school rodeos.

Chris is a role model and inspiration for many people. His positive progress in his fight against cancer has been a miracle demonstrating his will to live and dedication to riding and training horses and riders. Chris is well-respected and loved across the country for his skill and generosity, his dry Australian sense of humor, and his willingness to help anyone, anytime.

Chris currently lives in Petaluma with his wife, Cecelia, and son, Sam. They share the ranch with four dogs, a large assortment of parakeets, finches, and canaries, and twenty horses.

Edna Frances Draper



Photo: Bonnie Lee Newcomb

Edna Draper has been awarded the first posthumous Equus Award for her introduction and promotion of the Arabian breed in Sonoma County and across the United States.

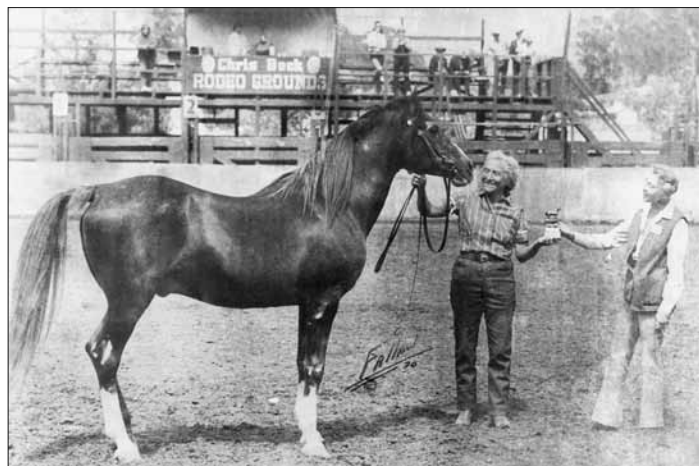
Edna had the typical young girl's love for horses. Due to an early injury to her back, Edna never actually rode, but she was an expert handler. She competed in halter classes, and knew champions when she saw them. Edna's horses were so well trained that her stallions could

be led by just their manes wrapped around their necks.

Edna lived in Northern California for sixty-five years, and in Sonoma County for thirty-three years. Edna and her husband Jim imported the first purebred Arabian horses from Spain in 1932, which were the foundation for the famous Jedel Arabian Horse Ranch. The first horses arrived in California by boat. Because Edna and Jim did not have a horse trailer, they led the horses by hand outside their station wagon to the ranch. Over the years, Edna developed a pure and high performing line of true desert-breed Arabian horse. At one time, she had the largest Arabian horse ranch in California. Edna's Arabians produced many champions including the first National Champion Stallion, Mujahid, and the first National Champion Mare, Surita. Edna won eleven Legion of Merits. To this day, winning Arabians in both the US and Canada trace their lines to Draper breeding. Edna's horses have been used in films such as "Beau Guest," and "Suez." Wayne Newton's purchased his first Arabian, SuraJoy, from Edna.

In 1982, a large gathering of Arabian breeders honored Edna's contribution to the Arabian line, and President Reagan sent a telegram to the celebration congratulating Edna on her success.

Edna Draper passed away in 1996, in Windsor, Ca at the age of eighty-nine. She is survived by her sons Ted, Jim, and EJ, and daughter, Edna Lee, who all live in northern California.



Edna (1965) with Caravan accepting an award from the Golden Gate Arabian Association



2012 Equus Award Winners



Hope Hobday Glynn and Edward McCabe (Ned) Glynn

(a special thank you to Jacqueline Skvaril)



Hope and Ned Glynn have been selected for Equus Awards for their contributions to the Hunter Jumper discipline in Sonoma County.

Hope started riding as a junior in Sacramento, coached by her mother, Pricilla Hobday, and Patty Ball. She became professional after graduating from UC Davis. Ned grew up in Petaluma and rode under the coaching of Gry and Duncan McFarlane. As a junior, he was already a champion. He coached the UC Davis equestrian team, and then traveled back East and rode with grand prix rider, Candice King.

Hope and Ned have been married twelve years. Together they started Sonoma Valley Stables in 1997, where they train amateurs and horses in the disciplines of Hunters, Jumpers, and Equitation. Ned and Hope are highly accomplished competitors whose many high level achievements cannot be listed in such a brief biography. Ned was Chef D'Equipe of the 1.4 meter team of Norcal riders at the Spruce Meadow Skyliner in July. Hope was Reserve Champion nationally in the Emerging Professional World Champion



Hope and Helen McEvoy's Rio Ultimo



Ned and Whisper

Hunter rankings. She was Champion at the Hampton Classic, Kentucky National, and Middleburg Classic Horse Shows this summer. As a team, Ned and Hope are accomplished trainers of the next generation of riders. Ned has trained the only northern California rider to qualify for the FEI Young Rider Championship in Kentucky, and two of his students were silver medalists on the 1.30 Prix de Nations team at Spruce Meadows in 2011. Hope has trained over fifty year-end champions for pony, children's, and junior Hunters in the last five years. One of their highest achievements is the frank professionalism and sportsmanship they role model for their students. Their influence raises the bar for Hunter Jumpers everywhere.

Hope and Ned live with their daughter Avery in Petaluma. They share their home with their dog, Spanky, and feral cat, Lulu. Wally, the wonder pony, shows with Avery in walk trot classes.

Sandra Jean Kriegsman



Sandy Kriegsman has won an Equus Award for display of leadership in promoting the health and well being of horses in Sonoma County.

Sandy's first memory of horses was as a five year old leading a pony following a photographer door to door. She wore a cowboy hat and chaps and posed for photos. She finally got her own horse when she was nine years old.

In 1976 Sandy moved to Sonoma County. In 1994, she founded Sanbar Dressage in Petaluma, a facility for Dressage riders to practice their discipline, and where horses enjoy a safe and comfortable environment doing what they do best.

Sandy has contributed in many ways to the well being of the horse community. In 2006 she founded BRONC, the Barn and Ranch Owners Association of Northern California. This organization provides a forum for barn and ranch owners in Sonoma County to share resources, information, and provide education to the public regarding important equine issues. In 2007, Sandy developed and produced the *HORSE RESOURCE: An Essential Guide to Horse Care, Marin, Napa, and Sonoma Counties*. The *HORSE RESOURCE* provides valuable information aiding horse owners in making informed choices about boarding, training, equipment, and services for all breeds and disciplines.

In August, a horse at Sandy's facility developed a fever and neurologic signs. Though none of Sandy's horses had left the facility, she had the prudence and courage to isolate the horse, and call the California Department of Farm and Agriculture (CDFA). She locked down, even before the horse was diagnosed with EHV-1. Thanks to Sandy's courage and responsibility, three horses total were infected, and the outbreak contained. For her prudent, selfless action, and strict implementation of biosecurity measures, the CDFA issued a commendation to Sandy and Sanbar.

Sandy lives with her husband Jim, two Warmbloods, Necho and Lancelot, two Border Collies, Teagan and Mallory, and five barn cats, Munchie, Mickey, Irwin, Phoebe, and Tabby.



Sandy with Stoney Point, aka Joey



2012 Equus Award Winners



Sarah Ellen Reid



Sarah Reid has won an Equus Award for her dedication to equestrian access on trails and in open spaces.

Sarah always wanted a horse, but didn't realize her dream until age twenty-two. She discovered trails with her horse, Verdi, at age twenty-eight. Since then she has dedicated herself to trail preservation and equestrian access, now riding her horse, Oreo.

Sarah's family moved to Santa Rosa in 1967. She has been camping since a very young age. Her father backpacked her in to the Grand Canyon when she was not yet two years old, at which time she thinks she began her first thoughtful observation of trail design. A lifelong Girl Scout, Sarah was always outdoors, focusing on service and resource management.

In 2003, after an accident in Annadel State Park, Sarah and Oreo encountered the Ca State Parks Mounted Assistance Unit. She joined and served as president for over two years. She remains on the board, and also serves on the Regional Parks Mounted Unit board, with whom she also patrols. Sarah was awarded Outstanding Volunteer by Sonoma County in 2009 for her dedication to Regional Parks. She has accumulated over 2,000 hours of combined patrol service. She has participated in every state park fundraising event in the last three years.

Sarah participated in the equestrian access plans for Tolay Lake, Taylor Mountain, and Hood Mountain Regional Parks, and Willow Creek State Park. Sarah facilitates collaboration among all user groups—cyclists, hikers, and equestrians—making public presentations on joint stewardship. She represents equestrians in the Sonoma County Trails Council, and participates on trail crews. Sarah is the Trails and Open Spaces editor for the Sonoma County Horse Journal.

Sarah works four days a week so she can volunteer and ride the trails three days a week. She lives in Santa Rosa with her trail-loving husband, Ken, and their two dogs.



Sarah and Oreo on state park patrol



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5:45pm Registration & Silent Auction

7:00pm Dinner & Awards

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Photo: MJ Wickham

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*Your Horse Council at Work***The Horse Cabinet Update**

The Sonoma County Horse Council has scheduled the next Horse Cabinet meetings for 2012. The meetings will be held every other month on the second Wednesday of the month beginning on January 11, 2012. Subsequent meetings will be on March 14, May 16, July 18, September 12, and November 14. The meetings will be held at the Sonoma County Riding Driving Clubhouse located at the rear of the fairgrounds. While ideally the Horse Cabinet is comprised of representative members of each club or organization belonging to the Sonoma County Horse Council, anyone who wishes to come is invited to join us to give input and hear what is said about the issues that affect our equestrian community.

At the next Horse Cabinet meeting, we will have Elisa Stancil, vice president of Valley of the Moon Natural History Association, and Caryl Hart, Director of Sonoma County Regional Parks, speak and answer questions regarding the efforts that various local organizations are making to keep our local state parks open. Jack London, Annadel, and Sugarloaf Ridge State Park, face closure as a result of the state's budget cuts. As of December 1, Sugarloaf Ridge already locked its gates. Ms Stancil and Director Hart will speak about the new law (AB 42) that allows for non-profit organizations to step in and manage parks that would otherwise be scheduled to close. This is an important issue to everyone who uses these parks and enjoys their beauty.

Contributed by Tony Benedetti,
Board of Directors, Sonoma County Horse Council

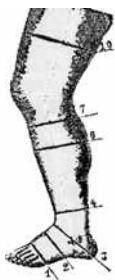


Tony and Exchange on the Bandit Springs 100-mile ride

We will also have a very short general meeting prior to our speakers to allow for the members of Sonoma County Horse Council to vote for a new Board of Directors. I guarantee that this will be short because we all want to hear what the speakers have to say.

The last meeting of the Horse Cabinet addressed some of the work that has been done based on the prior meetings. We discussed the efforts of the Sonoma County Horse Council to open a dialogue that will lead to a more beneficial relationship between the Sonoma County Fairgrounds and the equestrian community. Bob Adams, a board member for Sonoma County Horse Council, is heading up those efforts. Additionally, we reported on our efforts to develop a relationship with the Sonoma County Animal Care and Control Agency for emergency evacuation. We have developed the concept, but we are looking for the right volunteer to direct this program.

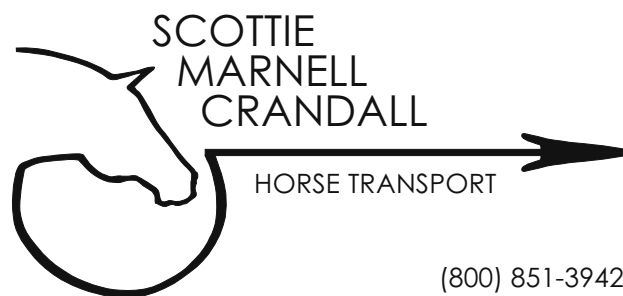
The Sonoma County Horse Council's mission is to serve the needs of the equestrian community by providing an organization where horse owners can work together to meet common goals. Please join us at the next Horse Cabinet meeting at 7:00 on January 11th to hear our speakers Elisa Stancil and Caryl Hart.

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Sonoma County Events

Tough Enough? Local Barrel Race for Breast Cancer Written by Linda Dougherty

Are you "Tough Enough To Wear PINK"? Well, riders from all over northern California demonstrated that they were, as they descended upon Sebastopol Wranglers Arena wearing various shades of pink, on Sunday October, 23, 2011 for the Tough Enough To Wear Pink (TETWP) Barrel Race & Pole Bending Benefit. The proceeds were donated to the North Bay Cancer Alliance to provide free mammograms to those in need.



Tatum Wetmore does her part

Over thirty riders, of all abilities, from age three (PeeWees) to age fifty-something (Senior Division) showed up to have fun and strut their stuff. Fast horses, three barrels, and six poles, combined with flashes of pink thrilled the spectators who were out in force to support their friends and family. Fairytale in nature, pink was everywhere...in honor of those who have passed, those currently fighting or have fought breast cancer, and to those in the future who will one day need (and hopefully have) a cure.

2011 marks the seventh anniversary of the Wrangler Tough Enough To Wear Pink grassroots cowboy campaign to raise money for the fight to defeat breast cancer. Wrangler hopes to reach the \$11 million dollar mark by December of this year. The final tally of money raised will be announced during Tough Enough To Wear Pink Night at the Wrangler National Final Rodeo (NFR) Monday, December 5, 2011. Since 2004, hundreds of volunteers and regional rodeo organizations across the US and Canada, like the Sebastopol Wranglers, have helped Wrangler TETWP achieve its mission to increase awareness and assist families battling the disease. All money raised benefits local breast cancer charities and the Breast Cancer Research Foundation, which funds groundbreaking breast cancer research projects internationally.

Spectators and riders alike were treated to BBQ tri-tip with Caesar



Monica Pelosi, Benefit Champion 1D buckle winner

salad along with other goodies from our snack shack crew. Local mobile vendors, Lynn Fish of Cowgirl Chic, Janie and family of Bucks 'N Barks, and Amanda Sousa of Amanda's Concho Creations added flare to the scene with a variety of BLING & cowgirl essentials. Each vendor contributed a percentage of their proceeds back to the benefit. Other supporters were Fran Judd of Renaissance Healing & Learning Center and Wanda Smith of CEPEC. Kathleen Mott of North Bay Cancer Alliance was on hand, too, with a lot of great info to help educate everyone about breast cancer prevalence, prevention, and treatment.

Co-chair, Susan Franks was instrumental in getting Keller & Williams in the Wine Country on board along with Prospect Mortgage, both of whom provided sponsorships and BOOBIE prizes. Thanks also to Washoe Creek Golf Course and Larsen's Feed, who sponsored this event as well. Our "Pretty in Pink" contest was sponsored by Frizelle Enos of Sebastopol.

From sponsoring junior riders in Sonoma County to charitable contributions, Sebastopol Wrangler members and their event participants, have always been involved in the community. If you are a local rider, or lead a group, please consider supporting those that support the local horse community, and our charitable events. With that being said a final note in recognition to a few others who contributed to this event: Pauline Woods of KOA, Mark Stickney Photography, Becky Sani of Cowtown Creations, Michelle Pallisano of Showstopper Designs, and to Sharra Deintz of the Run2Win Barrel Racing League.

We had a great day, and we look forward to even bigger and better next year! Hope to see you there!

For more information about Sebastopol Wranglers and their events, visit www.sebastopolwranglers.com, or check them out on facebook at www.facebook.com/SebWrang. You can also email Linda Dougherty, the Horse Show Chair, and the recording secretary, at horseshows@sebastopolwranglers.com. For more information about the Tough Enough to Wear Pink campaign visit www.toughenoughtowearpink.com.

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Sonoma County Events

Dressage in the Wine Country 2011

Written by Joan Rasmussen | Photos by Marcie Lewis

Sonoma County's two foremost agricultural industries, horses and wine, came together on September 17 at Dressage in the Wine Country. This elegant event, held at the Sonoma County Fairgrounds, combined a showcase of local wines and beers with equestrian performances. While the focus was on Dressage, equestrian events and demonstrations included all disciplines. Funds raised went to support local nonprofit organizations.

A warm September day set the stage for an afternoon of wine and beer tasting, shopping for all things equestrian, and a classic car show. Then, as the sun set, the arena lights came on and the performances started, with a lively and entertaining dialog provided by KSRO's radio host Steve Garner. The Santa Rosa High School Choral Union started the evening with a moving rendition of the national anthem, with the Boy Scout Troops of the Redwood Empire Council bearing the flag.

True to the Dressage theme, the audience was treated to an educational session, "Through the Levels," in which the history and objectives of Dressage were presented. Today, competitive Dressage is judged on specific tests and follows standards set forth by the United States Equestrian Foundation (USEF). The higher level Dressage standards are internationally uniform, and are governed by the FEI (Federation Equestre Internationale). The Pyramid of Training consists of six-tiers of components related to the various levels. The components include Rhythm, Relaxation, Connection, Impulsion, Straightness, and Collection. Riders demonstrated required moves and abilities for both horses and riders at each level of competitive Dressage, with Sue Curry Shaffer providing the narrative. First Level was demonstrated by Emily Mueller on Heart and Sol and Second Level by Margaret Davis atop Westerly. Erika Jansson stepped in at the last minute to demonstrate Third and Fourth levels. The first two International Levels were demonstrated by Jessica Miller on Bogleys Mauricio, and Christine Rivlin and Lyra exhibited Grand Prix, the most advanced level (Olympic Level).

The following exhibition, entitled The Soul of Iberia, featured breeds that originated on the Iberian Peninsula (Spain and Portugal). Three Lusitanos and an Andalusian, traditionally braided and wearing decorative "mosqueros" on their bridles, carrying riders adorned in authentic native attire, performed a classical *Quadrille*. The decorated riders were Allison Mathy, Carolyn Carroll, Jeanette Derammalaere, and Lorna Good.

Riders from the European Pony School, a Santa Rosa academy for riders age six to thirteen, provided a Harry Potter-themed drill performance. This was a crowd favorite as the young riders, mounted



Demonstration: Dressage through the levels

on a wide variety of steeds, did an excellent job managing both their costumes and their horses. Each rider and mount were introduced—with the crowd delighting in the combination of a sinister Dementor riding a horse named Jelly Bean! (Horses and riders were warned ahead of time that in the interests of safety, no flying would be allowed.)

Riana Porter followed the youngsters on her Danish Warmblood, Romax Foldager, in a freestyle dance of horse and rider. Riana, age nineteen, is the assistant trainer at Fairwind Farm, and one of the top

riders in the nation. The American flag on Romax Foldager's rum was a special touch!

Passion followed in the form of The Rider, The Horse & The Dancer, with Flamenco dancer Pamela Martinez's moves on the ground mirrored by rider Erika Jansson on the Lusitano stallion Verso Do Retiro. Stunning costumes and dynamic dancing by both human and equine made for another crowd-pleasing performance.

East met West with I Shoulda Been a Cowboy—or Not! This *Pas de Deux* paired a Trakehner Grand Prix horse, Lemon (age twenty-five), with Perfectly Dunn, a Quarter Horse. Riders Margo Hoagland and her thirteen year-old student Johanna Paine, complete with oversized cowboy hat, demonstrated that Dressage is for ALL horses.



Susan Hall receiving the Ursula Liakos Award, with Tracy Underwood and Grant Miller, DVM



The West Coast Cow Girls performing the American Flag Drill

Truly thrilling was A Thriller of a *Pas de Deux*, staged to a Michael Jackson medley complete with videos playing on the screen in the background and riders Chelsey Sibley and Creeky Routson wearing some of Michael's trademark attire. The horses did Michael Jackson's dancing ability proud, complete with moonwalk.

During the intermission, the Ursula Liakos award was presented to Susan Hall for her dedicated work as a fundraiser for CHANGE, an organization providing support services to the Sonoma County Animal Control department in cases of horse neglect, abandonment, and abuse. In addition to her work for CHANGE, Susan organizes the trade fair for Dressage in the Wine Country and owns a Friesian, which she later rode in the Equine Variety Show. The Ursula Liakos Award recognizes individuals or groups that have demonstrated equestrian philanthropy.

The equestrian program resumed with Clay Maier & The Friesian Spectacular. Riding one Friesian while driving another with long reins, Maier navigated a set of obstacles, including jumps, at high speed.

The Equine Variety Show was a parade of breeds and riding styles featuring authentic tack and costumes, and highlighted the usefulness of all breeds. Appaloosa Sport Horses dazzled the audience with their Native American attire, American Saddlebreds racked on, and the usefulness of the compact Gypsy Vanners was demonstrated. The Arabian Native Costume Team was spectacular in garb that had a touch of Hollywood added to traditional attire. Percherons, Friesians, and Andalusians rounded out the segment, ending with a demonstration Polo match between two riders.

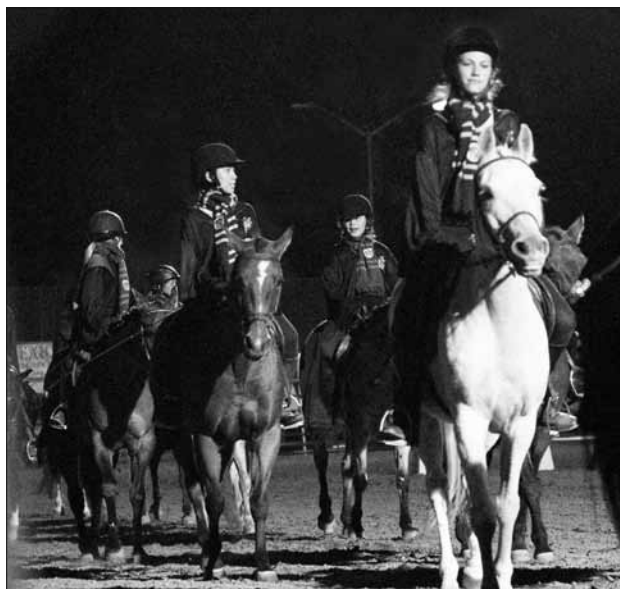


The Rider, The Horse, & The Dancer (Pamela Martinez and Erika Jannson)

The West Coast Cowgirls performed Thrill to Drill, an eight-horse precision drill team performing intricate maneuvers at high speed while carrying flags, and making it all look easy! And wrapping up the evening was John Michael Durr riding His Student in a freestyle jumping exhibition.

Funds raised from this event help a wide variety of local non-profit organizations. The army of volunteers who coordinated this event, led by event managers Sue Reinecke and Tracy Underwood, made it an exciting, entertaining, and informative afternoon and evening showcasing Sonoma County horses and equestrians here in the Wine Country. If you missed this spectacular performance this year, don't worry! The show will come again! Watch for the next dates on websites for the Santa Rosa

Equestrian Center (www.santarosaequestrian.com), the Sonoma County Chapter of California Dressage Society (www.winecountrydressage.org), and the Sonoma County Horse Council (www.sonomacountyhorsecouncil.org). See you next year!



The European Pony School performing Harry Potter

Joan Rasmussen grew up in Sonoma County and currently lives in Sebastopol. She got her first pony, Tiny, when she was ten. In her twenties, she showed both English and Western, but has abandoned competition in favor of trail riding with her Quarter Horse buddy, Cowboy. She enjoys Parelli Natural Horsemanship and is working on achieving Level 4. Joan supports her horse habit by running a bookkeeping and tax service (In Balance Bookkeeping Service, www.inbalancebk.com). She occasionally blogs about her horse experiences at cowdex.blogspot.com. To reach Joan, email her at joanras@att.net.



Readers Write

Henry Trione and Polo in Sonoma County

Written by Julia Graves



Polo at the Wild Oak Saddle Club

Polo, referred to as the "game of kings," is an ancient sport. Its most likely origins are in Asia, although scholars debate whether the first games were played in Skardu (Baltistan) and northern India, or in Iran. The word *polo* means ball in the Balti language. The earliest evidence of Polo is found in a 4000-4500 year-old Balti story entitled *Hilafoo Kaisaar*. In northern Pakistan, where Polo is still played in its original form (freestyle), a local variant is called *Chogan*. Persian literature and art give us the richest accounts of Polo in antiquity. Whatever its true origins, Polo spread rapidly through Asia, and is still played today.

Polo was popularized in the western world by the British who brought the sport home from India. The first Polo match in the United States has been largely credited to James Gordon Bennett, Jr who arranged a match in May of 1876 at Dickel's Riding Academy in New York City. The historical record states that James Gordon Bennett subsequently established the Westchester Polo Club.

Local community leader and equestrian Henry Trione has been largely credited with bringing Polo to Sonoma County. For more than fifty years Henry Trione, a banker turned vintner and Polo player, has promoted Polo on the West Coast, especially northern California, and as far south as Santa Barbara. Even before Mr Trione's involvement, and perhaps pre-WWI, Polo was played in the San Francisco Park where a Polo field and all its staging facilities were available. Big names like Billy Leafoot, RC Smith, Mark Jason, and Bud Dardi, were a few of the active participants who raced along the weedy grass keeping the early, and comparatively primitive facility open for decades, and entertaining locals. Mr Trione's interest began during World War II, when after returning from the Pacific, he was assigned to the Naval Air Station Alameda. On his free Sundays he always enjoyed Polo. Little did Mr Trione realize how Polo would subsequently consume so much of his life.

Robert Walter, an active Polo player in Milwaukee and Florida, moved to Santa Rosa and purchased what is now the Fountain-grove district. He brought his string of Polo ponies. One day, as he

and Mr Trione were trail riding, he used a mallet to demonstrate the techniques of Polo. Mr Trione tried it, and was hooked; Polo forever became a part of his life. Mr Trione loves to quote one author and fan, "One must never allow pleasure or business interfere with one's Polo."

In 1969 Mr Trione founded the Wine Country Polo Club in Santa Rosa and he is also a founding member of the Eldorado Polo Club in Palm Springs. Mr Trione is credited with development of the Wild Oak Saddle Club and its accompanying Polo field, one of the finest fields on the west coast. He served from 1972 to 1976 as governor of the United States Polo Association (USPA) Pacific Coast Circuit, and in 2008 he was inducted into Florida's National Polo Hall of Fame.

Polo has been described as captivating, heart-stopping, thrilling, and enthralling. The basics are elegantly simple. The game is played between two teams of four mounted men and women on a field measuring 300 by 160 yards (as big as nine football fields). Goalposts stand at either end. The object is to move a ball downfield using a specialized mallet and through the goal. Each game consists of six or four periods of play known as "chukkers." Each chukker is seven minutes long. There are no time-outs except for injuries, penalties, or unsafe situations. No replacement of players is allowed except for injuries, but horses are swapped out regularly due to the high intensity gallops that accompany the exciting play. In Polo, spectating is not free; you have a responsibility! During the intermission (halftime) that comes between the third and fourth chukkers, the match attendees must engage in *divot stomping*! Fans surrounding the polo field are asked to walk onto the field to search out the clumps of grass that have been unearthed by the quick stops and starts of the mounts, and then toe these clumps (the *divots*) back into the ground (grass side up, of course). Besides the game, perhaps a larger group attend polo events because of the frequent charity events, to mingle with the elegant-looking people in their fashionable attire (in particular, the ladies' hats), and to enjoy the beautifully manicured field surrounded by the spectacular Sonoma County wine country. The Wine Country Polo Club has hosted many events supporting several different causes over the years including Junior Achievement, the Kidney Foundation, Sonoma Hospice, the Wounded Warrior Project, and the Brady Therapeutic Riding Program.



Richard Mansfield (2 goals) controlling the ball during the 2010 Oyster Cup Polo Tournament, Cerro Pampa Polo Club, Petaluma, Ca

If Polo sounds exciting to you, and you'd like to get involved, either as a player or a spectator, check out the Wine Country Polo Club at www.winecountrypoloclub.com, or call 707-538-7656 (POLO).

Healthy as a Horse

Column editor JoDean Nicolette

Equestrian Sport-Specific Personal Training

Guest written by Darren Howey

It's amazing that when it comes to doing the things we love, we can always find time. When it comes to health and fitness training that does not involve our passion, we tend to avoid. Successful athletes will say that being physically fit allows them to perform the sport they love better and longer. Equestrian athletes are no different. When equestrians get involved in a program specific to their discipline, they not only perform better, but enjoy the training days leading up to their competition. Riding is different from other sports in that the improvements benefit not only the athlete, but also the horse. As your strength, balance, and confidence improve, so will your communication with your partner. A personal trainer can help you design a program that will fit your riding style and goals for improvement.

A personal trainer is a fitness professional involved in exercise instruction. Personal trainers motivate clients by setting goals and providing feedback. Trainers also measure their clients' strengths and weaknesses with fitness assessments, and may also educate their clients in many other aspects of wellness, including general health and nutrition guidelines (if the client is interested). Personal training in women has been shown to improve exercise behavior patterns, and increase confidence. Different personal trainers have different areas of focus and specialties. It is important for you to find a trainer who has worked with equestrians and understands the particular needs this unique group of athletes has.

In most sports, where athletes occupy different roles (eg catcher, first baseman, lineman, goalie), coaches work together to design position-specific work outs for specific players. The differing riding disciplines and styles are similar in their specific needs for training. Often athletes will take on generic workouts hoping to improve. In most cases, improving baseline fitness will enhance any unfit athlete's performance. But as the athlete improves in fitness, and the goal becomes just exercising without a focus, the attrition rate is high, and at best, the athlete will not recognize his or her full potential.

Athletes benefit the most from personal training and continue their programs, when they see improvements in performance, whether the improvements are more "blue ribbons," or simply improved form and communication. Improvements will come with a program designed specifically for the rider's discipline. The demands of Dressage differ from Jumping and Reining, and Polo players differ from jockeys. When a strength and conditioning trainer analyzes each style of riding he/she can break down the physical requirements, and design a fitness program that will enhance performance. This type of training is called "training for a purpose."

Imagine going to a gym with a specific plan and time frame in mind. Perhaps you are thinking of a show in three months, or a riding goal you'd like to achieve (eg down-gaiting from your seat, riding stirrup-less, or getting your horse to respond better to your leg). A personal trainer can work with you (with input from your horse trainer/instructor as well) to target areas for improved



Darren and equestrian Laurie Carbury discussing potential areas for strength and balance work

coordination, strength, and balance. An example of an exercise program specific to a Dressage rider might include:

- 30-40 minutes of cardio for lower body endurance
- General upper and lower body strengthening exercises
- Sport-specific upper back strengthening to improve posture and control
- Sport-specific hip and lower back mobility exercises for improved posting motion and position
- Core muscle strengthening for communication and balance

In this five-point plan we can use input from the horse trainer/instructor if available, and insert exercises that fit the athlete's skill level, and that will push the athlete to a new fitness and performance level.

Training for a purpose takes less time than you think. The strength and balance portion (the last four items) should be no more than a thirty-minute session, and can be done two-three times/week. You don't need to be a high-level competitive rider to benefit, any rider who desires better balance, a better seat, and better communication with his or her horse will see improvements. What rider, no matter what discipline, wouldn't benefit from improved core strength and balance? An additional benefit to any fitness program is that when combined with a good nutritional plan, secondary weight loss will result (if desired). But the best part and the primary result will surprise and impress you as you continue to excel at a new pace in your chosen sport.

Darren Howey CSCS (Certified Strength and Conditioning Specialist) and has a degree in Kinesiology/Athletic Training from Sonoma State University. Darren has a special interest in equestrians. He works a full range of clients from college athletes to weekend warriors, and has been practicing providing personal training since 1988. Darren is currently the Athletic Director of the Fountaingrove Golf and Athletic Club and continues to enjoy the challenge of designing sport-specific training programs for all athletes. To reach Darren or an athletic trainer who can set up an equestrian-specific program for you, visit www.fountaingrovegolf.com.



Hoofprint

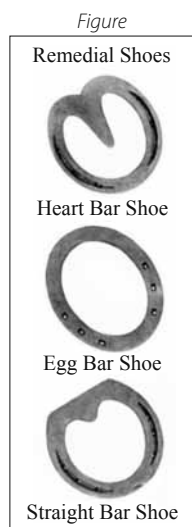
Column editor Stuart Greenberg

Bar Shoe Basics

Howdy! Welcome to Hoofprint, a column on foot and hoof care for your horse. My goal is to shed some light, offer some insights, and clear up some misunderstandings about horse feet and shoes. Since I have been answering questions about horseshoeing at the Santa Rosa Junior College for more than twenty years, I decided to make my column a "question and answer" forum. If you have a question, please send it to me using my contact information below. I received this question last week:

My vet recently recommended "bar shoes" for my horse with a soft tissue injury in his front foot. What are bar shoes, and how do they work?

Well, the topic of bar shoes is a big one. These shoes come in so many configurations that we could fill up the whole magazine talking about them. Given our space constraints, let's just talk about the three types most commonly used: the straight-bar, egg-bar, and the heart-bar shoes.



For the sake of clarity, a standard crescent or c-shaped shoe is termed an open shoe. The open ends are intended to rest on and protect a horse's heels; as hard as that metal seems, the branches can flex and move independently with load and impact. The bar shoes are "closed" shoes (see figure). The straight-bar shoe has a "bar" connecting the otherwise solitary heels. As the name implies, the egg-bar shoe is shaped like an egg. A heart-bar shoe looks like a valentine, with the "v" approximating the frog of the hoof, and pointing toward the toe.

Each of the bar shoes is a mechanical aid, which when used properly, and usually in consultation with a veterinarian, can facilitate

recovery and/or comfort in certain conditions of the foot and lower leg. Bar shoes can 1) increase the weight-bearing surface area, 2) stabilize the foot, 3) relieve pressure on various parts of the foot, and 4) apply pressure to parts of the foot.

Increasing the weight-bearing surface area means that concussive forces are spread out over a wider area (more square inches means fewer pounds per unit surface area). This factor alone can be significant in reducing insult to an injured, painful, or weak area.

Bar shoes stabilize the foot because the shoe is a continuous rigid structure around the palmar surface of the hoof. Individual heel branches cannot flex or move during the landing and loading phases of stride. Forces that can cause flexion of the branches include conformational irregularities, gait, or activity level. When the shoe itself provides a stable platform, or prosthetic foundation, which stabilizes the hoof capsule, the foot experiences a "quieter" internal environment which can facilitate the healing of diseased tissues.

The shoes can also shift the pattern of pressure on the foot. For example, if a horse has a painful quarter or heel crack, we can "float"

or "scallop" the hoof wall so that the area under the crack does not bear weight. A straight-bar shoe, with properly located clips will immobilize the defect, and allow healthy horn to grow in. The straight bar tends to bear on the largest part of the frog, and lighten the load on the cracked area. But as I noted before, because bar shoes tend to provide increased surface area, this redistribution of weight alone can promote healing.

The egg-bar shoe is generally used to treat diseases of the lower leg such as those in flexor tendons and suspensory ligaments, or other injuries in the fetlock and pastern region, by providing posterior (caudal) stability. This shoe, if protruding past the bulbs, should be considered a lay-up shoe. The extended leverage behind the foot can be stepped off, or can increase the shock and vibration in the exact areas that we are trying to heal, or exacerbate crushing in already low heels. Used properly, egg bars can also mitigate some effects of navicular disease.

My shoe of choice to redistribute pressure is the heart-bar shoe. Serious quarter cracks, for example that require removal of large pieces of hoof, or perhaps heel avulsions, need a significant load sharing and load transferring tool to compensate for that much structural loss. The heart-bar shoe recruits the frog as an additional weight-bearing part of the hoof. Other conditions that may benefit from the heart-bar shoe are laminitis, and onychomycosis ("white line disease"). The benefits include 1) digital cushion and coffin bone support which (generally) precludes coffin bone displacement, 2) enhanced circulation in the foot, which helps healing, and 3) added stability which "quiets" the foot and shifts the load off the diseased area, aiding in pain management. Because the heart-bar shoe is such a powerful tool, it should only be used by experienced farriers in consultation with veterinarians, and preferably good quality radiographs.



Stuart displays a heart-bar shoe fitted on a Thoroughbred

Bar shoes can be important tools in helping to resolve injury and treat disease in the foot and lower extremities of our equine friends. But bear in mind that bar shoes are therapeutic tools. Except in the case of a few chronic conditions, when healing is complete and soundness returns, you should return to open shoes or bare feet as standard for optimal hoof health and care.

Stuart Greenberg has been teaching Farrier Science at Santa Rosa Junior College for twenty-five years. His practice has evolved into shoeing horses needing special care and rehabilitation. In his free time he enjoys riding his Harley Davidson. Stuart lives in Glen Ellen. To ask Stuart a question, email him at hoofprint@sonomacounty-horsecouncil.org.

Vet's Office

Column editor Michelle Beko, DVM

Treating Lameness

As we discussed in the last issue, the appropriate therapy for a lame horse depends on as accurate a diagnosis as possible. Keeping in mind that acute or low level repetitive injury to any bone, joint, tendon, ligament, or hoof can cause a horse to become lame, let us consider some of the treatment options available. We may treat an acute (eg new) lameness differently that we would treat a chronic long term problem. In fact, prompt treatment of an acute injury may prevent it from becoming chronic.

Dr Time

Rest is essential for most injuries. Rest allows the affected tissues to heal before they are stressed again. This may mean confinement to a stall or small paddock or just time off from riding. For some injuries a controlled return to exercise is an important part of therapy. Tendon injuries need some "stress" to promote proper fiber alignment in the healing tissue yet may be further damaged by excessive strain. Thus stall rest with hand walking and eventually some trotting has been shown to lead to better healing versus pasture turn out.

Rest may not be as helpful for chronic lameness issues. Many horses with arthritis for example, do better with some degree of regular exercise.

Shoeing

Trimming and/or shoeing adjustments are often an integral component of a treatment program for either acute or chronic lamenesses. Use of bar shoes for stabilization and weight distribution is a good example (see article p. 14). Specific recommendations must be tailored to the individual horse, and are often made in consultation with a farrier.

Controlling inflammation

Inflammation is a normal response to injury. It is initiated by a series of biochemical reactions and results in increased blood flow to the injured area. That means more white blood cells, more heat, and possibly swelling and pain. Inflammation can help clear up local infection (eg abscesses, pneumonia) or isolate foreign bodies (eg a splinter). But inflammation is not always helpful. Substances released by white blood cells into strained joints can damage cartilage and lead to arthritis. Excessive swelling in

tendons or ligaments leads to more scar tissue which is not as strong as tendon/ligament fibers.

Ice applied to the affected area frequently within the first forty-eight hours after injury is an effective way to limit inflammation. Anti-inflammatory medications such as Bute, Banamine or Firocoxib are also useful for a short time with new injuries or for their pain relieving properties in managing chronic lamenesses.

Joint therapy

Injecting medications (some corticosteroids, hyaluronic acid, IRAP) directly into joints can also limit inflammation, normalize joint fluid and in some cases promote cartilage healing. IRAP is a naturally occurring anti-inflammatory that is isolated from the horse's own blood. Intravenous or intramuscular injections (Legend, Adequan) can be useful in the same way. For the most part, it is unclear if any of the numerous available nutraceuticals are effective. All of these treatments are significantly more effective for an acute injury although they may help chronic problems also.

Surgery

Some causes of lameness (eg chip fractures, osteochondrosis) may be helped by arthroscopic surgery. Other surgical procedures can help treat a variety of conditions including club feet, constricted annular ligaments, or tendonitis. A neurectomy (cutting the nerves that supply feeling to the foot) can be used as a last ditch effort to manage chronic foot pain such as that caused by navicular disease.

"New Age" treatments

There are many newly available treatment options including platelet rich plasma (PRP), stem cells from fat or bone marrow, IRAP, shock wave therapy, and zoledronate or tildren. PRP, stem cells, and IRAP are all derived directly from the individual patient's body. PRP may help soft tissue injuries by providing growth factors that stimulate healing. Stem cells may do the same or may provide a lattice-like network upon which healing can occur. IRAP is a strong anti-inflammatory. Zoledronate and Tildren are osteoporosis type drugs that may help with chronic bone problems like navicular disease. Most of these have not been extensively tested but show some very promising initial results. The down side is that they are very expensive.

What else?

If all else fails, long term rest (one or two years pasture turn out) or a career change may help our limping friends. A horse that is not sound enough to be a performance horse may still be okay as a trail horse or kid's horse. Once again, I hope you find this information interesting but that don't need it for your own horse!



Michelle Beko, DVM is an equine veterinarian and has been practicing at Empire Equine in Sonoma County since 1992. She lives in Santa Rosa with her husband and daughter. You can reach her at 707-545-3909 for questions or comments.

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Readers Write

Hank Goes Hunting

Written by Wendy Beth Watson

For some reason I have always wanted to ride to hounds. This wish was fueled no doubt by having two English influences as a horse crazy child: an English (as in British) riding instructor and an English best friend (Heather), whose parents were horsey. Heather's rec room was filled with ribbons, saddles, and bridles, and exotic items like the hunt whip with the antler handle, and the flask and sandwich cases that attached to the saddle. Photos of happy people all dressed up and riding to hunt hung on the walls. It was a world I romanticized and wanted to belong to.

It's also true that I have always been a sucker for tradition. This is where the riding instructor comes in. Through her I was educated on tidbits no one seems to know or care about today, such as what shape the cantle of the saddle should be for a gentleman or a lady, and who's ribbon on their hunt cap should go up or down. I relished these details, and read plenty of books full of sumptuous hunt breakfasts and balls, tables laden with real silver, and Virginia hams, and plenty of alcohol. Besides, what young rider doesn't want to race across countryside, sailing over obstacles? Though I jumped a lot in arenas and even rode some Cross Country as a child, the opportunity to hunt never presented itself, and as an adult hunting became an itch I still wanted to scratch.

I went about this in the most backwards way possible as I fell in love with Hank, a gaited horse, and in most minds not the right fellow for the job. I spent several years learning first about gaited horses and then tossing all that aside to do whatever I wanted with him, which has been an awful lot of trail riding, some Dressage, working cattle, and most recently returning to my roots and doing jumping and Cross Country.

I had to look hard to find a trainer willing to work with a gaited horse, or who had any understanding of them. I was delighted when we found Nathalie, at Sonoma Coastal Equestrian Training Center, who was interested in my gaited horse, and had a friendly Cross Country course for us to practice on. At our first clinic, the second time on the course, Hank was looking for his next fence like he had been doing it all his life. I loved being alone with my horse, cantering Nathalie's course and flying over jumps. Being gaited, cantering has been a challenge for him, but he did it well because he had enough space, and he let me dial him in and moderate his speed. He was tuned into my aids in a way he wasn't in the arena, (where he was bored) or with other horses, (where he was distracted). Nathalie cheered us on, and I decided we were going to hunt someday.

The opportunity presented itself when a gentleman at my barn who was member of several hunts asked us to go for a ride with him. We went to Point Reyes and did twenty-two miles in three hours. It was a blast, and Hank did great. He was fit and had the stamina to really go. We passed the "audition" and were invited to hunt at the Pacific District



Photo: Over The Fence Video

Master of the Hunt Lynn Lloyd and her hounds

Joint Meet hosted by the Red Rock Hounds. Several other hunts including Los Altos Hounds and Santa Ynez Hounds were meeting in Red Rock, and taking turns hosting rides with their hounds and Master of the Hunt.

The Red Rock Hounds were founded in 1980 by a remarkable woman, their Master of Hounds, Lynn Lloyd. Lynn trained with horse & hound breeders in England and rode to hounds there in the late 1960's. She returned to the US and founded the Berry Hollow Hunt in Pennsylvania, with her first pack of Foxhounds. In 1980 she ran out of gas near Reno and fell in love with the desert. The one thing it was missing was a hunt, and she was the woman who could make that happen. She started with twelve English hounds drafted from the Los Altos Hounds. The Red Rock Hounds hunt fast and furious over incredible terrain, and they hunt frequently, going out more than 100 times a year.

The night before the hunt I could hardly believe I was going to ride to hounds the next day. I slept well, but not long, and I was up at an ungodly hour to get dressed. When I needed help with my stock tie I went down the hall to my friend's room and knocked on his door. I had to knock a couple of times before a sleepy voice answered and he opened the door, blinking in the sudden bright light. "What time is it?" he asked incredulously. He was wearing pajamas. I finished polishing my boots and dressing, groomed my horse, then trailered to the meet site and tacked up. A woman came by with a bottle of port and a glass. "Care for a cup of courage?" she asked. I wasn't sure what that meant but I was about to find out.

We mounted and met for some final instructions. It was a pretty scene, the members of the hunt in their "pinks," the whippers-in, the hounds milling about, the horses jacked up with excitement, and everyone, animal and human, cleaned and polished until they shone.

The horn was blown and we moved off across the open desert, hounds baying and horses snorting.

The hunt was divided into three "fields" or groups of riders. The first field follows the Master of the Hunt, and the hounds. They move



Photo: Over The Fence Video

Eager Foxhounds



first and take any obstacles that come. The second field follows at some distance, with its own Master, and takes smaller obstacles if they can be found. They do not have to jump. The third field is for pony clubbers, some of the elderly who still hunt, and anyone else who wants to take it at an easier pace. They usually do not jump. As neither of us is quite geriatric, we rode second field.

Now Hank is a horse who likes to be out front, and who likes to be the boss of other horses. In fact this is often his job on the trail, as he is a steady, experienced mount and is often in the position of babysitting less experienced horses. However on the hunt this could not be.

The hunt has two cardinal rules: 1) No horse shall ever trod upon or pass the hounds, and 2) No horse shall ever pass the hunt Master. Well no one had explained this to Hank, although we had practiced riding behind our friend on the trail in preparation for the hunt, which had gone well.

As the horses moved out Hank flew like he had been shot out of a cannon. As he came up on an unfortunate hound I had to circle him at the gallop to prevent him from running over the poor thing (rule #1), and we had to circle regularly to keep him from passing our Master as well (rule #2). This is over open country, and one can't exactly pick a nice flat open area to gallop a circle in. We were flying over sagebrush, ditches, and hillocks, leaping over the occasional rock formation. I could tell by the looks on their faces that most of the members of the hunt expected us to have a wreck, and in spite of their assurances that Hank would settle down in twenty minutes, I wasn't so sure.

But he did. He settled in to following a nice friendly horse butt (he seemed to prefer mares) and though he tended to follow closely and I had to back him off continually, he became a much saner horse. The members of the hunt put up with us very patiently.

The riding stayed challenging, as the hounds eventually scented prey and we were off. The hunt follows the hounds, who follow the (in this case) coyote, and the coyote goes wherever it wants to, which was straight up some the roughest,



Waiting for the horn

Photo: Over The Fence Video

steepest foothills of some high Sierra range, and then straight down those same hills. Now if you haven't galloped straight down hill over ditches and rocks, you haven't lived, and if you are actually in the middle of doing it you wonder how much longer you're going to live. There might be no atheists in fox holes, but there aren't any on fox hunts either. I said prayers pretty much every moment. As we rode over one particularly challenging bit of terrain I heard a woman near me mumble under her breath "the first damn ride would have to be a Lynn Lloyd ride."

At one point we were flanked by a herd of prong horned antelope racing through the desert along side. It was sublime. It was "Tom Jones meets John Wayne." We did stop to rest briefly, and a woman on an enormous handsome Mustang handed me her flask. I took a sip and felt the restorative warmth spread through my insides. It was delicious and I was ready for further punishment. "What is it?" I asked. "Baileys & Jamisons," was the answer. All of the sudden I understood the whole flask and drinking aspect of hunting. A swig of liquid courage, and I was ready to go again.

We eventually lost our coyote (which was fine with me, he had my sympathies). He was enormous and never seemed terribly concerned. In fact he climbed another steep hill to watch us. I saw his large silhouette against the sky. After about three hours the huntsman blew us all home and we rode back to the trailerers for a delicious catered lunch. A dozen miniature dogs of all varieties appeared and begged for snacks. Beer was consumed and highlights of the day discussed, then we trailered back to the cowboy barn, where we were staying.

As I reflect upon the experience, I am amazed by the athletic abilities horses have, mine in particular. I never knew Hank could go that fast or that far, or be so sure-footed, or leap over the things he did with such commitment. Could he be any more amazing? It made any other riding I had done look like a tea party by comparison.

I think I am still catching my breath.

Wendy Watson lives in Santa Rosa and has loved horses all her life. Her friends encourage her to ride more sedately in Sonoma County. Wendy can be reached at wkittyagogo@aol.com.



Wendy and Hank

Photo: Over The Fence Video

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Readers Write

Carbohydrate Madness

Written by Sheri Brodsky

Anyone who has a horse with metabolic issues, polysaccharide storage myopathy, laminitis or Cushing's, is probably on the lookout for low carbohydrate feeds. Unfortunately there is a great deal of confusion in that area. Not surprising because of several reasons. There is a misuse of nomenclature with terms often used interchangeably when indeed they are not. There are many different laboratory tests to come up with "sugar" values, each resulting in different values. There is disagreement among professional animal scientists as to which test and/or carbohydrate fraction is the most meaningful and there is no standard as to what legally constitutes a low carb feed, at least in most states. These issues are being addressed but it takes time, co-operation and research, none of which happen quickly. Meanwhile, I'll try to give some information that may make navigating the carbohydrate maze a little easier.

There are two broad categories of plant carbohydrates, 1) Structural and 2) Nonstructural carbohydrates (NSC). Analytically structural carbohydrates are made up of cellulose, hemicellulose, pectin and lignin. As the term implies, the structural carbohydrates provide strength; they are the cell walls, the part of the plant that allows it stand up. The nonstructural carbohydrates are found inside the cell. Analytically, they are sugars, fructans, and starch. They are the yummy parts.

People often refer to sugar and NSC as if it were one and the same. Sugar is a general term that can mean many things, like the mono and disaccharides in the feed, but may refer to other fractions also. The NSC by most nutritionist's definition is simple sugars, plus starch, and fructans. Another term, non fiber carbohydrates, is often substituted for NSC. This is a value that is obtained by mathematical difference using a formula with nutritional components from proximate analysis. It was meant for a method (mostly for cattle rations) to quickly and easily estimates the carbohydrate value of a feed or ration without having to do an actual analysis. With the advance in laboratory techniques and carbohydrate research it is antiquated and virtually meaningless, but remains on feed tags and calculated analysis.

The group of carbohydrates lumped under the NSC heading are the easily digested carbohydrates. However they are not all digested in the same location of the gut nor have the same influence on blood sugar in the horse. That is why it is important to have them evaluated separately. The simple sugars and short chain fructans are broken down by enzymatic action in the small intestine and enter the blood stream as glucose where they will initiate an insulin response. Horses are limited in their ability to break down starch in the small intestine and overflow will enter the cecum where it is rapidly fermented. If the amount of this type of fermentation is too large it upsets the microflora balance and can cause problems ranging from mild poopiness to laminitis.

Research labs may have the equipment and budget to separate all



Sheri and Hannah

fractions of the plant but most commercial labs break the analysis into water soluble carbohydrates (WSC), ethanol soluble carbohydrates (ESC), and starch. WSC consists of simple sugars, all fructans, a little glucan and a little pectin. ESC consists of simple sugars and short chain fructans. Starch is a long chain polysaccharide. Most nutritionists use WSC plus starch = NSC, however some nutritionists theorized that since the ESC contained the fraction of carbohydrates most likely to trigger a rapid glycemic response that it was a better measure and changed the definition to ESC plus starch = NSC. I personally stick with the original definition of WSC plus starch since that will encompass the glycemic response causes and other components that rapidly ferment in the hind

gut other than starch. Some feed companies take advantage of this difference of opinion and calculate their NSC using the formula that renders them the lowest number for marketing reasons (perfectly legal). When comparing NSC values it is important to contact the company and ask how they calculate their NSC value. Also know that the value they tell you or have on their label is most likely an air dry or as-is value. Bagged feeds usually range from 87% to 95%. Feeding recommendations are usually made on 100% dry matter basis and in order to compare one feed to another it must be done on a 100% dry matter basis. Feed mills rarely list on the tag the NSC value because it is not required by law. However, if they do list it, they have to always be at or below that number. In fairness to the feed mill that is a tall order since the nonstructural carbohydrate value in a feed is highly variable so quality control would be a nightmare. According to the American Association of Feed Control Officials, (AAFCO) to have the verbiage "Low Nonstructural Carbohydrate" on the bag or in the name of the feed it needs to be at or below 11% on an as-is basis.

The other thing to add to all this is that the methodology at different labs may be different. So when comparing feeds it is also important to either have the tests be from the same lab or at least from labs using the same methodology.

Are you confused yet? Don't give up. The take home message is to be consistent in where you analyze your hays and be wary of commercial feeds values for NSC. In order to truly compare one feed to another you have to dig deeper than the label.

Sheri Brodsky is a qualified independent Equine and Dairy Nutritionist accredited by the American Registry of Professional Animal Scientists and the Equine Science Society. Sheri has been consulting on dairies and horse ranches in this area for twenty years. She has an unprecedented knowledge of western and locally grown forages. She has worked with the one horse family to the 800 cow dairy. Having no connection to any feed mill or company Sheri can truly be an advocate for the animal and the owner. Sheri is available for individual consulting, group clinics, feed formulation, ration evaluation and hay testing. She can be reached at 707-763-8934 or mspbs@sbcglobal.net.

*Readers Write***Local Barn Handles Spontaneous EHV-1 Outbreak** Written by Sandy Kriegsman

It started Friday evening. I had fed the horses' dinner, when a boarder asked me to look at his horse. The boarder, a good horseman, noted that his mare seemed disunited when ridden and now seemed just generally listless. We found her to be running a fever >102. He called his vet, who came and drew blood, took a nasal swab and gave her Banamine. Diagnosis: viral infection. Even though our barn had no movement of horses for three weeks, and this mare had not left since January, I decided to isolate her. I thought it was prudent, even though the mare had eaten all her dinner.

The next morning she ate all her breakfast. But when her owner arrived and walked her, she was weaving like a drunken sailor. They transported her to UC Davis where she was immediately quarantined. By evening the mare was recumbent. I immediately started taking the temperatures of all the horses in that barn. The potential diagnoses included anything that might cause a fever and ataxia: rabies, encephalomyelitis, EPM, and even EHV-1. The diagnosis was finally confirmed, not the same viral strain as the outbreak in Ogden, Utah but neurotrophic EHV-1 nonetheless.

EHV-1 is now a reportable disease. I phoned the California Department of Food and Agriculture (CDFA) to find out what to do. In a long conference call with Kent Fowler, DVM, Animal Health Branch Chief and Katie Flynn, DVM, Equine Program Lead, we discussed EHV-1, what to expect, and their biosecurity recommendations (see table).

Table: CDFA, Animal Health Branch,
Biosecurity Recommendations

- Isolate infected horses immediately.
- Property and horses are quarantined which means no horses move on or off the premises.
- Use of a 10% bleach footbath upon entry and exit of all barns and stalls.
- Do not share equipment, tack and brushes.
- Use the provided hand sanitizer or disposable gloves after handling any horse.
- Twice daily observations and temperature monitoring of all horses on the property.
- Restrict entrance of personnel and animal handling to individual horse's owner.

I realized that communication and professionalism were the best way to contain the possible panic of the boarders and the horse community. Here's what I did:

- Talked personally with boarders and workers at what ever time they came to the barn.
- Phoned all clients' vets. CDFA emailed Ca equine veterinarians to notify them.
- Emailed initial facts of the outbreak to our Barn and Ranch Owners of Northern California (BRONC) members.
- Emailed one update to BRONC members and website.
- Posted initial and update emails on BRONC website (www.broncweb.com).
- Emailed daily status of all horses' temperatures to the state and other concerned vets.

- Followed daily EHV-1 updates at www.cdffa.ca.gov/ahfss/Animal_Health/equine_herpes_virus.html

Everyone at Sanbar pitched in and followed the biosecurity recommendations to the letter. The workers had the most to do. Boarders took over afternoon temp-ing of horses while I continued the morning temps. Appointments were rescheduled until after the outbreak was over. We became a team—"Sanbar's Sanitizers." We were determined to stop the outbreak at our barn. The EHV-1 virus is not difficult to kill. Sunlight will kill it within 4-6 hours, a 10% bleach solution will kill it, and hand sanitizer will kill it. We remained vigilant and diligent in our biosecurity.

All possible infected stalls, wash racks, cross ties, and aisles were vacuumed and brushed to rid them of organic material. Mats, waterers, and buckets were cleaned with bleach solution. We wrapped up salt blocks and threw them away. Tack baked in the sun for several days. Workers sprayed equipment with the bleach solution and left it the sun.

The state vets visited our barn to quarantine it, and spoke directly with boarders. These vets distributed EHV-1 literature, graciously answered all questions, then gave their phone numbers and email addresses for future questions.

No horse in the original barn ever spiked a fever. Two geldings in the "isolation" barn did, though, within the two to eight day incubation period. Both produced nasal swabs positive for EHV-1. Both went on courses of "people" anti-viral medicine, cheapest at Costco (no surprise). Dosage is calculated by weight so a few eyebrows rose as I purchased the necessary amounts. The tablets are very hard, not quite diamond hard, but close. We had to use a mortar and pestle, and a coffee bean grinder to get a powder we could mix with water to give by mouth in a 65cc syringe. The concoction looked like teal guacamole in the syringe, and even with added syrup for sweetness I can tell you the horses didn't like it! Neither gelding ever showed a sign of illness except for the fever; they ate, played, and grazed like normal, healthy horses.

The mare passed away at Davis and our hearts and thoughts went out to her and her owner. At Sanbar, the disease has run its course. And the geldings are well. Nasal swabs are clear. The quarantine is over.

Some percentage of any horse population will show an 'environmental' load of EHV-1. It is a latent virus and for most never becomes a problem. A horse must have a compatible clinical signs as well as a viral load to be considered EHV-1 infected. This means that horses from Sanbar pose no more risk to others than others pose to them. In fact, Sanbar might have the most sanitary barns in the county.

What this outbreak taught me is to remain calm, get the facts, and communicate to avoid rumors and panic. Be open and professional at all times. This is most important for our horses and our industry.

Sandy Kriegsman (Equus Award – 2012) founded and runs Sanbar Dressage, a forum where committed Dressage riders may board and practice their discipline. She also founded the HORSE RESOURCE, and BRONC (Barn and Ranch Owners Association of Northern California). You can reach Sandy at skriegs@hughes.net.



Horseman's View

Column editor Art Grunig

It's All About Feel!

When riding a horse it can be argued that the most important thing is feel. Sure, technique is important but you can not apply the techniques well without feel. Balance and riding skills are also important, as is understanding how a horse works. However, these things are not as effective without feel.



Art's bodywork practice

The best riding occurs when the rider feels the horse: what the horse is doing, what the horse may be planning to do, and how the horse feels emotionally. The rider should have self awareness: what the rider herself is doing, and what effect it is having on the horse. Is the horse feeling the communication you wish to be giving it? Is the horse feeling your confidence or fear, your joy or grumpiness? If you are aware of your horse, you will know what it is doing, what it wants to do, and how he is emotionally. You will also know how aware of you he is. You can then use your riding skills to provide the horse what he needs from you. If you are aware of yourself, what you are doing and what you are contributing to the ride you can make your own adjustments to ensure the best ride possible.

When a person is insecure, the insecurity can exclude part, or all, of the feel of the horse and the project at hand. When worrying about winning a contest while performing, the feel for and the awareness of the ride in the contest is diminished. This leaves less of the rider available for the performance. Often the outcome in the placing in the contest is diminished also. Something I have seen a lot of is a person so worried that her horse might not behave, that he can no longer feel the horse. He can no longer tell what the horse is doing or not doing. In his worry about the horse failing them he starts correcting things that might go wrong but are not happening. The horse feels the rider's "corrections" and insecurity and starts to respond, often in a worried manner. The rider now perceives that the horse is misbehaving, causing an escalation in the whole situation. The rider has confirmed his own fears, and the problem grows.

Here is an example of not being able to feel outside of oneself

because of an overwhelming activity inside oneself. A day after I hurt my hand and arm (twice actually, one would think I would have learned after the first time), I was starting to do some bodywork on a horse. I placed my hand on the horse expecting to feel how the horse was doing, and how he was feeling, health and comfortwise. To my surprise, I could barely tell I was touching the horse. What I felt was the pain zinging up and down my hand and arm. It reminded me of how some people felt to me when they were very nervous. The answer to this problem is to become able to feel more than oneself. To be able to be aware of the horse, what he is doing, be aware of yourself and what you are doing, and be aware of your effect on the horse. Then you have an excellent chance to give the horse the information and feedback he needs to keep you and himself happy.

Feel can solve or avoid problems. It can also put a bloom on a performance. When I feel the joy inherent in a horse doing a beautiful performance or movement I am feeling the horse's joy as well as the beauty in the physical movement of the horse. When I share my joy with the horse, he has more joy. Now I receive even more joy from the horse and the cycle continues. Within this process are minute adjustments in horse and rider communication that provide an ongoing fine tuning of the team work and performance. It does not matter if the performance is Show Jumping, walking on a trail, Dressage, Reining, Cutting, or any other event. All of this is available through a balanced feel of the horse and oneself and the two of you together.

If you have trouble expanding your feel and awareness, find a way to make a little improvement. Set things up so that the situation is contained enough for you to feel safe and confident enough to feel beyond your worries. Rejoice in the improvement. Be patient with a little progress at a time. Much of feel is unconscious. There is physical feel and there is energetic feel. Energetic feel includes the electromagnetic transfer of information from one body/nervous system to the next. This includes the whole body, not just the mind. Changes in the unconscious take work and time. The thing about the unconscious is that it likes success. If you get a little success enjoy it and then get a little more. Maybe today, or maybe tomorrow. Let the success and joy grow. Be patient, and remember, while pruning is quick, by comparison, growth is a slow process.

To contact Art Grunig (*Equus Hall of Fame-2006*) about training or body work, call him at 707-838-9755, or email him at artgrunig@aol.com. You can also visit his website at www.artgrunig.com.

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Spitting Sand – A Learner’s Journey

Riding Straight

Column editor Jessica Boyd

Riding requires both physical and mental balance and to achieve it, even for a mere moment, is golden. Physically, we talk about conformation in horses and posture in humans, and neither Calabar (Bar) nor I fall into the perfect category. He has his flaws, I have mine, but I was so caught up in the mental game—fighting fear and building my confidence—I didn’t focus on the physical. Not until he started to have issues that forced me to ask a question: Can you work on mental balance without also working on physical balance?

It started with Calabar having odd bouts of extreme twitching and head shaking. My friend Karen MacDonald is my horse masseuse and go-to person in this type of situation. In addition to her experience and training, Karen has a wonderful calmness and sensitivity to horses’ physical selves.

Apparently, she pays attention to owners, too.

As she was working on Bar, I mentioned some of my chronic sore spots. She looked at me over Bar’s right side—where she was working an area that directly corresponded to the ache I had just referenced, and said, “Hmmm.”

That sent me to my chiropractor, Alec Isabeau. He has several equestrian clients (many high level riders) whose horses always indicate it’s time for an adjustment. Several of them also have body work done on their horses as well.

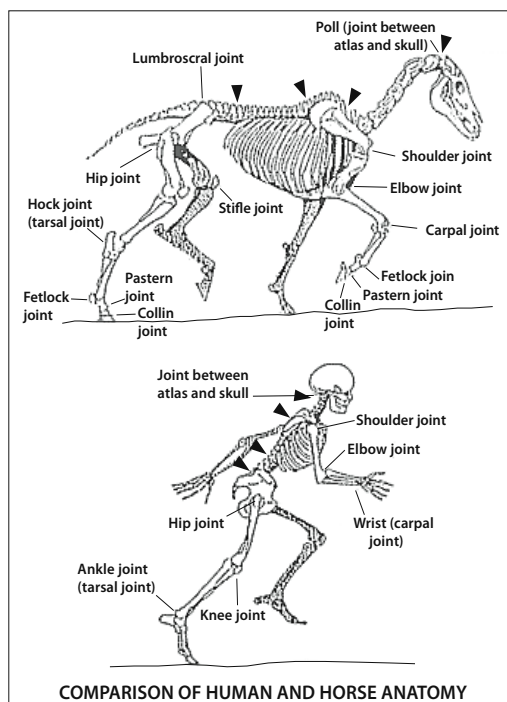
Alec worked on my “conformational” issues. The middle of my back on the right side is tight and full of scar tissue from an old injury. It causes pain in my left hip and I rotate my pelvis up and to the right. My right shoulder blade is constantly pinched and a troll sits in the right side of my neck; the troll has tied all of the muscles and ligaments into knots.

I had Alec diagram on a human skeleton where my trouble spots were and had Karen do the same on a horse skeleton for Bar. Alec had never considered asking his clients where their horses were “out,” but in looking at the diagrams I brought, I could see him make that connection. Karen had that correlation in the back of her mind already. Riding straight and riding your horse sound are key elements to what she believes.

Calabar is, in general, my reflection. His left side is tighter, though his right side is where the pain manifests. The spot in our necks, however, is an exact match. His feels exactly the way mine does, only larger, and he’s not nearly as willing to let someone manipulate it.

The picture tells a true story of our physical similarities, so the next step is to try to straighten us both out. This naturally it starts with me.

Peter has been telling me for weeks to sit up, keep my shoulders square, and not collapse on my right side. When Steve and I went



out on a trail ride recently, he told me to sit up straight. I thought I was sitting up straight.

It appears I default to a very protective position. I roll my left shoulder forward and curl my upper body around to the right. This inevitably lifts my left seat bone off the saddle and twists my pelvis around to the right. This not a great combination. If I’m twisting to the right and collapsing, it bends Bar to the right. Peter kept telling me I was pulling harder on the right rein. Well no wonder there’s a pinch in Bar’s neck.

Also, if I’m curled forward—partly out of the fear I mentioned—I’m not truly in balance and am getting in Calabar’s way when I ask him to do something. How can he side pass into the side I’ve got collapsed onto his spine. He tries to do it, but it’s not smooth. I get after him, he gets frustrated, and that isn’t good for either of our confidence levels. The curling forward also means my

chest is closed and I’m not pulling in deep breaths. As riders more experienced than me know, deep breaths induce relaxation, which can only improve the situation.

The answer is I need both mental and physical balance. Lifting my rib cage and opening my chest will both help my balance and allow me to breathe. That will get me out of Bar’s way and he’ll be better able to do what I’m asking him to do. Then we are not working at cross purposes and getting frustrated. We can actually achieve something, building on that confidence, allowing more breathing and balance.

That seems like a good upward spiral.

If you’d like either Alec or Karen’s contact information—and I recommend both of them highly—please contact me.

Jessica Boyd lives in Sonoma County and blogs with some regularity about all her horses and their adventures at Spotty Horse News, <http://www.spottyhorse.blogspot.com>. You can reach Jessica and her herd at spottyhorse@gmail.com.



Karen working on Bar



Horse Husbandry—The Occasionally True Tales of a Local Horse Husband

Column editor Mark Krug

An Engineering Marvel

We're enamored of our horses for a number of reasons. For some, it is largely about the relationship and the emotional and spiritual aspects. For others, the main attraction is recreational and physical in nature. For adrenaline junkies, it's the fix obtained from the inherent danger of sitting on a 1,000-pound animal that is capable of dispatching us in an instant.

One thing we tend to overlook—which I plan to correct right now—is that horses are engineering marvels. How the bones in the lowest extremities are suspended inside the hoof walls is in itself an engineering marvel, as is the coordination of the movement of major muscles with the breathing apparatus. And the list goes on and on. Needless to say, a full treatment of this topic would fill volumes of books, so let's focus on one narrow example: running.

Speed is the interplay of two things, stride length and how quickly the strides repeat. All things being equal, a longer leg means longer stride and so greater speed. But all things aren't equal, longer legs require more muscle (more mass and weight) and thus, a reduction in how quickly the strides repeat. Horses largely dodge this trade-off by having those impossibly skinny legs and a biomechanical design such that there are no muscles at all in the lower legs, just tendons that connect to muscles up high nearer the body mass and ligaments holding the bones together. So those light, long legs can really fly and the mass needed to operate them is minimal.

Let's drill down and look at fueling the muscles needed to run. There are three distinct fueling mechanisms or phases. When a still horse bolts suddenly, what's fueling the muscles instantly is phosphocreatine, a substance that horses have in small reserves in the muscle tissues. However, the storage depletes in roughly ten to fifteen seconds.

The second fuel mechanism takes over in ten to twenty seconds, or just when the phosphocreatine supply is being exhausted. It is called anaerobic glycolysis and is using fat stored in the muscles as fuel. This slower start is because the process involves multiple chemical steps. As the word "anaerobic" suggests, this second stage, like with the first stage too, does not require oxygen. But, anaerobic glycolysis is inefficient, and more seriously, produce treacherous by-products, principally lactic acid. If this acid builds up, it messes things up and causes muscle fatigue. That burning sensation when you over use a muscle is caused by this build up of lactic acid.

So this stage of muscle fueling cannot be sustained long either, for maybe sixty seconds. After that, the readily available fat is probably all burned up and even if it isn't, the lactic acid build-up will shut things down.



Mark and Tucker

The third and last fueling phase is getting oxygen pumped through the body and to the muscles, called aerobic metabolism. When a horse takes off at a run, the heart and lungs begin working hard and yet there is a delay in getting oxygen-rich blood circulated to the muscles. Thus, the first two stages provide fuel during this delay. The aerobic phase kicks-in at about, yes, sixty seconds or so. This aerobic fuel system is dependent on conditioning, the better the aerobic conditioning, the more oxygen becomes available for fueling the muscles for the long haul. Think about what this means for speed events like racing.

For Quarter Horse sprint races or Thoroughbred races under 3/4 mile, aerobic metabolism doesn't come into the picture at all. For longer races, the first two stages of fueling dominate the first half or more of the race but aerobic metabolism is providing energy for the finish. Explains a lot about fast starters, strong finishers and so forth doesn't it?

Millions of years of evolutionary refinement have pushed this three-phase fuel efficiency to the optimal level. Consider this as partial proof—the winning time for the Kentucky Derby and the Belmont Stakes has remained virtually unchanged for fifty years. In spite of all the "innovations" in nutrition, exercise regimens, shoeing, and selective breeding, we humans have not improved upon Mother Nature's already perfected equine engineering.

When one plots the maximum metabolic output of a bunch of mammals, from rodents on up, the horse soars above the curve. Remarkably, when exercising at peak capacity, a horse generates almost four times what would be expected of an animal that size, based on mammals in general. And a Thoroughbred race horse, once fit, requires very little exercise between races to maintain this optimal fitness. Engineering marvels.

Truth be told, a biologist who specialized in clams or earwigs or protozoa could layout equally amazing adaptive responses, accumulated through the ages, for those species. But here's the thing, no clam or earwig or protozoa can cause you to stop dead in your tracks to watch, slack-jawed in awe, as it runs joyously at liberty. Only a horse can. Behind the pure aesthetic beauty is some extraordinary engineering.

So while we are all attracted to keeping company with horses for our unique and very personal blend of reasons, perhaps the overarching factor for all of us is that horses provide us the opportunity to witness an amazing—and perfect—synthesis of form and function.

Mark lives near Graton with his Dressage Queen wife Cheryl and their marvelous horses Mojo, Sophie, and Tucker.

Trials and Open Spaces

Column editor Sarah Reid

Trail Connectivity: More than Snaps, Knots, & Buckles

Many of us live for the fulfillment of a long trail ride with our equine partner, at times solitary, sometimes with buddies. Some of us include volunteer service with that trail ride. More trail riders can do this in a very easy way: simply logging their trail riding hours with an organization. Some of you may not know other resources for the trail rider, or where to find a club that may connect you with others who share your passion.

For the day rider or periodic horse-camper, exploring the websites with good information such as Backcountry Horsemen of California (BCHC) and American Endurance Ride Conference (AERC) can give some great insight to being in nature and on trails, conditioning the horse, and safety. Even if you and your horse are seasoned trail experts, you can always find something new to learn. If all you do is log your trail riding hours, you have made a difference for all equestrians. Read on for some helpful information.

Organizations with service included

Many organizations have built-in trail riding programs which members can join to log their trail hours. Logging your trail hours can serve two purposes: 1) Promote recognition of members for awards, and 2) Help the organization in lobbying efforts regionally, statewide, or even nationally to guarantee the existence of equestrian access to lands and trails. These programs are easy to participate in. Just join for a basic administrative fee and send in your hours. If you are already a member of California State Horsemen's Association (CSHA), check out the Trail Riders Award Program (TRAP), for example. In addition, many breed registries have trail rider programs, including the American Quarter Horse Association (AQHA), American Paint Horse Association (APHA), and the Pleasure Saddle Horse Registry (gaited horses). The Arabian Horse Association's Frequent Rider Program (FRP) is not a distance or endurance program!

One great organization with service in mind is Backcountry Horsemen of California, with our own local North Bay Unit located in Santa Rosa. As a member of Backcountry Horsemen, when you go out for a trail ride and you carry your clippers or lopers and work on the trails a bit as you go, or get off the saddle and clear debris off the trail, or perform some other trail work as you are riding, you can log your hours with BCHC. BCHC accumulates and reports all their hours at the end of the year not only to document use, but also to quantitate "donated" paid staff time and resources for important officials, making sure we keep wilderness areas open to equestrians and packers.



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Where to go for trail tack and equipment

Locally frustrated with this? Aren't we all?! Well, bless or blame the internet, but go to your computer. I am going to share with you some of my favorite websites for trail tack and equipment. Don't be skeptical about sites touting their "endurance" stuff, because I am here to tell you that the endurance riders have tried and tested the equipment for you. So if you are a weekend warrior, your horse can be comfortable in tack the 10,000-miler has already approved for him. These are companies I have found to be helpful, have been around for quite a while, have helpful and knowledgeable staff, and proven equipment. The websites are easy to navigate.

In other words, consider these sites referred by a happy consumer.

www.longridersgear.com	www.sportack.com
www.hought.com	www.actionridertack.com

Many riders are considering synthetic products for affordability and ease of care. If you are thinking about a leather alternative, I highly recommend Biothane for a change in the halter/bridle and breast collar. It is comfortable, easy-care, doesn't rub, doesn't rot with sweat, always looks good, and comes in colors.

Local trail riding clubs

If companionship is what you seek, check out local riding clubs and organizations for folks who share your passions. Some have membership requirements to join. Most have monthly rides and weekend horse camping events. Some have play days, and participate in parades and other community events. Two ways to find these are through the Sonoma County Horse Council, and also the free publication the *HORSE RESOURCE: An Essential Guide to Horse Care, Marin, Napa, Sonoma*, found at local tack and feed stores. Though the resource guide is not fully inclusive, many of the clubs are listed with contact information. Some of the local trail clubs include breed-specific clubs as well. Here is a sampling:

Sonoma County Driving and Riding Club, Santa Rosa (579-1943)
 Redwood Empire Trail Riders, Healdsburg (494-4450)
 Occidental Equestriennes (874-3374)
 Valley of the Moon Riding Club (291-1873)
 Horses On Trails (HOT_sonoma@yahoo.com)
 Wine Country Peruvian Paso Horse Club (478-2145)

Go trail

Whatever your activity is on the trail with your equine partner, sometimes it helps to get a little assistance tying the knot. Hopefully something here has helped you, or inspired you to help the equestrian world by reporting your trail hours with an organization. It really is very easy, and helps all trail riders by supporting our access to open lands and trails. If you aren't doing anything special tomorrow, or next weekend, check the trailer tires, call a buddy, get the horse loaded, and support your local parks! Get out on the trails and ride. Have yourself some equine trail therapy.



Sarah Reid is an equestrian representative to several open space and park projects. If you would like to share trail or public land news with Sarah, or you have an idea for a story, email her at trails@sonomacountyhorsecouncil.org.



Readers Write

A Woman of a Certain Age

"I've come to realize that women and horses are fully capable of weaving new myths into the future, perspectives based not on conquest and domination but on harmony and collaboration."

—Linda Kohanov

Make no mistake about it, the internet is an alluring diversion for horse people. Where else can you find such diverse perspectives on everything from horse health care to conformation, from equitation to training? There are discussion forums on every equine-related topic imaginable and plenty of opinions on every discussion board. Spirited dialogue is good, for it encourages a free exchange of ideas that often leads to positive changes for our horses. However, I have begun to notice what I believe is a disturbing trend in the dialogue between the traditional horse world and those who practice some version of Natural Horsemanship. Not only do I detect a mean-spiritedness in many of these exchanges, but I gather there is something else implied in the critique of Natural Horsemanship—that it exists mainly for *women of a certain age*. You know, those of us over forty who spend our days dancing with horses and carrot sticks under a double rainbow sky, complete with shimmering fairy dust and cotton candy clouds.

Admittedly, I am biased. As *a woman of a certain age*, I find these critiques as entertaining as they are maddening. I say, to each his own. With an open heart, we each learn about horsemanship in our own way and in our own time. Fortunately, our horses are incredibly forgiving of our mistakes and fumbling, no matter what our age or experience. Learning the way of the horse requires love, patience, dedication, and flexibility. We are called to step into our authentic selves with confidence in the presence of horses, and be the trusted leader our horse needs. We must rely on our womanly experience as partners, mothers, and friends to enhance and nurture our partnership with our horse companions. Well, what do you know? Sounds like the perfect job description for a woman over forty.

Each new day, I meet women who have asked me to assist them in developing a sense of presence and energetic awareness that is the cornerstone to developing a more symbiotic relationship with horses. The majority of these women are, in fact, over forty. They may be new to horses or returning to their first love after many years raising families or pursuing high powered careers. I have also assisted a number of "traditional" horsemasters, who have come to me in search of the missing link in their partnership with their horses. These women are yearning to know how horses think, and to learn methods of respectfully relating to them in their own language. No matter what their background, there is a common thread that calls women to be with horses in midlife; they seek a connection to Spirit, to nature, and a part of themselves they may have lost sight of post-puberty.

Contrary to the stereotype, mature women with an interest in Natural Horsemanship have a lot to offer a horse besides allowing their four-legged friends to walk all over them, as is often charged in more traditional quarters. My students bring an open-minded sense of wonder, imagination, creativity and joy to the learning process. They also tend to have a deep sense of humility, which is often lacking in younger equestrians. What these "oldsters" lack in the way of dexterity and timing, they more than make up for with enthusiasm. Drawing on their experience as patient, nurturing mothers, and

Written by Charlotte Angin

multi-taskers, older women often have an innate ability to balance the flood of emotions that come to the surface when working with horses. These women have seen and experienced life, know who they are, and with a little mentoring,

usually find a new, more tangible confidence with horses that then seeps into every corner of their daily lives. In horses, women find a wise Spirit ally who mirrors their energy and intent and requires their full presence, every moment, every day. Long-maintained emotional and spiritual walls crumble as the individual seeks partnership with horses, recognizing the importance of personal authenticity and honoring their soul's truth. You can't fake it with horses, for they will always recognize your pretenses without fail, every time.

It is unfortunate that the horse world is often divided into two camps at opposite ends of the philosophical spectrum. Opinions about the "right" way to train and create relationships with our horses can be polarizing. Oddly enough, the reality presents itself in several shades of gray. In my work I've met talented, gentle cowboys who are into reiki, Dressage professionals who ask me to help their trainees meditate before a show, and hard-core traditional horsewomen who are well versed in aromatherapy. Sadly, I've also known Natural Horsemanship devotees who are much more comfortable with the *pressure* than the *release*, or who use horses merely as a tool to advance in their own personal growth, putting their own psychological needs before the needs of their horses.

I am convinced that somewhere in between the extremes there is a bridge that connects all horse people, young and old, traditional and non-traditional. Owing to the recent "Buck" phenomenon, many of us remain hopeful that a more mature, respectful, and balanced conversation can take place between horse people of different traditions. Buck exemplifies the seasoned, centered horseman of the twenty-first century, aware not only of his flaws but the unique perspective he brings to the table because of them. A horseman who is in many ways traditional, yet who also is the first to point out that horses are indeed a reflection of the human at the end of the lead line.

How blessed are we to live in a time when age and experience have enthusiastically come out of hiding to nurture our sense of oneness with all of nature, and properly honor the soul of the horse.

A Bay Area native, Charlotte Angin facilitates conscious partnership between horses and the humans who love them. Her lessons and consultations emphasize human awareness and "presence" with horses while honoring both partners ~mind, body and spirit. Her background in education, Equine Facilitated Learning, natural horse care/horsemanship, and animal communication offers a unique perspective to her clients—both horse and human. She is based at Windhorse Ranch, Sebastopol. Charlotte's website is www.equispiritus.net.



Charlotte's client, Lisa with her pony, Buckshot



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From the Horse's Mouth

(contributions by Charlotte Angin and Elisa Stancil)



Mustangs awaiting adoption in Napa

Napa Mustang Days

The annual Napa Mustang Days was held the weekend of September 16-18, 2011. Presented in partnership with the Napa Valley Horsemen's Association, the event featured forty-six adoptable wild mustangs, mules, and burros trailered in from the Bureau of Land Management's (BLM) Litchfield corrals near Susanville, Ca. The animals were showcased as adoptable representatives of the BLM's Wild Horse and Burro Adoption Program. Roans, bays, pintos and palominos were just some of the colors highlighted in this group, most originating from the Twin Peaks Herd Management Area (HMA) of Lassen County. Events throughout the weekend included gentling and training demonstrations, a silent bid auction, vendor booths, and an arena show featuring gentled mustangs both under saddle and halter led. According to BLM officials, a total of twenty-five animals were successfully adopted. Additionally, several young horses were chosen by BLM volunteers and trainers to be gentled and halter trained at local BLM-approved ranch facilities, and will be available for adoption at BLM adoption events in the coming months. For more information about scheduled BLM Wild Horse and Burro Adoption Program events in California, please visit the BLM Litchfield Corral website at www.blm.gov/ca/st/en/fo/eaglelake/wild_horse_and_burro.html.

The State of Our State Parks

State budget cuts threaten Sugarloaf Ridge, Jack London, and Annadel State Parks. The closures have begun already. Sugarloaf Ridge closed December 1. The Sonoma Ecology Center (SEC) is leading a group of local organizations (including the Sonoma County Trails Council (SCTC) and the Valley of the Moon Natural History Association (VMNHA)), and proposing to operate Sugarloaf Ridge after the loss of state revenue. The SEC has already submitted a letter of intent to the state. Annadel's Channel Drive gate is closed Monday through Friday, originally to allow county waterline work to progress, and now due to budget cuts. Sonoma County Regional Parks is leading efforts to keep Annadel open, with help from VMNHA, LandPaths, Backcountry Horsemen and SEC. Jack London State Historic Park's closure is under review. California State Park executives have agreed to negotiate a comprehensive proposal submitted by VMNHA to run the park. This proposal draws on partnerships with SEC, SCTC, Backcountry Horsemen, and hundreds of volunteers to keep the park open. The proposal also creates a

Stewardship Fund, and allocations to generate community based solutions leading to self sufficiency within two years. To donate to any of the efforts to keep parks open, visit www.parksalliance.com. You can view updates and contribute funds to any park you designate. To donate to capacity building costs and to help support Jack London Park go to www.jacklondonpark.org or send a check to VMNHA Save Jack London at 2400 London Ranch Road, Glen Ellen, CA 95442. VMNHA is a proud partner of the Parks Alliance of Sonoma County!



Additional EHV-1 Outbreaks Contained

In May 2011, 400 horses were exposed to neuropathogenic strain of EHV-1 at the National Cutting Horse Association (NCHA) Western National Championship held in Ogden, Utah. Of these horses, fifty-four were from California, and twenty-two tested positive for the neuropathogenic strain of EHV-1. Only eight horses had neurologic signs, and two were euthanized. Since then, separate outbreaks have occurred in Tuolumne County and Sonoma County. In Tuolumne County eight horses tested positive, and one was euthanized. In Sonoma County, one facility reported three horses positive, and one euthanized; biosecurity precautions were judiciously applied (see related article p. 19). Both the Tuolumne and Sonoma County outbreaks have been declared contained, and genetic testing has revealed that they are unrelated to the outbreak at the Ogden Cutting event. Equine Herpes Virus (EHV-1) infection in horses can cause respiratory disease, neurological disease, abortion in mares, and neonatal foal death. The neurological form of the disease, known as Equine Herpes Myeloencephalopathy (EHM), has the potential to cause high morbidity and mortality. EHV-1 is spread via respiratory shedding. Clinical signs of EHM in horses may include fever, nasal discharge, loss of coordination, hindquarter weakness, recumbency, lethargy, urine dribbling, and diminished tail tone. Treatment includes employing supportive measures with intravenous fluids, anti-inflammatory drugs, and anti-viral drugs. Currently, no EHV-1 equine vaccine has a label claim for protection against the neurological strain of the virus. For more information about EHV-1, including characteristics and recent outbreaks, visit www.cdffa.ca.gov.



Minimum Equine Health Care Standards Published

The University of California at Davis School of Veterinary Medicine's Center for Equine Health has published a document entitled "Minimum Standards for Horse Care in the State of California." This document is primarily designed to aid law enforcement officials, who often have little knowledge about care of equines, in taking action in cases of equine neglect. The standards can also be used in legal cases and prosecution of suspected equine abusers. The document contains unbiased and evidentiary support for establishing minimum standards for feeding, watering, veterinary care, sheltering and space, and transportation. A committee of veterinarians and animal care experts collaborated to produce the standards. The UC Davis Center for Equine Health is dedicated to advancing the health well-being, performance, and veterinary care of horses, through research, education, and public service. To review the standards for horse care document visit <http://www.vetmed.ucdavis.edu/ceh/docs/special/pubs-HorseCareStandardsRev2-sec.pdf>. For more information about the Center for Equine Health visit www.vetmed.ucdavis.edu/ceh.



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The Horse Journal belongs to all of us in Sonoma County, so let us know if you would like to write. Articles are usually 500 to 1000 words and, of course, horse-related. If you are interested, contact any of the editors at the addresses listed on page one, or JoDean Nicolette, Editor-in-Chief, at editor@sonomacountyhorsecouncil.org. You can also write to us at Editor-SCHJ, P.O. Box 7157, Santa Rosa, CA 95407. We'd love to hear from you!

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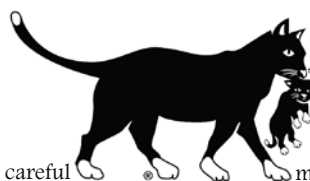
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