

Sonoma County

Horse Journal

Volume 10 • Issue 4
Fall 2014



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

Trex® Transcend®

DECKING & RAILING

25
Year Warranty
Against Fading
& Staining

THE GOOD LIFE

is way better outside

- ⊕ Made from 95% Recycled Material
- ⊕ Fade, Stain & Scratch Resistant
- ⊕ Unparalleled Beauty

Trex® Transcend®

FIRE PIT

GRAVEL
PATH

VINTAGE
LANTERN

TREE
HOUSE

ROPE
SWING

Trex® Transcend®

Burgess Lumber

SINCE 1972



3610 Copperhill Lane

Santa Rosa, CA 95403

542-5091

www.burgesslumber.com

Trex® Transcend®
Tropical Styles



Tiki
Torch



SPICED
RUM



LAVA
ROCK

Trex® Transcend®
Tropical Styles

Call us for the best lumber & composite decking choices

2014 SCHC Board List**President**

Ron Malone

president@sonomacountyhorsecouncil.org

Vice President

Greg Harder

vicepresident@sonomacountyhorsecouncil.org

Recording Secretary

Dagmar Hoheneck

secretary@sonomacountyhorsecouncil.org

Treasurer

Joan Rasmussen

treasurer@sonomacountyhorsecouncil.org

Membership Chair

Valerie Kasnick

membership@sonomacountyhorsecouncil.org

Members at Large

Robert Adams, Karl Bastian, Patrice Doyle, Melissa Kalember, Ted Stashak, and Tracy Underwood

The Horse Journal Editorial Committee**Editor in Chief**

JoDean Nicolette, MD

editor@sonomacountyhorsecouncil.org

Graphic Design

Lynn Newton

publications@sonomacountyhorsecouncil.org

Advertising Director

Jessica Boyd

ads@sonomacountyhorsecouncil.org

Photographer Extraordinaire

Marcie Lewis

Distribution Director

Valerie Kasnick

distribution@sonomacountyhorsecouncil.org

Editor at Large

Joan Rasmussen

editor@sonomacountyhorsecouncil.org

Column Editors

Lily Baker-Lubin

athlete@sonomacountyhorsecouncil.org

Michelle Beko, DVM

vet@sonomacountyhorsecouncil.org

Jessica Boyd

learner@sonomacountyhorsecouncil.org

Patrice Doyle, Attorney at Law

esquire@sonomacountyhorsecouncil.org

Grant Miller, DVM

rescue@sonomacountyhorsecouncil.org

Sarah Reid

trails@sonomacountyhorsecouncil.org

Contact Us

Sonoma County Horse Council

PO Box 7157

Santa Rosa, CA 95407

583-2317

www.sonomacountyhorsecouncil.org

Sonoma County**Horse Journal**

Volume 10 • Issue 4 • Fall 2014

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

President's Message	2
Sonoma County Horse Council at Work—Horse Cabinet Update	4
Equine Esquire—Livestock on the Roadway	5
Sonoma County Events—2014 Giant Steps Charity Classic	6
Readers Write—Stop and Smell the Alfalfa	8
Readers Write—Ride On	9
The Vet's Office—Feeding Horses: Supplements	10
Horse Husbandry—My First Horse: A Giraffe	11
Readers Write—My Tiny Adventure	12
Sonoma County Horse Council at Work—The Economic Impact Survey	14
Readers Write—Choosing Horses	16
The Equestrian Athlete—Why Do I Ride?	17
Readers Write—Cheeta	18
Readers Write—Inspired by Horses: Judy Lee Jenkins	19
Spitting Sand—First Horse	20
All Creatures Great and Small—CHANGE's First Horse	21
Readers Write—Thunderado	22
Readers Write—Old Man Wyndham	23
Sonoma County Horse Council at Work—Bodega Head Parking	24
Readers Write—My First Horse, Dalila	27
Advertising Information	28

**Cover Photo: Marcie Lewis**

Azure Siraco (left) on Tonka and Bella Silveira on CT enjoy some cross country time in the pasture at Santa Rosa Equestrian Center. Trainer Toora Nolan supervised from close by. Read about girls and first horses in this issue of the Horse Journal.

© Sonoma County Horse Council. All rights reserved. The Sonoma County Horse Council is a non-profit volunteer organization. Every effort has been made to ensure the accuracy of this publication. It is published for informational purposes only, and has been written and edited in good faith with no willful, negligent, malicious, or fraudulent activity in mind. Please contact us with any errors or omissions so that corrections may be made in future publications.



A Message from the President



Dear Sonoma County Equestrians,

Each spring, the Sonoma County Horse Council publicly honors a select few of our local leading horsemen and women, and a special equine, at our signature event—the Equus Awards Gala. Now is your chance to nominate a special equestrian or horse (or other equine) for the 2015 Equus Hall of Fame. Please use the nomination form inserted in this issue of the Horse Journal or download a copy from our website, www.sonomacountyhorsecouncil.org. The Equus Awards dinner is jam packed with 300 horse lovers and your nominee, should he or she be selected for this prestigious award, will enjoy the night of a lifetime surrounded by family, friends, and fellow equestrians who share the same passion. Don't delay, the nomination deadline is October 31st.

We should all be proud that the Sonoma County horse com-

munity—consisting of more than 25,000 horses and as many or more horse owners—contributes more than \$600 million per year to the Sonoma County economy and produces the kind of world class equestrians that we honor each year at the Equus Awards banquet. This issue contains an overview of the first rate study conducted by Sonoma State's Center for Regional Economic Analysis on the Impact of Equestrian Activities in Sonoma County. I urge you to review the article for some exciting details about our horse community

And, sadly, this issue of the Horse Journal will be the last that our Editor-in-Chief, Dr JoDean Nicolette, will put together for us. After six years of stellar stewardship, JoDean is taking a much deserved rest from her editorial duties. We cannot thank JoDean enough for her tireless devotion to making the Sonoma County Horse Journal an absolutely first class publication that serves our horse community incredibly well. The fact that JoDean was able to accomplish what she has as an unpaid volunteer with an all volunteer staff of writers, column editors, and distribution workers is a testament not only to her commitment, but to her talent. Later this month, we will organize a meeting of the existing Horse Journal team and all interested persons to discuss the future of the Horse Journal and to solicit new volunteers to carry the Horse Journal torch forward. Check our website and watch your emails for the date and place of the meeting.

Ron Malone, President

Letter from the Editor

Dear Readers,

With mixed emotions I announce that the fall issue of the Sonoma County Horse Journal will be my last. I would like to thank all of the people involved for helping to produce such a wonderful, community-oriented publication. In particular I would like to express my gratitude to the column editors (listed on page 1) who have regularly and reliably contributed high quality articles, and to Jessica Boyd, who sold ads, and Valerie Kasnick who distributed the journals. Lynn Newton deserves particular accolades for her artful layout of our materials. Marcie Lewis has provided stunning covers for most of our issues, and has helped make the journal what it is today.

Mostly I would like to thank you, the readers, for your wonderful stories. Many of you never thought of yourselves as authors and yet you put pen to paper and took a chance... sharing your thoughts, feelings, and experiences with me and the rest of the Horse Journal readers. All of us, from so many disciplines and walks of life have come together to make this publication what it is.

We are united by our love of horses. May it always be so.

JoDean Nicolette





Since 1986

Riding and horsemanship for kids ages 5–15

Fun Environment • Friendly Instructors
Covered Arena



Photo: MJ Wickham

THE EUROPEAN PONY SCHOOL

Located at Santa Rosa Equestrian Center

3184 Guerneville Road, Santa Rosa, CA 95401

707-546-PONY (7669) • www.europeanponyschool.com

At Silveira's, we know our cars & trucks

Silveira

BUICK • GMC TRUCKS

HEALDSBURG

www.SilveiraAutos.com

*and understand the needs
of families with horses!*

HEALDSBURG

707-433-5541





Sonoma County Horse Council at Work

Horse Cabinet Update

Written by Greg Harder, Vice President



This month at the Horse Cabinet meeting we kicked off the Welcome Back Dennis Tour. Sonoma County's own Dennis Reis has decided to get off the road. For the last twelve years Dennis and his wife Deborah have been touring the US, teaching their Universal Horsemanship to equine enthusiasts. (You know, the ones that would show up and cure the problem horses at the Equine Expos.) Well Dennis took this to a

higher level by helping people understand their relationships with their horses, and why problems might exist.

Dennis started his presentation with a brief history of his involvement with horses, and acknowledged his most influential teachers: Ray Hunt and Tom Dorrance. He spoke about how he was at the first Snaffle Bit Futurity here at the Sonoma County fairgrounds, not as a contestant but as one on the labor list. He spoke of the rich heritage of the horsemen that were here in Sonoma County, and how that helped him start on his path of education and enlightenment.

I think it is fair to say that Dennis has been the headliner at one time or another for every major Equine related event in this Nation. The unique aspect of "Universal Horsemanship" is that it applies equally to all people, breeds, and disciplines. Bottom line is if you want a better relationship with your horse, to place more, or enjoy the trail, Dennis will be here to help.

We spent a lot of time watching videos of problem horses with whom Dennis has worked. It was very informative to watch the video, as Dennis would stop and explain what was being done and WHY! Everyone in the room learned. More importantly we learned that it really isn't about bad horses, but instead it's about incorrect communication and understanding. We saw not horse training as we traditionally think, but communication, feel, respect, and encouragement—all of which lead to a common goal.

We also got a lesson in the history of Dressage, and how the horsemen of old had the relationship and rhythm with their horses to maintain the focus necessary for battle. Then bringing it forward to today, how riders can focus on simple step by step levels of communication and understanding to increase both theirs and their horses' performances.

One alarming statistic that came up was the fact that there is a horse related injury every five minutes in the US. If I remember right we are losing one equestrian every day due to an accident. I had no idea. No wonder Dennis focuses on a training curriculum that replaces traditional fear and intimidation techniques with safer, more productive methods. Methods that are based on understanding the true nature of horses and their behavior.

We also took a tour of the Universal Horsemanship website, www.reisranch.com. Here we saw how Dennis and Deborah have organized their curriculum and videos. The website offers over 1000 hours of videos explaining and demonstrating what Dennis teaches.

Afterward we had a very relaxed question and answer period. It was nice to see people gain a greater understanding of their problems and potential solutions rather than hearing the same old traditional training verbiage.

I truly look forward to the next Cabinet meeting, October 8th. We will continue our "Tour" of Universal Horsemanship. Regardless of what you're doing with your horse, what style of riding or competition, please do yourself a favor and attend these Tour events. You will gain a new level of appreciation for your horse and how you can make his job more enjoyable.

Keep your saddles oiled, rain's a coming. . .

Greg



Greg Harder
Financial Advisor

1527 Farmers Ln
Santa Rosa, CA 95405
707-546-4211

www.edwardjones.com

Edward Jones
MAKING SENSE OF INVESTING

Pet Food * Feed Supplements * Grain * Hay * Livestock Supplies



Visit our expanded retail store for all of your
Pet, Livestock, Feed and Supply needs
Monday thru Friday 8-5, Saturday 9-1

(707) 762-4594 • 30 Lakeville Street • Petaluma, CA

PENNY'S PETSITTING SERVICE



"YOUR PET IS MY PRIORITY"

BONDED & INSURED

707-548-4365

pennyfossat@yahoo.com

The Equine Esquire

Column editor Patrice Doyle, Attorney at Law, Board of Directors

Livestock on the Roadway: Who is Liable When an Accident Occurs?

In the Winter 2014 issue of the Sonoma County Horse Journal I discussed certain California laws related to riding horses on roadways. Specifically, California Vehicle Code section 21759 requires that drivers must slow down or stop when approaching horse drawn vehicles or people on horseback on the road to avoid frightening the horse. California Motor Vehicle Code section 21805 requires vehicles to yield to equestrians at equestrian crossings. Section 21050 mandates that every person riding or driving an animal on a highway has the same rights and duties of motor vehicle drivers. These laws apply to when a horse has been taken onto a highway intentionally. This article explains potential liability when a horse (or other livestock) enters a public roadway unintentionally, such as by escaping through a broken fence.

Negligent or not?

Just because a horse you own or are caring for ends up on a highway and in a collision with a motor vehicle does not mean that you are legally liable for the accident. Whether you are liable depends on how and why the horse got on the highway, and if the owner/caretaker was negligent or careless in any way that led to the escape of the horse or the resulting accident. The law in California makes clear that a horse owner is not always going to be held legally responsible when a horse escapes. Food and Agriculture Code Section 16904 dealing with "Animals at Large" states: "In any civil action which is brought by the owner, driver, or occupant of a motor vehicle, or by their personal representatives or assignees, or by the owner of livestock, for damages which are caused by collision between any motor vehicle and any domestic animal on a highway, there is no presumption or inference that the collision was due to negligence on behalf of the owner or the person in possession of the animal."

In other words, an owner or caretaker is not automatically going to be held civilly liable in accidents between a horse and a vehicle on a highway. For a lawsuit to be successful, the driver of the motor vehicle or family members of a driver killed in a crash would need to prove that the horse got onto the highway through the negligent acts of the owner or caretaker in order to hold him or her legally liable for the injuries.

Criminal liability?

In a famous 1994 case called *Sea Horse Ranch v. Superior Court of San Mateo County* (1994) 24 Cal.App.4th 446, the court said that enough evidence existed to bring the Ranch and its owner to trial on a charge of involuntary manslaughter. The facts were that at night eight horses belonging to the ranch escaped to a highway.

One collided with a car killing the seventy-six year-old passenger. There was no fence separating the Ranch from the highway. The horses had escaped from a corral that was in terrible condition. "The fence posts were old, weather-worn, bug-infested and rotting. Several cross boards had been knocked off the posts where the wood was rotten, leaving a hole in the corral fence. The nails which had attached the cross boards were not in good condition. The boards were broken out from the inside, with no sign of vandalism. The fence was so dilapidated that when the officer leaned on a cross board, it fell off. The cross boards were mounted improperly on the outside of the fence posts, making them more easily pushed out from animals on the inside. Contrary to common practice, there was no wire strung along the inside of the fence to keep horses away from the cross boards. Neither was there any electrical wire around the inside of the corral." In addition, there was evidence that horses had escaped from the Ranch and gotten on the highway several times in the past.

If facts such as this are proven at trial, involuntary manslaughter, which is a felony, could result in substantial imprisonment. It should be emphasized that criminal liability is a real risk only in extreme cases of negligence, such as may have existed in the Sea Horse Ranch case.

What to do?

Owners and caretakers of horses and livestock must exercise due care, meaning the care that a reasonable person in the same or similar circumstances would have exercised, in keeping these animals contained. The owner or possessor of land upon which horses and livestock roam has an obligation to fence the land in such a way as to prevent the animals from getting onto public roadways. What is required to make the fence adequate depends upon the animals confined behind it (including any known propensities to escape), the proximity of the paddock or pasture to the roadway, and the nature of the roadway. Once an adequate fence is installed, the land owner or possessor has the obligation to maintain it, which includes replacing broken or missing boards or wires. In addition, regular inspection of fences to determine whether they need repair is highly recommended. If the fence is electric, the charge and the integrity of the wires should be checked regularly. It is also always negligent to leave a gate open. An electrically-operated, automatically-closing gate at the entrance to the property is the best protection against a customer or visitor not securely closing a gate.

In sum, with installation of proper fencing given the type and propensities of the animals to be contained, regular inspections and maintenance of fencing, and daily diligence in closing gates, owners and caretakers of horses and other livestock will have taken substantial steps towards avoiding civil and criminal liability in the unfortunate circumstance of livestock accident on a roadway.



Patrice Doyle is an associate attorney at Kornblum Cochran Erickson Harbison, L.L.P., and has been an avid horsewoman since childhood. She can be of assistance in guiding you through equine-related legal issues. Contact her at (707) 544-9006 or www.kcehlaw.com.

The above article is not intended to be legal advice. Readers should seek legal counsel to determine how the law applies to their particular circumstances.

<p>KORNBLUM-COCHRAN KCEH ERICKSON-HARBISON</p> <p>Attorneys at Law Kornblum/Cochran/Erickson/Harbison, L.L.P. A Partnership of Professional Corporations and an individual</p> <p>1388 Sutter Street, Suite 820 San Francisco CA 94109</p> <p>50 Old Courthouse Square, Suite 601 Santa Rosa CA 95404</p>	<p>Patrice A. Doyle Attorney at Law</p> <p>Email: patrice@cochranerickson.com</p> <p>Telephone: (707) 544-9006 Facsimile: (707) 544-8213 Web: www.cochranerickson.com</p>
--	---



Sonoma County Events

2014 Giant Steps Charity Classic

Written by Mark S. Walden, Psy D, Executive Director

Sonoma Horse Park hosted the fifth annual Giant Steps Charity Classic Horse Show and Gala, with Gucci returning as the top sponsor for the second year in a row. This year's edition attracted 800+ exhibitors from all over the western United States, Canada, and Mexico to compete for over \$140,000 in prize money. The week's highlights included the Wild Turkey Farm Battle of the Sexes (the ladies were victorious); the \$15,000 Eden Valley Stables Gambler's Choice (won by Jeffrey Fields); the \$40,000 Shaklee Grand Prix (top honors went to Kristin Hardin) and the Gucci Six Bar and Gala on Saturday evening (the Six Bar resulted in a tie between Sabine Cooper and Gabrielle Cirelli).

Guests of the gala included a sold-out crowd of Bay Area socialites, entrepreneurs, and business leaders who came to support and raise funds for Giant Steps Therapeutic Equestrian Center. Guests were treated to a seated dinner and fine wines provided by Rombauer Vineyards.

Entertainment included a live auction, a Six Bar jumping competition, a musical performance by Santa Clara County Sheriffs Pipes & Drums Band, a choreographed routine by the Petaluma Riding and Driving Club followed by the national anthem sung *a cappella* by the Grammy award-winning Pacific Boychoir Academy, and an inspirational demonstration orchestrated by Giant Steps' volunteers, instructors, and most importantly, its riders.

Each component of the gala offered a poignant reminder to the purpose of the event, however, none more so than the demonstration itself. With the sun half-set, several riders who cope with cognitive, emotional, and physical disabilities took to the arena on horseback to promote the benefits of equine therapy. All 500+ guests silently waved in unison to show their support for Giant Steps' brave riders, and in turn, the riders demonstrated the life-changing impact of Giant Steps' therapeutic programs.

The skills and benefits that students receive from this unique form of therapy are not confined to their time on a horse. Indeed they extend into their daily lives with their family and friends. Skills learned aid them in overcoming social fears, gain core strength, improve their balance, help them to follow directions, and strengthen their sense of confidence to become self-determining individuals.



Lucas demonstrates his skills

Lucas, age seven, was one of this year's [demonstration] riders and comes to his lesson every Saturday to help him overcome the effects of cerebral palsy. He's one of Giant Steps smallest riders and uses a wheel chair to help him get around. When riding his favorite horse Sahara, Lucas is able to develop and strengthen his muscle memory from the soothing gait of his "therapist". As he circled the arena at Charity Classic, he spread his arms to the side without the use of a harness. By displaying his improved posture and steady balance, Lucas showed the guests just how powerful equine therapy can be. One day, this will enable him to take his first giant step all on his own.

Physical gains include increased core strength, better balance, and improved gross and fine motor skills. When Lucas rides on the horse's back he passively receives the motion of walking. For a person who spends much of their time in a wheelchair—the stretch, movement, and

freedom he/she feels on the horse is unparalleled.

As horses walk they move their hips up and down as well as forward and backward. This causes the riders hips to move in the same rotational movement, as if walking. The movement also has the amazing ability to strengthen weak muscles and loosen tight muscles. Further, each time the horse stops and starts the rider must work to stay supported and upright. This strengthens the muscles in their trunk, improving core strength. Using direct reining to steer the horses teaches our riders right versus left and motor planning.

Ashley, age twenty-six, who was another participant in Saturday's show, can also attest to the benefits that Giant Steps offers her. As one who struggles with Autism, she used to be overwhelmed in social situations and found it difficult to express emotion. With the help of her favorite horse Tuey, she has developed a trusting relationship with him. Since coming to her lesson each week she works on following directions and going off lead to demonstrate her independence. All of these acquired capabilities were evident at the gala.

Immediately after the demonstration concluded, guests generously donated several thousand dollars to help fund annual riding scholarships to help riders such as Lucas and Ashley.

New to the horse show this year was the Junior Team Relay Challenge which was designed for junior and pony riders to enjoy a fun competition while providing an opportunity for them to make a difference in their equestrian community. Teams consisted of one junior rider (age fourteen-seventeen) and one pony rider (fourteen and under), and together they raised funds for Giant Steps.





Grace Ann sings for the crowd

Team names and costumes were required to participate in the relay. The teams that raised the most money were given a deduction in completion time. Giant Steps had its very own team that raised the most money! Together, the teams raised over \$8,000 for the Christina Piatti Memorial Scholarship Fund, and this amount was matched by Grand Prix sponsors, Roger and Sloan Barnett.

Another emotional highlight of the week occurred at the beginning of the Grand Prix, when the veterans of

our armed forces—riders at Giant Steps—came out and held the flags for our national anthem, which was sung by a small but powerful Giant Steps rider living with cerebral palsy, Grace Ann. It brought tears to numerous onlookers.

There is a famous quote that perfectly sums up the benefits of equine therapy and indeed, the importance of the work that Giant Steps accomplishes. Cowboy Will Rogers once said "There's something about the outside of a horse that's good for the inside of a man." It's evident by the unprecedented success of the event that everyone agrees wholeheartedly with him.

To volunteer or make a donation to Giant Steps Therapeutic Equestrian Center please visit: <http://www.giantstepsriding.org/> or call (707)769-8900 for more information.

Mark S Walden joined Giant Steps this spring as its new executive director. Throughout his career, Mark has worked with children and families challenged by a variety of special needs: autism, neurologic challenges, post-traumatic stress disorder, social-emotional-behavioral disabilities, cognitive impairments, and substance abuse issues. To contact Mark about Giant Steps, email him at mark@giantstepsriding.org.



Mark West Stables

Lessons Training Sales
Clinics Pony Adventures

Fall Schooling Show:
October 20-21


W

Located above Rincon Valley

707.538.2000 www.markweststables.com

**STRAIGHT TALK
HONEST ANSWERS
REAL PEOPLE**

**Financing • Leasing
Appraisal • Insurance**

Call 800.800.4865 today
or visit AgLoan.com




American AgCredit
MONEY FOR AGRICULTURE

Part of the Farm Credit System.
Equal opportunity lender.


**LARSEN'S FEED
& Pet Supply Center**

**Carrying a Full Line
of LMF Horse Feeds**

**Equine Fly Products, Grooming
Supplies, Wormers, and Vaccines
Including West Nile Virus**



707-527-7328
707-795-4106



www.larsensfeedandpetsupply.com

7400 Gravenstein Hwy. Cotati, CA 94931



Readers Write

Stop and Smell the Alfalfa (and other things we learn from our horses)

Written by Clarice Meffert

When I was little, I was crazy about horses, but it was years before my parents would let me ride. My dad was allergic, I could get hurt, and it certainly wasn't the cheapest sport. What my parents and I didn't realize when I finally took up horseback riding was how many lessons I would learn from interacting with these amazing animals.

People might think they are paying to learn to ride a horse. Really, though, those who engage with horses are getting an education about life. Here are some of the things horses have taught me.

Stop and smell the alfalfa.

Horses have a talent for finding a tasty blade of grass or hay wherever they go. They'll spend every second of the day searching for these treats if you let them. When you first start riding, you find this impulse annoying; you're already on a slow school horse, and stopping for a snack just makes the horse go slower. As you get to know horses, though, you grow to appreciate this habit. Horses teach us to treasure the tiny joys in life.

Another jump is just around the corner.

For those who compete in horse shows in the Hunter or Jumper disciplines, whether it is your first show or your hundredth, you are likely to have at least one jump that doesn't go as planned. Your distance is too long or too short, too far right or left. While you may be frustrated or disheartened, your horse will probably shake it off. When it comes to the next jump, he will be ready—even eager—to try again. Horses are remarkably forgiving, and the more you ride, the more you pick up the same attitude.

It's a twig, and it's fascinating.

Horses pay a lot of attention to their surroundings. Sometimes they seem transfixed by the most mundane details. Twigs, shadows, puddles, and jumps take on new life in their minds. At times a horse may stop and stare until he decides the object is no longer worthy of attention. Other times, the horse will make its best attempt at a capriole, when all four of the horse's hooves leave the ground at the same time. Either way, riders learn pretty quickly to observe their surroundings closely. I didn't realize how valuable this skill was until I started to drive last year. Riding horses in a crowded show ring is much like driving on the highway!

If you say so.

It's the last fence of a perfect course and your horse is rolling toward it, but the distance isn't there. You have two options: slow down for a deep jump, or push to leave long. You pick the latter. You press your spur into your horse's belly, and he opens his stride. He takes the distance for you because you told him that was what you wanted, and because he trusts that you aren't going to crash him into the jump.



Clarice Meffert and her warmblood, *Bohemian Rhapsody*, at a recent horse show.

You and your horse are a team, a team that depends on one another to avoid getting seriously injured, and also a team that has to communicate without words. That kind of trust isn't something that can be experienced often, unless you ride a horse.

Riding horses makes you feel good.

Anyone who enjoys riding horses will tell you that riding makes them feel good, and medical studies support that conclusion. Research undertaken by the University of Brighton and Plumpton College found that riding horses offered both physical and mental benefits. More than two-thirds of the equestrians who responded to a questionnaire achieved England's government guidelines for exercise intensity and frequency through horseback riding and related activities. In addition, the study found that more than eighty percent of the participants reported that riding horses made them feel more cheerful, relaxed or happy. The report suggested that horseback riding "can play a role in managing negative feelings relating to anxiety and depression." ("The health benefits of horse riding in the UK," published by The British Horse Society.)

When I got on my first horse at Howarth Park, I thought I'd learn just one thing: how to ride. Now I know better. Horses have taught me lessons that I plan to use the rest of my life.

Clarice Meffert, sixteen, has been riding horses at Mark West Stables in Santa Rosa since 2009. She competes in Hunter and Equitation events with her horse, Bohemian Rhapsody.

Readers Write

Ride On

Written by Gabriella Carroll

As a child, I was always adventurous and free-spirited. Attempting dangerous stunts on my bike, wading in the off-limits creek, and climbing high into tree tops, I gave my parents a run for their money. My favorite childhood pastime, however, was tackling my home-made jumping course on my trusty stick horse, Bombay. Barefoot and determined, I galloped along the sidewalk, through the wading pool, and over jumps made of broomsticks and bushes. I wanted to be a horseback rider. My days were spent watching countless episodes of the Saddle Club, dreaming of owning one of those beautiful, four legged wonders. I was obsessed, to say the least.

At age ten, I finally had the opportunity to ride, and looked forward to my weekly lesson with exuberance. At age eleven, a riding accident left me with steel in my arm and two broken bones—but not a broken will. Six months later I was back on the horses. Four years later, after countless hours working at barns, patiently saving allowance money, and perpetual begging, I set out to find my equine soul mate.

"Eight-year-old Arab/Andalusian mare for sale. Perfect horse for young girl; very gentle but has plenty of go," read the classified advertisement. 14.1 hands, gleaming white and with long flowing hair, Isabella was every little girl's dream horse: I fell in love. But that dream was snapped into a reality very quickly. For about \$2,500, we received an old trailer, two saddles, and a firecracker on four legs. Isabella was smart, strong, and stubborn: a lethal combination. And the exact combination I embodied as a child. I searched for that unshakable courage and unyielding personality I had once possessed, but could not find it. Our first year together consisted of throbbing rope burns due to Isabella's so-called "willfulness," hour-long chases after flamboyant escapes from the pasture, and my futile attempts to keep her decently clean—which was impossible, because Isabella loved to roll in mud. Riding was even worse. Isabella enjoyed galloping out of control, failing to turn, and happily ignoring anything I asked her to do. My trainer was constantly reminding me to sit tall, breathe deep, and ride on, no matter what Isabella did. I became accustomed to the ground at my back, dirt down my pants, and my dignity running off in the other direction.

But gradually, our relationship evolved. Isabella began to neigh when she heard my truck pull up, and we would spend our afternoons together sharing peanut butter and banana sandwiches, learning new skills, and going on peaceful walks. We found we had much in common: both of us were small, strong willed, and had something to prove. I worked every day at her barn to pay off board: mucking stalls, scrubbing water buckets, and handling horses. The barn became my second home, and some days I would



Gabbi and Isabella

Valerie Benvenuti Photography

sit on Isabella as she grazed in her field, reading a book, escaping all the stresses and hardships of high school life.

As days passed, we both grew stronger, mentally and physically. Long hours of riding lessons, ground manner practice and perseverance transformed Isabella into a controllable, talented horse, and me into a confident rider and young woman. She became the "brave one" on trail rides, the "speedy one" in jumper shows, and the "gentle one" around small children. She was a rule-breaker, an odds-defier, and a heart-melter—always in naughty-pony fashion, but cute enough to always get away with it. Our first successful 2'6"-show is still one of my favorite moments with her. Upon landing from our last jump, the crowd cheered, and Isabella swished her tail high in the air as if to say, "See Mom? We *can* do this!" Never had I felt so proud and accomplished. And we had done it together.

As the summer before my freshman year of college came to a close, I knew keeping Isabella was not going to be a practical reality. The day I sold her was one of the most difficult days of my life—I was crying so hard on the way home from the barn that I had to pull over. This pony had taught me more than any friend, teacher, or counselor could have in my adolescent years—she helped shape me into the person I am proud to be. But that was exactly what she was: a teacher, now ready to mentor another young girl the invaluable lessons of life that I was privileged to experience. And no matter where I go in my life, I will always carry with me those mischievous brown eyes, that four-beat gallop, and those wise words that forever keep me going: *sit tall, breathe deep, ride on.*

Gabbi Carroll is a senior at Saint Mary's College of California, double-majoring in English and Theology. She began riding at the European Pony School in Santa Rosa at age ten. She currently works at the European Pony School as a summer camp counselor, where she enjoys sharing her love for horses with local youth.

CHRISTENSEN

Accountancy Corporation

Tax Preparations & IRS Audits
 ♦ Consulting for Horse Industry ♦

707-546-8512

Daniel J. Christensen, M.S., E.A., C.P.A., President

1017 College Ave. Santa Rosa, CA



Vet's Office

Column editor Michelle Beko, DVM

Feeding Horses Supplements

As we discussed in the spring Horse Journal, there is more than one appropriate way to feed your horse. In general, forages (hay or grass) should make up the bulk of their diet. Some horses may need additional or alternative feeds which is our subject for this issue.

Senior feeds

Older horses may have missing or worn teeth and be unable to chew forages well enough to maintain their body weight. They can benefit enormously from senior feeds. Most senior feeds are alfalfa based complete feeds that are quite palatable and readily available. There are several brands including some that are low in carbohydrates for horses that have metabolic syndrome or are inclined to be overweight. I prefer to avoid brands that have corn high on their ingredient list. Because I have had a few patients who developed enteroliths (intestinal stones) after a couple of years on senior feed, I recommend feeding grass or oat hay pellets along with the senior feed unless the horse is also able to eat green grass or grass.

Concentrates

Some horses may need more calories than they can get from forages alone. This is especially true of horses that are frequently doing high intensity or long duration exercise. They may need denser sources of calories (more calories per pound of feed) found in concentrates such as grain, beet pulp, vegetable oil, or rice bran. Carbohydrates and fat are the main "fuels" used to supply the energy needed by equine muscles. Carbohydrates are stored as glycogen in muscles and the liver. Running low on muscle glycogen stores when exercising leads to fatigue.

Grains are the seeds from grasses, the most common being corn, oats or barley. Like senior feeds they are also very palatable and readily available. Grains are very high in carbohydrates and are an easy way to add calories to your horse's diet. A meal high in carbohydrates can result a spike in the horse's blood glucose and insulin levels which may be undesirable, especially if your horse has metabolic syndrome. Corn is the most likely to cause this followed by barley. Oats are the least likely to do so. Large amounts of grain in a horse's diet can make them more susceptible to colic and gastric ulcers but reduces their risk of getting enteroliths.

Beet pulp is a byproduct from the sugar industry. It is an alternative carbohydrate source to grain. It is very dry and expands when water is added. It should be mixed with water before being fed although it doesn't necessarily need to soak for more than a few minutes. Feeding a meal high in carbohydrates (grain, beet pulp) in the first few hours following hard work can help a horse recover more quickly by replenishing the glycogen stores in their muscles faster.

Rice bran and vegetable oils are sources of fat that can effectively help horses maintain their body weight. Fat does not cause the glycemic spike that carbohydrates do; therefore it may be a safer source of calories for many horses. It is unlikely to cause horses to be more excitable as grain seems to do to some. Increasing the amount of fat in their diet allows them to adapt to using more fat as fuel when exercising, thus delaying fatigue by avoiding depletion of glycogen in their muscles. Vegetable oils (corn, soybean,

canola etc.) can be added to grain. Rice bran can be used alone or mixed with grain.

General considerations

As I stated in part one, it is important to feed your horses the correct amount of feed. If they are "easy keepers" or not working hard, they probably don't need anything other than hay or grass. We also need to consider the calcium: phosphorous ratio. It should be from 1:1 to 2:1. Wheat or rice bran, and grains, as well as many grass hays are usually higher in phosphorous than calcium. Alfalfa (high in calcium) or mineral supplements can correct this problem. Remember, since much of their digestion relies on fermentation by bacteria in the large intestine, it is important for all horses that feed changes are made as gradually as possible. This allows the population of bacteria to adjust to the new food. Lastly, treating your horse to some carrots, apples or cookies upon occasion isn't a bad idea!



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

R.V. SPECIALIST

Insurance Work • Repair • Customization

Specializing in Living Quarters and Horse Trailers



- Horse Trailer Repair
- Solar/Electric
- Plumbing
- Generators
- Roof A/C
- Hitch Work
- Major Repairs
- Appliances
- Satellite Systems

Curtis Carley, Owner

707-527-6778

Hours: Monday-Thursday 8am-5pm • Friday 8am-4pm
Certified RVIA, Dometic, Norcold

340 Yolanda Avenue Santa Rosa, CA 95404

www.rvspecialist.net

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

Column editor Mark Krug

My First Horse: A Giraffe

If you came into my home, you'd notice a great number of giraffes. Giraffe statuary, giraffe pictures on the wall, a giraffe TP holder in the bathroom, a giraffe key holder on the wall and so on. Why? The honest answer is that my first horse, a 2 ½ year old Holsteiner mare, looked like a giraffe. She was already over 17hh, a skinny, gangly adolescent. She was naturally built uphill, but also, her front end appeared to be six months ahead of her rear-end, growth-wise. A long pencil-neck and incredibly long legs. I was once hand-walking her in a perfect, safe position just ahead of her shoulders, when, annoyed with some rowdy dogs that were with us, she cow-kicked me in the hip.

I was a forty-plus year old man at the time, and a total newbie to horses, when I made the brilliant decision to buy this big, sassy mare, Nobella. My reasoning was that as a big guy, I needed a big horse and a Warmblood with good Dressage potential could also be used by my wife in her Dressage training business. I convinced myself this was sound logic. My wife, with decades of professional horse trainer experience, and also, common sense, coached me to buy a "been there, done that" horse, but I ignored the advice and with giddy excitement, bought this unstarted youngster Nobella.

Guess how many times I rode Bella during the two or so years we had her? Zero is the correct answer. She was too much horse. Fortunately, my wife Cheryl had patiently started lots of horses over the years and gave her a wonderful start. To be fair, Bella had an intensely sweet side and in many ways a delightful mare and she did make tremendous progress under Cheryl's tutelage.

Still, it was a nerve-wracking time as Bella was very volatile. No wrecks though—Cheryl never came off her back—a real testimony to her skill and patience. The worst was a cracked rib for Cheryl from getting kicked while a ham-fisted farrier was handling her during a blustery wind storm. Bella, on the other hand, had her share of lacerations and similar injuries. All because, as veterinarian Leslie Mikulich so aptly put it, Bella was too big for the furniture. It's true, stalls, gates, fences, paddocks are all set-up for horses, not giraffes!

Most times when you hear people recounting their "first horse" experiences, it is a woman reminiscing back to when she was a young girl, riding all over the place bareback, that type of thing. My story is unique, about a middle-aged man who can barely ride making an idiotic decision to buy an equally green, but huge moving feisty mare that he never rode. I am not proud of this.

But even so, as my first horse, my memories with her are indelible, especially the terrifying ones. For example, there was a period of time when Bella had a series of angry-looking insect bites on her belly, especially back into her groin area. I was to rub some medicinal cream on the area each night before turning in. She quickly got to the point of really liking the cream application as I scratched the area for her and she began anticipating the sessions. She would



Cheryl Krug and Bella, the giraffe

swing her butt around toward me to facilitate my scratching her. I knew what this behavior was about as it was obvious, but still terrified because it exactly mimicked a horse turning to kick! And remember, I knew perfectly well she was capable of kicking. Worse, though she clearly wanted the scratching, it caused some stinging or tickling as she would flinch and sometimes cock a leg when I was awkwardly bent half under her. Every night, I'd go out tired and ready for bed but return from the barn amped up on adrenaline from giving Bella a life-threatening tummy rub!

I also possess strong memories of Cheryl riding Bella in our arena. Cheryl, a slender 5'2", looked like a circus monkey on her, totally out of proportion (to be fair, an extremely cute circus monkey). What is seared in my memory is this image of a circus monkey on a giraffe doing this enormous, ground-covering extended trot - appearing to cover the 160' long side of the arena in three strides.

These first horse memories really impact us and stay with us I guess. In my case, though I never rode her, it was still a remarkable adventure. I remember perfectly the moment Bella's ultimate new owner stepped out of her car at our ranch—an impossibly skinny, leggy, 6'0" Dressage rider. It was destiny, giraffe woman and giraffe horse meet! East coast giraffe-woman stayed in touch with us for some time so we followed along as Bella matured into a wonderful, well-behaved and stunning Dressage horse. We were proud.

Mostly, I feel lucky that I never insisted on riding Bella. I think the old adage is spot on, "green plus green equals black and blue." I feel as though I dodged a bullet.

Mark lives in Santa Rosa with his wife Cheryl, a retired Dressage Queen, and spends as much time as possible with his gelding Tucker, who bears no resemblance whatsoever to a giraffe.



Readers Write

My Tiny Adventure

Written by Joan Rasmussen, Treasurer

"How would you like to take Tiny home with you?"

Those were universe-rocking words to a ten-year-old kid back in the early '60s. At the moment, I was astride Jingles, one of the ponies my grandfather kept on his turkey ranch in Modesto for his grandkids to ride when they visited. The herd at that time consisted of Poncho, a reserved and dignified older piebald; Jingles, also a piebald but fat and jolly; and Tiny, the shrimp of the bunch at just under 11 hands and a piebald like the others. Tiny was a fairly new addition and something of an unknown entity. My grandfather picked up the ponies at auctions, and we never knew what we were up against until we got on.



The adventurous Tiny

I looked skeptically at my father for confirmation that this was not some kind of cruel and colossal joke, and he just smiled and nodded. Jingles immediately lost all interest for me, and we high-tailed it over to my cousins Ann and Lori, one of whom was riding my newly-acquired pony. I couldn't wait to swap mounts!

Of course, "take Tiny home with you" was not to be taken literally, since we were travelling in the family station wagon at the time. Tiny was small, but not quite small enough to fit in the back of the car. It was a couple of months before we were able to arrange transportation for him from Modesto to Petaluma. In fact, it was Thanksgiving when we made the trek with a borrowed trailer to pick Tiny up. In spite of my impatience, I was forced to smile my way through a family Thanksgiving on the turkey ranch (we never needed to worry about getting a turkey for the occasion), and finally, finally, we hit the road and, after the 3-hour journey, unloaded my new buddy late at night in the front yard. We got the bewildered pony situated in his new digs, and I was guided into bed.

It was still Thanksgiving weekend and there was no school, so Tiny and I had three days to get more intimately acquainted than we had been at my grandfather's ranch. I was fully prepared for undying, unquestioning love and devotion. Tiny was not so sure about that. Who knows what his life had been like up until then, and now he had been uprooted from his buddies and found himself at yet another home. Of course, none of that crossed my mind because at ten, it was all about me, me, me.

The first challenge was getting on him. He may have been short, but I was what was then referred to as "stout", and not all that athletic, so it took some practice before I could manage to get on him from the ground. A saddle was out of the question. My family was not going to spring for that piece of equipment, and I rode bareback, as we all did at my grandfather's.

The next problem was that Tiny did not want to move. Ponies, of

course, have a reputation for being stubborn, and I assumed that was the problem. We had some ferocious battles over the issue, and I cringe when I remember what I put the pony through. Finally, a neighbor who had roping horses, and who had been trying hard to mind his own business, couldn't stand it anymore and called me over to the fence to explain what founder was.

I was horrified and humiliated. After all, I had read *Black Beauty* and considered myself an expert on horse welfare. My anger at the pony dissolved and was replaced by compassion and concern. I don't remember how I researched founder, since this was well before the internet (maybe from that place called the "library")

but I got the facts and Tiny, who had been out on grass, was confined to the barn on a restricted diet. Calling the veterinarian was out of the question as that was another expense that was not going to be covered, but fortunately the stall confinement and foot soaking did the trick. Poor Tiny spent every grass season after that confined to the barn when he wasn't being ridden, but his lameness seemed to disappear and was replaced by pure demonic spunk.

I had friends who had horses, and Tiny and I joined them on rides at each other's homes. Nobody had a trailer and we just rode along the country roads in west Petaluma to get to our friends' houses. I wouldn't try it now, but back in the 1960s it was a pretty common practice and the drivers knew to watch out for horses on the road. Once off the road and back on dirt, we would race our steeds. In spite of his size and his laminitis, Tiny turned out to be quite the little racer and would come out ahead as often as not. He liked to jump too, and we turned one field into a hunt course. All while riding bareback, of course.

Riding bareback had an unexpected consequence. I was taking piano lessons at the time, and I would finish up my ride and then come into the house to practice the piano. I didn't see any reason to change out of my sweaty, dirt-encrusted jeans, and our piano bench paid the price. I still have that piano bench and, in spite of being scrubbed and polished over the years, the surface is still marred and I think there is still some Tiny-dirt ground into the wood.

The following year, my grandfather followed up by giving my younger sister another pony, Dusty. My sister was not at all interested in horses or ponies, and being business-minded even at eleven, I negotiated a sale and drew up a contract, and I owned two ponies. I think I paid seventy-five cents for Dusty. This gave my neighbor and friend Diana a pony to ride as well, and we used to ride along the back roads to the country store a couple miles away and bought penny candy, which both ponies loved!



Diana and I would spend the rainy winters with the ponies in Tiny's barn, which was a good-sized open building that used to be a cow barn. With the ponies being so small, it acted as a covered arena. We planned circus acts, and my big finale was going to be running up behind Tiny and vaulting over his butt to a riding position. Tiny was startled but cooperative the first time. The second time, he was ready for me, and nailed me in the knees during my approach! That was the end of the circus act, and fortunately my knees survived.

Tiny and I spent three years together and he taught me countless lessons in horsemanship. The first, resulting from the founder incident, was to not make assumptions about why a horse is behaving a certain way—a lesson I have had to re-learn several times over the years! I learned balance from years of riding bareback on a rambunctious and often crafty pony. And Tiny taught me to be fair with my equine buddies, because he wouldn't tolerate any other kind of behavior.



Tiny and Dusty

By the time I was thirteen, of course, I had outgrown the ponies but continued to ride them until a neighbor offered to buy Tiny. I hadn't considered selling him, but the neighbor, an experienced horsewoman with two young daughters, pointed out the obvious fact that I was too big to be riding a pony. It was time to graduate to a horse. I conferred with my father, and both ponies were sold. Tiny was a faithful mount to the two young girls until the laminitis returned with a vengeance, and he had to be put down.

I got my horse, Duchess, after the ponies were gone, and have continued to ride and learn over the years with a variety of equine partners. I've learned something from each horse I've owned, and they have all been wonderful companions, but there will only ever be one First Horse. For that, and for his incredible spirit, Tiny will always hold a special place in my heart.

Joan Rasmussen grew up in Sonoma County and currently lives in Sebastopol. She got her first pony, Tiny, when she was ten. She enjoys trail riding with her Quarter Horse buddy, Cowboy whenever she can. Her latest project is retraining her Off Track Thoroughbred, Dublin, to be her next riding horse as Cowboy heads toward semi-retirement. Joan supports her horse hobby by running a bookkeeping and tax service (In Balance Bookkeeping Service). She occasionally blogs about her horse experiences at cowdex.blogspot.com and thedublinproject.blogspot.com. To reach Joan, email her at joanras795@gmail.com.



In Balance Bookkeeping Service

Joan Rasmussen
Owner

707 824-0360

PO Box 1311, Sebastopol, CA 95473
www.inbalancebkpg.com • joan@inbalancebkpg.com

Bookkeeping • Payroll • Taxes

Bottom-Line Peace of Mind for Your Business



(707) 585-1313
5980 Redwood Drive Fax (707) 585-1390
Rohnert Park, CA 94928 www.martinranchsupply.com



Equine Veterinary Medicine



General Medicine
Preventive Health Care
Equine Dentistry

Class IV Therapeutic Laser Therapy for horses, dogs and cats

Promotes healing
Reduces inflammation – acute or chronic

More info? Appointments?

Leslie Mikulich, D.V.M.
707.544.7714 • www.lesliemikulichdvm.com



Sonoma County Horse Council at Work

Sonoma County is Horse Country—An Overview of Sonoma State's Study of the Economic Impact of Equestrian Activities in Sonoma County

Written by Ron Malone, SCHC President

We all know that beautiful Sonoma County is horse country, but most people have no idea about how big our local horse industry is or what an important part it plays in the local economy. Last year, the Sonoma County Horse Council provided a grant to Sonoma State's Center for Regional Economic Analysis to gather data about our horse industry and to analyze the economic impact of horses on the county's overall economy. The study was led by Dr Robert Eyler, Professor of Economics and Director of the Center. Professor Eyler and his team conducted an online survey of Sonoma County horse owners and equine businesses and gathered other spending data from local businesses and equestrian operations. Their final report provides important insights into how Sonoma County horse owners use and support their horses; how local businesses directly support those horses and horse owners; and how this direct spending on horses and equestrian activities impacts non-horse related business from restaurants and hotels to retail sales to tax revenue. What follows is an overview of the study, the full text of which is available on our website—www.sonoma-countyhorsecouncil.org.

The major conclusions of the study are the following:

- An estimated 26,217 horses and other equines reside in Sonoma County.
- Sonoma County equines generate, directly and indirectly, approximately \$613 million of annual revenue for local businesses.
- The equestrian industry supports over 7,700 jobs and provides over \$11 million in Sonoma County tax revenue.¹

Overview of equestrian activities

More than 26,000 horses reside in Sonoma County, a census we obtained from a survey of equine veterinarians. The majority of horses and owners reside in Santa Rosa, Petaluma, and Sebastopol. The typical horse owner owns one or two horses, and the predominant breeds are Quarter Horses and Warmbloods. More than half of local horse owners are over fifty-five years old.

There are at least thirty-five horse clubs in our county, each of which serves a particular constituency. As shown by the chart in next column (see Figure 1), the predominate activity of horse owners is trail riding, followed by arena work and English and Western discipline competition.

Concerns expressed by Sonoma County horse owners included:

- Growing urbanization and cutbacks in park funding to keep equestrian trails open to the public
- The poor economy and the high cost of keeping a horse in Sonoma County
- A shortage of horse show facilities for competitive events. Sonoma Horse Park is first rate but only holds seven major

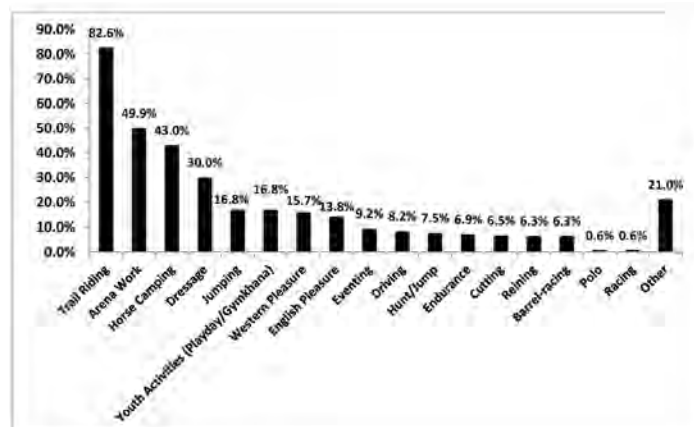


FIGURE 1: Activities for horse owners in Sonoma County

shows a year and the Fairgrounds is too expensive and not very accommodating to horse folks

Breakdown of economic impact

After estimating the number of horses in Sonoma County in 2013, the authors analyzed the survey results and other available data in order to estimate the kinds and amounts of direct expenses that horse owners incurred each month. Figure 2 (below) shows the typical expense categories and median amounts spent each month by horse owners who keep horses in Sonoma County.

Category	Median Monthly Expenses	Survey Total Annual Expenses
Training	\$200	\$62,920,800
Showing	100	31,460,400
Lessons	100	31,460,400
Boarding	450	141,571,800
Vet/Health care	100	31,460,400
Farrier	125	39,325,500
Feed/supplements	200	62,920,800
Tack/apparel	50	15,730,200
Transportation/trailing	100	31,460,400
Maintenance/Other	50	15,730,200
Monthly Total	\$1,475	\$464,040,900

FIGURE 2: Monthly cost of horse ownership

In other words, direct spending by horse owners and riders in Sonoma County generates about \$464 million in revenue for local equine and equine-related businesses. While this is a huge number, it does *not* represent the *total* economic impact that the horse industry makes on the Sonoma County economy. That is because this level of direct spending has positive ripple effects on businesses and industries that are completely unrelated to horses. Put simply, horse owners and the owners and employees of equine or related businesses spend income made from the equine industry on hundreds of other businesses and that revenue supports thousands of jobs in the county and provides tax revenue to local government. In order to calculate *the total economic impact* of the

¹ The current study is the third such study conducted by Sonoma State and commissioned by SCHC. To put the current numbers in perspective, the 1999 study estimated 14,000 horses, with a total economic impact of \$295 million and the 2004 study estimated 18,000 horses with a total economic impact of \$449 million.

horse industry on the Sonoma County economy, the authors utilized the IMPLAN model, which is used by municipalities worldwide to analyze employment, revenue, wage, and tax effects that a particular level of direct spending in a selected industry (here \$464 million) has on the economy as a whole. On the basis of this analysis, the Study concluded that the approximately 26,000 horses who reside in Sonoma County generate, directly and indirectly, a total of about \$613 million of annual revenue for local businesses and support over 7,700 jobs and more than \$11 million in tax revenue for Sonoma County governments. To say the least, our local horse industry leaves a big economic footprint on this county.

Details of core equine support businesses

The study shows us that “core” equine support businesses include boarding, training/lessons, showing, veterinary and other health care services, farrier services, feed and supplement providers, tack and apparel providers as well as maintenance providers and truck and trailer dealers. These local businesses, which earn in the neighborhood of \$464 million a year in revenue for providing goods and services to horse owners, are concentrated where most of our horses and horse owners reside—in the population centers of Santa Rosa and Petaluma and in the West County commercial hub of Sebastopol. Their expenses are high, with well over fifty percent of their operational costs being devoted to difficult-to-control expenses for labor, feed and bedding, and land and facilities. To make matters worse, their profit margins are low, the challenges are great, and many are understandably concerned about being able to stay in business. The concerns they raised in the survey included: the high cost of labor, feed and facilities; taxes and regulation, especially the difficulty, delay, and expense of obtaining governmental approval to conduct their businesses, including zoning, use permits and building permits; and, especially for trainers, the shortage of large venue horse show facilities in the county.

So what does all of this mean?

What is obvious is that many thousands of Sonoma County residents love their horses and prize the equestrian way of life in this beautiful county of ours. And there is no question that our horse industry is a big economic driver for the Sonoma County economy. Our horses and horse owners provide more than a half a billion dollars in annual economic benefit, sustain hundreds of local equine businesses, support thousands of local jobs, and provide significant tax revenue to Sonoma County government. The Sonoma County horse industry and its infrastructure attract new residents and visitors, all of whom contribute to our economic well-being.

But it would be a huge mistake to think that our horse industry “will always be, what it has always been.” While this industry has deep and longstanding roots in the county, and is both diverse and dynamic, it is also *delicate*. The cost of horse ownership in this county is high, equine business costs are high and difficult to control, their margins are low, and the challenges to their survival are formidable. The bottom line is that for this industry to sustain itself, the needs of horse owners and equine businesses

need to be satisfied. Horse owners need to be able to afford to keep their horses in the county; they need to have local trails in parks and open space and arenas in which to ride them, and they need show facilities *in this county* in which to engage in competitions. Similarly, the equine businesses that support the horse owners and their equestrian endeavors also have needs: primarily, the horses and the horse owners to stay in Sonoma County and continue to utilize their services. If costs for horse owners are too great, or they don’t have places to ride or show their horses, they will have to give up their horses or move to another county that is more horse friendly. If the horses and the horse owners leave the county, the equine support businesses will fail or leave as well. If either one of these two inter-dependent things occurs, the Sonoma County economy will have to find alternate sources of \$600 million in revenue, support for over 7,700 jobs, and over \$11 million in Sonoma County tax revenue.

We are fortunate to have a Board of Supervisors who appreciate the importance of the horse industry to the economic vitality of Sonoma County. I think that they also understand that they have some influence over the delicate equilibrium that keeps this industry going and that their actions can have either a positive or a negative impact on this important industry. They understand that if they reduce funding for open space and equestrian trails, increase taxes on horse ownership, allow governmental regulation or increasing urbanization to make agricultural enterprises like horse businesses uneconomic, then they will push out this important part of our culture and economy. On the other hand, if they energetically support the horse industry, they will help preserve it and grow it. If the county and city policy makers support open space and agriculture, keep taxes on the horse industry in check, and if they applied more common sense to zoning and the permitting process, and if they aggressively supported the establishment of a world class, large horse show venue such as CEPEC, we soon would have a billion dollar a year horse industry in Sonoma County and everyone would be better off, both spiritually and economically.

But we need to remember that state and local governmental policy makers have serious budgetary constraints of their own and that they have a lot of pressure on them from different constituencies. If the voice of our local 26,000-person horse industry is to be heard by our elected officials, we must be well organized and speak with a clear voice. The Horse Council is the only organization in the county whose sole mission is to preserve and protect the well-being of horses and the horse industry as a whole and I encourage every horse owner, every equine business owner, and every horse club in the county to join the Horse Council and support our efforts to preserve and to grow this industry and the equestrian way of life in Sonoma County. We are on your team, but we need your participation to win.

Ron Malone, President of the Sonoma County Horse Council, is a retired attorney, active Cutting horse competitor, and owner of Circle Oak Equine in Petaluma. He can be reached at Ron@CircleOakEquine.com.



Readers Write

Choosing Horses

Written by Chris Ellsworth

I often used to shake my head in wonder at the horses some people chose: everything from the impatient man and his uncertain horse to the shy, timid woman with her extra-bold, take-over gelding. It was such a mismatch. "How," I would ask myself, "how does someone with a personality like this end up with a horse who's like *that*?" Some relationships seemed so full of struggle that I would think, "Just get a more fitting horse and it'd save the both of you a lot of heartache."

But I no longer feel that way. To be certain, there are times when I see a person I think is in over their head with a particular horse, someone who'd be better off either getting a different mount or working with a more forgiving horse for a while to improve their skills. For the most part though, I've come to believe it's better for folks to keep working with the horse they have. This is because the struggles we have with our horses most often reflect the greatest struggles we're having within ourselves.

It's no coincidence that working with an animal who speaks no English and is nine times your size brings out some anxieties, but I find it uncanny how often a horse can cause our deepest issues to come to the surface and demand they be worked on. This is because horses live in what actually is; what you say means nothing to them, only what you do. They'll often tolerate us but they will not tolerate our excuses. You may have all the technical skills in the world but if lack of assertiveness is your real problem your horse is still going to drag you around on the halter rope. One of you has to be the leader. If you are the sort who is not present in the moment and unaware of your surroundings, your nervous horse will not believe you are capable of looking out for him and he'll keep right on overreacting until you give him a reason to be confident. Likewise, if you're rough and un-empathetic your horse will respond with fear. Period. Whatever it is you have or don't have your horse already knows it and he won't change until you do. It's simple—*without improvement in us there won't be improvement in our horses.*

What I find so incredible about this complete integrity in horses is how they'll keep offering to show us where we really are no matter how long it takes us to change. I once knew an incredible horse whose owner blamed him for being hard to catch until she realized she was almost always harried and abrupt when she got to the barn. One day she decided to slow down and savor her barn time. That horse let go of years of being misunderstood and quickly made himself easy to catch. That's living in what is, not what was,



Chris and Pancakes

and constitutes equine forgiveness. Unfortunately, many horses will spend their entire lives holding up a mirror without their person seeing the reflection. Our job as horsemen is to look into these mirrors and accept the challenge to work on our inner selves. Horses are willing to do their parts—giving us blunt, honest feedback in the form of behavior—our part is to take the lesson to heart and evolve. Look at the thing you like least about your horse as a beautiful gift and learn from it.

I still don't completely understand why we choose horses that set off our triggers: maybe deep down we already know where we need to improve or perhaps we're simply attracted to the trouble we know best. Whatever the reason, I no longer believe it's random.

Your horse's issues may be showing you how to make your life better. Consider that when you settle for things staying as they are. Giving up on your horse is a little like giving up on yourself. So take a fresh look, try to figure out what is

really causing your horse to act the way he does and search inside yourself for the solution. If you do find you're truly in over your head, maybe your lesson is not to get so far ahead of yourself; master the basics and be realistic. Shortcuts won't help you succeed with horses or with life. Working through issues is hard but hard work spurs growth. Listen to your horse—after all, you got him for a reason.

Chris Ellsworth has spent a lifetime working with horses and riders of all kinds, helping both work through their troubles. He will be conducting clinics in Pleasanton, CA September 27-28, and Healdsburg, CA October 4-5. Contact Sylvie Anacker, asorges@gmail.com or (415) 309-0162 for more information or visit Chris' website at www.chearthorses.com.

REDWOOD EQUINE PRACTICE

Complete Equine Health Services
Purchase & Lameness Examinations
Mobile Digital X-Ray & Digital Ultrasound
Certified Acupuncturist
Power Float Dentistry

JOHN KAUFMAN, DVM
707-545-0737

422 Larkfield Center #301, Santa Rosa CA 95403
www.redwoodequine.com

The Equestrian Athlete

Column editor Lily Baker-Lubin

Why Do I Ride?

Ask any equestrian why she rides and you're bound to get a glimpse into the beginning of her equestrian career: A special bond formed through dirt, fly spray, bumps and bruises, and common goals. You'll hear about a young girl with passion, joy, and a connection with horses. How many of us still feel that spark and connection as we ride today? Are we still having fun? If our passion has dulled, are we aware of the difference in how we approach our horse? Consciously reviewing the reasons we ride and love horses can assist us in regaining the passion. As we choose our riding identity and our new goals, we can regain our original excitement and connection.

When a rider is stuck, I ask her why she rides. As she answers, she often realizes that the way she's conducting herself on a daily basis is very different from that little girl who first fell in love. She intuitively realizes she must regain her simple mission. This will help define her personal philosophy of horsemanship and the way she wishes to approach riding. A return to her initial goals will affect daily interactions with her horse, and help forge a new partnership. As this new connection forms, a new partnership will emerge in performance, as well.

Clarifying your own mission also enhances your performance by improving mental skills. An authentic mission motivates, boosts your intensity, and refines focus, discipline, and dedication. Renowned Sport Psychology guru Ken Ravizza states that no athlete "will be as good as one who is on a mission."

The "missioned" athlete is easily identified by her daily intent. "When present moment to present moment, you have an intent, it results in your having intensity" (Ravizza, 1994). A mission bound rider knows that a twenty-minute ride with the highest level of standards and expectations is better than an hour-long unfocused ride. She knows that riding a test in practice and simulating the show experience creates opportunity for evaluation. She knows that each ride is an opportunity to improve. A rider who defines her mission has a clear set of values—a moral compass that helps her navigate tricky times. When adversity bubbles up (as it always does), she is able to answer the question of "why am I doing this?" She does not allow her identity to be determined by how she feels on a given day but rather how she performs over time. She embraces the inspiration that her mission can offer because a mission connects vision with reality.

Mission creates perspective by grounding you in the big picture. Because the sport is so consuming (how long is your quick trip out to the barn?), because it often becomes the organizing principle in your life, it can easily become attached to your sense of self-worth. If riding isn't going well or if you've had a bad ride, how does it impact you? If you create a mission and acknowledge that you ride because you love it (a common answer) you will be more likely to ride freely, ride like you want to and be able to see that the tough rides can be fun, informative, and transformational. This shift in perspective allows you to feel less stress, realize that you choose to ride. Riding won't define your worth, rather your worth will define how you wish to ride.

Finally, your mission gives you direction. A sport like Dressage can feel like a long road as you acquire technical expertise and develop a team dynamic. Some days you may not feel like putting forth



Lily and Roxy at Rancho Murieta

the effort. With a mission, you will find a way. "Discipline and commitment are defined as putting your mission first" (Ravizza, 1994). When it's pouring rain or beastly hot, mission-driven athletes find a way of being productive and making the day count.

Ask yourself, what's the purpose of riding? What do I get out of riding and being around horses? Your answers help illustrate your mission and give your riding substance. You'll focus more clearly. You'll feel the reason behind the chores, hard work, and "tedious" tasks that riding horses can entail. Why do you clean your tack, create the best supplement plan, use a chiropractor? The meaning of riding comes from you. The more meaning you bring to horses and riding, the more you will get out of it and experience how generous horses are.

So, why do you ride? What moments with horses have given you the most satisfaction? Write your answers out. Review them in the future and see whether your actions still align with your desires. On the other side of the page, write what kind of rider you want to be. What do you enjoy about riding? What attitudes displayed by others impress you? Try to imagine yourself in the future looking back on your riding career and fill in the blank: I'd like to be known as an equestrian who_____.

While all elite athletes have their own individual make-up, there are some common threads that emerge. The following is a partial list of qualities that I respect in elite equestrians: courage, honesty, focus, confidence, love of sport, pride, composure, desire to learn, integrity, and commitment to partnership with horses. These athletes are tenacious but unselfish, consistent, committed, and display leadership and sportsmanship (Ravizza, 1994). Take a moment and think about the riders whom you admire. Chances are you have more in common with them than you think. Bringing forth those qualities in yourself is the key to actualizing your potential—the potential that you glimpsed the first time you rode with joy, freedom, and love of a horse.

Lily Baker-Lubin is an avid equestrian, and the founder and director of Top Training, a comprehensive performance enhancement program. Top Training offers athletes Pilates and Sport Psychology services. Baker-Lubin has a MS in Kinesiology and has completed Body Arts and Science International's comprehensive teacher training, Core Align 1 & 2, Ride Right's coaching certification as well as other extensive exercise science education. She has been a competitive athlete her whole life and has been an equestrian for over twenty-four years. You can contact Lily at rideright3@gmail.com.



Readers Write

Cheeta

Written by Denise Sobel

Born and raised in San Francisco, where did I get the horse gene? It was all I ever thought about. I always forever wanted a horse in my backyard. I dreamed about horses, while my friends dreamed boys. I started riding lessons when I was eight years old in Golden Gate Park, but this was not the same. I wanted to wake up in the morning and first thing, see my horse.

I continued with lessons and borrowing a friend's horse now and then, when finally I decided that I had to have my own horse. I wasn't in a good financial situation at this time, but eventually found something ideal. I answered an ad in the local newspaper looking for someone to sponsor a horse. The horse was kept at a private backyard, not exactly my dream, but close. Her name was Cheeta. She became my horse five days a week for a couple years. I would go brush her dark bay coat and mane, ride her, talk to her, love her. She would listen. Most my problems dissolved into thin air. We spent many afternoons riding the trails in the Marin Water District. I just rode her on the streets to the trailhead...you could do that back then. I was really unfamiliar with the trails, but her owners told me, "Don't worry, when you want to come home, just turn her around, and she'll bring you back." And she did.

My life got busier and I was unable to see Cheeta as often and I knew it wasn't fair to her, so I gave up my sponsorship. I was sad, but knew it was best for her.

Fast forward five years. My husband of three months knew about my dream to have a horse of my own, but we both never thought it would be possible. After searching for a year and a half for a home, we found a small house on three acres and with a ton of luck, it became ours. One part of my dream came true. I had the place, now I just needed the horse! A couple weeks before we were able to move into our house we went on a little vacation to Lake Tahoe. We were walking around a boat show and I recognized Cheeta's owners. I knew that they didn't know me (they just got my check in the mail every month when I sponsored her), but still I wanted to say hi and ask how Cheeta was doing. I was right, they did not remember me, but they did tell me that Cheeta was aging well, now about twenty years old.

As I walked away I had the craziest idea. I would ask them if they ever wanted Cheeta to have a vacation, she would be more than welcome to come visit. This took a lot of nerve on my part, but I was encouraged by my husband to give it a try. He knew how much I loved that horse. I approached Cheeta's owners and asked them.

Without batting an eye, they both said at the same time, "Do you



Denise and Stormy, her second love

want to have Cheeta?" Suddenly, right then and there, my dream of a lifetime came true. Cheeta came to live with me soon after we got home from our Tahoe vacation. I woke up every morning after that with the biggest smile. Out in my backyard was my horse. At first I would just ride her around the neighborhood, then after I got a truck and trailer, we rode at Annadel and Jack London. Sometimes I just hopped on her and rode her around our small pasture without a saddle or bridle. She was that kind of horse. Cheeta was the best. I loved her so much. I have had several horses since Cheeta, but she was my first and occupies a big space in my heart.

Denise was born and raised in San Francisco, and now lives in Sonoma County. She works part-time as a Wellness Nurse. Her family consists of two dogs, two horses, six chickens, and her wonderful husband who puts up with all the furry critters.

WESTERN FARM CENTER

Serving Sonoma County Equine Needs
Since 1967

- * Horse Feed, Tack, And Supplies
- * Over 50 Varieties Of Pet Foods
- * Complete Line Of Pet Supplies
- * Animal Feed & Supplies
- * Bird Seed
- * Lawn & Garden
- * Fertilizer & Seeds



707-545-0721
21 West 7th St. Santa Rosa, CA
www.westernfarmcenter.com



*Readers Write***Inspired by Horses: A Conversation with Judy Lee Jenkins**

Written by Tiffany MacNeil

In 2011, while looking for a volunteer opportunity with horses, I found Judy Lee Jenkins and Pegasus Riding School. I found Judy's heartfelt respect of horses and their potential very inspiring, and she continues to do wonderful work in the hills of Santa Rosa. Below she shares some of her history and insights.

When did you first become involved with horses?

As a child, I rode horses at camp and always loved them. But as I grew older, I lost touch with horses and became very involved with other animal welfare issues, such as humane education and animal-assisted therapy. This was specifically at the San Francisco SPCA, during their transition from animal control to a private non-profit community shelter. I learned tons there, mostly how to educate, and how to care for exotic animals in captivity. Then during a vacation to the Mendocino coast, I visited Roth Ranch and this re-energized my desire to be with horses. I did not get my first horse until I was thirty years old, what some would consider a late start, but from there it has only grown. I started Pegasus Riding School in 2008.

Who do you work with at Pegasus Riding School?

I have a contingent of students from Pathways Charter School, where I have been a vendor for homeschool students. Groupon has been a great way for local riders to find me, and has inspired some first-timers to try riding. My favorite lessons are spent working with special needs children, including a fourteen-year relationship serving the residents of the Family Support Center, a local homeless shelter run by Catholic Charities. I also work with children on the Asperger's spectrum. This summer, my partner and I launched Believe in the Horse, an entirely new program focused more on adults, with the accent on team-building and leadership.

What is your teaching style?

I love to teach one-on-one, to keep things super safe, energized, and fun, too. I usually use an English saddle, but also enjoy working with a vaulting surcingle and bareback when appropriate. Students learn how to "speak horse" and how to connect with a large animal. They have the opportunity to guide horses safely on the ground, and to have an experience astride the horse's back. I teach respect for all life, and am always adding in environmental education whenever it fits. My goal is for the student to find and reside in their core power with the horses. This helps with safety. With the adult groups, we work on clear communication, team interaction,

*A special connection*

and trusting your intuition. Whenever possible, I work with horses barefoot and bitless.

Do you feel your study of psychology has helped you in your work?

Definitely. I have built a big toolbox of skills to accomplish the work I do. Most have come from my personal work in non-violent communication, and role model teaching. The psychology has helped with the big picture, as well as the understanding of some childhood disabilities and the challenges facing special needs kids.

What is your passion?

To connect with the natural world on a daily basis. I am passionate about taking superior care of the horses for whom I am responsible. I am also passionate about helping people experience horses in a safe and supportive way, and thereby helping others connect with the natural world through

animals, and specifically horses.

In your photography of horses, what do you want to capture?

The moment when the magic happens.

What has inspired you?

Cavalia was a turning point for me. I was hesitant to go because I had been teaching the ethics of using animals in entertainment for years, and I had some very high moral standards. Under protest, I went to see this show and was transformed. My doubts melted when as a pre-show activity, two colts were loose with no ties, and they then proceeded to PLAY. I know a lot about animal behavior, and no one can force an animal to play. That opened my mind to a different way to relate to and with horses. I was inspired eight years ago to learn and live with my horses "at liberty". Now I am making this come true.

Pegasus Riding School (www.pegasusridingschool.org) offers individual riding lessons and volunteer opportunities in horse care. Judy is a partner in Believe in the Horse (www.believeinthehorse.com), a program for team-building and leadership development. She can be reached at pegasusjlj@gmail.com or (707) 887-1834.

Tiffany MacNeil creates and facilitates inspirational experiences for individuals and groups, with nature and horses as her partners. Her business background, lifelong connection to animals, and involvement with yoga form a diverse collective from which to draw. She is the Founder of Rocks & Rivers Outdoor Adventures (www.rocksandrivers.com), based in Santa Rosa, and is a partner in Believe in the Horse.



Spitting Sand—A Learner's Journey First Horse

Column editor Jessica Boyd



Calabar tolerates hugs

Calabar is my teacher, my muse and sometimes my problem child. He is my first horse, though he was not the first horse who entered our life.

Lena Rey Flo was our family's first horse. She burst into our lives with flair, presence, and opinions nearly as definite as the delin-eation between the brown spots and white background of her lovely personage. She terrified us with a case of colic that brought home the reality of horsemanship before the ink was dry on her registration papers. Luckily, we all recovered from that and she began to teach us about being good horse owners and better riders. Then the inevitable happened and it was time for horse number two—a horse that could keep up with her and be entertaining and fun and maybe a little challenging, too. We morphed into a multi-horse family with Calabar and while he came second, he has become my first horse in every way. This has not always been the easiest of journeys but it has forged something between Calabar that makes me smile every time I see him—even when he's not being perfect.

I did not grow up riding—no horse camp or lessons or pony schools to light the horse-loving fire in my belly. It was a late entry and—as is apparently the norm with all things that draw my interest—I jumped in with all four limbs and enthusiasm bordering on obsession. Some would say overlapping into obsession, but that's a discussion for another day. Suffice it to say that while I've recently diversified my activities to include diving, a day I don't get to the barn can lead to feelings of deprivation and mild anxiety.

Shockingly, the main reason is not the smell of horse manure, though I do find that as soothing as some find the scent of lavender.

It is the sight of a white crescent between two intelligent brown eyes and below two fuzzy ears—forming a perfect target for rubbing and smooches, by the way—that glows like a beacon at night. It is the hard-won experience that has taught me to be a better rider and a more intuitive horsewoman. It is the way the big brown horse follows me around the arena when we're done working just because he wants to. Of course it could also be that he thinks it's funny to watch me go over the obstacles first, but having

a not-so-stealthy shadow amuses me tremendously and there are many days I need the simple joy it brings.

It has not always been this way between us. There is a lot that has brought us to this point and we are still working on everything together—from a reasonable trot, to me not grabbing his face when I get scared, and everything in between. Sometimes, I take a Lena-break just to ride a horse and trot requiring less work on my part. In this way, she is still first horse—better trained and easier to ride (most days) than he is—and she almost makes me feel like I know what I'm doing. That mare can turn graceful little circles in any direction before I've even completed the thought to go one way or the other. It's quite delightful, really.

But I always come back to him.

People sometimes shake their heads at us, saying things like, "I just want to show up and ride." Well, so do I, and on those days I ride Lena instead, or Calabar and I do ground work. But the other days, the days where I ride even when we don't have a lot of time, are more common now. It's not masochism. I'm not gritting my teeth while saddling him up and thinking grim training thoughts. I'm usually humming or singing to him and not planning much beyond seeing how the ride goes and working with whatever energy we both have in us that day. Maybe I should be more focused on a goal for each ride, but I'd rather we had fun while we're learning so relaxed seems a better mindset. It works for us, anyway. Every time Calabar and I make some progress it's like a halleluia chorus goes off in my head. So the next time, we get a little more of it and so on. He feels it, too. I can tell from the way he holds himself with a little more engagement, a lift in his neck, a little more float in the trot—almost like he's proud of himself. That feeling is amazing and somewhat addictive and it's why I keep riding him. He teaches me every ride, challenges me daily and lets me hug him with only a semi-martyred look on his face.

He is the horse I can't help but use to measure others, sometimes to his detriment, but I adore my fuzzy brown mirror. He is, in all ways that matter, my first horse.

Jessica Boyd lives in Sonoma County and blogs with some regularity about her herd and horse adventures at Spotty Horse News (spottyhorse.blogspot.com). You can reach Jessica (and Lena and Calabar) at spottyhorse@gmail.com.

DICKENSON PEATMAN & FOGARTY

WORLD CLASS LAW FIRM - WINE COUNTRY LOCATIONS

ELIZABETH R. PALMER
Attorney at Law
epalmer@dpf-law.com

50 Old Courthouse Square, Suite 200
Santa Rosa, CA 95404
T: 707.524.7000
F: 707.546.6800

All Creatures Great and Small

Column editor Grant Miller, DVM

CHANGE's First Horse

The Sonoma County CHANGE Program started back in the summer of 2007 just a few months after my encounter with a horse named Blackie. Although the CHANGE Program was not even in existence when Blackie's story played out, he was the horse that inspired the creation of the program, so in a way, he was CHANGE's "first horse." I recall that on the day I met Blackie, the weather had been unseasonably warm with temperatures soaring in the 100s for two or three days in a row. A couple of my clients called me after they saw an emaciated horse tied to a fence post in the hot sun without food, water or shade. After contacting animal control and trying to locate an owner, it was apparent that the horse had been left there. They took him home and called me out on an emergency call to tend to him since they reported that he was not in good shape. When I arrived, I was shocked at what I found.

Blackie was a tall horse with a statuesque frame and clean body angles. His dark black coat bore no markings other than a crisp star. He was an appendix Quarterhorse by the look of him, but his withers towered at over 16.2 hands which made me wonder if he had been bred for racing. He was only sixteen years old, but his body looked like that of a thirty-two year old. He was a living lesson in skeletal anatomy: literally every bone could be easily seen and felt, as if his skin was tightly stretched over his skeleton. In other words, he had lost all of his fat stores and was down to the last bit of body mass a living animal could have and still function.

As much as we would have liked things to be different for Blackie, despite our best efforts, he succumbed to his condition. We all felt just terrible. How could someone do this? How could nobody have noticed? Could we have done anything different to avoid this outcome? These were the questions that led to the formation of the CHANGE Program as we sought to support the county law enforcement system to ensure that other horses would not meet the same fate as Blackie. Back in those days, the animal control department had minimal funds to cover veterinary and rehabilitative expenses for horses. In fact, the department did not even have a working trailer or a shelter location for horses. Yet back then, a horse could be fed for mere dollars per day, so it seemed only logical to create a program that would facilitate equine rehabilitation for law enforcement humane cases in order to give these poor horses a chance. The name CHANGE actually stands for **Coins to Help Abandoned and Neglected Equines** and started out through a simple, grass-roots spare change collection program at local feed and tack stores. The community was supportive, and before long, CHANGE took off.

Today, CHANGE is a 501(c)3 organization with over thirty registered foster barns throughout the county to provide emergency shelter and rehabilitative services for horses in the custody of the Sonoma County Animal Care and Control Department. CHANGE has a custom truck and trailer that can haul anything, and a dedicated corps of volunteers who do everything from collect donated tack items to screen potential adoptive homes, in addition to taking in and caring for horses. All horses in CHANGE receive complete veterinary care and to date, we have been successful in adopting out several dozen horses, most of which entered the program in pretty bad shape.



It all started with Blackie

As for Blackie, although he did not survive, he did not die in vain. The Sonoma County District Attorney's office got wind of his case and offered to investigate. Their thorough investigation turned up two men who were both charged and convicted of animal abuse not only because of the horse's emaciated condition, but also for the cruel act of tying him to a fence post in the open sun during a heat wave. The first man, Monico Mijarez, was convicted of animal abuse ordered to pay restitution as well as complete other court orders. The second man, Jose "Pepe" Galvez, was also convicted on the same charges, but later appealed his conviction on the grounds that he did not own the horse, it was merely boarded at his property. While the cases were difficult to complete, they did help set a legal precedent in Sonoma County, since before them, horse abuse cases were seldom seen in court. Since CHANGE's inception in 2007, seventeen equine humane cases have been brought before the court by the Sonoma County DA and the Animal Care and Control Department. Nearly all of them have had favorable outcomes in that the defendants were held accountable for their crimes.

CHANGE's first horse was not exactly a "warm and fuzzy" kind of story, but his story can serve as a valuable reminder of the grim realities that some horses face in our neighborhoods every day. Through him we have learned that we can make a difference in the community by standing up and doing something when we see someone breaking the law and neglecting or abandoning a horse. We also have learned that the Sonoma County horse community is dedicated, supportive, and resourceful when it comes to helping horses in need. Thank you to all of you for your support over the years! To learn more about CHANGE, see some of our success stories, and get involved, visit www.sonomachangeprogram.com.

Dr Grant Miller specializes in large animal practice. In addition to being a full time veterinarian, Dr. Miller founded the SoCo CHANGE program in 2007, which provides ancillary support services to the So. Co. Animal Care and Control Department in cases of equine abuse, neglect, abandonment, and voluntary relinquishment. Dr. Miller also trains animal control officers around the state of California on several subjects involving large-animal husbandry, handling, and case investigation.



Readers Write

Thunderado

Written by Maguy Palluel-Blanc

Thunderado. She is a five year old OTTB. She raced twenty-seven times and won a little over \$28 000. She is my first horse, which feels like a thirty year old dream that finally came true. I first met "T" on a beautiful, sunny and crispy November day.

Eight months ago, a good friend and I were out and about looking for an inexpensive young prospect for me (I had leased before but never owned). My eyes were on a gelding that I had seen nice pictures of, but the owner mentioned that she brought a mare along as well. I did not want to be rude, I did not say anything, but I really wanted a gelding. I liked him, but that was until Miss Thunder walked into the arena. After sitting on her, in less than five minutes, I knew I was in trouble... She fit me like a glove! Of course her price tag was more than I could spend. But so does love speak... After emptying my bank account (literally!), she was mine. Finally, the ten year old girl who had been rioting in my head for the last twenty years became quiet.

I brought Thunder home and our journey started slowly but surely. What an unusual Thoroughbred...she is so mellow, quiet, and brave! Every challenge I presented she answered, "Yes I can." She was a true pleasure to ride and to have around the barn. I had always known you learn a lot with riding, and even just being around horses, but Thunder brought all that to a new level. Have you ever heard it takes a village? For a Three-Day Eventer, that means you need a support team behind you. I am from France so no relatives for me around here—but a few good friends and dedication will do. I found this out when the day that every horse owner dreads came: On June 11 when I got to the stable for my jump lesson, I found my baby girl colicking. The vet said she should go to Davis.

I had saved money and prepared for a lot of things, but not my sweet healthy pony dying. With little money available, but a lot of hope, we drove to Davis. The same wonderful friend who helped me pick out T that crispy fall day is the same lady that said, "I will take you to the clinic."

Thunder was so brave. Even terrified she behaved for the vet. They found a big stone, and she needed surgery. I was not prepared,



Maguy and Thunderado

but once again my friend was here, keeping me calm. The owner of the barn offered to lend me money, but I found out about the care credit...So I went for it. And I was so right to, Thunder is a fighter. She made it.

It is not easy. It is not cheap. It is hard work and sacrifices every day. But I have learned to deal with the pressure, the stress, and I am still learning about my dark side—the shadowy aspect of my nature. I want to order to overcome it, to be a positive part of Thunder's life, so she can and *will* make a full recovery.

You will learn so much about yourself and life itself with horses. I cannot think of a better way to make such discoveries. Enjoy and cherish your horse every day, who knows what tomorrow will be made of. If it was not for the huge help and all the kind words and support we got from our fellow equestrians, I am not sure Thunderado and I would have made it. The camaraderie is so

huge and wonderful in this sport! We still have a huge recovery process to achieve, but I have no doubt in my mind it will happen. Never ever ever ever give up, as we say in France, *quand il y a de la vie, il y a de l'espoir* (Where there is life, there is hope.). A special thanks to: Benjamin, Kristen and Scott, Darrian and Alan, Dr Steer and his family, Emily, Tracy, Lynn, Alison, Erin, and all the people who helped us. MERCI!

Maguy (pronounce Maggie) Palluel-Blanc was born and raised in the French Alps. As a child, she spent most of her summers trail riding in those beautiful mountains. But she knew there was more to riding than just galloping around bareback; at age twenty she moved to Santa Rosa to be a working student for Yves Sauvignon. A few months turned into a few years. She became hooked on Three-Day Eventing and Sonoma County, and is still here today, enjoying the beautiful countryside with Thunderado.



*Readers Write***Old Man Wyndham's Day at the Beach: When NO Became GO!**

Written by Beverly Coons

I was out in the pasture today, with my bucket of easy-to-chew treats (not a lot of teeth left in Wyndham's mouth), the fly spray, grooming tools and hoof pick. Wyndham quietly grazed while I groomed. He occasionally raised his head and asked for a cookie. When I was done, he followed me to the gate, got his last treat and headed back out to the lush grass with his always present cohort, Jazzman. I stood and watched them go, and thought about an earlier time and another close friend.

Fifteen years ago, Wyndham's best friend was a beautiful ex-racehorse named Galway. Galway was adopted by my good friend, Anja, and began to learn a whole new set of disciplines: Dressage and jumping. That could be exciting when a horse was as independent a thinker as Galway! He frequently took offense at what he was asked to do, and could break into a dead run at a moment's notice. Anja and I decided both horses needed something relaxing to do in between training sessions. So we bought a trailer, and began taking them trail riding. The trail rides went reasonably well, so finally, we got courageous enough to take them to the beach! That should be relaxing, right? You know those videos and pictures of horses and riders walking on the beach? Wading in the water? So idyllic. From the moment they stepped out of the trailer, the mood was not relaxing. The key phrase would be more like "Let's explode!" or "Time to run!" or "Woo hoo!" Galway and Wyndham snuffed the wind, listened to the crashing surf and looked around with growing interest. We rode them out on Doran Beach, determined to keep them calm, and at the walk. Every step was more of a prance. Each prancing step was accompanied by snorts and shaking heads. But we held them together, and enjoyed the beauty of the beach. Wyndham began to relax a little, and I began to think of how much fun it would be to gallop on the beach. But Anja did not feel Galway was ready, so we walked on.

Finally, we decided to try a little trotting. Both horses sprang forward, eager to move on the firm, wet sand. Wyndham kept attempting to sneak in a canter stride, as if to say, "Oh! My



Bev (left) and Wyndham with Anja and Galway

Goodness! How did that happen? I'm cantering!" But I'd bring him back, and he'd comply. I called to Anja, "What do you think? You want to try a little canter?" She agreed, but emphasized, canter only!

I've always wished I could have a canter like that in the Dressage ring. Each stride was powerful, full of thrust from behind. But each stride also said, there's more! Well, I was definitely interested in finding out what the "more" was. So I called to Anja from over the noise of wind, waves and pounding hooves, "Shall we let them go?"

She smiled and shouted back, "Go!" Or at least I thought that's what she said.

All it took was releasing the reins, and a "Yah!" from me and Wyndham accelerated as if we had only been walking before. The four beat gallop is marvelous. The horse gets lower to the ground, and the gait smooths out into a ground eating stride that put my heart in my throat and a smile on my face. I was totally immersed in the experience and was completely unaware of Anja or Galway.

Suddenly, a rocket went by Wyndham and me. It was Anja and Galway! Wyndham hunted for more speed to catch up with his friend, but the effort was fruitless. As they blasted by, Anja yelled something, but I wasn't sure what she said. And I decided it was time to slow this horse down. That was easier said than done. Finally we returned to a prancing trot, and then a walk, with Wyndham full of huffs and puffs. Way down the beach I saw Anja winning the battle with Galway. They turned and headed back toward us at the walk. I laughed and smiled as they approached, and shouted, "Wasn't that fun?"

Anja managed a weary smile, and asked in return, "Didn't you hear me? When you asked if we should let them go, I said, 'No!'"

"Really? I thought you said, Go!"

We laughed together, and I promised I would double check next time that the "Go!" I heard was not "No!"

Good memories, Old Man. Thanks for your "GO". Glad I didn't hear the "NO."

Horseshoe Mart Farrier Supply

OPEN
Monday-Thursday 9-5
Friday 9-1
or by appointment

Tools
Shoes
Forges
Anvils
Easy Boots

707 578 7320
Selina Galick
2100 Llano Road
Santa Rosa, CA 95407

Affordable Shavings

Claude Le Clerc
Sales Associate

Tel: (707) 292-9988
Fax: (707) 588-8778
1051 Todd Road
Santa Rosa, CA 95407
Se Habla Español!



Sonoma County Horse Council at Work

Bodega Bay Equestrian Parking Facility

Written by Ed Weber



Before...

Riding a horse across the sandy dunes at Sonoma County's Bodega Bay to the shoreline of the Pacific Ocean provides such joy to the senses of trailriders that we find it hard to match in other life experiences. This is truly a unique day's journey, one that draws equestrians from across the world. On a recent trailride there, I was honored to meet two young women from Holland who were beaming after navigating the trails with a commercial horse livery. I could see that this unique adventure on a horse in America was already branded for a lifetime into their memories.

But I wasn't pleased to discover that this for-profit trailride was forced to originate in the Bodega Bay Equestrian Parking Facility on Bay Flat Road, which is maintained and operated by your nonprofit Sonoma County Horse Council. After some research on what I consider an unapproved conflict of use, I discovered that these rides, which should be originating from the location of Chanslor ranch, two miles north of the SCHC parking facility, have been forced upon us over the past several years, because the state park has shut off that vendor's across-the-highway trails, without considering the impact of such a decision upon other equestrians.

Now we do not intend to create policy here. That is for the SCHC Board to determine. But I can tell you, as the guy who took the lead in 2004 and gained SCHC control to improve this once potholed and muddy SC Roads Dept storage site for the building of Bay Flat Road, and used for decades for personal equestrian parking, that there never was a vision that commercial liveries would be claiming any of this space. Neither was the Horse Council contacted or advised by the park before the trail closure and this "forced" and unapproved use occurred.

It is a sign of economic health for our local equine industry that Chanslor Ranch's "Horse N Around Trail Rides" at Bodega Head, and "Bad Boy Cowboys" at Doran Beach, are successful horse liveries at Bodega Bay. Your Horse Council represents all equestrian



And after

interests. The problem we have had is disorder in the Bodega Bay Parking Facility caused when cars and campers park there randomly, at times to take a paid ride on a horse, due to the closing of the Chanslor Ranch crossing. Unauthorized vehicles have been blocking access for horse trailers. We are already finding solutions in friendly cooperation with the displaced livery operator and equestrienne, Sara Beth Vosburg. So let's be clear: this lot is intended for horse trailers, period.

SCHC is here to create solutions for all equestrians and we are re-dedicating efforts right now to not only improve access and establish some order for use of the Bodega Bay Parking Facility, but also to improve its condition.

Bodega Bay equestrians were blessed unexpectedly in July 2014 when local road crews began a repaving project on Shoreline and Bay Flat roads. I received a phone call from my neighbor, Evan Lepori, who is a member of the Sonoma County Roads Crew. He let me know that they were replacing old road surfaces at Bodega Bay and that the ground up old road base from that project was available to build up the surface of the equestrian lot. We now have a fresh four-inch base on our Equestrian Parking Facility!

A little history of our Bodega Bay Parking Facility just might help you, as an equestrian, understand the value of your non-profit horse council and our more than thirty-five Sonoma County horse clubs. Equestrian use of the acre-plus Bodega lot began many decades ago, after early road crews completed surfacing Bay Flat, Shoreline, and other local dirt and gravel roads. Horse folks in their sixties today recall riding out of this parking area in their youth.

In the winter of 2004, then SCHC President, Karl Bastian, and I, as his Vice President, became concerned about safety for equestrians using this unimproved parking area. As you can see in the photo provided, our parking lot was barely accessible. Years of

wheel spinouts in the mud and local youth using the lot as a place to play with their ATVs had created a nightmare of pot-holes. Horse riders choosing to use the lot, including me, saw that it was time for the Horse Council to step in and help our members have a safe place to handle their horses at Bodega Bay. Members from Backcountry Horsemen, Northbay Unit, told us they had tried for years to get the county to help out with this space, to no avail. I found out why, very quickly. My inquiry at the county as to which agency had responsibility for this muddy site went unanswered for months. I kept pressing and finally, SC Roads acknowledged its historic use for storing road materials during the twentieth century construction of those local roads.



Ed and Sonny boy heading out for a ride at Bodega

The elected Sonoma County Supervisor at that time, Mike Reilly, encouraged the folks at roads to quickly declare the site as excess. Reilly helped your Sonoma County Horse Council gain unique management control of this muddy flat by leading the Board of Supervisors to authorize the SCHC operating permit and scheduled improvements, and to generously waive the permit fees. That permit authority remains standing today.

In 2005 then, SCHC gained the permit to improve the site, and Gold Buckle Sonoma County cowboy roper Dusty O'Ferrall and his son, Justin, used their road-building skills to start paving that lot within seventy-two hours of gaining the permit. Amazing, especially since Dusty had one arm in a sling at the time! Those boys jumped on the horse and got 'er done... with great assistance and contributions from Homer Canelis, whose quarry discounted hundreds of yards of road rock; and almost free help



Members of the Bodega parking lot work crew

with materials delivery from Augustine Trucking and driver and horseman, Al Doerr; and the donation of Bud & Mary Elliff's road building equipment. Heck, we even had a wood chipper and work crew from the Sonoma County Youth authority clean up the twenty-foot cedar branches that had invaded the parking lot from the state park over the years. That tree trim alone increased the parking area by nearly a third. The wood chips made perfect cover for the unpaved areas.

The improvements made then are those you have appreciated since 2005, and still enjoy today. Just wait 'til we complete the upgrade we're working on now. Horse folks volunteering to help their community. That is what your Sonoma County Horse Council and our many horse clubs are all about, and I sure encourage all Sonoma County folks like you, involved with some of our 26,213 horses, to join and volunteer with this Horse Council, which so well represents your very own interests!

Ed Weber is former SCHC Vice President and former president of the SCDRC. He participated in founding the Sonoma County Horse Journal and in creating the annual Sonoma County Equus Awards. You can hear singer-songwriter MrEd's original trailriding songs on his new CD, "Patriot Trailride," available at www.mredweber.com and on iTunes, at Oliver's Markets, and at The Last Record Store in Santa Rosa.

UNDERSTAND YOUR HORSE... SO YOUR HORSE CAN UNDERSTAND YOU



**Horsemanship Clinics
with Chris Ellsworth**
Pleasanton Sept 27-28
Healdsburg Oct 4-5

For more info:
asorges@gmail.com || 415-309-0162
www.chearthorses.com



Wine Country
CRE
Ranch Equipment

Bob Giannecchini
6443 Stony Point Rd. Cotati, CA (707) 795-1200

BAXMAN LIVESTOCK & TRAILER SALES



Don Baxman

New & Used Trailer Sales • Trailer Accessories • Service & Repair

(707) 795-4392

Email: horsetrailer7@comcast.net • (707) 484-1925 Mobile
610 Pepper Road • Petaluma, CA 94952



Santa Rosa, California
flbengtsson@hotmail.com

Frances L. Bengtsson
Independent Associate
Small Business & Group Benefits Specialist
c: 707-373-1624
www.newfran.info

www.sonomacountyhorsecouncil.org



SADDLES TO BOOTS

For all of your equestrian needs



New & Consigned
English & Western Tack

Gift Certificates
Layaway Available
Great Selection of Winter Gear
Blankets, Boots, Gloves, etc.

707 823-9700
6144 Sebastopol Road Hwy 12, Sebastopol, CA 95472

Monday - Saturday 10-5, Sunday 11-3

Proudly Supported by
Sonoma County's Equestrians Since 1992

- Horse Council Activities and Projects
- Horse Cabinet Updates
- Calendar of Events
- Legislative Updates
- Trail Updates
- Directory of Local Clubs
- Club Updates
- Equine Veterinary Alerts & Health Information
- Online Access to the Horse Journal Archives

Readers Write

My First Horse Dahlila

Written by Amanda PrestlyBelka

Relationships can be challenging, even with horses.

When I first got involved with horses, I had no idea what kind of horse a new horse owner should get. I had just become a TTeam (Tellington Jones) certified trainer, which involves a natural training method. TTeam trainers use ground exercises to override old patterns and to encourage learning without fear or force. I used to have a lot of fear around horses and this method also helped me overcome that fear. I did not mean to, but right out the gate I paired myself up with a high-performance, high maintenance, strong-willed animal. Dahlila was a yearling when I found her sixteen years ago. She was challenging from the start, but has been very rewarding to learn with. She continues to be both rewarding and challenging as we both age.

I found Dahlila at a ranch in Cotati. She is bay with a white lightning bolt on her forehead and one white sock. I was immediately attracted to her. I watched her everyday at the stables while I was volunteering with a therapy program called Renaissance Healing and Learning Center (RHLC). This program practices Hippotherapy with special needs clients, using the horse as a tool, for its very special movement.

Eventually I bought Dahlila in 1999 when she was two years old. Dahlila is a registered half Arabian/Saddlebred and I did not realize at the time how that combination was going to turn out. This breed is also called National Show Horse. Little did I know what two hot horses bred for showing meant for me. Now I know! The challenge is that she naturally wants to prance and show off, and I wanted to train her to be a trail horse. She could be hard to ride on the trail at times, and she played with my emotions, which horses tend to do. I learned to take my time and move slower with her in her training and to pay attention to her needs, and to mine, before trying to do anything. Horses react to how you are feeling most of the time. If you are feeling positive and confident the horse will reflect that. I learned to meditate and do yoga before going riding which brought a better energy to my training sessions with Dahlila.

We moved to a new facility with RHLC, where I became a PATH (Professional Association of Therapeutic Horsemanship) therapeutic riding instructor in 2005, after volunteering 500 hours of my time. I worked along with Fran Block Sandler, Physical Therapist and Director of RHLC. Dahlila became one of our therapy horses doing activities on the ground and some riding with emotionally and physically challenged clients. Those clients loved being around her and she was mostly quiet and understanding around them. She was also a good mirror for them, which horses are known for, reflecting one's behavior or emotions.

In 2009 I got involved with a local horse group called Occidental Equestriennes and did a lot of horse clinics with Dahlila. She learned self-control, focus, confidence, cooperation, balance, and



Amanda and Dalila practicing Cowboy Dressage

coordination. And so did I. Dahlila responded well to these trainings, but continued to challenge me with her unwillingness at times to get in a trailer.

My next challenging endeavor with Dahlila was testing for the Sonoma County Regional Parks Mounted Assistance Unit. We passed the test but the challenge was her reaction to the goats where we were testing: I had to get off and walk her around them to get her accustomed to their odd smell and sounds. Joining the regional parks MAU is such a valuable experience for Dahlila and I, being the extra eyes and ears for the rangers. People in the parks have expressed how safe they feel when we are patrolling, and Dahlila has proved to be a dependable partner in this job.

I also do Cowboy Dressage, which helps Dahlila to be calm and focused by doing Dressage tests—a series of patterns that you follow on your horse. Trainer Susan Tomassini teaches us Cowboy Dressage.

Another challenge I had was that her being a mare, she seemed to react when geldings were around. It was difficult to get her to calm down, and I had to limit my time in the arena. But I continued our relationship no matter what, because of the love I had for her.

I will continue our challenges with the MAU, Cowboy Dressage, and working with clients at the RHLC therapy program. Dahlila has been my inspiration and a great learning experience all these years. She has taught me to be an assertive, consistent, and patient equine practitioner.

Amanda PrestlyBelka lives in Sebastopol. She grew up on Long Island. Amanda is a neonatal intensive care nurse in San Francisco. Horses are in her blood. Her grandfather was a horse trainer in England which is where she first learned to ride.



AD SPECIFICATIONS AND RATES

The Sonoma County Horse Journal is a quarterly publication designed to reach Sonoma County's estimated 30,000 equestrians through direct mail to SCHC Members, individuals, organizations, 35 local horse clubs, and distribution at local feed stores and equestrian businesses.

FULL PAGE AD

7.5" Wide x 9.5" Tall B&W \$500 per issue / Color: \$900

1/2 PAGE AD

7.5" Wide x 4.75" Tall B&W \$250 per issue / Color: \$525

1/4 PAGE AD

3.5" Wide x 4.5" Tall B&W \$150 per issue / Color: \$300

1/8 PAGE AD

3.5" Wide X 2" Tall B&W \$ 75 per issue / Color: N/A

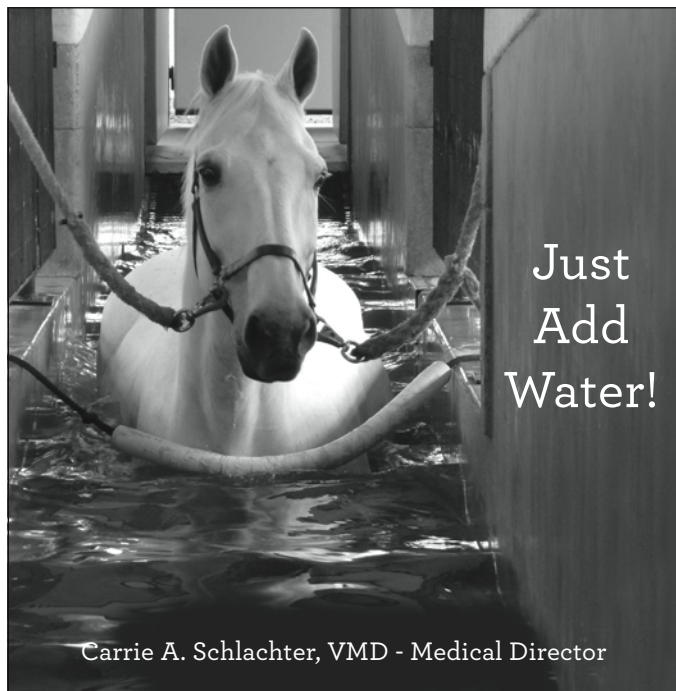
15% Discount - 3 or more issues • 10% Discount - 2 issues

Ad Sales: Contact: Jessica Boyd
707.953.7144 • spottyhorse@gmail.com

Rates are for camera ready art.
EPS, TIF, JPG or PDF, actual size at 300dpi

Design services available at a nominal charge

Ad Specifications or Design: Contact Lynn Newton
707.887.7031 • newton5@sonic.net

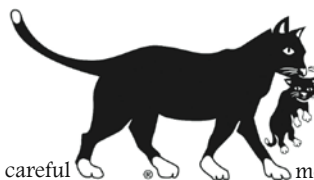


Just
Add
Water!

Carrie A. Schlachter, VMD - Medical Director

circle oak  equine
SPORTS MEDICINE & REHABILITATION

CAREFUL MOVING & STORAGE



careful  moving
Excellence in moving for 46 years

EXPEDITED SERVICE TO
So. CA, AZ, OR, WA, ID, NV
local | national | international

Testimonial Excerpts

"Thank you. The movers were gentlemen
and worked so hard."

"Best move I've ever had. They were fast
and not a scratch."

"Very professional in uniform and
humorous, didn't expect to have fun."



WE SPECIALIZE IN:

- Free Estimates
- Professional Packing
- Local, Long Distance
& Office Moving
- International Moving
- Containerized Storage
- Senior Discount
& We Accommodate
Special Needs
- Estate Moves
- References
- Classroom Training
- Fully Uniformed
Personnel
- Movers CPR Certified

Santa Rosa • Sebastopol • Healdsburg - 528-0328

Sonoma - 996-1169 • Petaluma - 762-8365

www.movingsantarosa.com

Email: careful@carefulmovingnetwork.com

812 Donahue St • Santa Rosa, CA 95401

U.S. DOT No. 1803378 • CA P.U.C. 190466



David Lawson
Western Horsemanship, Barrels



Valerie Belot
English, Three Day Eventing



Monica Lukes
English, Hunter/Jumper



BOARDING • TRAINING
LESSONS • SALES

603 Hunter Lane, Santa Rosa, CA 95404



FIVE ARENAS
FULL SERVICE FACILITY

707-584-0704 hunterlanequestrian.com



EASTSTONE
HAIR STUDIO

Nature did not intend your hair to be stripped of its natural beauty and neither do we. Return it to its glory with the Organic Systems Range; made from all natural and certified organic ingredients.

We offer wide-ranging salon services – specializing in Organic Hair Color, Perm Wave, Scissor Cuts, Clipper Cuts, Fades, Facial and Back Waxing as well as Clarifying and Reconstructive Treatments for damaged hair.

"The prescription to healthy hair and a healthier you"

1199 YULUPA AVENUE, SUITE B, SANTA ROSA (Whole Foods shopping center)
707-575-9925 eaststonehairstudio.com

Proud sponsor of the 2014 Equus Awards Banquet

Exclusively **ORGANIC**
& **NATURAL** Hair Salon

S.A.F.E.R

Sonoma Action for Equine Rescue
Taking Care of Our Own



Before – Bunny needs help!



After only 5 weeks of rehab – Bunny is getting well – and needs a home now!

Our mission; plain and simple - recycle as many at risk horses back into the horse-keeping community as possible.

- FREE extensive website listing for rehoming horses quickly.
- Hay Assistance Program for short term emergencies.
- Newsletter for community horse issues and new horse Alerts.
- Auction saves and emergency owner surrender.
- Foster and Adopt program
- Phone counseling for horse owner's options.



Please go to our website:

www.saferhorse.com

www.facebook.com/SAFERHORSE
Donate to At Risk Horses in the North Bay

Sonoma County 707 824 9543
Mendocino & Lake County 707 489 0553



Sonoma County Horse Council

P.O. Box 7157, Santa Rosa, CA 95407



**Premier
COUNTRY ESTATES**



Newly Listed!

"Hollywood Horse Property" - 2 extraordinary contemporary homes on 14 +/- acres with top of the line barn, covered roundpen, and trails. \$2.495 million

Sonoma Mountain Equestrian Center

First time on market! 20 +/- acres, 2 covered arenas, 2 outdoor arenas covered roundpen, barns and executive style home.
Commercial permit for 100 horses, shows and more! - Price on request

Coming Soon

- 3 +/- acres in Sebastopol, small house, barn, horse fenced \$650,000
- 11 +/- acres in North East Santa Rosa with home, fabulous barn, arena, trail access, fenced and cross fenced. \$1.5 million



Interested in buying or selling country property? You should be speaking with us!

Lisa Thomas

www.PremierCountryEstates.com

(707) 579-LISA (5472)

Lisa@PremierCountryEstates.com

BRE#01359810




**Premier
COUNTRY ESTATES**

All acreage is estimated, not based on survey.

Brokers do not guarantee development potential, business income or return on real estate investments. Buyers to assure themselves fully of their ability to use property for their intended purpose.