

Sonoma County
Horse Journal

Volume 12 • Issue 1 • Spring 2015



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

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The Horse Journal Editorial Committee**Pinch Hitting Editor & Graphic Design Spring Issue**

Lynn Newton

newton5@sonic.net

Advertising Sales Spring Issue

Benita Mattioli

Lisa Thomas

Photographer Extraordinaire

Marcie Lewis

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

Melissa Kalember

Grant Miller, DVM

rescue@sonomacountyhorsecouncil.org

Sarah Reid

trails@sonomacountyhorsecouncil.org

Contact Us

Sonoma County Horse Council

PO Box 7157

Santa Rosa, CA 95407

www.sonomacountyhorsecouncil.org

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Volume 11 • Issue 1 • Spring 2015

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**Cover Photo: Marcie Lewis**

JoDean Nicolette's treasured horses—Jimmie and Chance share a contemplative moment.

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A Message from the President

The SCHC is evolving, emerging as a more dynamic, collaborative and proactive organization. This is not a sudden shift; it has been in the works for several years. As I begin my term as president of the SCHC, I'm grateful to all the SCHC leaders who served before me, especially my immediate predecessor, Ron Malone. As Ron hands me the figurative reins of the SCHC, the organization is building momentum, capitalizing on the impressive data contained in the *Study of the Economic Impact of Equestrian Activities in Sonoma County* conducted by Sonoma State's Center for Regional Economic Analysis (see the Fall 2014 issue of the *Horse Journal*).

The Economic Impact Study unequivocally establishes the equestrian community as a pillar of the county's economy. It also reveals that equine-related activities and businesses, horse owners, and horse lovers have the potential to influence the future of Sonoma County *if* the equestrian community is a partner with Sonoma County's decision-makers.

Our common interests in preserving and improving the local culture for equine-related activities and businesses allow the equestrian community to speak with a powerful voice through a Horse Council that truly represents a cross-section of that community... which means we need your membership!

The SCHC needs to include you (yes, you) in its numbers. We also need all the horse lovers you know, the businesses that help keep your horses healthy, shod, fed and safe, and the clubs that foster your equine-related passions.

The SCHC is not just Sonoma County's advocate for equine-activities and businesses, we are also developing several exciting initiatives to improve our educational outreach, bolster the equine community's disaster preparedness and give us input into certain agricultural, recreational, tourism and business decisions. I look forward to sharing details on these changes with you and hope that many of you will be inspired to become involved.

Our time, efforts and passions pump over \$600 million in to our local economy each year and provide 7,700 local jobs. Let's ensure that our equestrian community has the standing it deserves and the strength that comes in numbers.

Membership information is available on page 24 of this Journal or at www.sonomacountyhorsecouncil.org.

Elizabeth Palmer
President, Sonoma County Horse Council

Many, many thanks to JoDean Nicolette who, tirelessly and with supreme dedication, served as Editor of the Horse Journal for five years. JoDean's expertise elevated the Horse Journal beyond the voice of the Horse Council to a widely respected magazine. Her imprint will always live in the pages of the Journal—we will be forever grateful.

Introducing the SCHC Board of Directors



photo courtesy of NorthBaybiz

Elizabeth Palmer, President

Elizabeth Palmer is a director in the law firm Dickenson, Peatman & Fogarty, specializing in business transactions, taxation and equine-related matters. She is also a dressage enthusiast, occasional trail rider and a life-long horse lover. In addition to the SCHC Board, Elizabeth sits on the Boards of the Wild Horse and Burro Sanctuary, located in Shasta County, California (1999-present) and the American Red Cross, California Northwest Chapter which represents Sonoma, Napa, Mendocino, Lake, Humboldt and Del Norte Counties, (2000-present; board chair from 2004 through 2006). She has served as the Sonoma County Horse Council's legal advisor for over a decade.

"Being part of Sonoma County's equine community, in my personal and professional life, has helped me appreciate how fortunate we all are to live in a place where horses are integral to our lifestyle and economy. That involvement has also made me realize how much opportunity there is for us to come together to preserve and improve the environment for equine activities and protect the health and well-being of our equine friends. I believe the Sonoma County Horse Council will be the catalyst for action and I envision great things happening for us in the next few years."



Patrice Doyle, Vice-President/Secretary

Patrice Doyle is an attorney at Kornblum Cochran Erickson & Harbison, L.L.P. This is her second term as a SCHC Board member, and she currently serves as Vice-President. She first became involved with the Sonoma County Horse Council as an Equus Awards Banquet committee member in 2013. She led the charge on obtaining event sponsors raising \$9,500 in 2013 and \$14,000 in 2014. She is a regular contributor in the *Horse Journal*, offering legal tips under the column, "The Equine Esquire." In addition to her involvement with SCHC, she is also on the Board of the Sonoma County Bar Association and is President of Sonoma County Women in Law. Having been an avid horsewoman since childhood, she currently owns a young Dutch Warmblood and trains with Dan Rocks at Fairwind Farm in Santa Rosa. Patrice is energetic and enthusiastic when it comes to promoting SCHC and furthering its mission in the North Bay equine community.

Introducing the SCHC Board of Directors



Greg Harder

Greg was born and raised on the Peninsula. He attended Cal Poly S.L.O. and earned a BS in Agricultural Management and MS in Agriculture. While in college, Greg was a member in the National Intercollegiate Rodeo Association and Professional Rodeo Cowboys Association. To pay the bills Greg taught Agriculture in Modesto CA. and at SRJC. The tech bubble ended Greg's teaching career and he is now a Financial Advisor with Edward Jones in Santa Rosa. Greg is married to Lisa, a nurse at Sutter, has a great son, Roy, who is eleven and attends St. Eugene's Catholic School. Greg has been involved with the Horse Council since 2003 in various capacities. For the last two years, the Horse Cabinet meetings have been his responsibility.



Melissa Kalember

Melissa Kalember has been an equestrian for twenty-six years, and a horse trainer for 15 years. She obtained her BS from Davis in Animal Science in 2007, specializing in equine science. She is a USEF R Judge, SAHJA Judge, certified equine masseuse, and an animal communicator. Melissa furthers her education attending clinics and judging shows. As an intuitive and diverse horse trainer, she is able to work with a wide range of equestrians. While Melissa travels the nation as a USEF R Judge and clinician, her home training operation is out of Sebastopol. Melissa also serves the local Northern CA horse communities. Melissa lives in Sebastopol with her two daughters and husband. This is Melissa's second term on the Board of the Sonoma County Horse Council and is focused on the social media and marketing for the SCHC.



Ted S. Stashak

DVM, MS, Diplomate ACVS, Professor Emeritus, Surgery/Colorado State University
Received his DVM degree from the University of California at Davis in 1971, and completed an internship and a surgical residency at Colorado State University (CSU) in 1974. He received an MS degree in 1974 and became a Diplomate of the American College of Veterinary Surgeons in 1977. He joined the surgical faculty at CSU in 1974. In 1976, he accepted a position University of Florida and became Chairman of the Department of Surgical Sciences. In 1979, he returned to CSU where he served as Head of Equine Services until 2002. He retired in June, 2004.

He is the editor and major author for the 4th and 5th editions of Adams' Lameness in Horses; 1st & 2nd editions of Equine Wound Management; and 1st edition of The Horse Owners Guide to Lameness; and major author for the 6th edition of Adams & Stashak Lameness in Horses and the 3rd edition of Equine

Wound Management. He has authored more than a 130 scientific publications and more than 40 chapters; and is a frequent speaker at State, National and International meetings.

He served as President of the Veterinary Wound Management Society 2003-2006; was honored as Horseman of the Year by the Reno Sierra Riders (RSR) Inc. in 1993; was selected Equine speaker of the year for the North American Veterinary Conference in 2000, and was inducted into the International Equine Hall of Fame in 2003. He served as President of the RSR Inc. 2003 and 2004 and is currently on the Executive Committee of the Sonoma County Trail Blazers.

Henry F. Trione



As this issue went to press, we were saddened to hear that Henry Trione had passed away.

In ways public and private, Henry Trione was a longtime supporter of the Horse Council's work. He was known to equestrians across the country, but we took special pride in calling him one of our own. He was a founder of the Wild Oak Saddle Club. He is largely credited with bringing Polo to Northern California, represented the U.S. amateur team internationally, and was inducted into Florida's Polo Hall of Fame in 2008. He was an original Trailblazer.

In 1971, Henry rallied a consortium of private and state foundation funds to acquire land threatened by development to create Annadel State Park. When Annadel was under threat of closure due to state budget cuts, Trione worked diligently to ensure the park's preservation.

He left a legacy that can never be matched, and as riders we remember his spirit with every step along Annadel's trails.

The Sonoma County Horse Council extends their sympathy to the family of Henry Trione. He will be remembered and missed.



Sonoma County Horse Council at Work

Horse Cabinet Update

By Greg Harder, SCHC Board of Directors

January Meeting

Our last Cabinet meeting took a turn towards organization. No real cool horse stuff, but more of the business of the Horse Council. We have put in place a structure that will allow the Horse Council to be more effective with our local government officials and departments. We had our annual elections. Elizabeth Palmer, our trusty legal council for the past 10 years, is now our President. Patrice Doyle is Vice-President and Joan Rasmussen is Treasurer. Also included on the Board: yours truly, Melissa Kalember, and Ted Stashak

To dispel the rumors floating around, Ron Malone let us know that the Horse Council is working to shore up the agreement with the Board of Supervisors regarding the Sonoma County Drive and Ride Clubhouse. In the 1940s, the Board of Supervisors granted permission to the horse community to build and use the building for horse related activities and it became the home of the horse community. In the last few years, the Fair Board has tried to remove this privilege. Ron is drafting a Memorandum of Understanding to ensure that the horse community will not have to relocate. Our county officials need to understand the strength of the horse community.

Speaking of MAGNITUDE, the results of the current economic study were formally revealed. Tighten your cinch, the equine community is directly and indirectly responsible for over \$600 million per year of economic benefit to Sonoma County. We walk hand in hand with our brothers, the grape industry. There are over 26,000 horses in our county, and they produce eleven million dollars of tax revenue. We are an economic force to be recognized.

Other involvement of the Council for your benefit include the support of the recently adopted Farm Bureau's Riparian Corridor legislation. Going forward our fences and facilities along riparian corridors will still be allowed with significantly less restriction.

Your Sonoma County Horse Council is the only unified voice that has your back. Pass the word and get those you know to join the Council. You need a collective of like-minded individuals who are stepping up to protect and preserve your rights and pleasures as "horse people." There is strength numbers and our local elected officials are starting to recognize us.

February Meeting

Well, we did it again. We had the February Horse Cabinet meeting. Good attendance, new members, returning former members, a great time was had by all.

Our presenter was Tiffany MacNeil. Tiffany is very interesting in her own right. Singer/Songwriter, MBA, Massage Therapist, Yoga Teacher. In all her experiences, the common thread is learning/teaching (communication). Thus, Tiffany has brought EAHAE to Sonoma County.

What is EAHAE? European Association for Horse-Assisted Education! We are all aware of the people in our Community who offer communication training using the horse—Reis Ranch, Medicine Horse Ranch, EquuSatori Center, Cloverleaf. We are also aware of the organizations that offer physical and mental therapy—Giant Steps and EquiEd. There are businesses and individuals all across the world offering these amazing services. The value of these

organizations is clear, as is the value we receive when we work with our horses.

The EAHAE is dedicated to creating a common umbrella to establish and develop a certification process so that the consumer can have confidence that the education that is being offered is proven, relevant, and delivered in a professional manner. This association encourages all to share ideas, experience, and research to provide the consumer with the most advanced, efficient methods. Brings me back to my College days, where our motto was cooperate to graduate. By elimination of competition, we all rose to a higher level of understanding.

Why us? Tiffany recognizes the value Sonoma County brings to the world of horses. This movement blends very well with the theme of Wine Country. The Board of Supervisors claims to want to support Horse Assisted Education and Horse Based Tourism. We want to be THE place to go in the US to learn about the various Horse Assisted Education opportunities, as well as providing the venues and personnel to help others get what they want.

Tiffany recognizes this opportunity, and I hope you do as well. Please join your local Horse Council and help Tiffany bring this internationally recognized organization to Sonoma County for the betterment of all. Check the website for more information: www.eahae.org

Waiting for the Grass to Grow,
Greg Harder



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The Equine Esquire

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

Pet Trusts**—Ensuring the Care of Your Equine Upon Your Incapacity or Death**

For many horse owners, their equines are a part of the family. We care for them as we would children; and like children, their needs will continue even if we are no longer able to care for them, either because we are too incapacitated, or after our deaths. Have you thought of what will happen to your horse if something happens to you?

Legally, horses are considered personal property. However, unlike a car or boat, horses can live into their 30's and related expenses easily mount. Additionally, gifting your horse in your will does not guarantee that the beneficiary wants your horse, or will have the financial means to provide the necessary care. Further, a will must be "probated," which means a lengthy, expensive court-supervised process which can take from several months to several years, depending on the probate estate. The immediate problem becomes who will pay for the cost of boarding, farrier services, and veterinary care? Where does the money come from?

The best approach to satisfying a horse owner's desire to care for their horse(s) is to create a trust. The idea of establishing a trust for the care of pets is not novel, but legal limitations in the past prevented them from being an effective and reliable method to plan for future pet care. On January 1, 2009, a pet trust statute, Probate Code section 15212, took effect making it clear that pet trusts are now enforceable in California. That is a welcome relief for pet owners who care about taking care of their pets after their incapacity or death. Unlike a simple directive in a will, a pet trust provides a host of additional protections and advantages. They are:

- valid during the horse owner's life and after his/her death;
- can help preempt problems with substantial and involved estates, being particularly useful if the horse owner expects a contest to his/her estate;
- identify property to be invested (the corpus) to produce income to be used to care for the horses and control the disbursement of funds;
- allow for an investment trustee. A trust protector (separate from the pet guardian or trustee) can be appointed to invest funds with a view toward growth of the principal and future use on behalf of the pet, heirs, and charitable recipients;
- allows care provisions upon incapacity of the horse owner; and
- after the last equine (beneficiary) has died, the trust instrument provides for dissolution of the trust and distribution of the remaining corpus.

When drafting a pet trust there are several items to consider and specify:

- Horse owner – This is the person who establishes and funds the trust, and is referred to as the settlor.
- Trustee – The trustee should be someone who cares about your horse and who will devote the time necessary to handling the trust's finances and periodically monitoring your horse's care. Make sure ahead of time that this person has agreed to serve as trustee.
- Covered Horses – These are the horse(s) specified in the trust instrument and for whose benefit (care) the trust has been established. The trust ends when the last surviving animal dies.
- Pet Guardian – This is the person who will have custody of your horse and will be responsible for day-to-day care. Don't assume the person you want to name is willing to take on this responsibility. Always ask and name an alternate as well.
- Funding – Do the best you can to estimate how much the guardian will need to take care of your horse. The appropriate amount varies widely depending on age and condition. Trust funding can come from an insurance policy, retirement account, sale of a home, annuity, pay on death bank accounts, to name a few.
- Caretaking instructions – Owners should include specific instructions for the horse's care within the trust document such as notes about its temperament, health issues, exercise needs, diet, as well as end of life provisions. The farrier and veterinarian contact information should also be included.
- Remainder beneficiaries – If you leave more money than is necessary, you can designate where the rest to go such as to family members or a charity, for example.
- Detailed description of the horse(s) – identifying the horse(s) in detail is critically important to ensure the specified care is being administered to the horse for which the trust was established. Color photographs, a copy of registration papers, and a microchip number are all extremely helpful forms of identification.
- Keeping horses together – If the owner wishes to keep multiple horses together, this should be specified in the trust.
- Providing for all present and future horses – All horses owned by the Settlor, including those the Settlor does not yet have at the time the trust document was written, should be included. Including the term "all my pets" or "all my horses" accomplishes this.

By creating a pet trust for their horse(s), owners can be assured that their horses will be cared for should they become incapacitated or predecease them. A pet trust is ideal since it can be custom-tailored and give maximum flexibility when an owner is planning for their wishes and desires for the care of their horse. For a consultation on pet trusts and providing for your horse, please contact Patrice directly.



Patrice Doyle is a senior attorney at Kornblum Cochran Erickson & Harbison, L.L.P., and has been an avid horse-woman 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>KCEH ERICKSON & HARBISON, L.L.P.</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>
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Vet's Office

Column editor Michelle Beko, DVM

Vaccinations—Which Ones Should We Be Giving Our Horses?

Spring is here and many of us will be administering vaccines to our horses. Vaccinations have been an enormous benefit to both human and animal health by greatly reducing the incidence of many serious diseases in the last century or so. Deciding what vaccines to give requires looking at the “costs” and “benefits” of each. We give vaccinations to stimulate our horses to develop immunity to that particular virus or bacteria so that if they are exposed to it at a later date they will be less likely to get the disease that that particular microbe causes. The following questions can help determine some of the possible benefits:

- How likely is my horse to be exposed to this disease?
- How serious is the disease?
- How effective is the vaccination?

The costs would include:

- How likely are there to be side effects?
- How expensive is the vaccination?

Side effects for any vaccine can include a fever, soreness at the injection site, an abscess at the injection site or an anaphylactic reaction—the latter two being uncommon or rare. Additionally, vaccination for strangles (*Strep. equi* infection) can potentially cause a serious autoimmune disease called *purpura hemorrhagica*.

Let's consider some examples. Tetanus is a very serious (usually fatal) disease that all horses are at a high risk of getting. The vaccine is inexpensive, very effective and probably has a low incidence of causing side effects. I believe it is the most important vaccine that we give horses. Alternatively, Venezuelan Equine Encephalitis is an often fatal disease with an effective vaccination available. However, since the virus hasn't been found north of southern Mexico for several decades, our northern California horses are extremely unlikely to get it and there is no good reason to vaccinate for it.

The core vaccinations recommended for all horses on an annual basis by the American Association of Equine Practitioners (AAEP) are:

- Tetanus toxoid
- Rabies
- West Nile virus
- Eastern and Western Equine Encephalitis (EEE/WEE)

Note that none of these are contagious (spread from horse to horse) so that even horses living alone should have them. Tetanus and rabies vaccines probably last more than 1 year but that has not been conclusively proven. The other three likely don't last more than a year. All are quite effective.

Additional commonly used vaccinations include:

- Influenza
- Equine Herpes viruses 1 and 4 (aka “rhino”)
- Strangles

These diseases are all contagious and should be used depending on your individual horse's risk. Influenza is the most common respiratory infection in horses. Most horses have been exposed to the Herpes viruses and Strangles by the time they are a few years old and have some degree of immunity to these infectious agents.

With all three of the above diseases, the effectiveness of available vaccines varies between brands. An intranasal vaccination called Flu Avert is significantly more effective than all of the injectable vaccines for flu. The Herpes virus vaccines that are approved to prevent abortion (due to Herpes virus) in mares are probably the most effective at preventing respiratory disease also. Pinnacle is an intranasal vaccination for strangles that is less reactive and probably more effective than the injectable vaccines.

Because most horses over 3 years old have some degree of immunity to the Herpes viruses and Strangles and because these vaccines tend to be expensive and have a higher incidence of side effects, I do not routinely recommend them for horses over 3 years old. Recommendations for Herpes virus vaccines vary quite a bit between veterinarians. I vaccinate most of my own horses and my patients with the core vaccines annually and influenza (with Flu Avert) 1-2 times per year if they are exposed to other horses.



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.



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Reader's Write

The Benefits of Starting to Ride Early

by Erika Jansson

My interest in horses started early—when I was about five years old. I grew up on a small island outside Gothenburg, Sweden and close to where I lived, there were about ten privately owned horses. I went there every day after school to see if I could groom or hand walk a horse. I don't know how it started, but I quickly gained the reputation of being able to catch any horse that did not want to come in. That is how it came about for me to begin to ride. After much begging, my mother gave in and let me travel to the mainland to attend the riding school. The bus ride took an hour and a half one way. I rode for only forty-five minutes and then spent another hour and a half returning home.

By the time I was seven years old, I knew that I wanted to make my living working with horses.

Off I went to four years of horse college and I have been working professionally since 1992.

In 2012, I became pregnant and I rode up to the seventh month of my pregnancy. My wonderful daughter Malena was born on June 4, 2013. I went back to riding a month after she was born and was back to work after just two months. All this time, Malena was with me at the barn. My nanny spent a lot of time walking around the arena so Malena could be close and see me riding.

I seriously think that she felt the movement in my belly when I was riding before she was born. When she was seven months old I put her on a horse for the first time and she didn't have a bit of trouble following the horse.

At twelve months, she was trotting and laughing the whole time! At this young age (1-1/2 years), Malena is completely natural around horses. She is not the least bit afraid and walks straight up to a horse to offer it a cookie or just pet it. I still need to teach her about the back end of a horse but it will be easier when she can talk and understand all of my directions!



Taffy, Malena and a very proud Erika

The benefits of being around horses to my unborn and very, very young child are striking. I am sure that Malena was born with a natural familiarity and comfort with horses that has grown and become even stronger in her young life. As she gets older, I will never push or force her to continue, but I must admit I am a very proud mom when people in the barn admire her as she rides around—super relaxed, waving at people!

If she wants to continue in the horse world, just having this experience will give her a huge head start—simply because she started at such an early age. To me, it seems like she has so much more feel and connection than if she had started at seven or eight or twenty or forty!

I was very young when I began my horse career, but with her experience beginning before she was born, if she

decides to continue with horses, I can't wait to see what the future will bring to Malena.

I have never regretted my loyalty to my four legged friends and their companions. Every day is a new day and never the same. Working with living animals, they are really the teachers. We need to take a step back to listen and learn.



Erika Jansson is a Dressage Trainer at Santa Rosa Equestrian Center in Sonoma County, California where she offers monthly Cavaletti Clinics. Born in Sweden, she has spent her entire life with horses, attending the Flyinge National Stud Academy, working in New Zealand, working for three years as an auction rider for the Hanoverian Society in Germany and then—finally settling in Northern California. She lives happily in

Sonoma County with her fiancé Matt Ashby, her beloved Malena and Oskar, their wonderful dog. www.ejdressage.com

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Part One of Two

Update: Wound Care

By Ted S. Stashak, DVM, MS, Diplomate ACVS, SCHC Board of Directors

Wounds are one of the most common injuries affecting horses used for trail riding. They can be caused by contact with a sharp object resulting in a puncture or laceration, blunt trauma (e.g., kick from another horse), entanglement in a rope or wire or entrapment (e.g., cattle guard). Proper treatment is aimed at stopping the bleeding, avoiding infection and creating the best environment for healing to occur. The following will focus on first aid measures for uncomplicated (this issue) and complicated (next issue) wounds that will reduce the chance of infection developing in the wound. The objective is that the best functional and cosmetic outcome is achieved.

Wound Infection

Wound infection is defined as the presence of replicating bacteria in a wound, leading to host injury. *Is it a big deal?* The answer is: you bet! It is the major cause of delayed healing, reduction in gain in the wound's tensile strength, formation of exuberant granulation tissue—"proud flesh" (Fig. 1) and separation (dehiscence) of a wound following suturing (Fig. 2). Whether infection develops depends on many factors related to the wound: 1) the number of bacteria; 2) the amount of contamination (e.g., dirt, hay, straw, etc.) (*you/we have the most influence over these two*); 3) the virulence (vigor) of the bacteria; 4) the health status of the horse and; 5) mechanism of injury. Wounds containing $>10^5$ bacteria overwhelm the body's defenses, resulting in infection. Dirty wounds have a **25-fold** greater infection rate than do clean wounds. Wounds caused by impact injury or blunt trauma or entrapment are **100 times** more susceptible to developing infection compared to wounds caused by shearing forces (Fig. 3).



Fig. 1: Proud flesh



Fig. 2: Wound separation



Fig. 3: Entrapment wound

First aid measures: Uncomplicated wounds

Uncomplicated wounds are the most common type encountered. This section will address preparation of the wound to reduce the chances of infection.

1—Hair removal

Remove *hair* only at the wound edges that are contacting the wound. This can be easily done with a pair of scissors. Make sure none of the clipped hair enters the wound; if it does it can act as a foreign body that increases the chances of the wound becoming infected. To prevent hair from entering the wound, place 4 x 4 gauze sponges moistened with water in it, and dampen the hair to

be removed, which will cause it to clump together making it less likely to enter the wound. Sponges used to pack the wound are discarded when hair removal is complete.

2—Irrigating (rinsing) the wound

Wound irrigation is one of the **most important** parts of effective wound management. Its purpose is to gently remove loosely adherent contaminants, bacteria and dead tissue from the wound surface. Irrigation solutions are often combined with antiseptics; the justification for this will be discussed later.

Since bacteria and contaminants adhere to the wound surface, **adequate fluid pressure** must be used to dislodge them from the wound. Irrigation solutions are most effective when delivered at an **oblique angle** by a fluid jet delivered at 8 -15 PSI. **Results of studies suggest that wounds should not be irrigated with fluids delivered at a pressure >15 PSI.**

Fluid pressures (8 -15 PSI) can be achieved by forcefully expressing irrigation solutions from a 35 cc or 60 cc syringe through a 19 gauge needle or by using a fly spray bottle. If available, a water hose with a nozzle attached can be used to irrigate very large wounds (Fig. 4). Preferably, a Hydro-T™ (Innovative products international, Three Forks, MT) can be used in place of a nozzle to deliver tap water to the wound surface at a pressure of ~15 PSI. **Irrigation with tap water should be discontinued once a bed of granulation tissue develops. If continued it will delay wound healing.** The clinical benefit of wound irrigation with pressure of 8 -15 PSI has been well established.



Fig. 4: Example of a very large wound that can be irrigated with a hose

Povidone-iodine (PI [Betadine™]) and chlorhexidine diacetate (CHD [Nolvasan™]) solutions are the two antiseptics most commonly added to irrigation solutions. Although some controversy exists, the literature supporting their use in the clinical situation is compelling. PI diluted to 0.1 and 0.2% (10-20 ml/1000 ml sterile saline) concentrations is best for wound irrigation. These dilutions have also been shown to kill most bacteria within 15 seconds. Greater concentrations of PI solutions inhibit white blood cell migration and increase the wound's susceptibility to infection. Currently 0.05% CHD (1:40 = 25 ml to 975 ml dilution of the 2% concentrate in sterile saline) solution is recommended for wound irrigation, as greater concentrations delay wound healing. Of the two antiseptics the author prefers dilute PI. **Numerous studies have shown that dilute PI or CHD irrigation solution is superior to saline solution alone in removing bacteria from the surface of wounds.**



Hydrogen Peroxide (3%) (HP), although still commonly used for wound irrigation, is not recommended because it has limited antibacterial effects, the solution damages tissue and it causes blood clots in the small vessels supplying the wound. Alcohol, scarlet oil, gentian violet, most acid solutions and antiseptic soaps (e.g., Betadine and Hibiclens) **should not** contact the wound bed, for they will damage tissue and increase inflammation and the wound's susceptibility to infection.

Vetricyn VF™ is a stable, non-irritating, super-oxidized solution with a broad biocidal spectrum (kills most organisms within 15 seconds). It is packaged in a spray bottle to deliver a fluid stream at ~12 PSI. **Of the commercially available products, this is the author's choice.**

3—Topical antibiotic or antiseptics

Following irrigation, a topical antibacterial agent (e.g., antibiotic or antiseptic) is usually applied to suppress bacterial growth. As for antibiotics, triple antibiotic (Neosporin™) is an excellent choice since it suppresses the growth of a wide variety of bacteria and has been shown to accelerate wound healing. Furacin ointment or powder is **not recommended** since it has been shown to inhibit wound healing and is carcinogenic. Of the antiseptics, Betadine™ ointment has a broad antimicrobial spectrum and does not delay wound healing. Nolvasan™ ointment has been shown to injure tissue and delay wound healing, therefore it is **not recommended**.

4—Bandaging the wound

Most wounds are protected with a dressing, a secondary layer usually comprised of cotton bandage and third layer that holds the inner layers in place. While there are >300 new wound dressings on the market, the use of a sterile, antiseptic-impregnated semi-occlusive dressing (e.g., Telfa AMD™) for an acute clean wound; or gauze impregnated with a mild antiseptic (e.g., Kerlix AMD™) or Vetricyn VF hydrogel, for an acute heavily contaminated wound is the **author's preference** for short term use. When these antibacterial dressings are used, a **topical antibiotic or antiseptic ointment is not needed**. The dressing is held in place with conforming gauze, after which a cotton bandage is usually secured in place with a self-adherent bandage (e.g., Vetrap™ or SECURWrap™ or Elastiant™). Your veterinarian should be consulted as to the best approach for continued and long term care.

This article will continue in the Summer issue of the *Horse Journal* with "Part Two: Complicated Wounds."

Ted Stashak DVM, MS, Diplomate ACVS is a Sonoma County Horse Council Board Member. Please see his biography on page 3.

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*Readers Write***Re-Invigorating Training: Variety is the Spice of Life** By Tiffany MacNeil

Longe to the left: walk, trot, canter. Longe to the right: walk, trot, canter. Bored yet? Chances are, if you are tired of this common routine, so is your horse. In horse training, as in cuisine, travel, and conversation, variety is the spice of life.

This does not diminish the benefits of some forms of routine. Horses enjoy routine around feeding times, turnout, and owner visits. And longing is an effective tool to assess or improve your horse's condition and to help to burn off excess energy before riding. However, there can be two extremes: either being tuned out (I recently witnessed someone longing his horse while he was talking on his cell phone) or agenda-based (longing before riding, but reacting negatively if the horse does not perform as expected in the prescribed time frame).

But with ongoing training, to achieve true buy-in, both of you need to be inspired with new challenges and a continuing conversation. This philosophy is embraced by Frédéric Pignon, collaborator and trainer for the Cirque du Soleil show *Cavalia*, in his six foundational principles of training:

- 1 – To foster an equal relationship with the horse based on trust and respect; something that each of you must learn from one another.
- 2 – Never to adopt “standard” or inflexible methods of training and communication; you must recognize that each horse develops in his or her own way.
- 3 – As a trainer, you are their partner. It is your job to reduce stress, as well as to become a safe, trusted “haven” for the horse.
- 4 – Always to be patient with a horse; never push them too fast or too insistently. By varying the horse's routine, you prevent them from getting bored or becoming unresponsive.
- 5 – Never to use force or become angry; horses aren't meant to be dominated or broken.
- 6 – Work hard to establish more “natural” forms of communication; if you listen, your horse will tell you how to speak with him in subtle, almost invisible ways.

(Excerpted from <http://macalawright.com/2013/01/cavalia-horse-training-interview-techniques/>. Used by permission.)

JoAnna Mendl Shaw, Director of The Equus Projects (www.equus-onsite.org), has been creating performance works with dancers

and horses since 1999. She has found that “especially for horses that like to think, repetition becomes boring. The drilling becomes drudgery, and the horses become bored if tasks are done in the same order all the time.” She has witnessed a horse memorizing the choreographic sequence and skipping to the end. Too much repetitive rehearsal and leads to the anticipation of cues. Mixing things up keeps both the horse and the dancer engaged and curious, and can also lead to improvisation and a deeper connection in a performance.

Recently, my Morgan Cross Tango became arena sour and no amount of prompting or waving of the longe whip would get him truly involved with my requests. He would stand stock-still, telling me, “Is this fun for you? Because I don't know why we are doing it.” This caused me to be introspective about my methods; why was I asking him to longe? He had already joined up with me and would follow me off-lead. He was living in pasture, so had plenty of room to move and did not need to burn off excess energy before riding. I was just following a regular routine practiced by many.

So instead of training in the arena, we went to the pasture and I started running freely. I did this every day for weeks. Sometimes he would walk over to where I had stopped to catch my breath, and sometimes he would just eat grass. Once in a while, he would jog for a few paces. And then one day, he came along for the run. And we have been running together ever since. This was fun, for the both of us. Now it was time to test if this had just been an anomaly, or if this had truly been training.

Re-entering the arena, I used the same body language and communication we had developed in the pasture. And he started running from the first step. I set up cavalettis in different patterns, and though it took some confidence-building on his part, he would eventually conquer them. Our connection has never been stronger, and he now gives me the look of “Are you ready to run? Because I am.”

When you approach training with a fresh perspective and a revised set of expectations, you will be amazed at the differences you will see in your horse. It is never too late to create a new starting point.

Tiffany MacNeil is a Certified Equine Interaction Professional (Education) and the Founder of True Nature Horse Programs (www.truenaturehorse.com), based in Santa Rosa.



Tiffany and Tango running together—in step!



*All Creatures Great and Small*

Column editor Grant Miller, DVM

CHANGE Takes in Extreme Cases

Over the course of the last six months, the CHANGE Program has assisted local law enforcement with a wide variety of cases. CHANGE was co-founded by local equine veterinarian Grant Miller in 2007 to provide transportation, rehabilitative foster care, and adoption services for equine humane cases. To date, thanks to incredible community support, the 501(c)3 organization has managed to assist in helping over 75 horses in critical need. In addition, CHANGE provides expert testimony in criminal cases as well as community outreach events such as low cost castration clinics. Currently, CHANGE has a diverse family of horses that are all ready to be adopted into loving homes. Here are their incredible stories.

"Primrose" entered CHANGE foster care in April 2014. An 11-year old bay Thoroughbred mare, she was impounded by authorities due to her severely emaciated condition. A severe fungal infection had caused hair loss to over 75% of her body. She entered CHANGE foster care with mostly bare skin, approximately 150 to 200 pounds underweight and she was pregnant. CHANGE provided Primrose with around-the-clock care, including a specialized diet formulated to address her emaciation and pregnancy. She also received daily medicated baths, which she loved! CHANGE provided complete vaccinations, deworming, dental and hoof care. Primrose received her very own brushes, blankets, fly masks, and all needed medications and supplements through the CHANGE supply donation program. Her condition improved, and amazingly, on Father's Day in 2014, she gave birth to a healthy Appendix Quarter Horse cross colt named "Sawyer." Both are now available for adoption and can be viewed at www.sonomachangeprogram.com.



Primrose Before: April 2014



After: June 2014, Primrose and 1-day-old Sawyer



Scarlett Before: March 2014



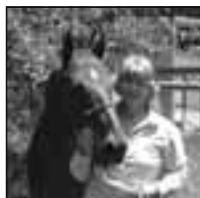
Scarlett After: Starting her ground work!

"Scarlett" is an 11-year old chestnut Thoroughbred mare that entered CHANGE foster care in March of 2014 after spending several years living in very poor conditions. At times, the only food she received came from a benevolent feed store manager who religiously took hay to her and a pasture mate. Scarlett came to CHANGE hungry and approximately 150 pounds underweight. She had extremely sharp points on her teeth, a condition corrected by dental floating. She was also loaded with internal parasites which

had to be treated with multiple rounds of dewormer before resolving. Throughout her entire ordeal, Scarlett maintained her sunny and thankful demeanor. It is nearly impossible to catch her with her ears back—a true testament to her vitality and spirit! Today Scarlett is loving barn life. She enjoys people, horses, goats, and just about anyone who will pay attention to her. She can be brushed for hours and enjoys

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baths, being clipped, and receiving the “royal treatment.” But don’t be fooled by the “Princess” exterior—this girl is a work horse! Thanks to an angel donor, Scarlett has received more than 6 months of professional training. She is currently doing training level dressage work and also enjoys adventures on the trail. This horse is an absolute gem and is ready to be taken to the next level. She is sound and current on shoes (fronts are all that is needed), and veterinary work. See more photos and videos of Scarlett and inquire about her on the CHANGE Facebook page or at sonomachangeprogram.com.

“Emily” is a twenty-five year old bay Arabian mare found roaming on a rural parcel in West Sonoma County in November of 2014. She was living with several other abandoned horses, but due to her advanced age, she was unable to brave the elements and keep up with the herd. CHANGE volunteers worked in 2 hour shifts for three days straight to remove over 1,000 ticks from Emily. She was emaciated and anemic from parasites, but thanks to our dedicated professional rehabilitation team, Emily sprang to life and today is happy and healthy. She loves her job as a pasture pal and has great social skills. Emily loves baths, grooming, blankets, and she trailers like an old pro—she is truly a gentle soul. She is Cushings negative, current on all vaccines, deworming, and dentistry and is ready for the next chapter in life. Please consider making her a part of your family by contacting CHANGE today!



Emily Before: November 27, 2014



Emily After: January 10, 2015



B.T. Before: November 2014



B.T. After: January 2015

“B.T.” is a 17-year-old quarter horse mare that was brought to CHANGE during the 2014 holidays after being found staked to the ground with a 20-foot line in the middle of a Santa Rosa field in the pouring rain. She had entangled herself in the rope, causing deep burns and lacerations to her hind pasterns. She came to us scared, exhausted, and cold. CHANGE provided medical treatment and TLC for her, and despite everything that she had been through, her desire to interact and trust humans still remains. She is a bit timid at first, but has

never once shown any signs of aggression. She stood perfectly still as her pastern wounds were scrubbed and dressed each day. Her polite, exemplary behavior makes her the perfect candidate for an advanced beginner. She is cool, calm, and collected and is up to date on dental care, hoof care, vaccinations, deworming, and blood work. She does not have Cushing’s disease. She gets along well with other horses, trailers, and ties like a champ, and is very well-behaved in hand. Although we have not gotten on her yet, we are optimistic that she can be ridden.

CHANGE has more horses available for adoption so please friend us on Facebook (Sonoma County CHANGE Program), call us at (707) 570-7050 or email sonomachange@live.com to inquire. Our group of community volunteers appreciates the community’s support and we work to make every dollar go as far as possible. Please help us find homes for these horses who all deserve a new start in life so that we can continue to provide services to horses in critical need.



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## The Equestrian Athlete

Column editor Lily Baker-Lubin

# What is Perfect? A Case of If-Only...

*"The thing that is really hard, and really amazing, is giving up on being perfect and beginning the work of becoming yourself." —Anna Quindlen*

Dressage is a sport that emphasizes the pursuit of the "perfect 10." In the show ring, a score of "10" on a movement in a test means that from the judge's perspective, the movement could not be improved. It's easy to lose your bearings on the slippery slope of perfectionism. How do you reconcile the desire for perfect with the need to do your best? This article aims to debunk the myth of perfection by introducing the process of discovering what it feels like to be your best in dressage while fending off the detrimental effects of perfectionism.

Perfectionism in a rider manifests itself in the following belief: if only I looked, rode, felt, appeared perfect or if only my horse was perfect, I'd be happy. According to renowned researcher Dr. Brene Brown, "Perfectionism is not the same thing as striving to be your best. Perfectionism is not about healthy achievement and growth...it's the thing that's really preventing us from taking flight. (It) is, at its core, about trying to earn approval and acceptance (in which) we adopt this dangerous and debilitating belief system: I am what I accomplish and how well I accomplish it. Please. Perform. Perfect... Perfectionism is other-focused—What will they think?" (Brown, 2010).

One of the most insidious effects of perfectionism is upon the primary relationship between a rider and her perception of self. When riders get wrapped up and engage in the perfectionist system, they're immediately disengaged, disconnected and no longer grounded or rooted in reality. Therefore, it's no wonder that perfectionism can result in riders feeling stuck, fearful and paralyzed. The rider is no longer capable of communicating clearly with her horse. After all, perfection is a human construct—there is no analogue for it in the equine world and therefore a horse does not understand the notion of perfect. They know how to be, how to respond, how to react to what cues they are given on a patterned basis with reinforcement. This shapes how they feel and perceive—"when my human does this and I respond like this, I am treated this way."

From the often neglected and unconscious relationship with self to the intimate horse-rider relationship, the impacts of perfectionism spiral outwards. "Research shows that perfectionism hampers success. Life paralysis refers to all of the opportunities we miss because we are too afraid to put anything out in the world that



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could be imperfect. It's terrifying to risk when you're a perfectionist; your self-worth is on the line." (Brown, 2010) I encounter this fear frequently in working with amateur dressage riders. And the most spectacular and inspirational things occur when these athletes remove their blocks, believe in themselves, and ride with abandon and empowerment. *"She could never go back and make some of the details pretty. All she could do was move forward and make the whole beautiful."* Terri St. Cloud

Apply this quote to a rider riding a test. When the bobble occurs, an opportunity presents itself. How will she address it? Does it paralyze and constrict or mobilize and introduce resiliency and resourcefulness? Does she remain present or is she preoccupied with what others might think?

"Overcoming self-doubt is about believing we are enough and letting go..." (Brown, 2010).

To be a dressage rider and participate in the pursuit of your "10" and to differentiate between perfectionist activity and healthy growth, you must understand how the elements of being judged, comparing/competing and fitting in are valid occurrences for the competitive rider. These are three realities of our sport in which you can make shifts in your perception to improve your experience.

First, being judged by an official is the nature of all subjective sports. Replacing the sense of judgment with a sense of assessment is liberating, turning your scores into valuable intel that serves to help your development.

Second, dressage competitions in which one earns rankings and prizes are clearly a means for you to compare yourself to others if you want. "Comparison is all about conformity and competition. The comparison mandate becomes this crushing paradox of "fit" in and stand out. It's not cultivate self acceptance, belonging and authenticity; it's be just like everyone else, but better." (Brown, 2010) A swift antidote for this perfectionist-infused process is to compare yourself to yourself. If you put down a ride that produces what you feel was your personal best, how could you approach your next ride? Compare what you have done with what you want to do. And then after you ride, debrief by assessing the development between each ride. When you compete in a multi-day show, this phenomenon can feel like an evolution. You get back home and things, in an inexplicable manner, feel dramatically improved.





This can be attributed to the process of unconsciously challenging yourself, via comparing each ride—to be a better, more effective rider, thereby learning more. If you continue to hone your craft, your outcomes will invariably improve, regardless and irrelevant of any other rider's performance.

Finally, a sense of fitting in is commonplace in most sporting cultures. In its unhealthy expression, this social dynamic becomes the pressure for conformity, self-censorship, and "cloning." You can choose to ignore the pressure to conform and instead regard the standards, protocols and the common denominators (all the way to tack, show clothes, etc.) as a means of common language and guidelines that give coherence to the sport. However, what you bring to your riding—your relationship to your horse, your developing sense of horsemanship, your mastery of the sport—is yours and yours alone. Ultimately, a sporting culture like dressage that celebrates expression and athleticism is not served by group think. History is made, world records are broken not by being the same but by individuals elevating their game. Whether you're an amateur rider or an Olympian, daring to be yourself fully actualized and realized is indeed your "10."

"It is in the process of embracing our imperfections that we find our truest gifts; courage, compassion and connection." (Brown, 2010)

*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.*



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*Forging a Community*

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

## Local Farriers—Forging A Community While Forging Iron



I'll be the first to admit that I take what my farrier does for my horse for granted. I know he will be on time on a particular day, pull the old shoes off, trim and shape, nail new shoes on, and just like that, I'm off and riding. Not so fast.

Most of us are working full time, managing families and careers, and dealing with the everyday goings-on of life. Little time is left over to spend educating ourselves on the intricacies of equine podiatry and just exactly why the farrier is doing what he or she is doing. After all, the faster we're in the saddle all the better, especially after a long day at work. Again, not so fast.

I recently had the honor of sharing a cup of coffee with Sam Durham, CJF, DipWCF, Tanner Durham, and Brian Graham. I was immediately awestruck and inspired by these men and what they are doing for the farrier community, their equine clients, and horse owners. The passion and dedication with which they approach their livelihood and the community they serve is contagious. Sam and Brian are well-respected farriers with superb knowledge not only of horseshoeing, but of equine podiatry, anatomy, nutrition, and the musculoskeletal system. They know how critical it is to consider the horse as a whole, rather than four legs.

While Brian and Sam enjoy their hard-earned careers and reputations, they discussed that the farrier community could and should be brought together for camaraderie, and for the sharing of knowledge and experience. Each with a son in the next generation of farriers, Sam and Brian *knew* they needed to embrace the younger and new farriers somehow. They recognized the disservice that would be done if the knowledge of seasoned farriers was not imparted and teaching in a hands-on manner was not offered. Therefore, last year Brian Graham along with a few of his colleagues, formed a group called Forging A Community. Forging A Community is guided by the thoughtfully-crafted mission statement:

Our mission is to facilitate open communication and knowledge sharing within the farrier community. We do this by creating a network of farriers and bringing them together at events to test their skills, acquire new skills, and share their knowledge with their peers. Our network is a community including farriers, their families and friends, and

their customers. Our ultimate goal is to improve and raise the quality of services farriers provide to the equestrian community.

Set to carry out this mission statement, Brian and others spread the word of the 2014 Forging Jackpot Series, which was much more than a typical competition. Each event started off with sharing a meal (compliments of the Grahams!) and getting to know fellow farriers in a relaxed, social, and educational forum. After dinner, the shoe pattern for the evening's forging competition was described. It's important to note that the contest shoe pattern is always a shoe that a farrier will use in daily practice, thus offering a practical way to perfect their skill in making a commonly used shoe. Farriers then had a chance to look at the cadaver leg. They could look at the leg only, and no touching or handling was permitted. Farriers looked at the leg, thought about the pattern prescribed, formulated a game plan, then headed to a station to start on the timed task. The time limit varied since the shoe pattern varied by event. While there was a time limit for each go (five times to go/attempts at making the best pattern each night), the goal was to mentor and educate fellow farriers, and to bring along the next generation of farriers. Again, the focus was on knowledge and learning, not competing. The competition aspect of it, though, was fruitful in motivating each competing farrier to try their best. Prize money and awards were given at the end of each series. With the inaugural year of 2014 deemed a huge success, Brian Graham and Forging A Community is moving forward with the 2015 forging competitions. The upcoming 2015 Forging Jackpot Series dates (contest shoe TBD except May 2) are:

***Summer Jackpot Series***

May 2 (3/8 x 3/4 Fullered Front Show with Toe Clip to Fit Pattern),  
June 6, and July 11

***Fall Jackpot Series***

September 19, October 17, and November 14

All are welcome and encouraged to come and share in what the farrier community is doing to further their skills and become premier artisans in their trade. The caliber of our local farriers easily ranks with some of the best farriers in the nation, and it is through forums and groups such as Forging A Community that farriers, equines, and horse owners all benefit greatly.

It's easy to take a formed shoe and simply nail it on, but equine podiatry is not about slapping on a shoe. We must understand that each horse is different, its way of moving is different, its flaws and imperfections are different. Each horse requires its own careful consideration by a skilled farrier. From that, amazingly, the farrier takes a piece of straight steel and begins forming shoes, each of which fits the hoof precisely, purposefully, and comfortably.

*Patrice Doyle is an attorney at Kornblum Cochran Erickson & Harbison, L.L.P., and currently serves as vice-president on the SCHC Board. She is a regular contributor in the Horse Journal, offering legal tips under the column, "The Equine Esquire." She currently owns a young Dutch Warmblood and trains with Dan Rocks at Fairwind Farm in Santa Rosa. Patrice is energetic and enthusiastic when it comes to promoting SCHC and furthering its mission in the North Bay equine community.*

*From the Web*

Blog posted by Sarah Wynne Jackson—Suggested by Dan Horn

## BCH of California Takes the Lead in Leave No Trace

As they preserve our right to ride horses on public lands, Back Country Horsemen of America also embrace and promote responsible recreation. The seven Leave No Trace principles are practical guidelines to help all users make better choices to minimize the impact of their presence on untouched lands while inspiring respect for the wilderness.

Recently Back Country Horsemen of California, one of the founding member states of BCHA, was awarded the contract to provide the only Leave No Trace Stock Master Educator course in the country. BCHC earned this remarkable opportunity through hard work, sustained effort in promoting gentle recreation, and a dedication to excellence.

### A History of Growth

Leave No Trace (LNT) was created by the US Forest Service in the 1960's, when recreation on public lands increased significantly—with a corresponding level of damage to those wild places. Then in the early 1990s, the Forest Service worked with the National Outdoor Leadership School to develop hands-on, science-based minimum impact education for non-motorized recreational activities.

In 1994, the Leave No Trace Center for Outdoor Ethics was incorporated as a 501(c)(3) nonprofit organization to develop and expand Leave No Trace training and educational resources, spread the general program components, and engage a diverse range of partners. In time, the basic LNT principles were specialized to address the specific issues inherent in different recreational disciplines, such as hiking, mountain biking, canoeing, and packing with stock (horses and mules).

Later, Ninemile Wildlands Training Center in Montana began giving the LNT Stock Master Educator course—typically five days long and designed for people who are actively teaching others back country skills or providing recreation information to the public. When legendary instructors Smoke Elser and Bob Holverson retired, the Leave No Trace Center for Outdoor Ethics began looking for someone to take the reins.

### Capable and Competent

Back Country Horsemen of California is uniquely qualified to take on this role. In 1992, they created an education program called Gentle Use to encourage its membership to minimize their impact on the land they enjoyed. Four years later, Barb Miranda, a college graduate recently named Wilderness Education Project Director of the Sequoia National Forest and Yosemite National Park, contacted BCHC looking for a partner in promoting LNT principles to equestrians. LNT replaced Gentle Use and Wilderness Riders was formed.

This group of BCHC members teach a course similar to the LNT Stock Master Educator course to their members, who in turn teach others how to apply the LNT principles. They also teach non-members by request and are in demand at many venues such as Cabella's in Reno, Nevada, where a recent Leave No Trace Stock Awareness workshop drew 35 people. The Wilderness Riders are not paid, but their donation of time and materials is valued at \$200,000 per year.

### A Prestigious Honor

Back Country Horsemen of California has long had their eye on providing the LNT Stock Master Educator course, and when Dan Horn became VP of Education several years ago, he began seriously pursuing that goal with strong membership support; fifteen of their current members are now LNT Stock Master Educators—more than any other Back Country Horsemen of America state organization.

The Center for Outdoor Ethics gave BCHC a five year contract—the first time in the history of the program that a nonprofit organization was trusted with the responsibility. Their reputation already established,

BCHC has received requests for their course from a variety of Back Country Horsemen organizations, including Arizona, Nevada, Idaho, and even from clear across the country in Maine. Logistics limit them to teaching in California for now, but they hope to expand their reach in the coming years.

### The Class

Back Country Horsemen of California's first Leave No Trace Stock Master Educator course will be given June 8 through 12, 2015, in the Shasta-Trinity National Forest at Bowerman Barn in Weaverville. It will be based on the same model as was used at Ninemile but in a camp classroom environment.

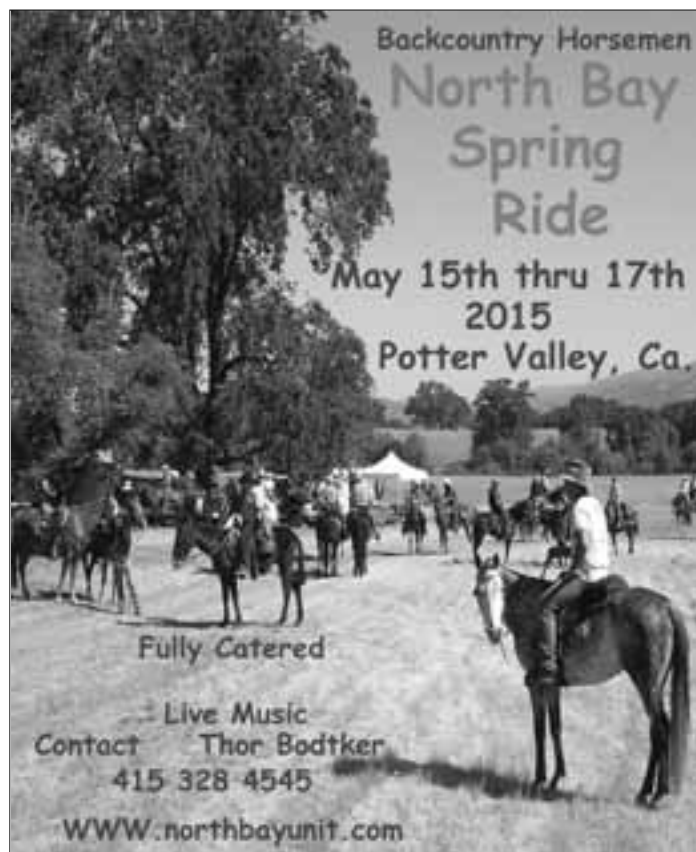
The masters courses for some disciplines can cost over \$1000 per participant. In their effort to make this important knowledge available to many, BCHC wants to keep the price of their course as low as possible. An all-volunteer staff allows them to offer the course for around \$500, which includes lodging, meals, materials, and instruction from educated horsemen steeped in back country experience. **To learn more about this exciting opportunity, contact Back Country Horsemen of California through their website [www.bchcalifornia.org](http://www.bchcalifornia.org) or call Dan Horn at 707-544-4543.**

### Back Country Horsemen of America

BCHA is a non-profit corporation made up of state organizations, affiliates, and at-large members. Their efforts have brought about positive changes regarding the use of horses and stock in wilderness and public lands.

[www.backcountryhorse.com](http://www.backcountryhorse.com)

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*From the Judge's Booth*

Column editor Melissa Kalember, SCHC Board of Directors

## The Judge's Perspective

I am happy to share that most of the judges I've encountered are honest, fair, and truly rooting for the horse and rider. However, judges that only see what is wrong, have a narrow perspective, and are grumpy, still exist. I choose to share this understanding at my clinics to educate exhibitors so they have comfort in knowing that bad judging still occurs. I hear all too often "the judge said this to me," and I take every story with an open heart because I am only hearing one side of the story. It is not what is said per say, it is how it is said.

When an exhibitor asks what I thought of them, or why they placed where they did, I feel my answer. I believe there is an answer to their question from a larger perspective instead of shooting them down with a quick "your leg moved too much and you need to arch your back more." I try to tell them why their leg moves too much, maybe they are on a lazy pony, and are having to kick to keep them going. I bring in the big picture so they have a fuller understanding and leave feeling more accomplished.

Another line I hear is "the judge didn't like me". . . . . I can understand how an exhibitor may feel that if they are never placing or always getting last. *But*, it begs a simple question that many still don't ask or even wonder about. Why are you not getting a ribbon or placing less than desired? It is seldom the case of "the judge didn't like you." I was recently judging a local show and there was a young girl on a cute paint mare. Class after class she did not get a ribbon or placed last. I could read her energy and the words were written on her face "why doesn't this judge like me"? I felt bad! I wanted to exit my booth, pull her aside and explain! Her stirrups were too long causing her lower leg to go forward and her tailbone to push harder in the saddle, which dropped the horse's back, causing the horse to become tense with a raised head. This led to the unavoidable pulling match. This is not the desired way of going in a Hunter Under Saddle class, or correct Equitation in an Equitation on the Flat. I have to judge what is in front of me, and compared to the rest of the class I placed her appropriately.

Exhibitors don't realize the feelings judges experience. It is hard for us to give certain ribbons, especially when frustration is present. Frustration is a lack of understanding, and in a perfect world the judge could explain their placings to exhibitors so they have the



*The judge is rooting for the horse and rider*

understanding they need. But talking to the judge can be complicated and some judges are not open to it. If you desire this, ask management the proper way to connect with your judge, and if you choose to talk to your judge go towards them "seeking to understand." Some judges have had bad experiences with exhibitors approaching them with the "I'm right and your wrong" stance, and this makes judges not want to talk with anyone. So my suggestion is to make sure you are coming from the right place with it, and then you can understand why if the judge says no to you.

One of my favorite things to illuminate during my clinics is how much the judge *is* rooting for the horse and rider. We watch each round, comparing it to the one before, and try to place where we feel they belong. The judge doesn't sit there praying for the day to be over, or pick the horse that usually wins. Most judges want their judging to reflect rightness, and the sight and wisdom of the industry.

*Melissa Kalember is a Board Member of the SCHC and a columnist for the Horse Journal. Melissa is a USEF R Judge, SAHJA Judge, equine masseuse, and intuitive trainer. She will be writing a column "From the Judge's Booth" in every issue of the Horse Journal, so please contact her if you have a specific topic you'd like addressed. melissa@kalemberequine.com*

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

Column editor Mark Krug

# Humans Are Nuts



Lately, I have been focused on trying to see everything I do with my horse from his perspective. This is actually good practice for people-to-people relations too, but I am currently obsessing over putting myself in my horse's shoes, as it were. For example, when I put his bridle on, I try to imagine what it is like to have a bit in my mouth—connected by leather straps to another's hands. Pretty freaky, really. Anyway, I've concluded based on this recent obsession that horses necessarily must think of us humans as absolutely crazy, irrational nut jobs. Why? Because we ask them to do

just plain nutty stuff—things that not only go counter to their instincts, but that are really, if we're honest, kind of wacky.

Consider this: if you were out for a morning jog in suburbia and it happens to be trash day so trash cans are scattered about on the sidewalks, you'd simply jog around them and think nothing of this. You wouldn't go, "Hey, I think I'll jump over this trash can instead!" Your instincts would tell you that jumping takes more energy, could result in a wreck, and even if no wreck, will result in some serious concussive forces to the legs. So, you'd go around the cans. But, we ask our horses to go over things we put in front of them, though there is a clear path around them. Worse, we get angry sometimes if they refuse, because they followed their instincts instead of our desire for entertainment and achievement. Worse still, we design the "trash cans" to be as scary and intimidating as possible, all part of the fun! They must think we're nuts!

Consider now the *piaffe*, the dressage movement of trotting in place that, if done well, causes dressage queens and other aficionados to drool. Don't you think the horse must be thinking "Dang, if we're not covering any ground, couldn't I just stand here? Maybe cock a leg and take a little snooze?" I mean really, isn't it—from a horse's perspective—rather absurd to see all that intense collected work causing sweating, taught muscles, and bulging veins while the horse is going absolutely nowhere?

And Western riders, you're not off the hook here either. You too ask your horses to do crazy, irrational things. I'll pick on cutters first. Think of this activity from the horse's point of view—keeping a terrified young steer separated from the comfort of his herd, but only for a few random minutes here and there until the human says, ok, we don't care about that particular steer any longer. Truthfully, this is very weird.

And, good grief, what about the pick-up horse's job in the rodeo? Get right up next to a ticked-off and bucking horse or bull and invite a second rider to lurch onto your back for a few seconds. Folks, these are insane things to ask a prey animal to do, their instincts are to get the heck away from threats and chaos and generally chill-out and eat grass.

Horse racing must be a strange thing too from the horses' perspective. Run as fast as possible in a group of other horses doing the same thing, make a few left turns for a couple minutes, and then,

after a quick cool-down, stand around and have nothing to do. People, these are bizarre behaviors we ask of our steeds—no denying it.

And the list goes on and on, jousting, police work, endurance riding, reining patterns, these all involve asking some pretty weird behavior of our horses. And it isn't just the sport or discipline we participate in, it's the day-to-day handling too. For example, think about trailering from a horse's perspective. The human equivalent would be stepping up into a phone booth with no forward vision and having a vehicle pull you around at speeds up to 60mph. Who would do that? Not me. Have you ever ridden in a horse trailer? If not, you should experience it. It is so loud and bouncy and awful not being able to see in the direction of motion, it is absolutely amazing that the majority of horses willingly load up time and time again.

When we say someone has "horse sense," we compliment them. We mean that they are practical, grounded people who make solid, rational decisions. Even if uneducated, having "horse sense" means robust intellectual abilities combined with certain shrewdness. Ironically then, from the horse's perspective, this compliment "horse sense" would never apply to horse owners, riders and handlers given the wacky things we ask of horses! Perhaps W.C. Fields had it exactly right when he said:

**"Horse sense is the thing a horse has which keeps it from betting on people."**

Mark lives in Santa Rosa with his wife Cheryl, a retired Dressage Queen, and spends as much time as possible with his gelding Tucker doing irrational and bizarre things.



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*Collaborative Care Clinic*

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

# Equine Collaborative Care

## —A Team Approach To Restoring Your Equine's Health



I continue to be amazed by and impressed with the outstanding efforts members in our local equine community are making. Recently, I had the privilege of sitting down with farrier Sam Durham, CJF, DipWCF, and veterinarian Saralynn Specht, DVM, of Sonoma Marin Veterinary Clinic.

Sam and Dr. Specht have long been in discussions about creating an educational forum where farriers, veterinarians, and other practitioners can come together to share knowledge freely and “safely,” all for the goal of restoring an equine’s health. Unlike the historically common “silo” approach to equine health in which each provider (chiropractor, acupuncturist, farrier, veterinarian, etc.), assesses the horse’s health individually with the owner, a collaborative approach is rapidly taking shape. The clear benefit of this approach is the coming together of several different experiences, ideas, and backgrounds to give optimal care to the horse and superior service to the owner.

U.C. Davis has been paving the way with this concept for over the past three decades. On January 24, 2015, U.C. Davis hosted the 29th Annual Charles Heumhreus Memorial Lecture for Farriers (<http://hoofcare.blogspot.com/2015/01/uc-davis-hosts-charles-heumhreus-memorial-lecture-112.html>). Mr. Charles Heumhreus was the longtime U.C. Davis resident vet school farrier. Limited to 40 participants, both Sam and Dr. Specht attended the event. There they gained a very clear picture of the critical team approach whereby farriers, veterinarian, and horse owners all come together to arrive at a shared diagnosis and recovery plan for the horse. They now wish to extend the work of U.C. Davis and the late Charles Heumhreus to our local equine community.

The introduction of this collaborative care and team approach was first launched on February 21, 2015. A small group of farriers and veterinarians were hosted by Sam and Dr. Specht at Giant Steps Therapeutic Equestrian Center. Sam regularly volunteers his farrier services to this non-profit, and Sonoma Marin Veterinary Service has been providing regular dental care at no extra service charge for years. Therefore, both are familiar with the two horses that displayed lameness issues and were assessed that day. The farriers described ideas centered on podiatry such as shoe application, uses for each of the many types of shoes, and how to prepare a hoof capsule. The veterinarians brought significant knowledge from the medical standpoint, including causes of lameness,

nutritional influences, and anatomical factors. The group discussed the symptoms, shared ideas on possible remedies (medical and podiatry), and developed an action plan for the equines. These two horses are the foundational case studies from which this clinic and forum will go forward. Sam and Dr. Specht envision opening the forum up to the public in the very near future. Dates, times, and locations will be posted on the Sonoma County Horse Council Facebook page.

The overarching purpose of the forum is to introduce the idea of a collaborative care approach for the horse, while facilitating an open, safe learning environment whereby vets and farriers can share their knowledge without hesitation. Horse owners whose horses continue to struggle with an unsolved lameness should strongly consider creating a “team” for the restoration of their horse’s health. This means setting appointments which involve all members of the team getting together face to face to examine the horse, discuss the issue, roundtable potential causes, and arrive at a shared plan of action. This approach benefits horse owners by 1) equipping them with an expanded knowledge of their horse’s health issue(s) and corresponding needs, and 2) decreasing the time and expense of diagnostics.

Through this forum Sam and Dr. Specht have launched, the farrier and veterinary communities benefit by strengthened professional relationships, and a mutual appreciation and respect of the areas of expertise each brings to the team. Bringing together the medical side with the podiatric/shoeing side for shared discussions needs to become commonplace rather than the exception.

No matter the age, medical issue, discipline, or monetary value of the horse, collaborative care with the sole focus on restoring the health of the horse is always going to prove more productive. After all, creation of a whole is always greater than the simple sum of its parts.

*Patrice Doyle is an attorney at Kornblum Cochran Erickson & Harbison, L.L.P., and currently serves as vice-president on the SCHC Board. She is a regular contributor in the Horse Journal, offering legal tips under the column, “The Equine Esquire.” She currently owns a young Dutch Warmblood and trains with Dan Rocks at Fairwind Farm in Santa Rosa. Patrice is energetic and enthusiastic when it comes to promoting SCHC and furthering its mission in the North Bay equine community.*



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# Northern California Events Calendar

Compiled by Marcie Lewis

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|----------|----------------------|----------------------------------------|
| March 8  | Dressage             | Yarra Yarra                            |
| March 21 | Sebastopol Wranglers | SW Barrel & Team Roping - Fair Grounds |
| March 28 | Dressage             | Greenville Equestrian Center           |
| April 8  | Eventing             | Twin Rivers Spring Three Day Event     |
| April 18 | Sebastopol Wangers   | SW Barrel & Team Roping - Fair Grounds |
| April 24 | Eventing             | Fresno Horse Park                      |
| April 26 | Dressage             | Yarra Yarra                            |
| May 6    | Jumping              | SHP Spring Classic                     |
| May 13   | Jumping              | HMI Equestrian Challenge               |
| May 15   | Dressage             | Woodside Spring Dressage               |
| May 17   | Eventing             | The Event at Woodland Stallion Station |
| May 17   | Dressage             | Marin Chapter CDS                      |
| May 22   | Eventing             | The Spring Event at Woodside           |
| May 23   | Dressage             | Dressage Derby III                     |
| May 23   | Sebastopol Wangers   | SW Barrel & Team Roping - Fair Grounds |
| May 29   | Dressage             | Shelly Siegel Show So CDS              |
| June 6   | Dressage             | Fairwind Farm                          |
| June 10  | Jumping              | HMI June Classic                       |
| June 19  | Eventing             | Shepherd Ranch                         |
| June 19  | Dressage             | Dressage Derby IV                      |
| June 27  | Sebastopol Wangers   | CGA Gymkhana                           |



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**Lisa Thomas**

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<sup>28</sup>  
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