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Horse Journal

Volume 12 • Issue 2 • Summer 2015



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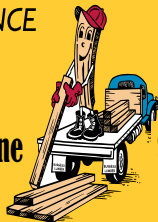
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**Cover Photo: Marcie Lewis**

Sonoma County Horse Council's entry won the Rose Parade's "Henry Trione Award for Best Overall Equestrian Entry!" Please see more on page 19.

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A Message from the President

The last few months have been a whirlwind of activity, planning, and outreach for the Sonoma County Horse Council. We continue to get the word out about the significant contribution equine-related activities and businesses make to Sonoma County's economy (hint: over \$600,000,000 per year) and the voice the horse community should have in planning for outdoor and recreational activities in the county. The complete picture on the revenue we generate, jobs we support and taxes we pay is available in the Report on the Economic Impact of Equestrian Activities in Sonoma County prepared by Sonoma State University's Center for Regional Economic Analysis, available at www.sonomacountyhorsecouncil.org.

In April, the SCHC and the Sonoma County Driving and Riding Club co-hosted a dinner meeting for the presidents of Sonoma County's horse clubs. The event was held at the SCDRC's historic clubhouse located on the Sonoma County Fairgrounds. Everyone enjoyed a fabulous paella dinner prepared by Sandra Van Voorhis. The SCHC gave a presentation on the economic impact of equestrian-related activities, the role of the Horse Council in influencing local planning decisions and the Council's current initiatives. The SCDRC provided a history of its iconic clubhouse and invited clubs to hold meetings and events there. Attendees proposed that the dinner become an annual event.

The SCHC is partnering with U.C. Davis' Center for Equine Health and the Sonoma County Department of Animal Services to implement a community-wide equine emergency preparedness plan

using a template created by the Center for Equine Health. The template is based upon San Diego County's experience evacuating and sheltering thousands of equines during wildfires in 2003 and 2007. The plan will be integrated with, and overseen, by Sonoma County's Office of Emergency Services. The SCHC will coordinate the training of volunteer "horse responders" and will assist the OES in the deployment of these volunteers, when needed." Stay tuned for more information and opportunities to participate.

At the invitation of the Sonoma County Fairgrounds management, the SCHC participated in an informal discussion of the obstacles to holding equestrian events at the Fairgrounds. We would like to hear from organizations that have used the Fairgrounds for horse-related events in the past, particularly clubs that would be interested in returning to the Fairgrounds, if it was feasible to do so. Please contact me at president@sonomacountyhorsecouncil.org.

Last, but by no means least, the SCHC was a first time entrant in the Santa Rosa Rose Parade! It was an amazingly positive experience and we won the prestigious "Henry Trione Award for Best Overall Equestrian Entry!" See the description of our entry on page 19.

These are exciting times for the Sonoma County equestrian community and we encourage you to become involved. The first step is to join the SCHC. **For membership information visit www.sonomacountyhorsecouncil.org.**

Elizabeth Palmer

President, Sonoma County Horse Council



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Photos: Marcie Lewis

The Trailblazers' riderless horse tribute to Henry Trione was emotionally moving and an honor befitting the man who so loved the Rose Parade. He has ridden off into the sunset, but his memory lives on in our hearts and in equine souls everywhere. Ride on, Mr. Trione, ride on.



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Sonoma County Horse Council at Work Horse Cabinet Update

By Greg Harder, SCHC Board of Directors

Spring is here. Horses, dogs and kids are shedding out, grass is growing. Man-o-live—we got it good.

The April Meeting of the Horse Cabinet welcomed former Sonoma County Farm Bureau President Tito Sasaki to speak to us about two important issues, new riparian setback regulations and water.

New riparian zone setbacks have been established. Guidelines state that there are three different setbacks, including for construction and for agriculture. As you drive along the roads of our county and look at the waterways (any blue line on the USGS maps) you will notice the brush that has grown up along the banks. For those of you that have been here for a while (forty years for me), you can remember when the banks were clean of brush. We could see steelhead trout from Cloverdale almost to the ocean. Every year the rains would clean the river and streams and the fish would come up and spawn. Well, since the drought of '77, when the river flows did not clean out the rivers and streams, non-native species got hold and grew, and river banks are now clogged with brush.

The new riparian zone setbacks now require additional studies via the Permit and Resource Management Department before beginning any activity adjacent to those areas represented by the USGS maps' blue lines. If, however, you have existing structures and/or use, you are grandfathered in and can continue. Also, the regulations are written so that new uses can be approved based on type, style, and use. For most of us with horses, our primary use in these areas is grazing. Grazing is an approved use. Also, Tito noted that the county views horse-related activities as agricultural.

Also we learned that by 2017 there are supposed to be three new government bodies in Sonoma County. Sonoma, Petaluma, and Santa Rosa will all have new groundwater sustainability agencies.

The new agencies will have the authority to:

- Conduct more studies
- Register and monitor the flow of our wells
- Set well spacing requirements
- Require extraction reports
- Regulate extractions
- Implement capital projects
- Assess fees to cover costs

The new agencies' responsibilities will include:

- Maintaining basin groundwater sustainability
- Conducting public hearings regarding sustainability plan
- Submitting annual reports • Periodically reviewing sustainability

The new agencies are supposed to be formed from stakeholders in each basin, and our Sonoma County Farm Bureau is attempting to become a stakeholder to help represent the agricultural community, help protect our position as a quality wine grape growing region, and as an important source of quality equine performance and innovation.

You can view the presentation on the Sustainable Groundwater Management Act given to the Sonoma County Board of Supervisors on March 15, 2015, here:

http://www.scwa.ca.gov/files/docs/water-resources/groundwater/sgma/SGMABOSBOD_3_17_15_FINAL_a.pdf

Time to go clean and oil my tack for another summer run. 'Til next time. . .

Remember a horse is a better judge of character than we are.

Greg Harder

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All Creatures Great and Small

Column editor Grant Miller, DVM

CHANGE Is Looking for Foster Barns

The CHANGE Program is a local 501(c)(3) nonprofit organization that assists Sonoma County law enforcement with equine humane cases by providing emergency transportation, foster care and adoption services, among other resources. CHANGE is unique in that instead of operating one facility to house abandoned and neglected horses, it utilizes a network of privately owned barns to serve as foster care providers to horses in need. CHANGE strives to maintain working relationships with barns throughout the county so that in an emergency, help is never too far away for a horse in trouble. In an effort to enhance services to local law enforcement, CHANGE is currently looking to expand its foster barn team. Are you able and interested?

What does it take to be a foster barn?

Generally, CHANGE is looking for quiet, private, safe and discreet barns to house horses. All barns remain anonymous and the whereabouts of CHANGE foster horses is kept confidential. Barns with excellent fencing and skilled, dedicated personnel are desired since many of the horses are in critical condition when they enter foster care. Ideally, foster barns will embrace the team approach to case management by coordinating veterinary and farrier care while keeping non-essential and unauthorized assistance to a minimum. Because many of the horses in the CHANGE Program are part of ongoing legal cases, barns must keep a low profile to ensure that the legal process will not be disrupted. CHANGE provides interested barns with an easy questionnaire to complete to help determine suitability as a program participant. Please email director@sonomachangeprogram.com if you would like to complete the questionnaire or learn more about foster barn qualifications.

Do foster barns get paid?

Yes. CHANGE has three levels of stipend reimbursement for foster barns to ensure that all expenses are covered during a horse's tenure. Monthly stipends are paid to cover feed, bedding (if applicable), and farrier care (for basic hoof trimming). To ensure sustainability, CHANGE strives to cover expenses so that foster barns reap the benefits and rewards of being able to help a horse in need, without being saddled with the costs that go along with it. So many well-intentioned people would like the chance to rehabilitate a neglected horse, but simply cannot take on the expense of doing so. Thus, CHANGE has implemented an approach to circumvent the financial burden that comes with rehabilitating a horse in trouble.

What about liability?

CHANGE provides extensive liability insurance coverage for every horse and volunteer in the program. Coverage extends to

transporters, foster barns, and volunteers. The CHANGE insurance policy is the first of its kind and was custom created over many years of work with insurance carriers.

Do horses receive veterinary care in the CHANGE Program?

Yes. The CHANGE Program has a well-developed written policy on services provided to horses in foster care. In addition to the monthly stipend provided to the foster barn, CHANGE will provide or pay for essential veterinary services including required blood testing, vaccines, deworming, dental work, and needed care for an illness or injury. Foster barns must communicate with CHANGE coordinators if a need for care arises above and beyond that which is outlined in our policy. Foster barns may not direct care or procure services without CHANGE permission.

What else do CHANGE horses receive while in foster care?

All CHANGE horses receive their own grooming kit, fly mask, halter and lead rope, bucket(s), winter blanket(s), and sheet(s.) All items are made possible through the CHANGE Supply Donation Program in which benefactors can receive a tax-deduction for donating items. Volunteers sort and refurbish items so that each horse gets his or her own set of supplies.

I want to foster a horse, but am worried that I will get stuck with it—how does that work?

Although foster barns have first right of refusal in adopting horses that they rehabilitate, CHANGE generally discourages them from doing so in an effort to preserve space for future horses. At all times, when a CHANGE horse is living in a foster barn, the barn will receive payment to cover expenses. While the horse is in foster care, CHANGE works tirelessly to advertise it in order to find the perfect adopter. Sometimes this can take months—but never would CHANGE leave a horse with a foster barn and move on.

How does the adoption process work?

CHANGE rigorously screens potential adopters through a questionnaire, reference checks, site visits, and interviews. Generally, potential adopters visit CHANGE horses on multiple occasions before they are offered an adoption contract. In some instances, CHANGE even recommends that adopters have their own veterinarian examine the horse—just to be sure that they are making the most informed decision that they can. CHANGE keeps thorough records for each horse and shares those with adopters. All adopters must pay a \$150 adoption fee and agree to never sell or transfer a CHANGE horse to a new owner. If they cannot keep it for any reason, the horse must come back to CHANGE.

How do I find out more?

If you are interested in becoming a foster barn for the CHANGE Program, please email director@sonomachangeprogram.com to request a foster barn questionnaire. There is nothing more empowering than rehabilitating a horse in critical condition—the experience in truly one that you will keep for life!



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*The Equestrian Athlete*

Column editor Lily Baker-Lubin

Ringside at the 2015 FEI World Cup in Las Vegas

*Charlotte Dujardin on Valegro*

Las Vegas, a city of extremes. Flying into the airport, I was spellbound by the lights of the strip, the enormity of the buildings and the manic energy revving up as I checked into my hotel around midnight. Each time I looked up at the “Welcome FEI World Cup fans and participants” I felt a tangy thrill. I was eager to watch the world’s top dressage riders compete for the Cup. And right up to the final ride of the event I was not disappointed, so I’m devoting this issue’s column to some of the more memorable impressions this year’s World Cup made on me.

Friday, the dressage competition was on pause and instead the audience was treated to an exhibition. Some of the top American riders traded in their top hats and shadbellies for costumes and rode pas de deux, even pas de six? From glitz and glam to fireworks and fun, from Elvis and his showgirls (Guenter Seidel and Elizabeth Ball among others) to Batman and Ivory (David Blake and Shannon Peters), they pieced together funny, light-hearted and crowd-pleasing exhibition performances, demonstrating that having fun was something we should take seriously. It was refreshing seeing our dressage super stars hamming it up.

The next day the riders were all business as they competed in the musical freestyles. The teamwork between horse and human was impressive—demonstrating trust, companionship, and confidence. Interestingly enough, among the top seventeen human competitors, thirteen were women and there were more mares than I can remember from previous World Cups. All were performing before a predominately female audience, most of whom were riders or at least dressage enthusiasts. Two words come to mind: female power.

Mikala Munter Gundersen and My Lady delivered my favorite overall performance. They were a classy pair that positively oozed female power. When My Lady entered the arena, I wasn’t entirely convinced that she was a mare as her thick musculature rivaled that of some of the geldings we had seen, though the soft expression in her eyes gave her an unmistakably feminine appeal. Mikala was already smiling before the bell rang as if she knew how much fun this was going to be. Sultry cabaret music signaled their entrance, and from that moment on this powerful female combo danced their way through the ride. It was clear that Mikala understood how to position My Lady to win over an adoring crowd. Not only were the choreography and music perfectly suited to My Lady, but because this mare was so collected and so purely on the aids, Mikala could play precisely with the adjustability of My Lady’s

footfalls to ensure the rhythm and synchronicity of movement to each beat. By their last pass down centerline, the audience was clapping along to the strong but sexy beat. In response, My Lady lowered her haunches even more, creating suspended movement that matched the clapping of the audience—she too appreciated the experience and enjoyed flaunting her stuff. It was easy to fall in love with this pair.

As the competition proceeded, we were reminded more than once that not all mounts are as cooperative as My Lady. Enter Isabel Werth on El Santo. Isabel, a practiced veteran of competitions, belongs to a class of female riders who have a subtle, understated sense of strength and poise. They are graceful and yet maintain a mental toughness that expresses itself in their ability to be determined regardless of adversity. These are riders who see challenges as moments to increase their skill set and resiliency and therefore continually gain mastery under circumstances when many perceive themselves as powerless and hopeless. Isabel Werth’s mount El Santo, known for being tense, had a large, show-stopping spook in which he froze for a full few seconds in front of the judge at C. The music played on through this agonizing interruption as El Santo braced in fear. But Isabel was so present and focused that she was able to unlock El Santo while simultaneously knowing exactly how much time she had to make up to reconnect with her music. A stunned audience watched as she improvised the next few moves and flawlessly melded back into her routine. Isabel got my vote for grace under pressure.

US competitor, Laura Graves and her mount Verdades rounded out my third moment of appreciation. Their performance demonstrated just how successfully a female rider can use tact and trust—not force—to create their desired outcomes with their equine partners. Graves is very small in stature and Verdades is a large gelding who dwarfs Graves. He is an incredibly sensitive horse who has tremendous capacity but can become worried and anxious. However, throughout her ride, Graves was able to comfort and reassure Verdades. At the end of their ride Graves remained in the arena to await her scores as her performance warranted a challenge to the leaders. Given Verdades’ nature, it also seemed beneficial for the big guy to get used to the large crowd which sits close to the court in the noisy Thomas and Mack. Graves and Verdades were parked while Graves was looking up at the jumbo screen hanging from the ceiling where her score would appear. As if following her lead, Verdades also looked up at the jumbo screen which displayed a giant live image of them. His expression was priceless. The whites of his eyes appeared and if he could’ve opened his mouth with shock and covered it with his front hoof, he would have. The crowd erupted in an appreciative laugh and Graves simply smiled at her sensitive and smart horse, placing a gentle hand on his neck. He continued to watch the handsome pair on the screen and alarm became curiosity. While I felt as though we were watching an adorable moment and something horses rarely do, Verdades was also seeing something he probably won’t see again.

This year’s World Cup stands out among all the previous ones I’ve seen. Returning home inspired, I reflected on women in dressage and all that we can achieve. Of course the winners, Charlotte Dujardin and Valegro, were nothing short of spectacular as they came within less than a percentage point of making history. And that is what women can do in sport—make fun and make



history, make us laugh and play, make us adore, inspire us to marvel at their toughness and resilience and capacity to overcome challenges. They model for us the power of empathy, sensitivity and being a strong partner. These women clearly love their horses and have tremendous respect for them, and their horses respond accordingly. So here's to women in dressage—breaking the barriers, busting stereotypes and showing what we can accomplish.

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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Readers Write

Retirement to *Inspirement* with Equine Gestalt Coaching by Deb Jackson



A great beginning!

Yes, I “rode” before I learned to ride—by the seat of my pants. Why is that important to us, that we started very young with horses? As children, we are receptive, and available for the extraordinary moments of exquisite connection and loving companionship offered to us by horses. What was holding me in that saddle? It certainly wasn’t my excellent skills with hand, leg, and seat. It was the same energy field that a mare holds her own foal close to her with—a powerfully intuitive caring. An energy field of very active connection, and love.

Six decades later, I find myself contemplating what it means to become an elder in our world. Life wants to come full circle, and turning sixty years old compels one to look back on life. You wonder: What really, truly touched your heart and gave your existence meaning? Instead of being able to take life for granted, it now has an expiration stamp on it—a big question mark. Familiar people and places have changed, or even disappeared. A curious new territory stretches out ahead, filled with uncertainty. This connection with horses touched me so profoundly, that I knew this was the full circle wisdom I sought. In the growing and expanding world of equine guided therapeutic work, I knew I would find my heart’s answer to what it might mean to live my dream in life’s “third lane.”

The magic is that we are learning to listen to the messages horses have for us. I’m only now learning what they have to offer, their higher gifts.

How to do this? I knew that the rest of my life would be as a conduit for equine wisdom for the sake of making this world a better place. Taking riding lessons from an inspired instructor, I began to learn to listen both to my body and my horse. Learning to truly listen on a deeper level, with each footfall, each breath, brings “gestalt.” Gestalt is a German word that means wholeness, unification:

When in the company of horse loving people, you often hear someone say they have been riding since they were very young—five years old... two... even younger!! Indeed, I recently unpacked a photo of tiny me, my diapered bottom firmly in the saddle atop a huge patient horse.

body, mind, and spirit. As a healing modality, gestalt moves us to become aware of our own energy flow and field, along with the places it gets stuck or distorted. Body, mind, and spirit all want to move and flow freely. Our own limiting beliefs, grief, and fear keep us from connecting with the natural free flowing energy in nature, and in ourselves. In Gestalt there is no “right” or “wrong.” The goal is to bring awareness, connect, explore, play, and then release.

The more I learned to listen deeply to, respect, and connect with horses, the more I embodied that in myself. I was learning to become an elder, to trust my inner wisdom, and embody the important lessons of my life. I was no longer retired, I was inspired!

This field of work has fostered a wide diversity of approaches in the past century. There are people who are incorporating the horse into their own established field: physical healing, psychology, art/music, spirituality, psychotherapy, somatic counseling, and coaching. There are those experienced in horsemanship, and there are those with little to no experience at all. Some programs are mounted, some work from the ground, or a combination. I wanted a program that above all else honored the horse—one that provided true mastery in training and high standards. And, I wanted a “herd” of colleagues who understood, with whom I could continue to learn with and share ideas, and trust with my heart on this path.

I found all of these qualities in the Touched By A Horse program in Longmont, Colorado. Founder Melisa Pearce is one of the early pioneers, in the early 1990’s, of the horse and healing movement. The TBAH Equine Gestalt Coaching Certification Program requires two years of intense training: a rich curriculum, a minimum of eight multi-day intensives, forty-eight sessions with a personal coach, a comprehensive exam, and work under supervision prior to certification—a unique deep process.

As guides for moving through big life transitions, horses are grounded and aware. They have compassionate hearts, great beauty, and powerful, big energy. They are wise in ways that are mysterious to us, with a direct connection to Spirit. I invite others who are “Growing Elder” to explore this rich life transition with Windhorse Full Circle Coaching.

Facing the uncertainty that comes from change and grief begins the transformation to discovery and freedom. The key is to keep returning to the present moment, to truly listen *with the body* to that inner voice that speaks only the truth. Become a beginner again, with nothing to prove. Learn to listen more carefully to each horse’s message and be a more humble, grateful, gentle partner. Replace the creeping aches and pains with a newfound strength and mastery. Rather than fearing being alone, find a willing companion you can always count on to bring the truth.

Deb Jackson is a Certified Equine Gestalt Coach. Learn more about her work at WindhorseFullCircle.com. For more information about the Equine Gestalt Coaching Method, go to EGCMethod.com.



Deb and Windhorse partner, Bueno

Photo: Marcie Lewis

From the Judge's Booth

Column editor Melissa Kalember, SCHC Board of Directors

Sportsmanship—Does It Exist Anymore?

If you look up sportsmanship in Wikipedia, the definition is: "Sportsmanship is an aspiration that a sport will be enjoyed for its own sake, with proper consideration for fairness, ethics, respect, and a sense of fellowship with one's competitors."

If you keep reading in Wikipedia, it states "today's sporting culture, places great importance on the idea of competition and winning and thus sportsmanship takes a back seat as a result."

Sadly, this is the truth in our great world of equestrian sports. Riders can essentially buy ribbons at shows if their pocket book can afford certain equine athletes. Everyone wants the blue ribbon, the fastest time, or highest score. Some want this simply as a reflection of their hard work, others want to tout their winnings with the "look at me" energy, so they are seen as important, capable, and the best.

Referencing back to the definition, is it fair, ethical, or respectful when the horse, the one who does the job, is compromised, so we, the humans, can be the best?

Here are some examples!

Fake tails! Judges have SO many things to look at and consider when the exhibitor is in the ring, that we are not looking at the thickness of the tail!!!! We are looking at your PERFORMANCE! A good judge is going to pick the best horse and rider because of the performance, NOT because of the tail.

I would bet that if the best horse came in and laid out the perfect hunter round, best reining pattern, or most fluid dressage test with no tail, they would win. Sure a horse with no to little tail looks funny, but that is not what you're being judged on.

What actually draws more attention, that people don't stop to think about, is how *distracting* the big fake tails are. When I judge and the fluffy tail is moving around and getting caught in the horses hind legs, I get frustrated with the distraction instead of thinking "oh what a pretty horse."

And then I feel the lack of sportsmanship. Horses tails are an extension of their spine, so wouldn't putting more weight on make them have to work harder? A good friend of mine, who was a braider for several years, told me how heavy the fake tails are and after a few times of braiding them in, the dock of the tail had sores on it. This is a great example of sportsmanship taking a back seat to winning, as stated in the definition.

How much prep does your horse have before the show? Is it ethical to lunge or drug a horse to be quiet for your show? Is that respecting the horse that carried you over a jump, did a passage, slid to a stop, or turned to face a cow? The simple answer is no, but unfortunately, our equestrian sport world has turned into more of a business to make \$ and keep clients, no matter the lack of respect and ethics to the horse. Trainers are afraid of losing clients i.e. \$, so they do what they feel is necessary to keep them and keep their "I am the best" trainer image.

Obviously this does not pertain to everyone! There are many trainers and riders who show from the right perspective. They show for the experience, to compare themselves appropriately, to see what



A fantastic group during the clinic, "From the Judge's Booth" on Oahu!

they have to work on next, and feel what they have mastered. These exhibitors are refreshing to see and judge. You can feel their heart is in it. You can see what they have worked on at home and you can see the respect they have for their equine athlete.

How do we change where we've found ourselves? That is a big question to answer! Many judges are rewarding a bright, brilliant hunter round vs the robotic canter over set distances ride. Peanut rollers are less favored, and rollkur is watched for by the stewards at dressage shows. Change of this magnitude can and will take time. Committees on a National level are working to improve our rules and the standards of the competitions. I have plans for myself, but for now, I am the one that has to live with myself at the end of the day. Do I want to hold, rationalize, worry, try to cover up what I am doing with my horses? Or do I want to sleep peacefully, knowing deep inside I did what was right?

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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Forging a Community

Farriers Expanding Knowledge Through Friendly Competition and Cooperation

by Chris Hadel

Saturday, May 2 kicked off the current series of farrier shoe making competitions/forging workshops at Brian Graham's place near Santa Rosa. Approximately twelve farriers were in attendance, including Adam Dunaway, Sam Durham, Tanner Durham, Chris Hadel, Chucky Johnson, Chuck Kolb, Frank Pickell, John Sagaria, Brian Slubik, Sean Tobin, and Alan Townley, much-welcomed spectators, and Dr. Saralynn Specht, of Sonoma-Marin Veterinary clinic.



This event is attended by farriers of all skill levels. Farriers with a high degree of forging skill generously coach those who are newer at shoemaking/forging in a manner that is always supportive and positive. It is a competition format, but most important is ensuring participants feel comfortable in trying new things or in asking for assistance in skill development/problem solving. The core principles that drive this event seem to consistently be: We are a community. We will all have FUN. We will all help each other to learn something or improve somehow. We will eat!

Pulled pork sandwiches, award winning Barbeque sauce, truly sublime smoked turkey, various and sundry edible fixin's were prepared by Randy Williams of Hog Daddys Ragen Pit BBQ (find them on Facebook!). This gentleman caters quite a few local events and the food is GOOD! Randy won first place for his sauce and 2nd place for his ribs at TRACEN BBQ Cook-off (Sonoma County Deputy Sheriff's Association team).

Mark Paine was the judge on this particular night. He brought a hand forged steel specimen (example) shoe fit to a hoof model that he made from Sculpey (a modeling clay). The shoe and model left little doubt about what he wanted to see, but Mark gave very clear verbal direction as well. Steel was cut, forges were lit and participants started hammering at six forging stations. The shoe for this particular night was a 3/4 fullered front shoe with toe clip hand forged from 3/8 x 3/4 straight steel bar stock. The shoes that are chosen to be made at this event are always shoes a farrier would use in everyday work. There is a wide variety of shoes that a farrier might use in everyday work in this area (variety of breeds/riding disciplines/common therapeutic shoes). The skills honed at this event are practical skills that directly translate to better service to the horse community in this area.



At this event one shoe is chosen for the night and made all night. Each competitor can make as many attempts at the forge as they would like with five or more rounds of competition possible.

The idea behind this is that as everyone participates throughout the night the shoes that are turned in become progressively better as all participants focus only on the forging elements/skills required for that

particular shoe. By reducing scope of skills practiced on a given night, the focus can be on depth and refinement of process.

This format also gives those who are not acclimated to a competition setting a chance to recover from the effects of adrenaline dump on the first few shoes. Volunteer coaches have time to identify which parts of the shoemaking process might be made more efficient or otherwise improved through coaching of a

participant. There is time for that coaching to occur, and a bit of time to immediately practice what is learned and to see a better result.

It is an Eagle Eye type event, which means that the competitors may look at the specimen, or pattern, but may not touch it or measure it. The length of steel to be cut to achieve proper size must be estimated and shaped to fit from memory. The shoe must be constructed, shaped, and finished as a nailable/useable shoe within a time limit specified by the judge and the shoe type.

While this event is hosted by Brian Graham, he endeavors for this to be a community affair which welcomes farriers, veterinarians, horse owners, and those who are just interested in watching the activity and enjoying interaction with all the interesting people who are present. Each turn at the anvil in competition costs \$10. Funds generated go partially to the winner of the night, the season winner, and finally to an injured farrier relief fund for our community. By participating, one is learning, having fun, meeting and hanging out with fun people, and helping fellow farriers when they get hurt (and the food is good!).

The next forging competition dates are June 6 and July 11. All farriers are invited to compete and the public is warmly welcomed to enjoy a good meal, talk with local farriers, and spectate the competition. Please visit the Jackpot Forging Series Facebook page for more information about the group's activities or contact Brian Graham at (707) 486-6353.

Chris Hadel is a farrier practicing in the Grass Valley/Sierra Foothills/Sacramento area. He continues his farrier education by working with Durham Farrier Service and attending a variety of farrier education clinics. He is a horse owner and enjoys trail riding.

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Spitting Sand—A Learner's Journey

Trust Is Tricky

Column editor Jessica Boyd

Trust. A small word that holds acres of meaning, an emotion that can take years to create and mere seconds to blast into oblivion. How do you build it? How do you repair it when it's been broken? And what does it really mean when you trust, when you make yourself vulnerable? For a horse, being vulnerable leads to being prey. Believing I had his best interest in heart was not in Calabar's vocabulary when we first met. Believing he wasn't going to hurt me was off the table soon after some of our more spectacular accidents. Trust in our case is not an expectation of perfection but an understanding of the other party in the relationship. He is Calabar, a horse with the urge to please but a lack of faith in the merit of what will be asked of him. I am me and easily distracted by the rest of my life, full of love for this horse but not always the calm and focused human he needs. Somehow—with time and quiet steps—we've made it work.

After our last wreck in April of 2011, it was nearly impossible for me to get back on, to make myself physically vulnerable again to a horse that had shattered the fragile trust between us as well as my confidence. But what else could I do? Calabar had touched and challenged me. He had offered me his best and his worst face to see if I would take care of him, if I would accept him and guide him. It was not his fault I couldn't always handle the antics and it was my job to direct us back towards trusting each other.

It meant getting on his back, even when I was scared, even if we just walked. It took staying on and riding, even if I was sloppy, just to convince him I actually could stay in the saddle and good things would happen if we got through the ride. It took being calm and consistent even when my heart was pounding, not clenching my

hands on the reins, not squeezing him with my legs, singing to make sure I was still breathing.

For his part, Calabar rose to the challenge. Not that he was perfect, no. But every time I gave him encouragement to behave, to at least try to do what I was asking—and he did it—I trusted him a little more to keep doing just that. And he began to believe that I would take whatever he was willing

to give—good or bad—and work with it. There might have been one occasion when I told him if he threw me off, no one else would love him. He deflated underneath me so perhaps he caught my drift, or maybe having both my legs in his sides focused his thought process.

It took awhile and I didn't always notice when we'd made progress—my fault, not his—until gradually I realized he was waiting for me to tell him what to do, looking to me for what was next, following my lead. We'd walk into the arena and instead of getting upset when he'd dance, I'd laugh. I'd loosen my grip on his lead rope instead of clenching my fist out of worry or some misguided attempt to control his pent up energy—which would be impossible in any case—and let him spring up and down beside me.

The aforementioned distraction from the rest of my life (so much diving to do) may have helped as well. When I was too busy or too tired to ride, sometimes we'd just hang out. I'd groom him—which has helped him to finally stand still in the cross-ties—or we'd just do ground work and then play in the arena. He was still working but it was easier for me to be happy with him, to rub his head and genuinely praise him for his efforts, than when we were trying to come to grips with what a slow canter actually is. And when I'd ride, I'd always try to do something that made him think, rather than worry about whether his trot was perfect. The goal became less about form and style and more about communication and setting ourselves up for success. There was more laughter and less grinding of teeth, which made it easier and easier to believe in each other.

I trust Calabar. I don't trust him to be perfect and to always take care of me but I do trust him to be Calabar. He trusts me to be me—which does not mean riding perfectly, thank goodness—but to give him directions that make sense or at least to give him time to figure them out and do them the best way he knows how.

That's how we keep this going the right direction. Every day, every interaction, every ride.

That and the carrots, of course.

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.



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Readers Write

Insurance Considerations for the Horse Owner

by Joan Rassmusen

"I'll call UC Davis and let them know you're coming."

Those are not words a horse owner wants to hear from their veterinarian in the middle of the night after being up with a colicking horse. And while the horse's welfare is the first concern, worry about the financial impact of an expensive treatment is often a close second. Equine insurance is one way to minimize that concern.

Horse owners should be aware of the various types of insurance that can protect and benefit them from financial loss that can occur as a result of their horse-related activities. Two broad categories of insurance are Mortality & Theft/Major Medical, and Liability. NOTE: much of the information below is based on information from one insurance company's standard policy; coverage and requirements from other companies may differ.

Mortality & Theft/Major Medical

Mortality & Theft insurance is coverage that pays for your covered losses, subject to the policy limits, in the event of your horse's death or theft. Major Medical is available as an endorsement on the mortality insurance and is not generally available separately from mortality insurance.

According to Jan Loewen of Jan Loewen Insurance in Santa Rosa, the process for obtaining mortality insurance is determined by the value of the horse. There are two types of policies—the "Agreed Value" type and the "Actual Cash Value" type. For the "Agreed Value" policy, the face value of the policy is determined at the time the policy is issued. One company has the "Hassle-Free" application for horses insured for less than \$50,000. In this case, the owner can state the market value of the horse, subject to the approval of the insurance company. If the horse's market value is over that limit, a more formal valuation process is required, sometimes including a veterinarian's certificate of soundness. Once the value of the horse has been determined, that becomes the "agreed value" of the horse for insurance purposes. The "Actual Cash Value" type policy insures for the value of the horse at the time of death, which could potentially differ from the policy value.

Some mortality policies come with limited free emergency colic surgery coverage. A typical policy may cover up to \$2,500 of expense—helpful, but not likely to cover the actual cost of surgery. Major medical insurance for additional coverage may be obtained as an endorsement. There are various levels of major medical insurance, but keep in mind that the horse typically needs to be insured for at least that amount of mortality insurance. Many policies offer \$5,000 of major medical insurance, but the mortality coverage needs to be at least \$5,000. If the major medical insurance is increased to \$10,000, the mortality coverage needs to be at least \$10,000.

How much does this cost? Rates and coverage vary with insurance companies, but a typical annual premium is 2.5-4% of the stated value of the horse. A typical major medical endorsement for \$5,000 coverage may run \$270 per year, increasing to \$344 for \$10,000 of coverage. The example policy I used for these figures states a deductible of \$375 for \$5,000 coverage and \$500 for \$10,000 coverage. Remember, rates vary from company to company and are subject to change, so these figures are used for an example only!

Does your horse qualify for insurance? Different insurance

companies have different qualifications, but they tend to be similar in their requirements. Your horse's age is a factor (the example policy I looked at covered horses between ninety-one days and fifteen years, although this varies by policy and company). If you insure your horse at a young age, once they reach the maximum age, they will no longer be insurable. The horse should be in good health, on a regular preventive health program (vaccinations, worming, etc), and the policy application will ask for information about any pre-existing conditions. A pre-existing condition is likely to result in an exclusion of coverage for that condition and related conditions.

If your horse is not eligible for insurance or you can't obtain the coverage you want, Jan points out that self-insuring is always an option. This simply means that you have the means available to cover your financial loss as a result of death, theft, or injury. Remember that the insurance companies are collecting premiums from a wide variety of clients, knowing that they will make money on some and lose money on others, and the premiums are spreading the risk over a large pool. If you are financially able to do so, you can consider using your own funds to cover your risk!

Liability Insurance

While mortality/major medical insurance is an important consideration, Jan feels that liability insurance is even more essential for the horse owner, as a claim can result in a much higher loss. Your mortality and medical insurance has a stated limit, but if you are liable for financial losses incurred by others as a result of injury or

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damage caused by your horse activities, the amount is only limited by a jury's decision.

Whether your horse is kept at your home or boarded, check with your insurance agent to see if your homeowner's policy covers horse-related damage or injury to others. It is likely that you will need additional coverage for this. This can be a rider on your homeowner's policy or you can obtain separate coverage. If you board horses at your property, you could be on the hook for damages and injury resulting from that activity, depending on facts and law.

Equine professionals need business insurance for their operation. Typical types of insurance for the professional are general liability insurance, which insures activities at your facility, and Equine Professional Liability insurance, which could cover you when you are on the road (clinics, lessons at a client's facility, etc). Additionally, if you board horses at your facility, you may want to consider care, custody, and control insurance to cover your client's horse if your negligence causes injury to the animal while under your care.

If you are a property owner and rent out your property to an equine professional, there are a couple considerations. You should have a contract with the professional stating that they must have a commercial liability policy with agreed-upon coverage. You may want to require that they name you and your family members to be additional insured parties on their policy. Get proof of insurance. As an extra precaution, you may want to obtain your own commercial policy for this activity, as you are now in the business of renting property.

Filing a Claim—Typical Reasons for Denial

During a December 2014 webinar hosted by EquestrianProfessional.com, attorney Julie L Fershtman (equinelaw.net) listed the most common reasons a mortality claim is denied. Read on for information, not only about filing a claim, but about understanding your policy.

1. Late Notice: Your insurance company should be notified as soon as possible in the event of the insured horse's injury, illness or lameness. Keep your insurer's contact information handy. Several companies have 24/7 phone lines that are available 365 days a year! They may have a say in what treatment is given and regarding surgical options. Even without a 24/7 line available, call your insurance company immediately even if you have to leave a message. Be sure to call the right number—your agent may not be the right person.

2. Value Issues: This can be an issue if it turns out the horse was insured for more than its actual market value. As noted above, there are different levels of validation of the horse's value at the time of

application. If your policy states it will pay "actual cash value" and the horse is worth less than the policy, or if the insurance company has cause to believe that there was a misrepresentation of value, they might be justified in paying less. If your policy states an agreed value, as long as there are no impediments or policy issues, you should get the face value.

3. Proper Care and Attention: A typical policy requires that you give your horse "proper care and attention", although it does not define what that means.

4. Euthanasia: In almost all cases, the insurance company must be consulted and give its consent before putting a horse down. The only exception is a dire emergency such as an accident when the veterinarian agrees that the horse must be euthanized immediately. There are a couple reasons for this. One is a typical "intentional destruction" exclusion. Another is the "proper care and attention" clause—perhaps euthanasia is not "proper care" in this case.

5. Sound Health Clause: Many policies contain a "conditions precedent" clause, meaning that they may exclude pre-existing conditions from coverage (especially if they were not disclosed). Typical exclusions include colic for a horse with a history of gastroenterological problems, or certain lameness issues for a horse with a history of a specific lameness.

6. Post-Mortem Requirement: The insurance company may require a post-mortem (necropsy) be performed at the owner's expense to determine cause of death. Read your policy or consult with your insurance company to know if this is required.

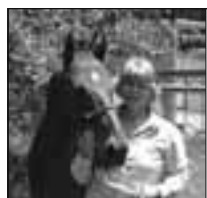
Affordability Issues

Obviously, there are a wide variety of policies a horse owner may need, and the cost of that insurance can add up quickly. How can you make it affordable? Of course, one way is to shop around. But Julie Fershtman cautions that a lower price might mean less coverage. Be sure you know what you are buying!

When applying for liability insurance, be sure to disclose everything about your activity to your insurance company. Hiding information in the hopes of getting a lower rate can compromise your entire policy. The risk of not being adequately insured is high enough that, if you can't afford the coverage, you should re-think engaging in that activity. If you are in the horse business, structure your pricing to include the cost of coverage.

Summary

This article covers some of the common types of insurance available to the horse owner. It is not an all-inclusive list; check with your insurance agent to make sure you have the appropriate coverage for your particular situation.



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Readers Write

Through the Years

by Chris Ellsworth

Two of the saddest things I've heard during my years in the horse business:

"He's seven years old—he doesn't need more ground work!" (As if turning seven erased the previous six years of being confused and scared by skipped steps in his training.)

"Should I use spurs? He won't keep up." (He was about twenty-seven.)

We humans know how to relate to each other as we progress through the years; we don't address a small child like a teen and there are subtle differences in the way we talk to those in their 30s, 40s and 50s. We understand that a late adolescent/young adult may appear fully grown well before his judgment catches up; we revere the elderly for their wisdom even as their physical selves decline.

None of this is earth shattering. Most of us can innately sense what phase of life another person is in and adapt our behavior to be age appropriate. It's less clear to us in our horses though. We find it easier to notice in younger colts before they're fully grown—life stages are more pronounced in the young—but once physical maturity is reached we tend to look at them simply as horses.

That's a failure on our parts; as with humans, years change perspective in horses. Think of it this way: as a three-year-old boy, a lightning bolt or a scraped knee might have sent me crying to my mother; fifty years later it'd have to hurt pretty bad for that to happen again. That doesn't mean I don't feel pain or fear, I just handle them like I'm middle aged. I still want to have fun, too, but I don't have to swing from the chandelier to do it. And I still love the challenge of learning (actually I work better that way). My versions of those emotions are just quieter these days. So it is with our older horses. They still feel pain, fear and joy, and probably would welcome a challenge or a rub on the neck. They may be steadier but they're not automatons.

So as you work with your horse, remember to account for his age.



Chris and Outlaw

Your three-year-old isn't just green or inexperienced; he could be those at any age. He's an adolescent and likely full of hijinks and prone to poor judgement. Get used to it; it's probably going to happen until he's all grown up. If you ride him like he's already grown (think futurities) you may not like the version you get when he finally does grow up (think neurotic ex-show horse). True seasoning takes time—otherwise it's just stress. Give a young prospect plenty of time to thoroughly understand the basics and you can add in finer points for the rest of his life. Don't, and you may spend the rest of his life trying to remove some negative assumptions he has about his work.

When he becomes fully mature and moves into middle age, your horse may become more stoic. This is a normal and necessary survival disguise in a prey animal who no longer has the explosiveness of youth but it means it's easier for us to miss something

brewing beneath the surface, in both his work and well-being. We run the risk of looking past what he's really showing us. If small changes do crop up, try to avoid making assumptions about the cause and take a closer look. What we see as a behavior issue may in fact be well-masked pain or fear, plain old boredom, or even frustration. In mid-life the symptoms your horse displays may not be as graphic as the bucking of a three-year-old or an obvious limp; they may be more subtle: pinned ears through gait transitions, training that inexplicably plateaus well below his potential, or a horse who's not so glad to see you come to the barn. So watch closely and don't forget to give him some joy and new challenges. His heart may not be on his sleeve but he still has plenty of feelings. He is not your ATV. These are the years when it's easy to take him for granted and lose the close relationship you've been building.

As your horse moves into his late middle age/senior years you'll probably see some bigger changes again. There may be days when he just doesn't physically have "it" or only has a little bit of it. You cannot force a spring into his step (although I'm sure he'd love to get it back if he could). So take off your spurs and accept that wisdom may be the gift he now gives you rather than fleetness.

All this speaks to being truly present with your horse and seeing him as he truly is. He is always changing and evolving. You will never have the same horse two days in a row; that's his mood on a given day. Neither will you have the same horse two years in a row. That is life moving. As horsemen, we must account for both.

Chris Ellsworth loves working with people and horses of all ages and stages. He will be in Healdsburg for a horsemanship clinic on October 3-4. Visit chrisellsworthhorsemanship.com or contact Sylvie Anacker, asorges@gmail.com, for more details.



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Readers Write

Heads & Tails Up Folks!

by Michael Murphy

For years I have been talking about the importance of protecting our water quality through good management practices of our horse facilities. The California Regional Water Quality Control Board San Francisco Region is including the equine facilities in the new requirements for Conditional Waste Discharge permits for Confined Animal facilities.

I have been part of a Technical Advisory Committee that is making efforts to create a program that is both workable and protective of water quality. The current language of the technical documents, (Waste Management Plan, Nutrient Management Plan, Grazing Management Plan) are more tailored for dairies and large animal facilities that require retention ponds and large storage structures. Smaller facilities, such as horse boarding operations, within the TMDL (Total Maximum Daily Loads) watersheds will be required to have similar management plans for their confined areas and manure/bedding waste piles. I have been suggesting how the Water Boards can do a better job of putting together such specifications using language more suited to horses: types of facilities, timing of BMPs (Best Management Practices), industry specific areas of concern for water quality, etc.

The Water Quality programs were funded for years by tax dollars. Those funds are no longer available. Fees and fines for Waste Discharge will fund the programs. Laurie Taul, Environmental Scientist, Program Manager, Planning Division San Francisco Bay Regional Water Quality Control Board, stated that the State Water Board would be rescheduling all fees and some were big changes; in the future they will start charging for waivers.

This now means that a horse facility with fewer than 150 horses will be charged \$455, 150 to 499 horses will be \$909, and 500 or more will pay \$1819 in annual fees for discharges. At this time these are the plans for fees. This would also include land application on lands in the impaired watersheds.

For example, if one spreads manure and composted manure on pasture land, they will need to be sure none of this material will run into a creek by using buffer strips and time the spreading to eliminate hydration and flow into a creek. Impacted water bodies are Sonoma Creek, Petaluma River, Tomales Bay, Laguna de Santa Rosa, Napa River, San Pedro Creek, Walker Creek, and potentially all water bodies in our area. Along with the fees, the facility owners will be required to have all the Ranch Plans necessary to comply with the State Water Board.

Livestock grazing lands, equestrian facilities, and confined animal facilities in these watersheds are identified in the TMDLs as a categorical pollutant source and are required to implement site-specific management measures to control and reduce animal waste and sediment runoff. In response to the TMDL Implement Plans, the Water Board adopted Resolution No. R2-2011-0060: Conditional Waiver of Waste Discharge Requirements for Grazing Operations in Impaired Watersheds.

These conditional waivers require landowners or operators of grazing operations to implement specific management practices to minimize discharges of sediment, pathogens, and nutrients from grazing operations to receiving waters, conduct compliance monitoring, and submit annual certification of progress made in controlling and minimizing discharges.

As you see, the status quo for the Horse Industry is experiencing changes. For years the dairies have been paying these fees, submitting reports, and monitoring their facilities' runoff. Now it looks as if the horses are the next animal facility to be involved along with sheep, chickens, hogs, and goats. Please pay attention as the Water Board makes their plans that impact us.

Federal Public Lands For Sale?

Recently in Sacramento at the National meeting for Back Country Horseman of America, I gave the annual report for the BCHA Education Foundation. It was an honor to state that the Foundation gave away \$24,000 in Grants for trail projects and educational programs across the United States.

The startling news was that a bill (HR 1931) was being introduced in the House to sell one third of the Public Lands in five years. It is imperative that we all write our Senators and Congressmen:

- Barbara Boxer, 112 Hart Senate Office Building Washington DC 20510, (202) 224-3553, boxer.senate.gov/contact/ and
- Dianne Feinstein, 331 Hart Senate Office Building Washington DC 20510, (202) 224-3841, feinstein.senate.gov/public/index.cfm/e-mail-me

Please take the time to look up your Congressperson's contact information and make the effort to reach out to them on this important issue. The Resolution that BCHA approved at the meeting can be found by googling "Resolution Oppose Sale of Public Lands."

These are two important issues that will be affecting how we take care of our animals and the use of public land for current and future generations. Please join and support the Horse Council and stay informed. Remember larger numbers make a louder and stronger voice.



Currently, Michael Murphy is a REALTOR and an Equine Environmental Management Consultant. The founding President of SCHC, Michael is and has been thoroughly involved with "all things horses" in the Northern California for over twenty-five years—the list is enormous! Michael can be reached at: m_murphy@sonic.net and www.MichaelMurphyHomesandLand.com.

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Column editor Michelle Beko, DVM

Prepurchase Examinations

Most people who are planning on acquiring a new horse should hire a veterinarian to do a prepurchase examination before they finalize the transaction. **A prepurchase exam is done to protect the buyer's financial and emotional investment in the horse.** It is worthwhile to do even if the horse is inexpensive or free. What would you do if the young gelding you were given turns out to have a chronic lameness or neurologic problem and is unrideable?

A prepurchase exam is a very thorough examination done to identify any problems that the horse may have. The veterinarian will listen to the horse's heart, lungs, and gastrointestinal tract, look into both eyes with an ophthalmoscope, check their teeth both to estimate age and look for sharp points or malocclusions and assess the horse's nervous system, coat, body condition (weight) and overall health. He or she will also usually note how the horse's disposition seems to be. A horse with a nervous or aggressive disposition is not usually suitable for a novice rider or a child.

Since lameness is a very common performance-ending problem, a large portion of the exam focuses on the limbs and the horse's soundness. Conformation will be evaluated, each limb will be palpated and flexed and each hoof will be examined (squeezed) with hoof testers. Flexion tests will be done on each limb. The limb or portions of it will be held up for about a minute and then the horse will be trotted away in a straight line. This stresses the flexed joints. A positive test (when the horse is lame for a few strides) may suggest underlying joint problems. The veterinarian will usually watch the horse in all gaits on a circle in arena footing and at a walk and trot on a circle and straight line on harder ground.

Some horses with mild lameness will only show that lameness on a harder surface.

In addition to the examination, extra tests are sometimes performed. Radiographs (x-rays) are commonly done and other tests might include ultrasound exams, blood tests for tranquilizers or pain relievers or endoscopy ("scoping") of their upper respiratory tract. These tests sometimes provide buyers with more information to help them decide if this horse is right for them. It should be noted however, that there are chronically lame horses with clean x-rays and sound horses that can have some radiographic abnormalities. In my opinion, the exam is far more important than radiographs or other tests. You should not feel pressured to do additional tests.

A prepurchase exam is not done to dissuade buyers from buying a horse with any flaws; most horses are not perfect. It is done to identify any problems and relate them to the buyer's needs. A horse with mild arthritis in his hocks (aka bone spavin) might be a perfectly acceptable mount for an inexperienced rider who wants to do trail riding but may not be acceptable for an intermediate rider who wants to progress with dressage. It is much more desirable to find any such issues before you make a purchase and become attached to your new friend.

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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New Arrivals!

Column editor Lisa Thomas

Change Your Lead & Karuna Stables

Yes, it is just about time for new foals to hit the ground but we're talking about new horse **PEOPLE** in our community! Big red carpet goes out to Angela Sherman and Gabe Krupa. Angela is the founding director of **Change Your Lead**, an organization which helps people make positive changes in their lives by learning from their interaction with horses. Angela and her husband Gabe just moved here from Winters to be closer to family and work in the Bay Area.

The technical term for the work she does is Equine Assisted Psychotherapy and Learning and it's all about people learning about themselves. The horses are part of the treatment team and serve as a vehicle and a feedback mechanism for the humans to learn from. Those of us who live & work with horses know that they have plenty to teach us, but often we are not really listening or ready to make the translation from their behavior to ours.

Unlike a lot of equine therapies, CYL designs individual programs for people which are conducted by a licensed clinical psychologist and an equine specialist. All the work is done on the ground; there is no riding involved.

Angela completed her Ph.D. in Clinical Psychology in 2006 started CYL in 2011. She works with people with emotional and behavioral difficulties in various settings including community mental health, psychiatric hospitals, schools, residential treatment and correctional facilities. EAGALA certified, Angela is committed to helping individuals increase self-awareness and come to healthier ways of dealing with their difficulties and interacting with the world around them. "Horses are the ideal intermediary because of their natural flight reaction and ability to live in the moment," according to Angela. They react very quickly to how they are approached, so patients get instant feedback to their actions. When it comes to our personal problems, we often have the solutions, so the horses are useful in showing us where, within ourselves, to find those answers.

Equine therapies are useful with a wide variety of issues. Examples include setting boundaries, developing trust, managing distractions, keeping focused, being goal oriented, overcoming obstacles in life, and communicating honestly. Therapists work with individuals as well as groups to achieve their goals. Interestingly, incorporating horses as therapists is a concept that works across many cultures and has no language barrier.

We look forward to seeing more from Angela & Gabe as they get settled in Sonoma County. To learn more, visit www.ChangeYourLead.com

Meet the new owners of **Karuna Stables** in Petaluma, Anne & Scott Palmer, and you will instantly find yourself asking them a million questions. This fascinating couple (she, French and he, American) moved here from China and bought a small but perfectly formed boarding facility off Orchard Station Road. Scott, a self-proclaimed

'wine geek' and Anne, a totally committed 'horse geek' found that no place on earth was better suited for them to pursue all their interests and educate their delightful daughter, Celeste, than in Sonoma County.

Anne says she was completely burned out by the effort involved in keeping her horses in Beijing. In addition, the time had come for Celeste to have a taste of America, her father's homeland. Thus, the family made the move back to the US, where they originally met. A long time student of local favorite, Dominique Barbier, Anne also became friends with Linda Cowles, a well respected barefoot trimmer here in Sonoma County. Scott is an intellectual property rights attorney who speaks fluent Mandarin and retains offices in Beijing and San Francisco. Sonoma County was the perfect fit.

China is a country with completely different horse care standards. For example, stalls were only cleaned once a week, grooms would steal hay from the horses, and veterinarians would sometimes refuse to euthanize a horse in order to avoid 'losing face'; it seemed there were challenges at every turn. Anne was training and producing top level dressage horses as well as teaching to a vibrant ex-pat community at the Beijing International Equestrian Club, where she ran the dressage program and Pony School. She found she had to become knowledgeable in everything to do with the horse to allow her animals to thrive. Anne came back to the US and Europe often to develop her skills in trimming feet and nutrition as well as to learn as much as possible about managing the health of her horses.

"Sonoma County reminds me so much of France" said Anne, who comes from the Loire Valley. "We have the same food, the same grapes, the same terrain. When I realized I could get good goat cheese here, that was it!" When she speaks about her gorgeous new Lusitano stallion, Ben Hur, Anne's eyes are aglow. "I especially love working with stallions" she says, "I can have a level of connection and bonding that I just don't find with geldings. Riding is about pleasure. The rider gets pleasure from a good ride and if she helps the horse to find pleasure in the ride, then that is their success. It's not just about work for the horse. He should be happy!"

At Karuna Stables (it's a Sanskrit word meaning Compassion) Anne is forging a program which integrates horsemanship skills with dressage training and incorporates nutrition and natural barefoot care into a holistic approach to keeping, riding, and training horses. Meditation on Horseback is the goal: Two spirits vibrating on the same wavelength in an easy, compatible partnership of trust. To learn more about Anne & Karuna Stables, visit www.KarunaRiding.com

If you are a new arrival and would like to be featured here, please contact us. We are the official Welcome Wagon for the horse community!

Lisa is a real estate agent with Pacific Union. Her practice is focused on Horse & Country property. She is an avid rider and enjoys trail riding and dressage training with her two chestnut warmbloods—Malibu and Giorgio. lisa@premiercountrystates.com





Collaborative Hoof Care

Clinic #2—"Paddy": What to do with a case of thin soles, inadequate hoof wall length and active sidebone?

by Chris Hadel

Collaborative Hoof Care is a gathering of farriers and veterinarians working together within a cooperative educational clinic format to assess lameness issues in a horse provided by owner and referred by a farrier or vet to the group. The group comes to a consensus regarding possible causes of lameness, forms an integrated plan to help the animal, carries out that plan and assesses the result at the time of the clinic and with follow up visits from one or more of the group members to reassess the horse's condition, which is then reported back to the group.

Veterinarians and farriers work together, learn from each other, and develop stronger relationships for the good of the horse and the horse owning community. The group has planned meetings every 6 weeks. The venue location varies, as does the referring farrier or veterinarian.

The inaugural meeting was hosted at Giant Steps Therapeutic Riding Center on February 28, 2015. The group reconnected with a few new members at the second meeting on April 7th at a private home. This particular case was presented by Dr. Saralynn Specht and attended by Dr. Jim Williams, Sam Durham, Tanner Durham, Brian Graham, Chris Hadel, Mark Paine, John Sagaria, and Skyler Stotts.

An 11 year old Quarter horse, "Paddy," was presented to the group for a 4/5 (AAEP Lameness Grading System) bilateral frontlimb lameness. A lameness exam was performed and observed by the attending vets and farriers. After careful evaluation, bilateral distal extremity views were radiographed by Sonoma Marin Veterinary Service's x-ray unit. All members were asked to share interpretations of the radiographs and discuss clinical findings. The horse was observed to have very thin soles, inadequate hoof wall length, and active sidebone on one lateral heel (assessed through pain response to palpation and radiographic evidence). Sidebone is calcification of collateral cartilage adjacent to the wing of coffin bone, generally attributed to irritation of the area through repetitive excessive concussion, which can result from hard use on hard surfaces, trim/balance issues, and conformational problems. This calcification is a by-product of a painful cyclic inflammatory response due to chronically inflamed tissues.

During the inflammatory process, horses can become extremely sore making even their daily use uncomfortable. However, the pain response is short lived and some horses do not exhibit lameness during this episode. It is important to rule out other causes of pain and lameness since chronic issues can be secondary to other bone or soft tissue trauma. If pain or gait abnormalities are observed, the horse can be treated short term with anti-inflammatories such as phenylbutazone. In most cases of sidebone, the emphasis should be placed on correctly balancing the foot and reducing concussion of the coffin bone. It is highly recommended



when having your horse trimmed or shod by a new farrier, that "farrier radiographs" (including a dorsal-palmar and lateral-medial views) should be taken ensure proper balance.

After discussing several appropriate shoeing options, a consensus was formed based upon Brian Graham's suggestion of deep seated shoes with leather pads and Magic Cushion packing. Additionally, further modification of tapered/ penciled heels on the shoes was instituted by Sam Durham. The purpose of the pads was to reduce overall concussion of the foot and protect tender soles from pressure caused by rocks or abrasion from substrates. A deep seated shoe has a wide bevel on the innermost area of the foot surface of the shoe that helps to ensure that there is no pressure on the sole from the shoe. Penciled heels sink into softer substrates to help reduce shock to heel area (force which would be transmitted upward and exacerbate the active sidebone).

Hand forged shoes from English concave steel bar stock were made by three farriers (Tanner Durham, Brian Graham, and John Sagaria). The proposed pads and packing material were applied. Post-shoeing radiographs were taken to assess conformation of the internal structures. Resulting conformation and how much shoe placement (rolled toe shoes set back slightly to reduce leverage) in relation to coffin bone was an improvement vis-a-vis leverage reduction in comparison to initial pre-shoeing radiographs. Paddy was observed at the walk and demonstrated almost immediate comfort with the prescribed shoes and pads. A follow-up with the owner and horse was completed by Dr. Specht and returned positive feedback. Paddy was able to return to full work and previous lameness did not return. On May 6th, a one month recheck was performed by Sam Durham at which time Paddy was re-shod, this time in 5/16 x 3/4 plates 3/4 fullered with Impac brand plastic pads with cutouts for frogs up front and quarter clipped concave shoes reset on hinds. Paddy continues in regular work and is doing very well.



The Collaborative Hoof Care Clinic is an exciting and new approach to helping our horses. By combining all efforts from the owner, farrier, and vet we are able to efficiently diagnose and treat the horse. The group warmly welcomes veterinarians and farriers of all skill levels to these collaborative events as we continue, collectively and individually, to increase our skill and knowledge and continuously strive to provide excellent service to the horse community. Please look up the group on Facebook, Collaborative Hoof Care (CHC), to follow our clinics and weekly posts.

Chris Hadel is a farrier practicing in the Grass Valley/Sierra Foothills/Sacramento area. He continues his farrier education by working with Durham Farrier Service and attending a variety of farrier education clinics. He is a horse owner and enjoys trail riding.



SCHC in the News!

SCHC Wins Rose Parade's "Henry Trione Award for Best Overall Equestrian Entry"

The Sonoma County Horse Council was a first time entrant in the Santa Rosa Rose Parade. Not only did we have a fabulous time, we won the prestigious "Henry Trione Award for Best Overall Equestrian Entry!" The parade's theme was "Out of a Storybook" and our entry depicted Cinderella and her Fairy Godmother travelling to the ball in a beautiful carriage drawn by a stunning pair of Clydesdales, their harness and manes decorated with roses. Equus Award honoree Neil Shepard admirably drove geldings Sonny and Willie through 360-degree turns on the parade route. Our lovely princess was Victoria Dodge. Long time Horse Council supporter and also an Equus Award honoree Kristine Hout was perfect as the Fairy Godmother! A mouse corps of Benita Mattioli, Priscilla Lippicott, Elizabeth Palmer and Michael Harkins carried the SCHC banner and scooped Clydesdale poop. We look forward to future participation in this preeminent local event.



Photo: Marcie Lewis



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*The Equine Esquire*

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

Equine Insurance—Does It Really Work? A Personal Account of Two Claims

I've often heard the comment that equine insurance "doesn't really work" or "it never pays out." Whether to carry insurance coverage on your equine is not only a financial decision, but a very personal one as well. My hope with this story is to provide a brief account of two claims involving the same horse and how it played out for me. When I purchased a fancy moving six-month old Dutch Warmblood colt by Apache in 2009, it was undoubtedly the biggest purchase I had made, for anything, except for my house. I was drenched in the excitement of it all and was having dreamy thoughts about the dressage future of this colt. At some point common-sense came over me and I contemplated equine insurance. I'll admit I wavered a bit on the idea, especially given the expenditure I had just made. However, I went forward with paying the annual premium of about \$1,000.00 for mortality and major medical coverage. Time went by and the colt spent blissful time growing up with other babies in the fields of Holland.

Around age two I decided it was probably prudent to take baseline x-rays of his legs and hooves. Shocked and saddened, an Osteochondritis dissecans (OCD) lesion was identified on a non-weight bearing surface of the right stifle joint. OCD is a relatively common developmental disease that affects the cartilage and bone in the joints of horses. Cartilage in joints with OCD doesn't form normally. This often causes bone to break off and "chips" float around in the joint. Simply put, as the horse grows, the soft cartilage matures at the ends of the bones, and, normally, as it changes it becomes hard. With OCD, the cartilage does not become hard. It breaks down. The joint erodes from lack of cartilage on the joint surface. So this is what we faced and my first claims experience with equine insurance was about to begin.

I notified my insurance carrier, filed a claim, and the x-rays were submitted by the clinic to the adjuster. The request for arthroscopic surgery was approved by the company. The stifle joint was thoroughly explored, the lesion was probed, and loose/detached tissue as well as the bone "chips" were removed. The defect site was then debrided down to healthy tissue. The surgical coverage on my policy covered the cost of the surgery (less my deductible) and after care up to thirty days. Going forward, the right stifle, as to OCD, was now a pre-existing condition and thus an exclusion under the policy. Eventually time in the field resumed, life again for the colt was blissful.

About fifteen years later, he was put under saddle, and was going along with age-appropriate work. However, within a few months there was a very subtle "uneven" feeling under saddle, which caused concern. An ultrasound revealed a torn meniscus, but to what degree remained unknown. Another claim was submitted to my insurance carrier. Given the nature of this claim, a veterinarian for the insurance company (Texas), an adjuster (Oklahoma), my surgeon (The Netherlands), and myself (California) were all involved with the situation. The ultrasound images and clinical findings were immediately shared with the insurance veterinarian, who confirmed the presence of a tear, but recommended exploratory arthroscopic surgery to determine whether it was partial or completely torn. A date was determined to go forward with the procedure. However, prior to the surgery date, it was made clear to me that euthanasia could result if the meniscus was completely torn, especially given the young age of the horse. It was also made clear to me that I needed to give permission to have the horse

euthanized should the surgery reveal a complete tear. Both the insurance veterinarian and my surgeon were in agreement that this would be the result should the objective findings dictate. With the horse in Holland, and me in California, I could only sit by the phone in the early morning hours for a call to tell me all would be ok. The call came. It was brief. The horse was not recovered. He would never make it to California.

Some days after the tears subsided, I could begin to deal with the claims paperwork. While the situation is one I thought I'd never face, I was extremely relieved to have smartly kept the major medical and mortality coverage in effect. The claim paid the surgeon in Holland and me the mortality limit on the policy. Since the torn meniscus was unrelated to the prior claim for OCD, the coverage was paid in full. While my heart was so broken, thankfully my pocketbook was not.

In January of 2014, I imported a three and a half year old Dutch Warmblood mare. I purchased mortality, colic, and major medical coverage, as well as international aviation coverage. I continue to keep coverage in place given my past experience, and also not wishing to take on the financial loss myself. Carrying insurance is the right decision for me, and I can tell you that in the situations described here, the coverage did in fact "work".

As you can see, despite the best planning and wishful thinking, accidents and illnesses happen, and that's why it's important to consider insurance. The array of equine insurance options can be intimidating and of the many different types of coverage available, only some choices may be appropriate for you. While I am not an equine insurance broker, prior to becoming a lawyer, I enjoyed a fifteen+ year career in the financial industry. I advise that when evaluating insurance products, consider what risks you have for liability and loss, and then match those risks against the types of coverage available. The American Association of Equine Practitioners offers a very helpful article, "Understanding Horse Insurance Coverage: Guidelines You Should Consider" located at www.aaep.org/info/horse-health?publication=820.



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.

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NORTHERN CALIFORNIA EVENTS CALENDAR

Compiled by Marcie Lewis

6/13/15	Cavaletti Clinic - Erika Jansson	Jump	Santa Rosa Equestrian
6/14/15	Jump Schooling Show	Jump	Santa Rosa Equestrian
6/17-18/15	Axel Steiner Clinic	Dressage	Fairwind Farms
6/27/15	CGA Gymkhana (rental)	Western	Sebastopol Wranglers
6/27/15	Schooling Show	Dressage	WoodBridge
6/28/15	Combined Show Schooling	Dressage/Jump	Santa Rosa Equestrian
7/4/15	4th of July Family Fun Day	Western	Sebastopol Wranglers
7/11/15	Cavaletti Clinic - Erika Jansson	Jump	Santa Rosa Equestrian
7/12/15	Mid Summer Classic	Dressage	WoodBridge
7/19/15	Combined Show	Dressage/Jump	Santa Rosa Equestrian
7/19/15	Trail Obstacle Schooling Clinic	Western	Sebastopol Wranglers
7/25/15	Schooling Show	Dressage	WoodBridge
7/25/15	Natural Healing for Horses with Mary Borie		Shone Farm
8/2/15	Combined Show	Dressage/Jump	Santa Rosa Equestrian
8/5/15	Hot August Nights Barrel Race #1	Western	Sebastopol Wranglers
8/7/15	Event at Woodside	Eventing	Woodside Horse Park
8/8/15	Cavaletti Clinic - Erika Jansson	Jump	Santa Rosa Equestrian
8/12/15	Hot August Nights Barrel Race # 2	Western	Sebastopol Wranglers
8/16/15	Sonoma CDS Summer Dressage Show	Dressage	Santa Rosa Equestrian
8/19/15	Hot August Nights Barrel Race # 3	Western	Sebastopol Wranglers
8/29/15	Schooling Show	Dressage	WoodBridge
9/6/15	Cavaletti Clinic - Erika Jansson	Jump	Santa Rosa Equestrian
9/13/15	Combined Show	Dressage/Jump	Santa Rosa Equestrian
9/19/15	CGA Gymkhana (rental)	Western	Sebastopol Wranglers
9/27/15	Equine Anatomy with Dr. Deb Bennett		Shone Farm
10/1/15	October Woodside	Eventing	Woodside Horse Park
10/3-4/15	Chris Ellsworth Horsemanship Clinic	Cow Working	Healdsburg
10/4/15	Cavaletti Clinic - Erika Jansson	Jump	Santa Rosa Equestrian

To have your event featured here, contact Marcie Lewis at MarcieLewisPhotography.com

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Part Two of Two

Update: Wound Care

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

(For Part One of Dr. Stashak's "Update: Wound Care," please see Volume 11, Issue 1 (Spring 2015) of the *Horse Journal*.)

First Aid Measures: Complicated wounds

Complicated wounds involving vital structures should be examined by a **veterinarian ASAP**. In most cases time is not taken to prepare the wound as described under uncomplicated wounds. The exception is a wound involving a synovial cavity.

1—Wounds with profuse bleeding invariably involve either partial or complete transection of a major blood vessel, usually in the limbs of horses. If an artery is involved, the blood will spurt and it will appear bright red; if a vein is cut, the bleeding will be profuse and continuous and the color will be dark. Both cases should be treated with a pressure bandage ASAP. Packing the wound with Kerlix AMD™ gauze sponges, followed by the application of a cotton bandage wrap/pad to absorb the blood and applying pressure by circumferential wrapping the affected site with conforming gauze followed by application of a self adherent material to stabilize the bandage will usually suffice.

2—Wounds overlying joints or tendon sheaths (synovial cavities) are prepared as described under uncomplicated wounds but should be examined ASAP in order to rule out their involvement (Fig. 5). If infection develops in a synovial cavity it cannot only be career limiting but it may also be life threatening for your horse. If your veterinarian identifies involvement of a synovial cavity an entirely different course of treatment will be required for a successful outcome.

3—Wounds entering a body cavity represent an emergency in most cases.

a—Open lacerations involving the chest cavity may make a sucking sound, and your horse may show signs of difficult breathing, a result of lung collapse. Wounds involving the abdominal cavity may show signs of intestinal (bowel) herniation. In either case, cover/pack the wound with Kerlix AMD™ gauze sponges and/or a cotton bandage wrap/pad and hold the packing in place with self adherent bandaging material (at least 4 rolls will be required) that is wrapped around the body part involved and contact your veterinarian.

b—Puncture wounds (e.g., tree branch). If the object has broken off and is in place, **do not remove it**, for doing so may result in collapse of the lung if the chest is involved or herniation of the intestines if the abdominal cavity is involved. **Do cut** the protruding object off to within 4 inches of the body if possible. This

will avoid deeper penetration (e.g., piece of wood) that may lead to further damage.

4—Wounds with exposed bone (degloving injury) are particularly susceptible to infection and difficult to get to heal; therefore do not attempt to treat these wounds without consulting your veterinarian (Fig. 6). These should be prepared as described for uncomplicated wounds.

5—Wounds causing complete transection of a limb support structure (e.g., tendons and/or ligaments) can result in permanent lameness if they are not treated properly. Abnormal alignment and an inability to use the limb properly are common signs. Wounds transecting flexor tendons, which are located on the back of the limbs, usually require surgery for a successful outcome (Fig. 7). Bandage and splint for support.

6—Infected wounds are best treated with antibiotics and surgical debridement (removal of infected tissue) for a successful outcome.

7—Wounds involving the eye or eyelid can be very problematic to manage. Proper treatment will insure the best chance of returning vision to the eye and function to the eyelid.

8—A rope burn is a combination of abrasion and thermal damage caused by friction. Those that involve the full thickness of skin are particularly susceptible to infection, can be difficult to heal, and can cause injury to the digital sheath (Fig. 8). These wounds should be examined by your veterinarian to rule out involvement of the digital sheath. If the sheath is not involved, cold therapy for 48 hours following the injury can reduce edema and will

reduce the chances of extension of the damage to deeper tissues from the burn injury. While ice water slurry, applied for 30 minutes, 3 times a day for 2 days, appears best, standing your horse in a cold stream (creek/river) of flowing water for the same periods can be effective. The wound should be cleaned as described for uncomplicated wounds, and it should be bandaged between cold treatments.

Conclusions: Proper first aid wound care will reduce the chances of infection developing and result in the most cosmetic and functional outcome. Because bacteria begin to migrate into wound tissue within 3-6 hours following injury, most wounds >3 hours duration are best treated with surgical debridement by your veterinarian. Complicated wounds need to be examined by your veterinarian.



Fig. 5: Example of a sharp clean wound that entered a joint.



Fig. 7: The deep digital flexor tendon has been transected.



Fig. 8: A rope burn



Fig. 6: A degloving injury



• Items recommended for a wound care first aid kit and sources.

- 1—Scissors – drug or hardware store
- 2—Non-sterile 4"x4" gauze sponges – drug store. Place 20 in a plastic sandwich bag
- 3—Vettricyc VFTM Plus, solution and hydrogel – veterinarian
- 4—Telfa AMDTM, Covidien Animal health, Dublin, OH. Sterile packaged
- 5—Kerlix AMD™ gauze sponges, Covidien Animal health, Dublin, OH. Sterile packaged
- 6—Cotton bandage wraps – CombiRoll™ or RediRoll™ – feed store or internet
- 7—Conforming gauze rolls – feed store or internet
- 8—Self-adherent bandage (e.g., Vetrap™ or SECURWrap™ or Elastiant™); – feed store or internet
- 9—Elasticon™ – feed store or internet
- 10—Triple antibiotic (Neosporin™) – drug or feed store
- 11—Betadine™ ointment – drug or feed store

Ted Stashak DVM, MS, DACVS, graduated from UCD 1971 and retired in 2005 from Colorado State University as a Professor Emeritus, Equine Surgery. He has authored six text books on lameness and wound management issues in horses. He enjoys family events, traveling, riding the trails with several horse organizations and cycling in Sonoma County. A SCHC Board Member, Dr. Stashak can be reached through the SCHC website.



MIDNIGHT

We are very saddened by the passing, in late March, of Midnight, the beloved hero of Santa Rosa's Howarth Park Pony Express. Probably about 30, Midnight won the hearts and devotion of multiple rotations of young riders. Well deserved, Midnight received the SCHC Equus Hall of Fame Horse Award in 2011 for his enormous contribution to the skills—and dreams—of many, many aspiring equestrians. Waiting for his adoring little friends behind the fence in Howarth Park, Midnight probably knew he was their forever favorite. He will be missed and we wish him well in the land of apples and carrots.

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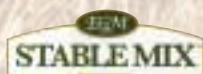


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