

Sonoma County

Horse Journal

Volume 15 • Issue 4 • Fall 2018



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Volume 15 • Issue 4 • Fall 2018

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

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**Cover Photo: GrandPixPhoto**

Joey Pedroni aboard Frederick at
Sonoma Horse Park.

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President's Message—Sonoma County Equestrian Update



Elizabeth and Greycie

On November 6, 2018, Sonoma County voters will be asked to approve a one-eighth-cent sales tax for regional and local park improvements. If approved by two-thirds of voters, the funding measure would support the county and cities with their long-term needs to: maintain parks; protect natural resources; recover from wildfires and reduce future fire risks; provide health and recreation programs; and open new parks and trails. If approved, the "Sonoma County Parks Improvement, Water Quality and Fire Safety Measure" would go into effect in April 2019, and generate

an estimated \$11.5 million annually for 10 years. Regional parks would receive \$7.6 million a year with the remainder going to the county's nine cities for similar purposes. The measure includes an expenditure plan, which calls for a citizen oversight committee to ensure the funds are used as intended. The Sonoma County Horse Council encourages each of you to review this important and much needed funding measure. Information can be found at: <http://parks.sonomacounty.ca.gov>. And, of course, vote.

We are pleased to announce that we have fully disbursed our fire relief grant funding. A total of 37 individuals, businesses and

non-profits received more than \$146,000 to help with equine-related losses from the October 2017 wildfires. We are grateful to the generous donors who made it possible for us to assist so many people and organizations during such a difficult time.

The Horse Council's first reduced-fee microchipping clinic took place on June 1, 2018 at Hoofbeat Park. Our thanks go to Amber Bowen, D.V.M. and John Kaufman, D.V.M., who donated their services, and to AVID Microchip Products and Amber Bowen D.V.M. for donating the micro-chips. This was the first of several clinics intended to make it easier to reunite animals and owners in disaster situations. Stay tuned for the dates and locations of future clinics.

Our trailering course last April was a great success, with all participants gaining valuable knowledge and skills, and many receiving a certificate of completion at the end of the day. To build on the skills people gained in our previous courses, we are offering a follow-up opportunity for behind-the-wheel practice on October 27, 2018 at Santa Rosa Junior College's Shone Farm. Please check out the information on page 13.

We are excited to bring you this issue of the Horse Journal. It features interesting and informative articles on horse camping, horse health, training, and a variety of youth riding programs. Enjoy!

Best,

Elizabeth Palmer

President, Sonoma County Horse Council



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Small Details and Big Horses:

The similarities and differences in Hunter/Jumpers By Jacquelyn Kuba, Student at Joey Pedroni Stables



Photo: GrandPixPhoto

Joey Pedroni flies with Frederick!

In the hunter jumper world, there are three very different disciplines: hunters, judged on the quality, movement, and form of the horse; equitation, judged on the style, form, and ability of the rider; and jumpers, scored on speed and carefulness of both horse and rider. Within those three disciplines are subsets of each type, and they are endless.

All three are vastly different, and all three look for different strengths in both horse and rider, but the one thing they all have in common is that it's all a game of inches. If the distance is a few inches too long or short in hunters, it changes the quality of your horse's jump and so affects your score. In the equitation, hand or leg position off by merely an inch, or a distance a few inches off, can keep you from winning a class. In the jumpers, your horse jumping an inch too low can cause a rail fault, or a turn taken a few inches too wide can slow your time, leaving the door open for someone to beat you. Success in each discipline can be measured by these inches. The bigger picture can and does, of course, take a million more variables into account. But at the highest levels in each discipline, the difference between first and second can be merely an inch.

Despite the subtleties of the sport being so similar, the horses essential for success in each of the different disciplines are very different. The hunters look for rhythm, elegance, and calm temperament. It's all about the quality of movement and jump, and you want a horse that is going to be eye-catching. You want them to make the judge look at them, with brilliance in jumping form and beautiful movement. An equitation horse needs to be smooth, handy, and responsive. A partner who can impress the judges and allow the rider to show off skill and talent. They need to be brave and willing and have a smooth jump and movement so that you can demonstrate proper position. A jumper needs to be quick, agile, and careful. The name of the game is go the fastest and leave all the jumps standing. You need a horse that is game and wants to be careful, someone who has a hunger to

cross those finish timers as quick as they can. The jumpers tend to be a bit more hot-blooded and forward, ready to spring into action at a moment's notice. We call some horses "three-ring horses," because they are willing and successful enough to tackle any of the disciplines. But the majority of horses on the hunter jumper show circuit excel at one discipline over the others.

The training for each type of show horse has different approaches, and is tailored to each horse's personality, strengths, and weaknesses, but the training basis for any hunter jumper show horse is flatwork. We like to say that the jumps are the easy part, it's all the stuff in between that's hard. All the horses, no matter their job, need to have a good foundation in flatwork. They need to be responsive to your aids, willing to move off either leg if needed, or move forward and come back when it's necessary. They need to be balanced in all gaits, able to turn, change pace, or jump when asked and do so in correct form. And they, of course, need to be strong. Their bodies need to be able to withstand the challenges of jumping with the lowest risk of injury or fatigue. All of this is achieved through proper and intensive flatwork.



Photo: GrandPixPhoto

Mika Gretton aboard Chaeman.

No matter what you compete in or how different the disciplines might be, the biggest part of every type of this sport comes back to the love and care of our amazing equine partners. We wouldn't be able to do any of this without them, and at the end of the day, no matter what color ribbon you come home with, it was a good day if you got to ride your horse.

Jacquelyn Kuba is a student at Joey Petroni Stables.

Joey Pedroni and Mika Gretton train and operate Joey Pedroni Stables out of Petaluma, CA. With a genuine love for the horses and the sport, they have years of experience both as riders themselves and coaches. With individual success in hunters, jumpers, and equitation, they both bring a unique perspectives to the sport, and have a particular talent for bringing out the best in both horse and rider.



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Sonoma State University Equestrian Team

By Joan Rasmussen



SSU Equestrian team at UC Berkeley in January 2018.

"The team members support each other as individuals and have created a safe space for anyone to come and be a part of a wonderful group of people. We are always there to help if any of our members need it, whether it's related to the team or not."

Holly Hay, captain of the Sonoma State University (SSU) equestrian team's Hunt Seat team, is as enthusiastic about the supportive environment of the team as she is about horses. The team has done quite well, sending members to the nationals for several years, but it's all about the teamwork.

SSU is an unlikely host for an equestrian team. A fiercely liberal arts college, it has no agricultural or equine science curriculum. Nevertheless, in 2008, students Janis Lapsley, Kirbi Rogers and Michelle Davis formed the team to enhance the college experience for horse-loving students.

There are two teams: the Hunt Seat Equitation team and the Western Horsemanship team. The Hunt Seat team competes on the flat and over fences, and the Western Team competes in Western disciplines. There are around 30 members on the combined teams. They compete under IHSA (Intercollegiate Horse Show Association) rules against other IHSA teams. The roster of schools the team currently competes against include Stanford, UC Davis, Santa Clara, Cal Poly SLO, Santa Cruz, Reedley College, College of the Sequoias, Monterey Bay and Berkeley.

Membership is open to all interested students. Each member is assessed on their ability to determine at which level they will compete. Membership requires a serious commitment. The entire team meets weekly, at 10 p.m. on campus — this is when classrooms are available. Attendance at the meetings is mandatory — each member gets one free pass to miss a meeting and after that, a fine is assessed. The fine is added to the club funds, which come from dues, fundraising activities such as bake sales, sponsorships, and grants. With no equestrian-related curriculum at the college, the grants can be hard to come by, so fund-raising is an essential task of the team.

The team does not own any horses; horses used in training and competition are provided by trainers. The Hunt Seat team trains with Carrie Hover at Petaluma Hill Stables and the Western Horsemanship team with Peter Larson in Graton. While trainers are compensated, the amount hardly covers the hours they put in, the horses they provide, and the cost of transportation to shows, and the team is very grateful to the trainers for their dedication and support!

Riders draw their horses at the time of competition, a method known as catch riding. The horse are tacked up with the gear they are used to, and it is up to the rider to quickly mount, adjust stirrup length and get to know their horse in the few minutes before the class begins, providing a true test of flexibility and horsemanship skills!

To compete at nationals, riders with the highest scores compete against other riders in their zone, followed by regional competition. The top two regional riders advance to the national championship. SSU team members have made regular appearances at the Nationals and turned in respectable showings.

But it's still all about the teamwork and support. If members know a rider is nervous at a competition, they will place themselves strategically around the ring to offer encouragement at regular intervals. Members work as a team to ensure that each person does their best. That is truly what makes the SSU team a special experience.

More information about the team can be found on their website at <https://ssuequestrian.weebly.com> or on their Facebook page at <https://www.facebook.com/SSUEquestrian/>.

Joan Rasmussen is a lifelong horse enthusiast, having gotten her first pony "Tiny" when she was 10. She currently enjoys trail riding with her Quarter Horse, "Cowboy", and improving her English skills with her OTTB "Dublin." A retired accountant, she is in the process of starting an e-commerce site with a business partner, and enjoys occasional blogging at "RideIntoTheSunset.com" and "JoanGRasmussen.com."



Sanne Putt competing at Stanford in November 2017.

Supporting Our Youth

By Melissa Kalember



Photo: Tori Dye

Melissa discusses what judges are looking for in IEA during a clinic.

Being a professional in the horse industry usually means crazy long days and lots of work for not that much money. So the natural question is, why do we do it? Most do it for one or two reasons, love the horse, and/or the love of teaching.

Each year I have the privilege of judging IEA competitions. IEA stands for Interscholastic Equestrian Association, and it's purpose is to 'provide an equestrian competition for middle and high school children at a pre-collegiate level.'

Teams of riders travel to different competitions and at each competition every rider 'draws' a horse's name out of a hat to show on.

As a judge I am to observe their equitation position, seat, leg and hands, AND how are they riding the particular horse they drew. Basically are they having good horsemanship-feeling and working with the particularities of their mount.

During the show a scribe sits with me to write down the 'judges comments'. At the completion of the show the riders come to receive these judges comments. Anyone who knows me, knows I love this part! I love having this opportunity to explain to the rider they're placing and offer advice from a positive forward moving perspective.

As a professional I try to stay in feeling of who is in front of me and what they are going through. IEA is not for the faint of heart! The youth that participate in this travel all over, arrive at the show early to watch the horses being warmed up, wait all day for their class, pull a random horse out of a hat, and go show in a competition not really knowing the horse they are on and then receive the judges comments! So brave and courageous!

One of the definitions of a professional is 'an authority qualified to teach apprentices.' This is exactly what I am doing when they come up for comments at the completion of the show. I am teaching them how judges judge and offering suggestions on how to improve. I do this with compassion for the challenge of the sport, and an understanding that they are the next generation of horse trainers, veterinarians, judges etc. I want to support them not demean them. I want to help them learn and grow, not throw the power of my position on them. I want them to understand not wonder and be afraid.

I love everything I do in our crazy horse world! I take my chosen role of being a professional very seriously and try my best to stay nice, normal and supportive!

Melissa Kalember is a USEF R Judge, SAHJA Judge, equine masseuse, and intuitive trainer. Please contact her if you have a specific topic you'd like addressed: 707-363-1258 or melissa@kalemberequine.com.



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Pony Club, Where It All Begins !

By Judy McHerron



Photo: Judy McHerron

3rd generation of riders, getting Hattie, owned by Judy McHerron, ready for Pony Club. Pam Bacigalupi, former DC for Hoofbeats Pony Club, with her granddaughter, 5yr old Stella. Stella's Mom Nicci is a graduate C3 and her Aunt Katie rode Hattie to her B certification and qualified and rode her for the USPC Eventing Championships In Lexington, KY.

The mission of the United States Pony Clubs, Inc., (USPC or Pony Club), is to develop character, leadership, confidence, and a sense of community through a program that teaches the care of horses and ponies, riding and mounted sports.

The Pony Club began as a youth organization for the children whose parents fox hunted in this country back in the 1950s, based on the British Pony Club created in 1929. Back then, the term pony was used to describe the mount of a youth equestrian. With a name steeped in the tradition of educating the next generation of equestrians, the name Pony Club continues to focus on education and quality care of both horses and ponies.

Fast forward 60 years, Pony Club is now the largest equestrian educational organization in the world. Over the years USPC evolved away from an emphasis on fox hunting to include eventing, dressage, hunt seat equitation, show jumping, western, vaulting, tetraathlon, mounted games, polo, polo cross, distance riding, and driving. Horse management (the care and welfare of the horse) and safety have always been the major and most important aspects regardless of discipline.

The core values of the organization stand for **HORSE:**

Horsemanship with respect to healthcare, nutrition, stable management, handling, and riding a mount safely, correctly, and with confidence.

Organized teamwork including cooperation, communication, responsibility, leadership, mentoring, teaching, and fostering a supportive yet competitive environment.

Respect for the horse and self through horsemanship; for land, through land conservation; and for others, through service, and teamwork.

Service by providing an opportunity for members, parents, and others to support the Pony Club program locally, regionally, and nationally through volunteerism.

Education at an individual pace to achieve personal goals and expand knowledge through teaching others.

USPC has traditionally been a youth organization, but in the last decade Pony Club has strengthened programming to meet the needs of today's equestrians, and has now opened the membership to include adults. Yes, adults can now be members of USPC as Horsemasters, the fastest growing segment of the membership nationwide. This is giving equestrians of all ages access to a fabulous



Photo: Judy McHerron



Photo: Judy McHerron

Jackie 24 yrs old, QH, and Hattie, 30 yrs appendix QH (both owned by Judy McHerron) getting ready for a mounted lesson with Marin County Pony Club. Hattie has been in Pony Club her whole life, taking riders to their certifications from D1 to the B, along with qualifying and competing for the USPC Eventing Championships in Lexington, KY.

curriculum for horsemanship and horse management education.

Pony Club's education is a self-paced program of certifications starting at the beginning level of D1, which is an introduction to basic skills of riding and horse management. As skills are acquired and accomplished, one can be evaluated at local certifications and move up thru the D2, D3, C1, C2 levels.

As one moves up to attain the C3, B, and A, certifications are done at the national level, to a standard set and maintained throughout the country. To attain one of these certifications is an honor and a real accomplishment. The A certification is equivalent to competing in eventing at intermediate, dressage 3rd Level, and show jumping 4'3" courses. The Horse Management component of the A certification reflects the theory, study, and practical aspects expected of a college level curriculum. Many graduates of USPC have gone on to professional careers as barn managers, riding instructors, trainers and, to represent the United States on Olympic equestrian teams.

With USPC standards of proficiency, members are recognized nationally and worldwide for their skills, knowledge, abilities, effectiveness, accomplishment and excellence in teaching, riding, management, and care of the horse.

Pony Club, where it all begins and never has to end. For more information about The United States Pony Club go to: <https://www.ponyclub.org>

Judy McHerron, is a USPC National Examiner, graduate, clinician, and instructor. She is SRJC's Equine Science Instructor, SCHC Equus Award recipient, and has her USDF Bronze Medal. Contact her at: eqwine@sonic.net — www.judymcherron.com.



Vet's Office

By Column Editor Michelle Beko, D.V.M.

Leptospirosis

Leptospirosis is a genus of bacteria found worldwide that can infect humans as well as many wild and domestic animals, including horses. *Leptospira interrogans serovar Pomona* is the most common species to cause disease in horses.

The many species of *Leptospira* survive in nature by living in maintenance hosts. These animals harbor the bacteria while experiencing minimal to no disease from their infection. They can spread infection by shedding the microbe in their urine. The organism enters a new animal via its mucous membranes or abraded skin. The maintenance hosts for *L. Pomona* are fox, skunk, raccoon, deer, and opossum. Horses living near stagnant water are at an elevated risk for leptospirosis.

Horses infected with *L. Pomona* show varied responses. Most will never get sick at all. Others will get non-specific symptoms such as a fever that may resolve without treatment. Pregnant mares may get placentitis (inflamed, infected placenta) that leads to a late term abortion or delivery of a sick foal. Approximately 13% of bacterial caused abortions are due to leptospirosis. Uncommonly, horses may get leptospirosis-induced acute renal failure.

Many cases of equine recurrent uveitis (ERU; aka "moon blindness") are caused by leptospirosis infection. ERU is the most common cause of blindness in horses. Occasionally, a horse will get uveitis in both eyes while they have an acute infection, but it is more common for the first bout of ERU to occur months after the initial infection. Some horses likely have a persistent infection inside their eye, while others may have immune-mediated consequences to their resolved infection. In the latter, antibodies made by the horse's immune system to fight the leptospirosis attack the horse's eye causing the ERU. Some horses, particularly Appaloosas, may be genetically more susceptible.

Diagnosis of leptospirosis is most commonly done by checking the horse's antibody levels. It takes the horse five to seven days to produce antibodies against the bacterium. An initial blood test

early in the course of disease should have low levels of antibodies. A second sample two to three weeks later would have a much higher level. A single blood test showing high levels of antibodies months later is suggestive of previous infection. Since most horses get subclinical infections (i.e. they don't get sick) and many that do get mildly sick (i.e. have a fever for a day or two), it is likely that leptospirosis is under diagnosed. We don't know how commonly horses are sickened by this bacterium.

Horses that are more symptomatic may be treated with a variety of antibiotics. At this time, it is unclear if treating horses with leptospirosis associated ERU with antibiotics is helpful or not.

Limiting your horses' access to stagnant water, especially if any of the known hosts live in the area, may help prevent leptospirosis. Any mare that aborts a foal should be isolated from the rest of the herd and the fetus and placenta should be handled carefully to avoid spreading leptospirosis or other infectious agents. Vaccinations have been available for dogs and cattle for decades. A leptospirosis vaccine for horses has been available since September of 2015. It is not (yet??) labelled to prevent abortion or uveitis in horses and it is unclear whether or not it would help or possibly worsen chronic cases of uveitis. Since we don't know the incidence of this pathogen in horses or if the vaccine prevents two of the most common diseases that it causes, it's difficult to know if vaccination is worthwhile or not.

Michelle Beko, D.V.M., 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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Behind the Wheel—Trailer Tips

By Leonard Iniguez

Why is it so important to have your trailer serviced on a regular basis? My simple answer is it's easier and cheaper to fix it at home than it is when you're stranded out in the middle of nowhere with horses in the back.

I recommend that you service your trailer at least once a year. Check breaks, bearings, tires, electrical, pull the mats off the floor boards and check for damage. Check for stress cracks on aluminum trailers.

Driving should be just as much fun as being there. To do this you should always be in a good frame of mind. Don't be upset, stressed, or rushed. Clear your mind before you start your trip, give yourself plenty of time so you don't have to rush. Make sure that your equipment is in good working order. If possible, check your trailer the week before use it.

Put a wheel chock behind your trailer tire. Once you back under your trailer try and hookup the same way every time. Safety chains should be long enough to sit just above the ground but not too long that you must twist around to shorten (this weakens the chain; cross your chains left to right instead). Lower your trailer over the ball and secure the coupler with the pin. If you pull different types of trailers the ball sizes may not be the same. I recommend color coding each ball and hitch. This is the main reason trailers unhook while going down the road.

- **Know Height and Length of Rig**

Measure your truck and trailer, bumper to bumper. Measure highest point of your trailer, remembering to do so with the vents open and top of racks with hay.

- **Use of Mirrors**

Set your mirrors to see the back tire of your trailer plus 200 feet behind you.

Get into the habit of scanning from left mirror to right mirror and look far enough ahead to avoid hazards.

- **Setting Electric Trailer Brakes**

Hook up your trailer and drive a short distance and apply your electric hand control. The trailer should slow to a stop. Adjust according to trailer weight. You must check the breakaway battery. Next to the hitch is a small black pin that is attached to the breakaway cable. Pull the pin and drive. If the trailer rolls then that battery is not working. Replace before you go anywhere. If your tires drag, then it's working.

- **Speed Limit**

In California the maximum speed limit is 55 mph for 3 axles or more.

- **Getting on and Off Freeways**

The posted speed limits on ramps is set for two axle vehicles. With a trailer take the ramp 5 mph slower than posted. This also applies to winding roads.

- **Freeway Lanes of Travel for Trailers**

You are restricted to the right lane and you can use the next lane

to pass. On a 4 or 5 lane road you can drive in the right 2 lanes.

- **Lights and Turn Signals**

I recommend that you have your lights on while driving. All lights need to work.

The more visible the better. Use your turn signals far enough ahead, let other drivers know what you want to do.

- **Changing Lanes**

Before you change lanes ask yourself if you really need to change lanes.

If so, then scan your mirrors make sure you can pass without speeding and you won't cause other drivers to hit their brakes. When clear, gradually pullout; after passing, when you can see both headlights in your right mirror, gradually move back over.

- **Adequate Car Lengths**

The way traffic is today you won't be able to use the standard car length rule.

Be alert and adjust your speed. When other drivers see 2 or 3 car lengths they will cut in.

- **Breaking Going Downhill**

Tap your breaks, don't ride your breaks. If your brakes get hot and start to smoke, don't panic, just tap and release. When you get to the bottom don't stop, let the wind cool your breaks.

- **Unfamiliar Places**

When going to new places, look at Google Earth get a street view. Don't commit if you think you can't get out.

Have fun and safe travels!

Leonard Iniguez has been a horseman all his life. After a life-threatening accident ended his jockey career, he became a professional truck driver. Fifteen years, 48 states, and over 1.5 million miles later, he has hauled specialized, high value and oversize loads for the military and space industry.

He now draws upon all that experience to offer trailering safety courses, community trailering workshops, and safety programs. Iniguez says his goal, "is to give drivers the tools to understand and respect the road."

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Camping with Horses

By Denise Gilseth, SCHC Board Member

TRAILERING MANEUVERING *Laboratory Course* with Leonard Iniguez

Saturday, October 27, 2018 8am-5pm

The Laboratory is primarily for people who attended the April 2017 or April 2018 Horse Council sponsored Lecture and Lab session and who wish to gain more driving experience under the instruction of Leonard Iniguez. As with the previous lab, the goal is to be a safer, more conscientious and confident driver when pulling and maneuvering your trailer (rig).

ONE HOUR CLASSES ALL DAY

Groups of up to four each hour except lunch hour

SRJC Shone Farm

Parking and scheduling details provided with RSVP.

Limit 32. Note: if the class does not fill with previous attendees, then we will consider opening it to other equestrians.

Register by **10/22/18** to tstashak@sbcglobal.net

Sonoma County Horse Council Members \$10

Non-members \$25

Lunch Break 12-12:45pm (lunch NOT provided)

Each driver should bring their own trailer. If you wish to bring an assistant you can switch roles provided both attended an earlier Lecture & Lab session.



Sonoma County Horse Council

Trailer Class Details & MEMBERSHIP
sonomacountyhorsecouncil.org

Ever thought about a weekend or longer in the mountains with your horse? Imagine sitting around a campfire, sharing food and stories of past rides with friends, planning where to ride and how far to go. We joined Back Country Horsemen to learn about proper camping and packing methods. There are so many things to know to keep your animals, you and the environment safe. Back Country Horsemen teaches, "leave no trace," which means upon your departure, your camp should look like you were never there.

Preparation before leaving requires packing for your own and your horse's needs. It's a good idea to keep lists in the trailer, one for you and one for your horses, to make sure nothing is forgotten. (See camping with horses website below for list of items to consider.) Bring comfortable riding clothing for any type of weather you may encounter (this should include a duster that can be tied to the back of your saddle for unexpected rain while in the mountains.)

Most camps are primitive (no water or power).

How will your horse be contained? There are a number of different methods to consider, including high-lines or portable corrals. Know in advance if water will have to be carried for your animals. We bring tubs for water and hay or pellets, rather than feeding directly on the ground. Allow 20 gallons of water/day/horse. Some parks require certified weed free hay or pellets.

Bring an emergency kit for you and for your horse—fly masks, blankets or sheets (depending how cold it gets at night).

There are a number of great websites and Facebook Groups to research horse camps all across the United States. (See list of websites and FB groups below.) Some riding groups sponsor rides that are catered and organized (list organized ride groups). Typically, camp is established at one location and day rides are made in and out of base camp. If you are really adventurous, put your overnight gear on a pack animal and head into the back country.

Facebook Groups and websites:

Boondocking with Horses – Facebook Public Group

CALIFORNIA Horse Trails and Horse Campgrounds
<http://campingandhorses.com/>

HTCAA – Horse Trails & Camping Across America

Horse Trailer & Related Truck Reviews – Facebook Group

Organized Group Rides:

Back Country Horsemen of California (become a member)

WANAC Catered Horse Camping - Eat, Ride, Play – YouTube

Denise and her husband, James, live in Petaluma with their 4 horses. Both are avid trail riders and enjoy horse camping and fishing trips to many sites in the Sierras, Pt. Reyes and other locations locally. James is a general contractor, member of Trail Blazers and Reno-Sierra Riders. Denise manages an investment office for Stifel Financial.

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Monitoring Your Horse's Health / Vitals While Trail Riding

By Ted S. Stashak DVM, MS, DACVS, Professor Emeritus, Surgery, Colorado State University

A myriad of medical problems and traumatic injuries can arise while trail riding. A common problem veterinarians are asked to evaluate is the exhausted horse syndrome (EHS), resulting from a combination of fatigue, loss of fluids and electrolytes, and lack of adequate replacement following submaximal intensity exercise, especially during hot and humid weather. Poorly conditioned and excitable (jigging) horses are most susceptible.

So how does one know if their horse is having a problem? What follows are parameters that you should evaluate to establish if your horse is in trouble, including signs indicating that your horse needs treatment.

Horsemen should learn how to evaluate a horse's vital signs: temperature, heart/pulse rate (best taken with a stethoscope) and respiratory rate; and hydration status, via evaluation of mucous membrane moistness and color, capillary refill time (CRT) and skin pinch/resiliency test.

Normal values are listed in the table.

The recovery time of the vital signs to near normal following submaximal intensity exercise is extremely important. Values that remain high or elevate after 30 minutes of rest are signs that your horse needs veterinary examination. Learning to use a stethoscope to listen to abdominal sounds can provide important information as well.

For more information on how to take vital signs, evaluate hydration status and listen to intestinal sounds, please view the Smart Pak and pinch test videos referenced below.

Horses that require treatment often exhibit signs of EHS, with accompanying signs of muscle cramping (tying up) and/or colic (very common). While these signs may occur on the trail they more commonly are seen after returning to camp.

Signs of EHS include:

- depression;
 - lack of interest in drinking and eating;
 - a rectal temperature (104° – 106°),
 - heart rate (> 60 beats/min after 30 min rest),
 - respiratory rate (> 40 beats/min after 30 min rest);
 - dry, pale mucous membranes;
 - prolonged capillary refill time (> 2 secs);
 - a skin pinch test that is delayed returning to normal.
- decreased or absences of intestinal sounds is also common.

Accompanying signs of tying up is subdivided into the mild form, recognized by cramping/spasms or stiffness of the muscles of the croup and back, which makes them feel firm when touched, and the severe form, referred to as exertional myopathy (damaged muscle cells), recognized by excessive sweating, severe muscle cramping/spasms and uncontrolled fasciculation (quivering) of large muscle groups.

Muscle cell breakdown results in release of myoglobin (a protein

that carries and stores oxygen in muscle cell), which is picked up by the blood stream and is removed by the kidneys. When there is too much, it can cause kidney damage leading to death if left untreated. Coffee/dark colored urine is a sign of this and the need for emergency intravenous fluid and electrolyte replacement therapy. Both forms may occur during or following prolonged submaximal exertion.

Accompanying signs of colic (belly ache) include: pawing the ground, looking back at the abdomen (flank), laying down and rolling, getting up and down repeatedly. Typically the horse appears distressed, is off feed and exhibits obvious pain. These signs can indicate anything from a simple belly ache requiring medical treatment for intestinal spasms or ileus (no intestinal sounds [common in exhausted and dehydrated horses]) to more serious conditions requiring intensive medical treatment for impactions and/or surgery for displaced or twisted intestines. Colic signs that occur shortly after allowing the exhausted horse to drink too much water immediately upon returning to camp are most often caused by ileus.

While free access to water is advisable on the trail, 20 swallows (~two-thirds the capacity of the stomach) is enough upon returning to camp, and after 30 minutes free access to water can usually be offered.

If signs of EHS develop while on the trail, stop where you are, seek shade, remove the saddle and pad, and send for help. If a veterinarian is available then he or she should exam your horse. If treatment is needed, your horse should be trailered back to camp. If a trailer cannot get to the horse, wait until you get the okay to move it to another site where evacuation can be accomplished.

Range of Normal Values:

Vital signs: can vary during a day

Rectal temperature (RT): - 99.5° to 100.5°

Heart rate (HR): ~ 40 (28 to 42) beats per minute. Best taken with a stethoscope.

Respiratory rate (RR): ~12 (8 to 16) breaths per minute

Hydration status:

Mucous membrane color & moistness (MMC): - pink or pale & moist

Capillary refill time (CRT): - 1 to 2 seconds.

Skin pinch/resiliency test (SPRT): - immediate return to normal.

Google search: How to take equine vital signs: (see Smart Pak video 2017: includes MM color, moistness, CRT and abdominal sounds)

Google search: Skin pinch test in horses: (see video of skin pinch test)

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

Dressage Circles

By Sue Curry Shaffer, USEF "S" Dressage Judge

Dressage is not just for the expensive, imported warmblood, nor is this sport just about the "perfect circle." Horses come in many shapes and sizes, and all can benefit from dressage training. Dressage training helps to produce horses who are more supple, flexible, and confident.

The earliest work on training horses dates back to Xenophon, a Greek military commander born around 400 B.C. He emphasized training the horse with empathy and kindness. It is encouraging to understand that this idea of positive training was at the onset of the pursuit of dressage. This is especially interesting, with so much controversy in recent years about cruelty in training involving rollkur, and other questionable techniques.

Dressage should be about a partnership between the horse and rider, showing a picture of harmony, not angst and tension. Over the past 36 years as a USEF dressage judge, I have had the joy of seeing all types and breeds of horses, ponies, and mules in dressage competitions. I have witnessed many ridden in harmony, and many struggling to understand the aids of their riders. I have actually seen a potbellied pig doing a piaffe in hand happily and in balance!

Any breed of horse can certainly benefit from correct and systematic dressage training. Dressage can help any equine use its body in a more efficient way, with better balance, less resistance, and reduced stress. All of these qualities improve the horse's strength, longevity, and stamina. Warmbloods are often at the top of competitive dressage statistics. Their conformation, ground covering gaits, and ability to collect more easily than some other breeds, have put them on the top of competition records, but all horses can improve through correct dressage training.

In every breed, there are horses with good movement, and in all

breeds there are some with limited scope. The Andalusian horse is one of the oldest breeds, and has become more popular in the last few decades. Andalusians are known to have wonderful character, and have been bred to be cooperative partners. Some say this breed can't extend the trot, and tend to be hectic in the tempo of the gaits. However, there are many Andalusians with cadence and lift.

Thoroughbreds are perhaps under appreciated

for the sport of dressage. Race horses both push from behind and pull from the front. A galloping horse carries much more weight on the forehand which makes looseness, suppleness and thrust more difficult to achieve. However, there are many successful thoroughbreds at the top of dressage competition. Keen, Hilda Gurney's Olympic champion, inspired me in the beginning of my career. She stopped in Longmont, CO, and did a demonstration for our dressage club in the late 70's. I was so inspired by this team that it actually changed my intent. My farm, Fairwind Farm, is named after my own thoroughbred, "Fairwind", who raced for five years before I purchased him. Through much patience, and time, he went from the race track to Intermediare I. He was a wonderful partner.

Many Arabians have made it to the top level of Grand Prix. Arabians tend to have shorter, flatter croups with a relatively high

tail set. Warmbloods normally have a longer, more sloped croup to facilitate the tilting of the pelvis, which is necessary for collected work and engagement. Recently Audrey Goldsmith, and her mule, Heart B Porter Creek, just became the first mule in USDF history to earn The Bronze Freestyle Bar. He has successfully earned qualifying scores are First, Second, and Third Levels.

Whether a horse can get to Grand Prix or be competitive depends on the individual horse and how they are ridden. In the end, the horse goes how we ride them. In dressage the horse is not judged on color, the shape of their ears, or faces. It is about how the horse moves, balances, and travels in harmony with the rider. The success of the training is always dependent upon the quality of the rhythm of each gait, which is the first and most important aspect of the pyramid of training.

When I see harmony and rapport between a horse and rider, it is wonderful and appreciated. And it makes absolutely no difference what size, color or breed is involved.

*Sue Curry Shaffer is a USEF "S" Dressage Judge, was a FEI ***Para Equestrian Judge, a Member of the L Faculty. She owns Fairwind Farm in the beautiful Wine Country of Santa Rosa, CA. Sue and her students have been successful for many years in all levels of dressage from Training Level to Grand Prix. Sue has been instrumental in helping many of her riders achieve their goals with multiple students earning their Bronze, Silver and Gold Medals. She has competed at the FEI levels for over 20 years and has had multiple horses in the top ten nationally. Sue is a sought-after clinician and respected judge. She has been assistant director for the USEF Para Equestrian Forum at the Dressage Affaire in Del Mar, commentator for both the Dressage Affaire and for the Dressage in the Wine Country. She's a successful breeder of Oldenburgs. Many of Donnerschlag's offspring are now competing through the FEI level. Most importantly she is known for her empathetic and positive touch in bringing out the best in riders and their partners. Sue was published in Dressage Today's March 2014 Edition.*



Cartoon used with permission of Jody Lynne Werner.



Sue Curry on her thoroughbred, Fairwind.



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Living Outside the Box

By Jane Mesics, owner/operator of Lone Willow Ranch

Being raised on the East Coast where keeping horses on plentiful pastures was the norm, I witnessed the benefits first hand and over many, many years. Therefore, when I designed my farm I stayed true to this same principle of giving horses a large pasture environment. I knew this allowed them to not only be the social herd creatures that they are, but also live a healthier life both mentally and physically. I knew as long as I followed that premise, the benefits would naturally result. Over a very short period of time I realized that horses always improved when they came to stay at Lone Willow mainly because they got to be out in the pastures.

Even though it was trying at times, carefully, slowly and safely paying attention to body language and transitioning horses out in pasture in a herd group is of utmost importance. For example, I had a warmblood who came from a local equine hospital to be retired. Pasture life was foreign to him so he found it extremely difficult to make that transition. He simply didn't understand the basic idea of being a part of a herd. Instead, he paced the outlining boundaries of the pasture for long periods. My approach with him was to keep him in at night until he got the idea, which took a few weeks. Additionally, his back was so weak from being on stall rest at the hospital that he would often lose his balance and fall down instantly. After 2 months he no longer fell over and after 6 months I called the client and told her she should come ride him!

When a new horse arrives at Lone Willow, I always take a few days to get to know the horse and its personality. That helps me determine which pasture scenario and pasture personality will be best. I have 10 different pastures with shelters in them. This gives me lots of options for this transition into the herd and pasture. I cannot overstate the value and importance of having a multitude of pasture choices for this purpose. The individual personality and behavior of a horse due to prior social experience, lack of experience or even a bad experience may make adding a horse into pasture more difficult. I have had a few babysitter horses that will keep a young horse quiet. I've also used my personal horses (well behaved, polite, but firm, and seasoned pasture horses) to do play dates as an introduction to pasture. This not only serves

as a mini-transition for a new horse, but also gives me the opportunity to observe the new horse's reaction. Is it really aggressive, fear aggressive, or is the horse confident? If a gelding is confident enough and somewhat socialized, they tend to just back off from aggressive behaviors and be absorbed into what I have called "the gelding ball" when he first goes out with a gelding group.

The mares are a different story and can be a bit more volatile. On one occasion, I had a large Premarin rescue mare that had been fine at my facility, but was injured and kicked at another ranch. When she came back to me she needed not only a good surrogate mother-type mare, but needed a reintroduction to the mare herd due to being fearful of being kicked again. After about 2 weeks, she mentally relaxed, but she always needed that other retired mare in that pasture for psychological comfort, and to allow her to rest and sleep. She was more than likely an orphan and so she never had good base social skills, hence the need for mama horse.

Sleep is tremendously important to horses and in pasture they do quite well when they have a good friend to guard over them. When I interviewed perspective clients about their horse's program and what their personality is like, they often said, "Oh she's such a pain, she hates being alone," or "It's so weird, she has lost a ton of weight being in a stall and is lame." What I knew after just a few years is that my simple principle of letting a horse have room to roam and compatible friends creates the best place for horses on earth! I also became very skilled on how to read horse body language and therefore predict horses' reactions and behavior. A horse that may seem mean or aggressive more than likely needs a good friend as it is simply insecure. The list goes on and on of what I have learned and guided me over the many years, but what I considered most important is that horses get to be horses!

Jane Mesics is the owner of the beautiful 99-acre Lone Willow Ranch in West Petaluma. She created a facility where equines could live in pasture during the day. From rehabilitation of riding horses, retirement of older equines to introducing younger horses into pasture, the health gain for the horses works to an outstanding potential for both horse and rider. Visit www.GreenWillowRanch.com.



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Rehabilitation Technologies



A neuromuscular stim machine such as the Equinew FES may help decrease muscle spasm and increase range of motion in the equine back.

Rehabilitation is defined as “restoring or bringing an animal to a condition of health or useful and constructive activity.” Any good rehabilitation program should take into account the possible causes for the injury. While the specifics of this process can be difficult, the concepts are straightforward. Once the underlying cause of the injury is determined, a veterinarian or appropriate equine professional can construct an appropriate rehabilitation plan and use the available electrophysical therapies to their greatest effect.

The when, how, and for how long of the electrophysical therapies can be simplified by understanding the goals and physical attributes of the modalities as well as the healing stages of the injured tissue. Most significant injuries have a 30-day inflammatory period, a variable filling in phase (2-6 months) and then a hugely variable remodeling period (6 months to 2 years). Treating the horse correctly for the type and location of injury, as well as the stage of rehabilitation the tissue is in, will help ensure full rehabilitation success.

From a functional perspective, the goals reflect the healing stages of the tissue. The first goal is to remove pain (inflammatory period). The second is to restore, maintain or improve range of motion (controlled walking exercise, bodywork, other therapies). The third goal is to restore or improve strength (increased exercise, targeted rehab techniques)—both in the injury and in the overall fitness level of the horse.

Following is a short summary of rehabilitation technologies—while there many brands of each modality on the market the technology in each modality is similar and therefore their mode of action is similar.

TENS – Transcutaneous Electrical Nerve Stimulation

The use of electricity for pain relief dates back to a story of an ancient Greek that stepped onto an electric fish and noted a significant improvement in his own pain. This led to the development of the Electreat, an early-19th century machine that used electricity to treat all manner of ailments. In the early 1960s the first portable TENS unit was developed and marketed for in-home pain relief.

NMES – Neuromuscular Electrical Stimulation

Generated from the transcutaneous electrical nerve stimulation, the goal of neuromuscular electrical stimulation is to achieve full contraction of a much larger muscle belly. The goal of functional electric stimulation is to mimic the pattern of intact nerves. The most commercially available neuromuscular stimulation unit manufactured for horses is the functional electric stimulation unit (FES). NMES was first used in the rehabilitation of spinal cord injury patients to generate muscle movement. It has been used to prevent atrophy of de-enervated muscles and for a large range of nerve and muscle conditions to decrease pain or atrophy and

By Carrie Schlachter, VMD, DACVSMR

improve function. The FES unit has been adapted to provide pain relief and support for the equine athlete in training.

Electromagnetic Energy – Pulsed Electromagnetic Field Therapy (PEMF)

The ancient Greek *magnes lithos* means “stone from Magnesia” and it is the origin of the word magnet. There is a larger percentage of the mineral magnetite in the rocks in the area of Magnesia. Magnetic stones were advocated to be therapeutic as far back as the ancient Chinese texts. Electrical generation of a magnetic wave was first proved in the time of Albert Einstein. The modern electromagnetic field therapy started in 1971 when Friedenbergs described the healing success of direct current delivered to a non-union fracture. In an effort to be less invasive, Dr. Andrew Bassett at Columbia University in the mid-70s developed a protocol using low frequency electromagnetic signals. Bassett and Goodman also showed that there were changes occurring at a cellular level but were not happening until 45 minutes of exposure to the waves.

Therapeutic Ultrasound

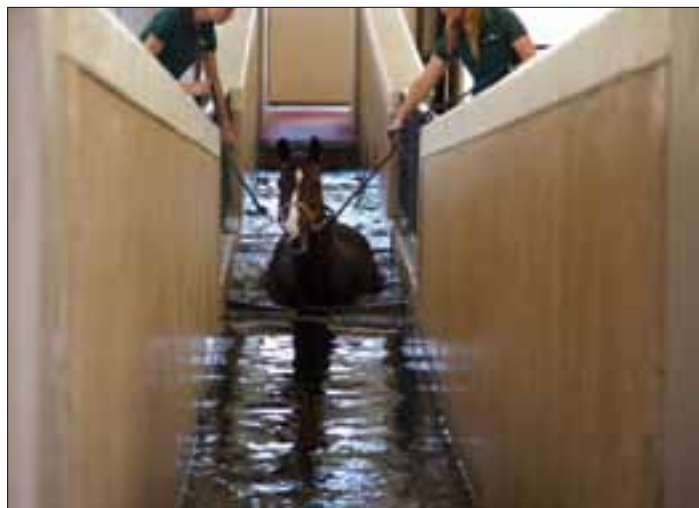
In the early 1900s, following the tragic incident with the cruise ship, Titanic, research began on the use of sound waves to identify objects. During the early phases, it was found to have detrimental effects on marine life, which led to its use in live tissues as a medical therapy. The first recorded use was in 1938 on a human suffering from sciatica.

Extracorporeal Shock Wave Therapy

Shockwave, aka ESWT, has been used in the medical field as a way to break up ureteral stones in humans, but was not utilized in equine orthopedics until 1996, when a German veterinarian used it to treat suspensory desmitis. At the time, the machines were very large and general anesthesia was required for equine patients.

Laser Therapy

Laser therapy has been in use for over 30 years, and has really taken off in the veterinary field for both small and large animals in the last 10 years. Laser has similar benefits as acupuncture, but without the invasiveness of the needles, and is often used on similar trigger points.



The underwater treadmill at Circle Oak Equine helps keep horses fit while rehabilitating from an injury or surgery.



Vibration Therapy

Vibration plates were first developed for humans in the 1990s for treatment of osteoporosis. The plates were first developed for astronauts as a way to prevent osteoporosis and muscle wasting in the absence of gravity.

Rehabilitation technology is growing faster than the scientific community can keep up. These machines are manufactured by many different companies in different places with a huge variation on quality and little to no safety oversight. Minimal peer-reviewed scientific studies are available therefore anecdotal evidence and case studies make up the majority of their claims of efficacy.


The Internet is so accessible to the horse owner it is relatively easy to get a new technology out to the market. It seems proving the efficacy of the modality can be as simple as one good review by an Olympic champion on social media. This is not an ideal situation, as we as a veterinary community are falling behind the curve of knowledge. This chapter is not an exhaustive list of the electrophysical therapies available for equine rehabilitation today (ever growing and expanding field) so the next edition of this chapter may list some very different topics. Hopefully time and more peer-reviewed research will provide us with some more realistic expectations of treatment outcomes to discuss with our owners.

For more information, please reference the full article in *Veterinary Clinics of North America* "Rehabilitation of the Equine Athlete" - Electrophysical Therapies" by Carrie Schlachter, VMD, DACVSMR and Courtney Lewis, DVM.


Dr. Carrie Schlachter is board certified in equine sports medicine and rehabilitation through the ACVSMR. Her veterinary practice, Circle Oak Equine, focuses primarily on sports medicine with special emphasis on rehabilitation.



Handwalking may be 'low tech,' but it is the core of an equine rehabilitation program.



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The Importance of a Good Warm Up and Cool Down

By Jack Burns

We should have a period of good warm up in the beginning of our training session and one of cooling down at the end. These periods at the beginning and end help develop a horse's relaxed and focused way of going. A lot of the discussion about dressage training is about maximizing the efforts of the working session and how to develop athleticism through the use of movements and exercises that progressively make the horse more supple, strong and compliant. Other discussions emphasize the relationship between the horse and rider and general ideas about how to direct the work.



A relaxed and purposeful warmup and cool down is a necessary part of every training session.

Photo: Mina Burns

refreshing and expansive for both horse and rider. This has the added benefit of exposing the horse to his surrounding environment and expands his context of the work that he does with us.

The physical and mental benefits of taking the time to have a good warm up and cool down period should not be glossed over as trivial but instead should be included in the greater context of all of the interactions we have with our horses. It's also a time for us to reflect and appreciate how lucky we are to be able to

do something as amazing as riding horses.

Jack Burns is a Sonoma County based trainer specializing in classical dressage, working equitation, Lusitano horses and helping people achieve their dreams and potential with their horses. He makes regular trips to Portugal. He trains at San Antonio Valley Stables (www.sanantoniovalleystables.com) and owns J-Dot Stables. More info: jdotstables.com and jburns@sbcglobal.net.

These are areas of great importance, but what gets lost sometimes is the context in which we do the work with our horses. We need to have a broad but clear picture of how to improve the mind and body of our horses. This context includes how we approach our horses and how we leave them. We want our sessions to be relaxed and constructive, focused and energetic. These principles need to be practiced during the whole time we are with our horses.

Grooming and tacking up need to be done in a relatively quiet place where the rider is attentive to the tasks at hand and the horse stands quietly. Longeing and ground work are effective ways but not mandatory. We always want to allow the horse to spend some time in the free walk. We want to start the working session with our horses by setting a precedent for the rest of the session. Our horses should be able to walk around the arena or elsewhere on a long rein and maintain a relaxed good quality walk on their own without either too much driving forward or restriction on our part. If this is difficult for the horse, then taking the time to address it will pay off with dividends in the future.

The importance of this time in the free walk should not be overlooked, and we should also be able to come back to a free walk during the course of our work. If the free walk is rushed or hurried, then it often indicates there was some extra tension with our horses during his work. If the free walk is too slow and not swinging, then it often means the horse has some stiffness or lack of motivation while he is working. Either of these expressions of the free walk need to be thoroughly and patiently addressed.

At the end of a working session it is equally important to spend some time allowing the horse to walk on a long rein until they are cooled down enough to return to their stall or pasture. If you are able to take a hack outside of the arena, then that can be



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Finding Chexinics Ultimatum

By Becky Shapley



At a young age my parents told me I was adopted. Imagine living your whole life wondering where you came from. Finally, in 2006 I found my biological family and got some answers. Why shouldn't I want to know the same for my horse?

I began horseback riding in 2011. I knew next to nothing about horses and quite frankly I was a little bit terrified of them. In 2013 I began leasing a horse named Pat and I found a piece of myself I never knew was missing. Pat was a lesson horse; the owner did not have her registration papers and I knew nothing about her life before she came to our barn in 2008.

In 2016, I was given Pat for Christmas. By this time, I knew bits and pieces of her background. She was a 12-year-old registered Quarter Horse, but no one knew her registered name. Her sire was Bueno Chexinic, a famous reining horse.

The part of me that found my own biological family yearned to know Pat's history. Where did she come from? What were her bloodlines? Armed with limited information but an abundance of optimism I decided to find her registration papers. I called AQHA, explained my predicament and was given a list of instructions on how to begin the process. I was warned that unless Pat's DNA was on file, there wasn't much they could do.

Step one was to get Pat's DNA tested at UC Davis for her genetic marker. This information was sent to AQHA. Much to my disappointment, no match was found. I requested that the DNA be run against the horse Bueno Chexinic to prove that Pat was one of his 336 offspring.

For AQHA to run the information, I had to first find Bueno Chexinic's current owner. They sent a signed release to AQHA giving permission for DNA to be cross checked. This took several weeks but was ultimately verified that Bueno Chexinic was Pat's sire. Now what?

I was even more determined not to give up. It was time to start using what pieces of the puzzle I had to try and fill in the gaps. Knowing Pat's age, I was able to look up all the foals by Bueno

Chexinic from the year 2004. There were four bay mares that did not have DNA on file. I was confident that one of those four horses had to be my Pat. Using social media and Google, I found pictures and compared them. None of them was Pat.

I was bewildered. Something had to be wrong. Which piece of the puzzle didn't fit? Then I looked at foals born in 2003. Two bay mares did not have DNA on file. I was able to quickly rule out one, but the other took a little more work. I contacted the owner on file who could not remember much, but said the horse was bought in Texas and taken to a barn in Temecula, CA. This was the same town where Pat had come from. Pieces began to click in.

The dam for the horse I believed could be Pat was named Katie By The Bay. I tracked down her owners and they gave permission for DNA to be cross checked. Several long weeks of silence and then finally an email came through. Katie was a match! Lucky for me the other offspring out of Katie happened to all have DNA on file, so there was no question that I had found Pat's identity.



Having fun at a Halloween horse show with Pat.



Becky and Pat at Point Reyes.

It took another 8 months of paper work and tracking down previous owners to sign over ownership. After 18 months of working on this project I finally received Pat's registration papers, with my name on them as the current registered owner. To some it may seem like a waste of time, but her registration papers on my wall complete a piece of her history. They tell a story. After everything she has taught me, I owed it to her to find out who she was and where she came from.

Pat's registered name is Chexinics Ultimatum.

Becky Shapley lives in Santa Rosa, CA. She works with at risk youth in a residential treatment facility and with foster youth in Sonoma County. She is a CHA certified riding instructor, CEIP-ED certified, a certified EMT and phlebotomist. Becky currently owns two horses.

Photo: Lisa Lombardi



Riding Between the Lessons

By Lisa Lombardi

"What did you learn in this lesson today?"

That is the question I ask at the end of every riding lesson I teach. Students have the chance to reflect and acknowledge learning taking place. But what about the time between lessons? How can riders prevent burn out, avoid feeling like they are not making progress, or that others are progressing faster? What can inspire and motivate riders during non-lesson time?

The first step is to realize that every single horse and rider combination is unique. The rider who owns the Western pleasure Quarter Horse may learn to lope sooner than the person who leases the off the track Thoroughbred. But the person who leases the off the track Thoroughbred may perfect the rising trot before the person who has access to the bombproof trail horse. And the person who has access to the bombproof trail horse may get invited to go horse camping before the rider who owns the Western pleasure Quarter Horse.

Who is progressing faster is a matter of perspective. Do yourself a favor and do not compare your unique situation to others. Moving on...

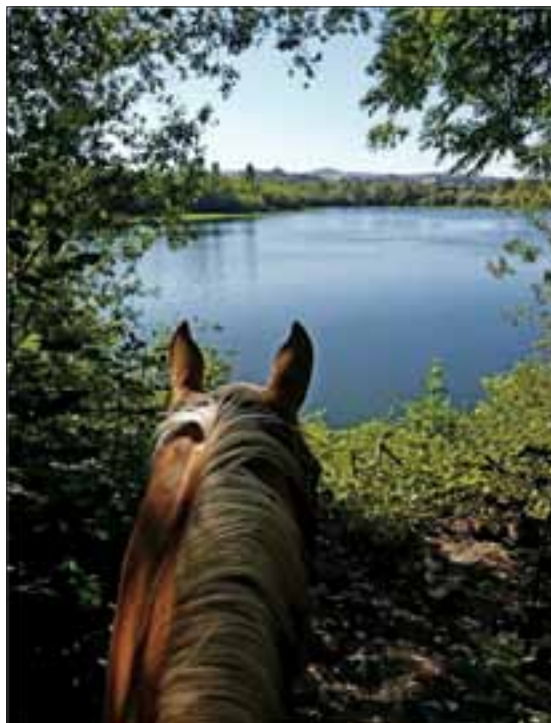
What can you do to progress and enjoy your horse between lessons? Not every suggestion is appropriate for every horse and rider combination, but here are some possibilities.

Ask your instructor for homework. Your instructor is familiar with your capabilities and your particular horse, and will likely be able to suggest exercises that will make the next lesson go more smoothly. For example, if you are working on walk/trot transitions for an upcoming schooling show, perhaps your homework could be doing 10 steps of a walk, 20 steps of a trot, 10 more steps of a trot, and then gradually decreasing the number of steps in each gait to increase precision and difficulty.

Perhaps you could ride a different horse. For example, if you need to work on confidence at a canter, riding a well trained steady school horse for a while may be beneficial. If you need to work on loosening your ankles, knees or back, maybe riding a horse with more exaggerated movement a few times could help.

Enter a competition to test your progress or discover holes in your riding. Or examine a score sheet from a previous show to determine what you could improve on. Make it a goal to earn a higher score on one particular maneuver.

Have someone video record you and watch the video of yourself riding. You may be surprised at number of times you look down, how much your hands move, or how uneven your



Lisa on Ti Amo - changing the scenery to prevent boredom in the arena.

Photo: Lisa Lombardi

shoulders are. Or, you may be surprised at how much your equitation has improved over the past year!

Keep a journal of your riding. It always amazes me when people fail to realize their own progress. If you were unable to even consistently sit a jog two months ago, and now you are loping, give yourself credit for making such progress! Keeping a journal and periodically reading prior entries may help.

Ride with someone else. A riding buddy may help with inspiration, calming nerves, and motivation. Encourage each other.

Can you trail ride? Set up obstacles in the arena? Go for a 'trail ride' around the perimeter of the ranch? Change the scenery.

Sometimes spending time with your horse on the ground will improve your relationship with your horse. Groom

your horse and see if you can find her itchy spot. Teach your horse a showmanship pattern. Practice trailer loading. Give your horse a thorough bath. Hand graze your horse in a grassy area. There are many ways to bond with your horse that will in turn make riding more enjoyable for both of you.

Get creative. Tired of riding dressage patterns? Try riding your name in the sand with your horse's feet!

There are countless ways to enjoy your horse between lessons.

What did you learn in this article today?

Lisa Lombardi is an SRJC equine science instructor, CHA Master Instructor, PATH, Ceip-ed certified, and has taught professionally since 1987. Lisa's 24-year-old lesson horse, Ten-Thirty, was Sonoma County's 2013 Equus Award winner, 2011 and 2012 CHA international school horse of the year runner-up. She currently owns 9 horses. www.clovertenthirty.com.



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Lost and Found

By Deb Jackson

I'm waiting for a call from my vet, Dr. Amber Johnson from Artaurus Equine Clinic with the results of Bueno's blood tests. As I await the details, I sit down to write my article for this issue. The topic seems elusive, something about the aging rider, or was it the elder horse? Gee ... what could it be?

Meanwhile, back at the ranch, my dear cowboy, Bueno, has been experiencing so many strange and mysterious symptoms that a friend said, "He's like a science project!" Sometime earlier this year I began telling myself he's just getting older. Well, perhaps his days are numbered. I should begin to prepare for this.

Right.

Yep, I'm yet again confronted with the startling discovery of the impermanence of all living things on this earth. By age, by fire, by disease, you name it. Never mind that my day job involves working with elders in nursing facilities and care homes. Sometimes loss and grieving hit closer to home, and involves a part of one's own story. Like Janis Joplin sang, it "takes another little piece of my heart..."

Bueno knew a dear friend of mine who recently died. He and she shared a profession: coaching people to find their light, their soul's desire, and live in their truth. And, she knew Bueno. As her cancer took control, she found comfort with him, honesty, and a connection to the divine. Now he comforts me with his own special kind of hugs, the deepest connection, and renewed commitment to our friendship.



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Photo: Annie Conn

Co-Authors, Bueno and Deb

Whatever Dr. Amber has to tell me, good news or bad, one day I'll have to let him go. I often think of all the horse owners that love their horses and care for them for their whole lives. It's a privilege to celebrate their memory and their contributions, their beauty. We hope that this will happen naturally, but may have to learn to trust ourselves enough to help them with their passage if called to do so. We have to go deep to find the inner resources to step up for our beloved equines. And, I'm learning that many of my own friends have had experience with this that we hadn't ever talked about. I draw strength in these conversations.

Bueno, my cowboy, is a gorgeous bay Quarter Horse that always chats in his baritone nicker with any and all who enter the barn. He has not been ridden much at all during his lifetime due to conformation issues. He has partnered with the humans in his life in other ways: by teaching us to see the beauty in imperfection, and discover relationship without control or domination. He is the tenderest of souls and has loved the company of all the many other beings who have been his friends. He has encouraged an alpaca to be brave, a mini horse to boss him around and feel her power, and many people to heal their pain and find their confidence. He's taught me to play and not be so serious! He's been an older and wiser friend to my young and impetuous April.

Thank you for listening to this story. I want people to know about my wonderful horse. I hope that you will write about, and tell your horse's story, as well. How have they touched you, changed the way you see the world? Made you listen, laugh, learn? I hope that when you do lose your equine friend and partner, you will find that your heart has become whole again by celebrating them in this way. Mine has.

Deb Jackson is the Founder of Windhorse Full Circle Coaching, offering private sessions coaching in partnership with horses. All our work is done unmounted, and is safe for those with no experience with horses. Deb is a certified in the Equine Gestalt Coaching Method, and a lifelong equestrian. Please contact us for more information at: Deb@WindhorseFullCircle.com, 808 561-1932.



News & Newsworthy



"Poppy"- one of the Cloverdale 12 available for adoption now in the Sonoma County CHANGE Program.

Cloverdale 12 Equine Humane Case Update

By Heather Bailey, President, Sonoma County CHANGE Program

On June 6, 2018, Joseph Rafael, 65, pled no contest to three felony counts of animal cruelty relating to 12 horses (2 stallions and 10 mares) that were seized from his Cloverdale property on March 22, 2018 by Sonoma County Animal Services (SCAS) with the help of the Sonoma County CHANGE Program. CHANGE is a 501(c)(3) volunteer organization that assists local law enforcement with equine humane cases by providing transport, foster care, rehabilitation and adoption services for horses in custody.

The plea deal Rafael reached with prosecutors includes 90 days in jail (with the possibility of work release), 3 years probation and a 10-year prohibition on animal ownership, along with other standard restrictions and requirements that come with a felony conviction.

CHANGE applauds the work of both SCAS and the District Attorney, Jill Ravitch, in taking a hard-line approach to the prosecution of Rafael. CHANGE is also proud to report that all of the horses

have received complete veterinary and farrier care, and are now healthy and ready for adoption. For more information about the Cloverdale 12, visit the "Available for Adoption" section of www.sonomachangeprogram.com or follow CHANGE on Facebook.

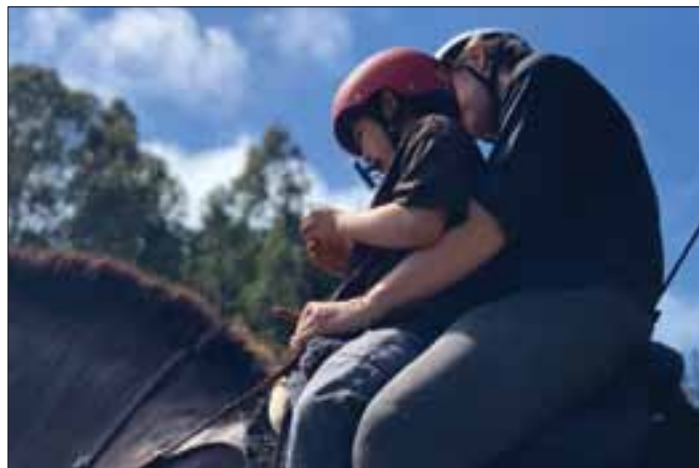
Several horse lovers helped with the care of these horses through both volunteer support and monetary donation. The success of this case reflects the horse community's resolve to fight equine neglect and abuse. CHANGE wishes to thank all who supported the effort.



Rescued Cloverdale horse, Gabby.



Rescued Cloverdale horse, Ethel.



Square Peg client and staff "backriding" together.

Cadence Farm

Welcomes the Square Peg Foundation to Its Stalls

By Becca Knopf

Last September, when beloved local dressage trainer, Susan Pommer, passed away the community was heartbroken. Susan's dream of owning her own dressage training and boarding facility became a reality in the form of Cadence Farm in 2003. This sweet horse facility has been the home and learning place to many special horses and clients over the years. Survived by her husband, Kurt, and her two sons it was decided that the farm would remain in operation and continue to serve the community in a new way.

Thus, the Square Peg Foundation comes to open its second location at Cadence Farm. A Thoroughbred Aftercare Alliance accredited organization and 501(c)(3) nonprofit, the Square Peg Foundation has been serving families since 2004 in the Peninsula area. This adaptive riding program and thoroughbred ex-racehorse rescue believes in serving and celebrating everyone's individual quirkiness. To find out more visit www.squarepegfoundation.org or email rebecca@everyonefits.org.



Staff, Becca Knopf, pretends to be a horse for a client while he snuggles Tucker the hound.

Local Equestrian Events—Fall 2018

Monthly	Clinics with Erika Jansson (email or call for dates)	SR Equestrian Center	ejdressage@me.com, 707-326-7612
Sep 12-16	Strides & Tides A	Sonoma Horse Pk, Petaluma	sonomahorsepark.com
Sep 15	4D Barrel Race	SW Arena	sebastopolwranglers.com
Sep 16	Combined Test & Dressage Show	SR Equestrian Center	srequestrian.com
Sep 19-23	SHP Season Finale A	Sonoma Horse Pk, Petaluma	sonomahorsepark.com
Sep 22-23	Rebecca Larcher Trail Obstacle Clinic	Rincon Riders Arena, SR	juliesjuggler@comcast.net, 707-483-1624
Sep 29	Trail Obstacle Challenge	SW Trail	sebastopolwranglers.com
Oct 6	All-Breed Open Show/Stick Horse Class	SoCo Fairgrounds, SR	debbiewiegmann@gmail.com, 707-321-7060
Oct 6	Chris Ellsworth Flagging Clinic	Rawking Ranch, Briones	chrisellsworthhorsemanship.com
Oct 7	Sue Curry Dressage Clinic	Fairwind Farm, Santa Rosa	fairwindfarm
Oct 5-7	Richard Miller, DVM, Equine Dentist	Hoofbeat Park	krisfame0911@gmail.com, 707-529-8245
Oct 11-14	Chris Ellsworth Ranch Horse Course	Novato Horsemen Arena	chrisellsworthhorsemanship.com
Oct 14	Combined Test and Dressage Show	SR Equestrian Center	srequestrian.com
Oct 14	Judy McHerron Test & Dressage Clinic	Hoofbeat Park	equine@sonic.net or 707-431-2920
Oct 28	Hossmoor Halloween Parade & Games	Briones	hossmoor.com
Oct 27	Trailer Maneuvering Laboratory Course (SCHC)	SRJC Shone Farm (see p. 13)	tstashak@sbcglobal.net by 10/22/18
Oct 28	Wine Country Arabian Horse Assoc.		
	All Breed Halloween Open Schooling Show	433 Sanford Rd, Santa Rosa	debbiewiegmann@gmail.com, 707-321-7060

Please submit events for the next issue to Horse Journal Editor, Patrice Doyle - schc.pdoyle@gmail.com

Sonoma County—Places to Ride

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



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Sonoma County Horse Journal Submission Guidelines

Article submissions must have content that is educational, substantive, and of interest to a broad range of equine enthusiasts. Examples would be horse handling techniques, veterinary topics, rider fitness, riding disciplines, farriers/hoof care, etc. Authors should include short (40 words or less) biographical and background information, qualifications, etc. Articles may be rejected if a submission is overtly promotional of a product, service, business, and/or organization.

All articles are edited before appearing in print.

Submissions should be no longer than 600 words and may be accompanied by no more than two pictures, unless arranged for in advance and approved by the editor. ALL PHOTOGRAPHS must be the property of the submission's author or be accompanied by verifiable usage permissions from the photographs' owner of rights. Please submit photos in jpg, tiff, psd or pdf format and at least 300dpi (about 1 megabyte).

Please format your submissions as a Word document, one-inch margins, double-spaced, 12-point Times New Roman font. Include the author's name, phone number/email, and word count. Spell check your content, please.

News & Newsworthy submissions must be news items and/or announcements of interest to readership. Examples are show results, opening of a facility, and updates from rescue organizations/non-profits. Content must be 150-words or less and one photo.

Authors retain copyright for their work and grant the Sonoma County Horse Council and The Sonoma County Horse Council's Horse Journal permission to print submissions without remuneration.

Submission Deadlines

Spring Issue - Submission Deadline February 1 - Publication March 15

Summer Issue - Submission Deadline May 1 - Publication June 15

Fall Issue - Submission Deadline August 1 - Publication September 15

Winter Issue - Submission Deadline November 1 - Publication December 15



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