

Sonoma County

Horse Journal

Volume 16 • Issue 2
Spring 2019

*Published by the
Sonoma County
Horse Council*



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Cover Photo: William T. Stacy
Polo player Mark Urdahl and his horse
hunt down that white ball.

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Gwen Kilchherr is a long time Sonoma County landscape consultant and designer. She is the host of the Saturday morning KSRO 1350 AM Garden Talk show, and writer of the Q&A garden column The Garden Doctor in the Press Democrat. Gwen is a Sonoma County CDS member and active volunteer at events and shows. She and her warmblood mare, Cleo, are working with trainer Lori Cook and moving up to second level dressage.



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 traveling. You can reach her at Empire Equine, (707) 545-3909. Her website is www.empire-equine.com.



Katrina Charmatz started riding Morgan horses at age eight in upstate New York. She became a certified master Pilates trainer in 2005. Katrina's movement education includes advanced anatomy training, human biomechanics and fascia release work thru orthopedic massage. Katrina is the director/master trainer at Rebalance Pilates Studio in Petaluma. She adopted a 12-year-old Thoroughbred gelding, Tinsel, and is developing his potential as a balanced, supple dressage horse. www.rebalancepilatesstudio.com



Paul Griffin, an avid horse person and active polo player, has served the Wine Country Polo Club and the United States Polo Association in many capacities over the years. When not working as distinguished professor of management at U.C. Davis, he enjoys weekend chukkas at the Trione Field. Prior to polo, his passion was triathlon, having represented the U.S. several times in his age group. He is also involved in native bird preservation in New Zealand. For more information about polo in Sonoma County, email Paul at chukkas@winecountrypolocub.com.



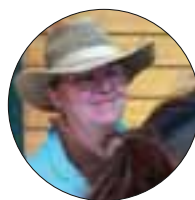
Shilo Bishop and Caitlin Crawford, a mother and daughter team, live in Penngrrove. Shilo has spent her whole life with horses, at one time as an Arabian horse trainer and running the breeding program for Bishop Lane Farm. She won seven National and Reserve Arabian National Championships. She earned degrees from Colorado State University and California State Polytechnic University in nutrition and reproduction. She turned her facility into a USDA facility for frozen semen, collecting over 20 different breeds of stallions and breeding mares. For three years she taught reproduction at the Santa Rosa Junior College.



Marcie Lewis of Santa Rosa is a professional equine and equestrian lifestyle photographer with 15 years experience, and has been a student of photography and horses for many more years. She has specialized in capturing the horse and human relationship through singular photo shoots or multiple sessions. marcielewisphotography@gmail.com



Lisa Lombardi is a Santa Rosa Junior College equine science instructor, CHA clinic instructor, CHA master instructor, PATH, Eeip-ed certified, and has taught professionally since 1987. Lisa's late lesson horse Ten-Thirty was Sonoma County's 2013 Equus Award winner, 2011 and 2012 CHA International School Horse of the Year runner-up. www.clovertenthirty.com



Deb Jackson is the founder of Windhorse Full Circle Coaching. She has studied and explored the varied approaches to healing with equines. Deb is certified in the Equine Gestalt Coaching Method. deb@windhorsefullcircle.com, (808) 561-1932.



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PRESIDENT'S MESSAGE

Are you ready for spring? Just think how wonderful it will be to dry out and enjoy the trails and arenas of our beautiful county. While we are waiting, allow me to share your Sonoma County Horse Council's plans for 2019.

The SCHC held its annual general meeting on Feb. 13 at the Sonoma County Driving and Riding Club. Those who braved a torrential downpour to attend were treated to a fabulous dinner prepared by board member Sahar Bartlett, ably assisted by Betsy Wheeler. Here's a recap of the update presented at the meeting:

EQUINE DISASTER AND CAMP FIRE RELIEF GRANTS

Between November 2017 and October 2018, the program awarded \$146,000 to 43 recipients (individuals, businesses and non-profits) that had equine-related losses in the 2017 fires. Our amazingly generous community enabled us to help in this way, and the SCHC is now seeking a suitable non-profit partner in Butte County to help us provide similar grants to survivors of the Camp fire.

SUPPORT FOR ANIMAL SERVICES IN DISASTERS

The SCHC is committed to supporting Sonoma County Animal Services with evacuation and sheltering of equines in disaster situations. We are pleased that this commitment is being formalized in a written agreement with Animal Services that spells out our role. This important development will help us define the specific training disaster service workers will need to provide these crucial services.

TRAILER SAFETY AND LOADING COURSES

The SCHC's trailer safety and maneuvering course will be held April 27 and Oct. 27. This course is required for disaster services workers desiring to help with evacuation. Our trailer loading course at Shone Farms will be May 18 and September 7. Visit sonomacountyhorsecouncil.org for more information.

MICROCHIPPING CLINICS

We will offer at least two reduced-fee microchipping clinics in 2019 (much appreciation to Amber Bowen, DVM, and John Kaufman, DVM, for the 2018 clinic) – and, if you have 10 or more horses to be chipped, we'll bring the clinic to you.

SONOMA COUNTY FAIR HORSE SHOW

The fair's horse show is July 27. Once again, the SCHC is partnering with the Petaluma Riding & Driving Club to offer a series of free workshops to help kids prepare for the show. The dates will be announced shortly.



Elizabeth and Greycie

BITTERSWEET GOODBYE AND HEARTY HELLO

Patrice Doyle has stepped down as the Horse Journal's editor after four years of wrangling it into the splendid publication it has become. Our appreciation of Patrice runs deep. The reins are now held by Patti Schofler, long-time Sonoma County writer, author, editor and horse lover. She introduces herself in the Letter from the Editor of this issue. Thank you, Patrice, and welcome Patti.

Best,

Elizabeth Palmer

President, Sonoma County Horse Council

LETTER FROM THE EDITOR



Back in September, SCHC *Horse Journal* editor Patrice Doyle and I were chatting away in her horse trailer parked at the Los Angeles Equestrian Center for the CDS Championships. Our meet up gave me the chance to applaud the super job she was doing with the magazine, making it such a fine publication.

Time went by and by December Patrice saw her life take a different turn. She asked if I would

would be interested in the editorship. I jumped on it. My background is in journalism and horses. What a great opportunity.

Here's a bit about me. My work has been writing in one way or another. I started out as an editorial assistant, then reporter for the *Chicago Tribune*, worked as a publicist for United Airlines,

a nonprofit development coordinator, a paralegal, an author ("Flight without Wings"), an equestrian sports publicist and freelance writer. (I've won a few journalism awards along the way.) I think there were other jobs in there as well. But they all related to researching and writing, finding out things and telling people about those things.

As for horses, I've had four horses in my life, having started in my late 20s. Two are with me now: one retiree and one young guy. I ride, compete and judge dressage and love it. Nonetheless, I'm trying to learn all I can about the many things "horse", whatever the breed, discipline, the history, the art or area of interest.

And now about you. With this spring issue, I hope you will be as excited about the magazine as I am, and will share with me, the SCHC board and your fellow readers your thoughts about an article or a photo, or make a suggestion on how the magazine can well serve the Sonoma County horse community. Let me know at schc.pschofler@gmail.com.

Warm regards,

Patti Schofler

Managing Editor



LOOK FOR RED FLAGS IN GREEN PASTURES

Beware of Poisonous Plants Where Horses Graze

By Gwen Kilchherr



Buttercup



Oleander



Curly Dock



Groundsel

Photos: Gwen Kilchherr

Hundreds of poisonous plants grow wild in California, some of these growing right in your horses' pasture. If the pasture is full of delicious, green grasses to graze on, and if good quality forage is plentiful in the pasture, horses' instincts will kick in and protect them from eating most poisonous plants. They are picky animals and usually won't bother to eat strange, bitter-tasting plants. Many poisonous plants are not palatable, and most horses will only eat them if there is nothing else for them to graze on.

On the other hand – and here is where the red flag goes up – an overgrazed pasture may invite them to investigate these undesirable plants. And some poisonous plants are quite palatable and appealing to horses, especially when the new tender young shoots start to sprout.

One would think that due to a horse's size, it would take a lot of leaves to impact a thousand-pound animal. Again, not true. Some plants are extremely dangerous because of their potency, and if the horses have continuous access to grazing on such plants, toxins can build up in their organs over time, leading to poisoning.

What makes a plant poisonous? Chemical compounds in the plant such as acids, alkaloids, amines, glycosides and resins are just a few of the toxic substances in poisonous plants. Depending on the degree of plant toxicity, poisoning can occur from just a one-time ingestion or from long-term repeated ingestion from a plant.

It is up to horse owners to prevent accidental plant poisonings. As a horse owner, the best way to prevent accidental poisoning is to recognize and identify poisonous plants before it's too late. Walk around the pasture and inspect for poisonous plants. Learn to

identify buttercup, curly dock, false dandelion, groundsel and yellow star thistle, just to name a handful. Remove them by hand digging, mowing, excluding access with fencing, spot spraying with vinegar, or if absolutely necessary, spot spraying with an herbicide. (Follow the label directions.)

Calculate if a horse's neck can stretch beyond the fence line of the pasture, because we have all seen that horse reaching for that one blade of grass.

Walking the pastures also will give you an opportunity to evaluate the amount of desirable forage. Is there adequate forage or does the pasture contain many bare areas without extra hay provided? Are there more weeds than forage? A healthy, productive pasture will crowd out most poisonous weeds and provide good quality forage. When pastures are overgrazed from horses eating the grasses and legumes down to the soil, weeds take over.

Also check the hedgerows surrounding the pasture. A hedgerow is made up of plants lined up to delineate boundaries, such as your property line. Oleander, maple, black locust and walnut trees, to name a few, are poisonous. Do not throw broken branches of these species, or any clippings, prunings and pulled

weeds into the pasture.

Prevention is the best cure. Whenever you suspect that a plant is dangerous, it would be wise to remove the source from the horse's access, or the horse from the source.

Call your veterinarian immediately should you suspect your horse has been poisoned.

Additional information can be obtained by:

Horse Owner's Field Guide to Toxic Plants by Sandra Burger and editors of Breakthrough Publications

UC Master Gardener Program of Sonoma County, 133 Aviation Blvd., Suite 109, Santa Rosa

University of California Livestock-Poisoning Plants of California publication 8398

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PLANT INTOXICATIONS

By Michele Beko, DVM

Reflecting back on many years of practicing, a handful of cases stand out in my memory. One of these happened years ago when a favorite client called to say that she'd just gotten home and three of her four horses were lying down, and didn't want to come in for dinner. Upon my arrival I found that all three were mildly colicky, depressed and had either softer than normal manure or overt diarrhea. Two had fevers and two had gastric reflux (fluid accumulation in their stomach). After checking to confirm that they had water and that their hay appeared to be clean, we set out looking for toxic plants.

They had spent most of the day in the neighbor's pasture, where we discovered pile of a large wisteria vine clippings. There were hoofprints and a few piles of manure nearby.

Unaware that wisteria was toxic, I called a couple of other veterinarians who also said they had not heard of wisteria being toxic. The next day I contacted the UC Davis Cooperative Extension and spoke with a toxicologist who confirmed that wisteria is indeed toxic and tends to cause gastrointestinal irritation. Fortunately, all three horses recovered.

The good news is that poisoning of any type is uncommon in horses. Most toxic plants are not appealing to horses and they don't have access to the chemicals in our garages or gardens like our dogs and cats do.

OLEANDER MAY BE FATAL

Oleander (*nerium*) is one of the more likely intoxications seen in horses. All parts of this widely planted shrub contain cardiac glycosides along with a few other toxins. The leaves are bitter and most horses ingest them accidentally in grass clippings. Just a few leaves are enough to sicken a horse with diarrhea and cardiac arrhythmias. I once treated a horse who'd grabbed a few leaves and had a heart rate of only 16 for several days (his normal heart rate was 32-36 bpm). It is often fatal; sudden death may be the only symptom.

The diagnosis of oleander intoxication can be confirmed by a lab test detecting oleandrin in a horse's blood, urine or gastrointestinal contents. Treatment can include flushing the horse's stomach



Two types of wisteria


or giving charcoal or mineral oil to prevent further absorption of the toxins, as well as symptomatic treatment.

Other toxic plants occurring locally include fiddleneck (*amsinckia*) and groundsel (*senecio spp.*), both of which contain pyrrolizidine alkaloids. While liver failure is uncommon in horses, pyrrolizidine alkaloid intoxications are the most common cause of chronic liver failure in equids worldwide. A horse must consume 25-50 percent of its body weight over several months to be affected. Most horses won't choose to eat these plants but will consume them if they contaminate their hay, pellets or cubes. Chronic ingestion causes cirrhosis (scarring) of the liver months after exposure. There is no treatment and it is ultimately fatal.

MAY NEED BLOOD TRANSFUSION

The leaves of red leaf maple trees (*Acer rubrum*) are also toxic. Fresh leaves don't seem to be a problem, but approximately five to eight pounds wilted or dried leaves for an average sized horse can cause hemolytic anemia (insufficient numbers of red blood cells due to rupture of these cells) about 18 hours after ingestion. This will cause the horse to be lethargic, have discolored gums and urine, and an elevated heart rate. It is fatal in approximately 60-65 percent of horses. Treatment with activated charcoal or mineral oil soon after ingestion may block absorption of the unknown toxic compound in the leaves. Blood transfusions may be necessary.

A comprehensive list of toxic plants is too long to cite in this article. Familiarize yourself with both the wild and ornamental plants growing around your horse. Different species of plants can cause a wide range of problems. Likely you know your horse well. Call your veterinarian promptly when he or she "isn't right".

Lastly, note that the above-mentioned plants are all natural and that not all natural things are safe. 



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WHERE EAST MEETS WEST

Exploring the Possibilities

By Patti Schofler

“Oh, East is East, and West is West, and never the twain shall meet” was the first line of an 1892 poem by Rudyard Kipling. Substituting the word “east” with English, and “west” with Western, we might be talking about two types of riding, and ask ourselves if Kipling’s statement applied to these two seemingly different ways to ride.

To explore that thought, we asked dressage trainer Brian Hafner and reining trainer Ollie Galligan the same questions. You decide if Kipling’s statement applies.

First, meet our Sonoma County characters.

BRIAN HAFNER (BH) is a dressage trainer who operates Brian Hafner Dressage at Fairwind Farm in Santa Rosa. He is a USDF Gold Medalist who trained his own horse Lombardo to international level Grand Prix from a four-year-old. He was U.S. team member for the 2015 Nation’s Cup, Falsterbo, Sweden, CDI05*, and 2014 Nation’s Cup teams in Rotterdam CDI05* and Hickstead CDI3, and 2009 NAYRC triple medalist. Lombardo was California Dressage Society 2015 Grand Prix Horse of the Year.

OLLIE GALLIGAN (OG) is a reining trainer who runs Galligan Performance Horses out of his Sliding Spot Ranch in Petaluma. Past president of the West Coast Reining Association, Ollie today is a National Reining Horse Association judge. A native of Ireland who has lived in Sonoma County since 2000, one of his proudest accomplishments was to be the first person to represent Ireland in reining at the 2010 FEI World Equestrian Games held in Kentucky.

We asked Brian and Ollie:

HJ: The outside rein is the rein on the outside of the bend or outer side of the arena. How important is the outside rein?

BH: From a dressage stand point, it’s vital. A baby isn’t going to know what the outside rein is, but over time you develop this feeling that you have a connection on the outside rein that controls turning, speed, collection, thoroughness and ultimately leads to the connection with the hind legs.

OG: It’s a huge deal in my program. Every time the clients are in lessons I’m yelling, “Outside rein, outside rein, outside rein.” That’s your collecting, yielding rein as opposed to your inside rein which is your balancing rein. It keeps the horse from getting overbent or too bent. With that rein we do a lot of guiding and asking the horse to step under with the hind legs so it can carry the shoulders up and not stuck into the ground. For turning we pick up the shoulders with the outside rein.

HJ: What is the purpose of the outside rein?

BH: The outside rein helps to keep the horse in proper alignment and balance and helps to create a more uphill horse. Visually, the



Brian Hafner



Ollie Galligan

horse’s hips are wider than its shoulders. When the shoulders are on the rail, not in shoulder fore, the inside hind leg is more to the inside of the arena. But you want the inside hind leg on the same track as the inside front leg to help the horse take more weight behind and ultimately lighten his front end. This is the idea of shoulder-fore, which creates an engaged, active inside leg.

OG: Self carriage is everything with the reining horses. The outside rein is for

guiding, turning, collecting, keeping the frame, keeping eye and nostril in the direction they’re going, keeping the horse straight. I tell people we really have two outside reins. It depends on the direction you’re going.

HJ: How do you train the horse so you can effectively use the outside rein?

BH: We push the horse to fill out that rein to use that rein. But there has to be energy going to that rein in order to keep the connection. That’s where the rider’s inside leg is used to connect the horse’s inside hind leg to the outside rein. Ultimately, you want him to step forward and under with his inside leg and carry the weight.

With a young horse turning, we’re happy if the horse is following the inside rein with its head and then its body. We start developing outside rein understanding and connection with leg yielding, whereby we are pushing the horse over to the outside rein and controlling the outside shoulder from bulging with our outside rein. This then leads to teaching the horse shoulder-fore by moving the horse from its inside leg to a connected outside rein as the outside rein brings the horse’s shoulders slightly to the inside. This helps keep the alignment of the horse’s body and ultimately leads to increased self-carriage, more engagement and a more uphill-balanced horse. Common mistakes are pulling or turning the horse with only the inside rein or being inside rein dominant. This causes the outside shoulder to bulge out, and you’ve lost the horse’s alignment. There is no true connection to the hind legs or carrying power. Connection of the inside hind leg to the outside rein is paramount to the balance and engagement of any movement you do in dressage.

OG: It’s a little tricky, especially with the reining because you have to put the horse there, connected to the outside rein, and then you expect it to stay there on a loose rein. You’re constantly positioning the horse, putting it in the bubble, then letting it loose and seeing that it maintains. The horse has to build up the muscles to maintain self-carriage. You can’t hold it there. You’re constantly showing it how to get in position, with constant leg into hand



(cont. from page 9)

communication with the horse.

A lot of people ride from head to back. You need to ride from back to front. Start with our legs, with the horse lifting its rib cage, lifting its body and then driving forward.

We break down the steps, first softening all the areas, piece by piece: head, neck, shoulders, rib cage, hip. We do a lot of counter arc, moving rib cages and shoulders, really going into the body to get rid of resistances. We want them to take direction from our hands and legs and not feel like they're being scolded or have a bad impression of our aids. It's just moving away from pressure. Only then can you put them together to form the profile you want.

When we're preaching outside rein, we have to be careful of counter arching these horses. That's why we're looking for good movers that have good natural balance and easily get into this position. It's tough if you have one running downhill, and you're constantly saying get underneath yourself. You have to have the right animal for the job. Then you develop the muscles and self-carriage.

Remember that with reining you teach them this using two hands, but then you have to ride one handed.

HJ: Reader, where did you end up on the East/West spectrum? It seems that the outfits may be different, but the basics are pretty much the same. 🐾

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PILATES FOR RIDERS

Body Awareness Will Improve Your Riding

By Katrina Charmatz

Whether working on creating a deeper dressage seat for your tempi changes, keeping your two-point forward galloping position in eventing, riding while balancing a 12-foot garrocha pole in working equitation or increasing your stamina for competitive trail riding, Pilates is a useful system to improve alignment and posture, and create a stronger, more balanced, supple rider.

A century-old low-impact, physical fitness system, this core strengthening program is based on five principles: centering, concentration, control, precision, breath and fluid movement.

Pilates can be done on a mat or on spring-based equipment called Reformer, Cadillac or Wunder Chair. Private sessions with a knowledgeable trainer who has equestrian experience are recommended to practice the movements correctly based on your body's specific alignment.

WHY PILATES FOR RIDERS

Core strength, balance and alignment all come together in Pilates to create in the saddle stable upper body, shoulders, hips, knees and lower legs. Having a centered and balanced seat, created by your increased body awareness, can dramatically help your horse's movement because you are not blocking your horse's movements. Pilates teaches awareness of where your body is in space and how to adjust to maintain your upright position.



"Neutral spine" core stabilization and balance using foam roller

Photo: Valencia Lezzeni

A good Pilates program will teach which abdominals to use, how to use them, and the value of a neutral spine position, what it is and how to achieve it. A neutral spine is important because it allows the spine, pelvis and joints to be

aligned in a healthy way, reducing wear and tear on them when you move.

To find your neutral spine, sit in a chair in front of a mirror.

1. Slouch, round the low back, round the shoulders.
2. Sit up tall, look upward, carefully arch the back and roll the



"Single Leg Stretch" strengthens core and lengthens legs.

Photo: Valencia Lezzeni

shoulders down the back.

3. Find the "neutral" position in between those two positions. It's not an arch, not a rounded spine, but somewhere in the middle of those two positions. In neutral spine, your head is balanced over the shoulders, shoulders are stacked over hips, hips are over the heels. In other words, neutral spine is "plumb line" posture.

WHICH ABS ARE THE RIGHT ABS

The deepest abdominals, called the transverse abdominals (TA), stabilize the spine and keep riders balanced in the saddle. The TA fire the multifidus back muscles. These are the small, deepest, postural and stabilizing muscles. The TA are accessed by drawing the lowest abdominals inward towards the spine, at the same time there is a "lift" of the pelvic floor. (Yes, guys, you also have a pelvic floor.) Together these two actions create a narrowing of the pelvis and a strong inner unit. Creating a stronger core helps to ease low back pain as well.

A comprehensive Pilates program should offer riders with movement limitations tools to feel more flexible. Something that inhibits comfortable movement in our bodies is restricted fascia. Fascia is like an interconnected spider web of connective tissue throughout our bodies that should slide easily, but can become stuck together with adhesions, resulting in discomfort and limitations in our movement patterns. Releasing the fascia can help with tight hips, shoulders and other riding muscles.

Besides massage, riders can do their own myofascial release (a hands-on technique whereby you apply gentle, sustained pressure into the myofascial connective tissue) by using a series of small balls, stretchy bands and foam rollers to slowly roll out the tight areas. Foam rollers and large stability balls can add more challenge to balance and core work.

To see if an equestrian Pilates program is the right fit, visit a class, interview a potential trainer, or get a referral from a student. An instructor's knowledge of anatomy and riding biomechanics is helpful for targeting the correct muscles and alignments. Some trainers will offer assessments of how you move, your imbalances, strengths and goals in the saddle as well as "in-saddle" studio work.



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LEADING THE CAVALRY CHARGE

Equestrian Polo in Sonoma County

By Paul Griffin

Actor Sylvester Stallone described the polo ride “like trying to play golf during an earthquake.”



Photo: William T. Stacy

Collin White, USA (red helmet), and Leandro Floccari, Argentina (blue helmet) put great effort into the sport.

Between Wine Country Polo Club (WCPC) in Santa Rosa and Cerra Pampa Polo Club in Petaluma with access to beautiful fields in gorgeous locations, this game played with fast horses, wooden mallets and a white ball is a Sonoma County gem that brings some of the country's top players to its benefit matches while providing a home for locals who are passionate about the game.

Those who are keen about the game might agree with British Prime Minister Winston Churchill who called it the emperor of games, proclaiming that “a polo handicap is a person's ticket to the world”.

Today as a sport well played by men and women, characteristics that make up polo players are the love and understanding of horses, and the ability to ride extremely well, to the point where riding becomes second nature to the game. Churchill described the deep personal connection between a rider and a horse: “There is something about the outside of a horse that is good for the inside of a man.”

Essential to the pros and amateurs alike is a string of high-quality polo ponies (six to eight ponies per player is best). These are mainly imports from Argentina, which the local players provide as the pro's mounts. A trained polo pony is normally a 14-to-15-hand Thoroughbred or Thoroughbred cross.

Some say a good polo pony is 80 percent of the player's game. A top pony should have a great heart for the game, and the ability to accelerate quickly, handle ride-offs, turn on a dime, learn quickly, and love running fast alongside other ponies up and down the field (the size of nine soccer fields).

THE ATTRACTION OF THE GAME

Sonoma's own passionate polo lover, Vic Trione, is drawn to the adrenaline rush. “You're leading the cavalry charge. I've never done

anything like it. It's a very physical game with lots of contact. You're leveraging the horse's weight, throwing it against the other horse, bumping against other horses, and all at speed.”

“You need to be in physically good shape with good hand eye coordination,” describes Vic who began playing in high school when the father of a girl he was dating suggested he take up polo if he wanted to continue seeing his daughter. Though he joked that “I've sent my orthopedic surgeon's kids to college,” Vic gets a broad smile on his face just at the mention of polo.

Hundreds of locals drawn to the sport included the late Henry Trione, his sons Vic and Mark, Billy Linfoot, R. C. Smith, Mack Jason, Jimmy Mero, Roger

Schaukel and Bud Dardi. The sport has been played every summer at the Trione Field in Oakmont since the field opened in 1969.

The Oakmont field grew out of the negotiations that created Anadel State Park, now Trione-Annadel State Park following Henry's passing in 2014. It began as a 10-acre corn field in the Wild Oak subdivision bought by Henry Trione, who was captured by the sport in the late '50s. Highly rated polo player Bob Walter had moved to Sonoma County from Milwaukee when he bought Fountaingrove Ranch. He put a mallet in his neighbor Henry's hand, put him on a polo pony, and Henry was hooked with his first swing. He went on to be inducted into the National Polo Hall of Fame.

MAINTAIN THAT ALL IMPORTANT FIELD

Today, the Trione Field is home to the Wine Country Polo Club, a blend of Northern California locals and high-goal professionals including Hernan Agote, Alfredo Goti and Martin Tassara, who visit from Argentina every summer.

Reputed to be one of the best in California, the field requires irrigation, mowing and fertilizing. It consists mostly of the preferred Bermuda grass mixed with sand for aeration. The irrigation system is underground and served by a well.

Field quality is essential for high-goal polo, with pony speeds of up to 40 mph. To enable safe high-goal polo, the field was recently reengineered with the latest technology, and a special mower was purchased for perfect grass length following a resurfacing.

The pros like the Sonoma County location because of the ideal weather. Indeed, there's almost no chance that polo is canceled at the Wine Country Polo Club, although unusually high midday summer temperatures can shift the start time. The adjoining Wild Oak Saddle Club, once the Joe Coney farmhouse, gives players a place to socialize at the end of the day. During the off-season,



local players and ponies can be seen exercising on Sonoma trails and beaches. Some, though, can't wait until the following summer, and in early December head to Indio, the home of California winter polo in the west.

CELEBRITY PLAYERS AND SPECTATORS

The field has also attracted its fair share of celebrities, such as when St. Regis hotels hosted a charity tournament showcasing Nacho Figueras, currently the poster-child of the sport. A few years back, Winston Churchill's granddaughter tossed the ball in for the first chukka and presented the trophy at the Winston S. Churchill and James S. Brady Courage Cup. (See page 14 for details on polo.) "My grandfather would have loved to be here, watching a sport he loved so much," said Celia Sandys, a Churchill historian, author and the British wartime leader and statesman's granddaughter.

Presently, the most important charity event at WCPC, 550 White Oak Drive, Santa Rosa, is the Wounded Veterans Polo Tournament, an event which raises funds to aid disabled veterans' causes in the Bay Area, especially groups focused on PTSD therapies using horses, dogs, fly fishing and sailing. Now in its ninth year, the 2019 date for the tournament is Sunday, August 18. Since 2015, players have battled it out in the Henry Trione Memorial Trophy tournament, the second major match of the summer season.

Cerro Pampa Polo Club, 1295 San Antonio Road, Petaluma, was founded in 1997 by a passionate group of polo playing friends from the University of Virginia and Yale University who wanted to continue the sport as part of their post-collegiate lives. The founders chose the 100-acre private property for its beauty, proximity to San Francisco and expansive flat pasture which is now the club's field.

The club is home to multiple professional players, offers two lessons programs, a kid's program and junior tournament, clinics, and horse leasing and boarding. With the club's season running from May 15 through Sept. 15, club play during the season takes place on Wednesdays, Saturdays and Sundays. The annual club charity tournament, The Oyster Cup, is held Aug. 23-24 with participation from other clubs in the region.



Photo: William T. Stacy

Carol Molin of the Wine Country Polo Club is among the many women representing the fastest growing segment of the sport.

RULES OF THE FIELD

The rules of the game, determined in the United States by its governing body, the U.S. Polo Association (USPA), are almost entirely about safety on the field, player discipline and animal welfare. Fans can live-stream polo matches by logging on to the USPA web site. Interestingly, although a mandate requiring polo safety helmets to meet the National Operating Committee on Standards for Athletic Equipment (NOCSAE) will not take effect until June 1, 2020, players and umpires must wear a safety helmet at all times on the field.

Other aspects of the game are changing too. Until recently, the USPA and other countries rated men and women on the same criteria, with the result that the highest rated woman in the United States was a five (the late Sunny Hale), whereas nines and tens were common for the men. Now women worldwide have separate outdoor and arena polo ratings for their tournaments, enabling top women such as Nina Clarkin of the UK to be ranked as 10-goalers. Women, according to the USPA, are now the fastest growing segment of the sport in the United States. It is not unusual for WCPC to host a women-only tournament.

One elusive quest of the sport is its reintroduction to the Summer Olympics, the last time being 1936. The Federation of International Polo (FIPS) makes regular efforts to achieve this goal. However, FIP's bid for Tokyo 2020 was recently denied. Perhaps with some extra nudging, the International Olympic Committee will accept equestrian polo for Paris 2024. That would be a great boost for the sport. There's still time. So stay tuned.



Photo: William T. Stacy

In chukka play with Wine Country Polo Club



Nimble Horses, White Pants, a Stick and a Ball

FACTS ABOUT POLO

THE BASICS

Polo is a ball sport, played on horses where one team attempts to score goals by hitting a hard hockey-sized ball through their opposition's goal with a mallet attached to the end of a 4¼-inch stick.

THE PITCH

A regulation polo field is 300 yards (274 meters) long by 160 yards (146 meters) wide. It's almost as big as 10 football fields and is the largest field in organized sports. Goalposts are eight yards apart.

CHUKKAS (also chukkers)

Each polo match is divided into chukkas. A chukker is seven minutes with an added 30 seconds to finish out the play. Seven minutes represents the amount of time a horse can reasonably exert itself before needing a rest. Polo matches are divided into four to six chukkers depending whether the level is low, medium or high goal polo.

PLAYERS

In outdoor polo there are four players on a team. Numbers one and two are traditionally attacking while three is the midfield playmaker and four is defense. However, as the sport is so fluid there are no definite positions in polo.

POLO IS A GENDER-BLIND SPORT

A player's handicap (skill level) is what counts, while gender is of no importance. Male and female players who have achieved the same handicap are treated as equals and considered to have identical skill levels; polo is one of very few sports where this holds true.

HANDICAPS

Handicaps in polo range from -2 to 10 "goals," with 10 being the best. A player who is playing above his handicap level (i.e. three playing as a five) is known as a bandit, and is a very valuable but short-lived commodity. Handicaps are assessed and independently mediated several times during the season.

LEFTIES ARE NOT LEFT BEHIND

In 1975, left-handed players were ruled out for safety reasons. Today polo must be played right-handed, although there are still three lefties on the world circuit. To understand why, consider this: you're driving merrily down the road when all of a sudden, coming straight at you, is an Englishman driving on the left side of the road. The panic you'd feel in that situation is just what a right-handed polo player feels when he and a lefty approach the ball from opposite directions.

THE RULES

The rules of polo are centered almost in totality around safety. When you have half a ton of horse traveling one way in excess of 30 mph, you do not want to be hit by half a ton of horse traveling in excess of 30 mph the other way. Polo is inherently dangerous,



Cerra Pampa Polo Club players admire the view.

which may be part of the allure; however, the rules go a long way to negate risk.

UMPIRES

Two mounted umpires referee the game. They must agree on each foul/call made. If they disagree they refer to the "3rd Man" who would be on the edge of the pitch in line with the center mark. His decision will settle the argument.

POLO PONIES

Polo ponies, often from Argentina or North American Thoroughbred lines, are around 15 hands to 15.3 hands high. They must be fast, nimble and have great endurance.

THE POLO BALL

The polo ball is 3¼ inches (9 centimeters) in diameter and regulation mallets vary from 48 to 54 inches (122 to 137 centimeters) in length.


WHITE PANTS

Like many polo traditions, this one can be traced back to India where the game was played by nobility that competed in intense heat. Players preferred clothing that was light in weight and color. Polo, it seems, has always been fashionable.

HORSES' MANES AND TAILS

Free flowing manes and tails are a danger in polo because they can become entangled with players' mallets or with the reins as the rider tries to control his horse. Manes are shaved and the ponies' tails are wrapped or braided to prevent the hazard. Wrapping or braiding replaced the crueler practice of docking (amputating) the horse's tail near the base so all that remained was a short stump.

DIVOT STOMP

It's customary at matches to invite the spectators onto the field at halftime to tread in the divots kicked up by the horses. The custom has a practical as well as a public-relations value: the field is repaired for the teams by the time they begin the second half of play. It's not clear who was the first enterprising club manager to realize he had an abundant and cheap grounds-keeper crew at his disposal. But old-timers will tell you the job used to be done by hired help. In the 1920s, for example, laborers at the polo clubs tapped in the divots after every period with a tool resembling an oversized croquet mallet. Between games, wives of the polo grooms, many of whom were immigrants, could be found on hands and knees cutting dandelions and other weeds from the fields. Have you seen the movie "Pretty Woman," with the famous divot-stomping scene? Grab your floppy hats and your glass of champagne and enjoy the experience of polo. 

(Reprinted with permission of the Wine Country Polo Club)

A TRIBUTE TO A LEGENDARY SONOMA COUNTY STALLION

Monogramm (1985-2019)

By Shilo Bishop and Caitlyn Crawford

From the moment you laid eyes on him you were hooked. He would walk over, ears forward and stop perfectly in front of you waiting for you to scratch his neck. Monogramm was beauty and he was grace. Monogramm was a one in a million horse that captured the hearts of everyone who had the pleasure to know him.

In the spring of 1985, the word went out that a spectacular chestnut colt had been born at the Pattersons Arabians in Sisters, Ore. Out of the Russian mare Monogramma and by Negatraz, a son of *Bask (*editor's note: the asterisk in front of an Arabian horse's name indicates that the horse has been imported to the United States*), this colt was named Monogramm after his mother. As a yearling, he was purchased by Bill and Meredith Bishop of Bishop Lane Farm in Sebastopol, his family until his last day this year.

The stallion went on to become U.S. reserve national champion futurity colt and twice top ten halter stallion. He sired champions in halter, English pleasure, side saddle, dressage, cutting, working cow, sport horse, Western pleasure, hunter pleasure, country pleasure, ride and tie, racing and endurance. Monogramm sired champions in over 62 countries including several U.S. national champion stallions and mares as well as Polish national champions.

LEASED TO POLAND

Monogramm was the first horse from the U.S. ever leased by Poland, an historic and a current leading nation in Arabian horse breeding, and was the first representative of the legendary *Bask blood in Poland. His first foal crop was beyond anyone's hopes and went on to achieve many world championships. During his tenure there he became the Polish leading sire.



The late Arabian stallion Monogramm poses at the Penngrove ranch with Caitlin Crawford, Shilo Bishop's daughter.

Called a legend, perfection, the great one, pure beauty, gorgeous and monumental, to everyone who saw him in person or who sees him in their sons and grandsons, he was all of these things and the embodiment of the Arabian breed.

But to us, he was just Mono, the horse that sparked the Bishop Lane Farm breeding program, but more importantly, he was the horse that brought love to the whole Bishop family. Every time you drove up the driveway to Bishop Lane Farm Mono welcomed you. When the main farm was sold in 2005, he moved with Shilo Bishop to a smaller farm in Penngrove.

AT HOME IN PENNGROVE

A special paddock with a tree and large stall was built for him in the center of the property where he could oversee all the farm activities. A curious fellow, he was very opinionated and always interested in everyone else's business. Seeing his pretty face and little tippy ears every day you

passed his paddock was a daily joy.

Every night when we would go to blanket him he would walk out of his stall and greet you with his ears forward, giving you the love he willingly shared. Some days, you found him not acting his age at all. He was running around, snorting and blowing, acting like he was a yearling again. He was always game for anything whether that was a photo shoot to photograph his spirited self or quietly babysitting a four-year-old. Mono was the kind of horse you could go out and jump on bareback and just walk around the paddock.


No words can truly capture how rare and special Monogramm was. He has been laid to rest at our farm. He can watch over us. Rest in peace, Mono. You were very loved. 

Photo: Dominique Cogne

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CAPTURE YOUR HORSE WITH YOUR PHONE

Professional Tips for the Cell Camera Photographer

By Marcie Lewis

Phone photography has come a long way with today's cell phones having amazing cameras with incredible capability. Still no one has come up with a self-driving camera with artificial intelligence. It is still the person behind the camera, whether a professional or an amateur, that determines the success of the outcome.

Some photographs taken with a phone camera warm my heart because they are taken with love, pride and joy. I see some posted that make me cringe. They would be almost perfect if only the photographer had done this or that.

What if you could use your phone to capture the essence of those horses you love? What if you were as happy with the image taken as you are with the subject? Here are some tips toward that end.

1. **START CLEAN** Take a minute to make sure your "lens" is clean and not blocked with any grass, hay, dirt, or finger prints. Check for anything that may be blocking it. Debris can scratch the lens. Wipe it clean with an alcohol product.

2. **FRAMING YOUR PHOTO** Use the landscape view (wider than tall). You may need to crop it later. Angle your picture so that you can avoid common mistakes like trees coming out of the subject's head, or a background that includes in the photo manure piles.

Perspective is everything. Be mindful of distortions that happen when you stand too close or hold the phone at an angle. While your horse grazes lazily, use your cell phone camera as a test canvas. Holding the phone horizontally, move it up and down. Tilt it forward and back. See how the distance and angle of the view of the horse changes the result. The nose becomes larger or smaller. Legs can become exaggerated. The hind end can become disproportionate to the rest of the body. The head gets really small or really large. This is distortion.

3. **BEAUTIFUL BACKGROUND** Have a nice pond? Have a colorful barn? Include them as beautiful backgrounds—without piles of things, torn up fencing and wheelbarrows. Close-up head shots can cut out the debris that can accumulate at your barn. On the other hand, is there something that is attractive at your barn? Symmetrical barn doors can create a frame as can a stall door that has not been cribbed on. Colors on barn walls, like that great red or the stark white, add dimension and the WOW factor you may enjoy. Look for structures that enhance or blend with the color of your horse.

4. **TAKE MANY SHOTS** Facial expressions change. Ears go up and down. Eyes open and close. Keep shooting. Shoot many angles, straight-on head shots, side views, from behind and from



Sparky (Bailiwick Braveheart) patiently models for a photo taken by owner Alicia Zecherle.

Photo: Patti Schofler

above. Do this by moving both yourself and the phone.

5. **SHOW OFF YOUR BUDDY** Have a look at the breed standards for your horse's breed so that you can photograph your horse to show off its best attributes.

6. **GET ALL THE RIGHT BODY PARTS** If shooting from the side view, get all four hooves. Three- or two-legged horses look unbalanced. If doing a head shot, get the chest too.

7. **LIGHTING IS ALL** "Bad lighting, darling, is bad for a good face," I always say. Full sun, shadowed light and early evening provide light you can shoot in depending on what look you are trying to get. While coats become dull in shadowed light, polishing products electrify most coats. Dappled sunlight is usually no one's friend. The shade

should be even. Light bounces off horses in shadowed light and drama comes from unique lighting. Early morning is bluer. Late afternoon before sunset can be bright, but when in open shade, it's stunning. If your low light shots inside are grainy, move closer to the light source or bring more in by the window.

Your cell will pick the best exposure for what light you're in.

8. **BEYOND THE SHOTS** Zoom is not all it's cracked up to be. If you shoot in the zoom setting (the little slider) on the picture screen, the shot will not be as focused as you would wish. Do test shots.

9. **EDITING** Using the editing process with your smart phone is fun. So as not to permanently change the picture use the "undo" feature. You can crop, straighten, add or take away shadow, etc. On the iPhone when you open a picture, an "edit" choice is on the right side. With the small icon that looks like a sundial, pick "light". Go to the menu box on the lower right side. Try the slider. Many of these features are available on both iPhones and Androids.

With other apps you can add color, drama, grunge, etc. They're relatively inexpensive from your app store. Some apps to look up: Mextures (textures over your image), Quickshot and PS Express (for serious editing).

A note about live view on iPhones: they do not store as photos, but more like short videos. So switch from live view if you plan on downloading the shots.

Hopefully, you will have some you want to upload from your phone to Walgreens, or Target or Costco or wherever you choose to have them printed. Do print them and hang them everywhere. This is the best time of our lives. Capture what is fleeting. 🐾



DEFINING GOAL SETTING

The Good, The Bad and The Importance of Goal Setting

By Lisa Lombardi



After her riding lesson, Becky Shapley contemplates her goals and the approach of sunset, sitting aboard Lisa Lombardi's horse Oohla.

As a parent dropped off his child for a riding lesson on the family's newly acquired horse, he emphatically pronounced, "I don't want my kid just riding around having fun. I want her to be working toward a specific goal!"

Completely caught off guard, I did not respond. But it got me thinking about goals and what we really want to gain when we spend time with our equine partners. Truth be told, goals serve each of us differently, depending on who we are and where we are in our lives. For some, goals create frustration and inhibit our full enjoyment of time spent in the saddle. For others, goals enhance our relationship with our horse.

Often when we think of goals, we think of competitions. Some may aspire to earning a USDF Silver Medal while others wish to achieve a 17.3 time around the barrels, or competently clear 2'6" fences.

How do you determine your horsemanship goals for 2019?

If competition is at the top of your list, a first step may be to consider your own reality today. What are your physical abilities and how can you enhance them? What is the current training level and fitness of your horse? What is your financial situation? How much can you spend for the help of a qualified trainer or instructor, travel and show expenses, attire and tack? What opportunities are available to you?

SETTING DOABLE GOALS

Set a goal that is attainable. For example, setting a goal of winning the 2019 AQHA open senior pleasure world championships may lead to disappointment, while setting a goal of scoring a 7 on a free walk in a Training Level dressage test may lead to success.

Often the goals I consider for my students are not connected to competition.

One student would like to learn how to evaluate a horse's appropriateness for her so that when the student moves out of the area in spring, she'll be better prepared to evaluate riding opportunities. In recent lessons, she has been riding a variety of horses, comparing training level, smoothness of gaits, personalities, and becoming more comfortable and competent on each.

Another student with recently diagnosed serious health issues now rides to get outside and activate healing. She often rides bareback to share the power and sensitivity of the horse when her own body feels vulnerable and weak. She gains the physical and emotional balance that currently may be lacking in other areas of life.

HOW TO APPROACH A NEW HORSE

Several students are adjusting to new horses. To develop a positive relationship with their new horses, they will need to create trust and improve communication in order to advance beyond current levels, some will resume competitions at lower levels than where they had left off with their former mounts. They will need patience with what the horses present in order to make advancements later.

One student's greatest desire is to go horse camping this summer. In her lessons we are working on keeping the horse's attention, preventing spooking, crossing water and other obstacles, and additional useful skills for trail riding.

However, perhaps the ultimate goal for these riders is to truly ride for pure enjoyment. Perhaps the child whose father is worried that his child will be riding for fun will benefit the most from riding. That radiant child may curiously try out and adjust to different horses in various saddles and bareback, gain confidence riding in and outside an arena, feel alive and healthy, AND, as a result, score higher in the performance arena.

As a seven-year-old boy told me yesterday as he was leaving the arena after playing games on horseback for an hour, "I learn to ride better when I am not thinking about it!"

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WORKING WITH WHAT IS

By Melissa Kalember

We all want what's best for our horses, and most humans have the best intentions where their horses are involved. However, I've observed that riders focus mostly on learning to ride better to help their horses. And while riding better is important, it is not the only factor affecting the horse's physical and emotional well-being.

To the horse's benefit, I have seen a growing number of people using bodywork on their horses. Working on 20+ horses a month continually shows me the importance and effect of bodywork on the physical and emotional being of these wonderful animals.

In turn, I pass on to my clients what I have come to believe from working on their horses.

1. Most of us are not amazing riders who ride in perfect balance all the time. We are where we are in our riding evolution, and that's okay. Your horse is going to respond to where your riding baseline is, and that's okay too. For example, most intermediate riders are starting to get the correct timing of riding leg to



Acupressure is incorporated into the bodywork treatments to assess the horse's energetic state. When applying touch to any acupressure point, the hand feels if it is in a normal energetic flow, or if the energy is either deficient or in excess. The practitioner can help restore the energy flow of the point back into balance.



Trigger point therapy is a massage technique used in bodywork treatment and involves the application of pressure to tender muscle tissue in order to relieve pain and dysfunction in other parts of the body. It may also be called myofascial (myo meaning muscle, fascia meaning connective tissue) trigger point therapy.

hand to encourage connection and correct frame. But since they are just starting to get this, they are not going to be perfect. It takes time to develop the skill. So the horse has to tolerate where its rider is.

A rider using too much hand can cause the horse to curl its neck and get tight in those muscles. A rider with tense, low hands can cause the horse to travel with its head too high, causing tight glute muscles and hamstrings. While horses are one of the most forgiving animals alive and will tolerate our learning curve, we must give back to them by taking care of their physical and emotional states. One way to do that is with modalities like bodywork.


Bodywork can relieve muscle tension that has resulted from being ridden. It may prevent tight muscles and in turn give the horse a better shot at soundness and happiness.

2. We know horses have very creative ways to get into trouble. I massage most of my clients' horses in their

living space and have seen why certain areas in their bodies are always tight. For example, I worked on a gymkhana horse every two weeks. He lived in a big pasture, had a good rider, and ate naturally off the ground. Yet, he always had a tight, overdeveloped muscle on left lower part of his neck.

I could not figure it out, until one day I studied him in pasture. Every time the gymkhana horse went to bite a fly, he turned his head to the left. He never turned his head to the right to bite flies. If you add up how many minutes a day he was doing that, that was a lot of minutes. That was his way of warding off the flies. If you study horses, most have a certain movement they do to ward off the flies. Whatever movement they are doing, somehow it moves their whole bodies in such a way that it gets all the flies on them. So, with no human intervention to exercise his body sides evenly, the gymkhana horse kept that muscle tight.

3. Some horses live in a big space, some have a small living environment. Most of us want big, green Kentucky-type land for them, but sadly that's not the case in California. So, we horse owners have to work with what is: their living space will impact their physical and emotional state. Just like the riding topic, I'm not saying good or bad. Just recognize it, so you can support their physical and emotional being in a way that keeps them happy and sound.

Since we all want what's best for our horses, the better we understand their lives, the better their lives will be. 



THE RIDE WHEN APRIL HELPS ME FIND MYSELF

The Horse That Coaches Me

By Deb Jackson

When I was eight, I spent most of my time out riding alone on my pony, Silver, in the Colorado countryside. Sixty years later, I still love solo trail rides. At the end of the work week, I find my way back to myself with a little off-tune singing, my horse's footfalls and bird calls.

Not too long ago, after a particularly difficult week full of injustices, human sorrow and my feeling inadequate to the task, I looked to my mare April to fix all that. Only our ride out was punctuated by many spooks and attempts to turn back to home.

To stop the foolishness, I tried to get tough with her. But tough felt just awful. Finally, I took some deep breaths, and did a mindful body scan, going from head to toe, noting where I felt tense and weird. April had coached me through and carried me safely on until we arrived home as a peaceful pair. As she happily rolled in the mud, I wondered where all those ghosts had come from.

WHEN I GOT HOME

That evening I took up my journal, and as soon as I set pen to paper, the tears came. Lots of tears. In Gestalt we call this a "full body release"—so much grief, anger and self-doubt was trapped in my body. I realized that all of these versions of me were also in the saddle that day. Imagine what that must have felt like to April. She had all that on her back, and all that energy traveling through the rider's body into hers. It took a lot for April to finally get my attention. April was my coach that day ... as she is every day.

Gestalt coaching in partnership with horses is somatic, about the living body. We all experience psychological traumas in our lives that become stored in our bodies. Gestalt and somatic work brings these effects of these traumas to awareness, allowing for the release, and a return to wholeness. If you have ever danced, done tai chi, aikido or yoga, you understand that there is a deep body




April, Deb's Gestalt coach

awareness that allows for a rhythm and flow. Play some music in the arena, and feel the difference in your own body. You may find you're thinking less and are more connected with your horse.

WE WANT TO PARTNER WITH HORSES

Why do we so deeply want to partner, to dance and to play with horses? Perhaps it is in part because they give us the biofeedback we need to release and become whole. HeartMath research has shown how our breathing and heart rate begins to sync with theirs, and theirs with ours. We feel honored by their acceptance because they have a strong herd instinct that we share. April will sometimes yawn when it's time to receive the bridle, which makes me yawn, releasing my jaw, which releases my shoulders, deepens my breath and softens my hands on her mouth. I'm not always aware I need that—but she is. We want them to accept us, to love us, to carry and dance with us. This makes us seek to connect more deeply with our own bodies. It follows that in order to do that we must release limiting beliefs and painful stories.

April was my equine gestalt coach on the trail that day. She had the awareness that she was carrying all those ghosts before I did, and tried her best to let me know. Gestalt is the process of becoming whole.

Our horses want us to show up as our true selves, and if we pay attention, they will let us know what is in the way of our connecting with our true selves. 



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A lady sees an advertisement for a horse that sounds perfect, but the price seems really low. She goes to see the horse that belongs to an old cowboy. The horse is very pretty and well-trained with nice gaits. She rides him around the arena, and he is easy to ride. She tells the cowboy that he is perfect and she wants to buy him. The cowboy asks if she is sure because, "He don't look so good". She tells him, "No, I think he is gorgeous." The cowboy repeats again, "You sure? He don't look so good." The lady says, "Yes, I want him". She pays for a horse and hauls him home before the cowboy can change his mind. A couple of days later she

takes the horse on a trail ride, and he falls off a cliff. She is very banged up and no longer wants the horse. She goes back to the cowboy and says, "This horse you sold me is not safe. He literally walked right off a cliff." The cowboy replies, "Yes m'am, he's blind. I done told you he don't look so good."

Patience Patchet, Petaluma

How do you get an Appaloosa?
Shake the tree.

Patience Patchet, Petaluma

A horse walks into a bar. The bartender asks, "Why the long face?"

Marshall Patterson, Petaluma

What do you need to get your stallion out on the trails?

A trail mary.

Pauline Muntzer, Santa Rosa

Horses are afraid of only two things: things that move and things that don't.

Natacha Waddell, Sao Paolo, Brazil




LASER THERAPY

By Leslie Mikulich, DVM

Lasers have been around since the '70s, a time when lasers did not have the depth and scientific backing that lasers enjoy today when they have become an important player in equine veterinary medicine.

The Class IV lasers produce a series of cellular events that reduce pain and inflammation and promote healing. It can be used in tendon healing, osteoarthritis, wound healing, back and muscle disorders, lameness and synovitis and tenosynovitis.

Therapeutic lasers work by a process called photo biomodulation, a light therapy that utilizes non-ionizing light sources including lasers, light emitting diodes and/or broadband light, in the visible (400–700 nm) and near-infrared (700–1100 nm) electromagnetic spectrum. The best clinical results are achieved when a specific number of photons reach the target tissue and cells. The laser light is measured in joules per centimeter squared. Therapeutic laser dosage is dependent on three factors: power output, wavelength and time. Laser light energy absorbed by the skin and subcutaneous tissue is estimated to be 50 to 90 percent. When the light reaches the cells, increased nitrous oxide dilates the blood vessels, releases beta endorphins and energizes the mitochondria, the powerhouse of the cells.

The clinical literature offers an increasing body of evidence supporting the use Class IV lasers in a wide range of clinical conditions, demonstrating successful results. Treatments are cumulative, but immediate results are felt. The cost of laser therapy depends on the time needed to achieve beneficial results and location to be treated. It is complementary to other therapies as well. 

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NEWS & NEWSWORTHY

Sonoma County Eventers Are Hot

Frankie Thieriot Stutes of Occidental and Chatwin, The Chatwin Group's ten-year-old Oldenburg gelding, were chosen for the USEF 2019 Development Pre-elite Training List aimed at identifying and supporting athlete and horse combinations that have the perceived potential to meet Elite status within the next two to four years to compete on a championship team in the next four to six years.



Photo: JJ Stillman

Maddy Temkin of Sebastopol and her horse Dr. Hart, a 12-year-old Thoroughbred, was among the 12 athletes chosen for the USEF Emerging Athlete Eventing 25 program based on their current form, competition results and potential to make a valuable contribution in team competition. These athletes and their horses have participated in winter training sessions on either the East or West Coast.



Photo: Kim F. Miller

Charlotte Bartlett of Petaluma and 2 A.M. (Abe), a seven-year-old Dutch Warmblood, joined 12 USEF Eventing 18 athletes in the winter training sessions, held on the West and East Coasts, for which she was selected based on the talent of the athlete or horse-and-athlete combination, and less on the horse's ability.

Wine Country AHA Does It Again



left to right: AHA President Nancy Harvey; Debbie Wiegmann; AHA Vice President Deborah Johnson; Wine Country AHA Youth Coordinator Patti Belanger; Wine Country AHA Director Susan Noonan; Wine Country youth member; and Region 3 Youth Coordinator Grace Casteel

For the second year in a row, the Wine Country Arabian Horse Association was named the 2018 Arabian Horse Association Club of the Year at the 2018 Arabian Horse Association (AHA) Convention in Tulsa, Okla. The club also took home the Membership Recruitment Award. "This recognition was a huge honor given that the

club was established just four years ago," said Debbie Wiegmann of Sebastopol, club vice president. In contention for the awards were 217 clubs in 18 regions across the United States.



As The Barn Turns

Jaclyn Pepper Dressage has moved to Margaret and Eric Davis's Sienna Mountain Ranch, 490 Sonoma Mountain Road, Petaluma.

Book Tells All

"Three Nights at the Condor: A Coal Miner's Son, Carol Doda, and the Topless Revolution", written by Sonoma County's Benita Mattioli, until recently owner with husband Pete of Hunter Lane Equestrian (originally Double Bar M Ranch) in Santa Rosa. The true tale of how the Condor, a tiny San Francisco bar with a jukebox, was transformed into the first—then the most famous—topless nightclub in history, becoming a key player in the sexual revolution of the 1960s. Narrated by Benita, the story takes the reader through Pete's wild life as owner of the Condor, focusing on his relationships with the legendary Carol Doda, Pete's notorious partner Gino Del Prete, promoter Big Davey Rosenberg, the entertainers and celebrities who frequented the club.



New Academy for Vets



J. Gumbiner Photography

Carrie Schlachter, DMV, Nicole Rombach, DMV and Debanne Pattillo

Sonoma's Carrie Schlachter, DVM and Nicole Rombach, Ph.D. and Napa's Debanne Pattillo of Equinology have teamed up with the opening of the Academy of Animal Sports Science (AASS), an education company for licensed professionals looking for education in the animal complementary health care field. Their Animal Sports Therapy and Rehabilitation Program equine and canine divisions are conducted by veterinarian specialists from around the globe. www.academyofanimalsportscience.com



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FARRIER CLINIC LOOKS AT SEEDY TOE

By Mary Taft-McPhee

Veterinarians, horse owners and many women farriers from California and Nevada gathered at The Farrier Center in Cotati this winter to hear Sarah Logie, FWCF, from Inverness, Scotland, discuss her fellowship research on the hoof disease seedy toe.

Sarah is one of two women in the world to hold the Fellowship certification, the highest-recognized qualification in farriery from the United Kingdom's Worshipful Company of Farriers, an equivalent to the U.S.'s American Farriers Association.

With an introduction to anatomy and conformation, Logie reminded the group, "To understand how to maintain or mend something you must first understand how it should work." She stressed the importance of looking at the horse holistically to understand what forces are acting on the hoof, and how best to trim and shoe that horse for its unique situation and needs.

In the afternoon, Logie presented her research on seedy toe, which looked at the effects of treatment by debriding the affected area and applying different types of disinfecting agents under a patch. According to her thesis, this system should provide a greater chance of recovery than the standard treatment of debridement, and either leaving the area open or patching without additional treatment. The initial statistical hypothesis was that there would be no difference between patching with copper sulfate, iodine or nolla silver polymer gel.

In order to collect data and understand the disease, she first classified the cases into two types: Type 1 or generally isolated structural cases, and Type 2, which is characterized by systemic involvement and may involve elements of poor nutrition, multiple hooves and environmental factors. Although it is commonly called "white line disease" in the U.S., and the terms are used interchangeably, she argued that the term seedy toe better covers the variety of symptoms found in the two types of cases, since it can involve more than the white line. For her research, she looked only at Type 1 cases and found statistically significant effects for both iodine and copper sulfate treatments.

(cont. page 24)



Sarah Logie addresses the seminar.

Photo: Mary Taft-McPhee

WHAT IS SEEDY TOE?

Seedy toe is a disease of the hoof caused by the separation of the hoof wall from the underlying sensitive laminae at the white line. Dirt, hoof horn, and debris fill in the cavity and cause fungal and/or bacterial infection which propagates quickly in the non-oxygenated environment.

Also known as white line disease, seedy toe can be caused by chronic laminitis, or by poor hoof mechanics such as long toe/low heel conformation. Poor quality hoof horn, wall separation, splits and cracks may lead down this road as well.

Seedy toe usually does not cause lameness unless there is an active infection or the disease is secondary to chronic laminitis. The cavity between the hoof wall and the white line, usually at the toe, may be found when cleaning the hoof. X-rays may give a more definitive answer.

Treatment described by Sarah Logie should also include a tetanus shot if the horse is not up-to-date on vaccinations. The horse should be stabled in a dry, clean stall, and regular cleaning and treatment should continue. The horse should then be shod on its usual schedule to support the hoof wall and allow for the growth of healthy horn. Depending on the location of the affected area the horse may be shod as before or may require bar shoes or other modifications, explained farrier Mary Taft-McPhee.

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(cont. from page 23)

Over the breaks, Logie and the group compared the differences between the education system in the U.S. and U.K. Many were surprised to learn about the structure of the U.K. training program, where aspiring farriers complete a rigorous four-year apprenticeship and university study, and expressed a desire for higher standards and more formal paths to mastery in the U.S.

"The event encouraged farriers at all levels to continue their education. It was a fun visit that left us inspired to keep working to deepen our knowledge," said Sam Durham, U.S. certified journeyman farrier, U. K. credentialed farrier (DipWCF), and founder of The Farrier Center. "It's important not only to keep growing ourselves, but to help educate the next generation of farriers by making the skills more formalized and respected." 

Mary Taft-McPhee is a Sacramento-based farrier who enjoys spending time with her retired polo ponies, Frenchie and Bayita.

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SONOMA COUNTY HORSE JOURNAL SUBMISSION GUIDELINES

Sonoma County Horse Journal is the North Bay source for equine and equestrian news, as well as the activities and actions of the Sonoma County Horse Council. Our goal is to provide our county with resources to foster a successful journey with horses.

We welcome your participation in generating Horse Journal content, and encourage you to send a query email before writing the complete article, explaining the topic or article idea. Send your queries and submissions to schc.pschofler@gmail.com.

Please format your submissions as a Word document, one-inch margins, double-spaced, 12-point Times New Roman font. Include the author's name, and phone number/email. Spell check your content. We work off of two style guides: *The Associated Press Stylebook* and *the Horse Journal Manual of Style*.

Articles may be rejected if they are overly promotional of a product, service, business and/or organization. All articles are edited before appearing in print. Authors retain copyright for their work and grant the Sonoma County Horse Council and the Sonoma County Horse Journal permission to print submissions without remuneration.

In addition, let us know what topics or article ideas you'd like us to cover. Send us news of your club or barn.

Feature articles: We are always interested in well-written articles that are educational, substantive and of interest to a broad range of equine fans. You are welcome to send a completed article (under 600 words) for review. We recommend, however, that you first send us a query letter.

Where East Meets West: The horse community's most respected riders, trainers and judges, one from the world of English disciplines and one from the world of western disciplines, answer questions about care, training and horse ownership. Send us your toughest questions.

Sonoma County Horse People: Throughout the county, horse people make the news. Tell us about someone who stands out in our county.

News & Newsworthy: For this section of the magazine, we welcome new items and announcements. Include a photo. Examples are show results, rescue organization/nonprofit updates and facility openings. Content should be 150-words or less.

Photographs: A photo must be the property of the submission's author or be accompanied by verifiable usage permission from the photograph's owner of rights. Submit photos in jpg, tiff, psd, or pdf format and at least 300 dpi (about 1 megabyte).

SUBMISSION DEADLINES

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

Spring Issue

Submission deadline February 1 - Publication March 15

LOCAL EQUESTRIAN EVENTS—SPRING 2019

Monthly	Clinics with Erika Jansson (email/call for dates)	SR Equestrian Center	ejdressage@me.com, 707-326-7612
Mar 16	Flagging Clinic - Chris Ellsworth	Brionnes	chrisellsworthhorsemanship.com
Mar 22-24	Horsemanship - Chris Ellsworth	Woodside	chrisellsworthhorsemanship.com
Mar 23-24	Sue Curry Dressage Clinic	Fairwind Farm, SR	Sue Curry 707-483-0860, suecurryfwf@gmail.com
Mar 30 & 31	63rd Annual Horse Show	So.Co. Fairgrounds, SR	Julie Feldman 415-305-4918, goldengateaha.com
Apr 6	All Breed Open Horse Show	So.Co. Fairgrounds, SR	707-321-7060, debbiebiegmann@gmail.com
Apr 20	Flagging Clinic - Chris Ellsworth	Brionnes	chrisellsworthhorsemanship.com
Apr 20-23	Richard Miller, DVM, equine dental services	Hoofbeat Park, Hldsbg	Jenny 707-479-8579 or jwatson430@sbcglobal.net
Apr 25, 26	Ruth Van Sweden-Altes, VS Equine Clinic	Hoofbeat Park, Hldsbg	Reid 707-234-1098 or info@russianriverriders.org
Apr 27	Trailer Safety & Maneuvering Course	So.Co. Fairgrounds, SR	SonomaCountyHorseCouncil.org
Apr 26-27	Bit Consultation Clinic with Kim Gentry	Renaissance Farm, Hldsbg	Gwen Kilchherr - wkilch@sbcglobal.net
April 27-28	Horsemanship/Trail Clinic- Ruth Van Sweden-Altes	Hoofbeat Park, Hldsbg	Ruth 530-925-2608 or vsequine.com
May 3-5	Horsemanship Retreat - Chris Ellsworth	Placerville	chrisellsworthhorsemanship.com
May 5	Cinco de Mayo All Breed Open Schooling Show	Santa Rosa Horse Co., SR	707-321-7060, debbiebiegmann@gmail.com
May 8-12	SHP Spring Classic A	Sonoma Horse Park, Pet.	sonomahorsepark.com
May 15-19	HMI Equestrian Challenge A	Sonoma Horse Park, Pet.	sonomahorsepark.com
May 18	Trailer Loading Course	Shone Farm, SR	SonomaCountyHorseCouncil.org
May 18-19	Sue Curry Dressage Clinic	Fairwind Farm, SR	Sue Curry-707-483-0860, suecurryfwf@gmail.com
May 19	Marin Chapter Dressage Show	Woodbridge Farm, Pet.	Kathleen Goldstein 415-608-2770
May 25-26	In-Hand Clinic & Lecture w/ Elke Potucek-Puscha	SREC, Santa Rosa	707-829-0491
May 25-26	English & Western Horsemanship Clinic	Novato Horsemen Arena	Dawn Williams - 650-400-0434
Jun 7-9	Cow Working - Chris Ellsworth	Novato	chrisellsworthhorsemanship.com
June 8-9	Fairwind Farm Dressage Show	Fairwind Farm, Santa Rosa	Sue Plasman 530-695-0509
Jun 12-16	HMI June Classic A	Sonoma Horse Park, Pet.	sonomahorsepark.com

Please submit events for the next issue to Horse Journal Editor, Patti Schofler – schc.pschofler@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
Tolay Lake Regional Park	5869 Cannon Lane	Petaluma CA 94954	707-539-8092



AD SPECIFICATIONS AND RATES

The Sonoma County Horse Journal is a quarterly publication designed to reach Sonoma County's estimated 30,000 equestrians through direct mail to SCHC Members, individuals, organizations, 35 local horse clubs and distribution at local feed stores and equestrian businesses. A very affordable way to spotlight your business to the Northern California horse community!

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EIGHTH PAGE (3.5 W x 2" H)	\$ 90	\$ 77x4 = \$ 308	—	—

Published mid-month in March, June, September & December.

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Specification Questions or Design: Contact Lynn Newton – newton5@sonic.net

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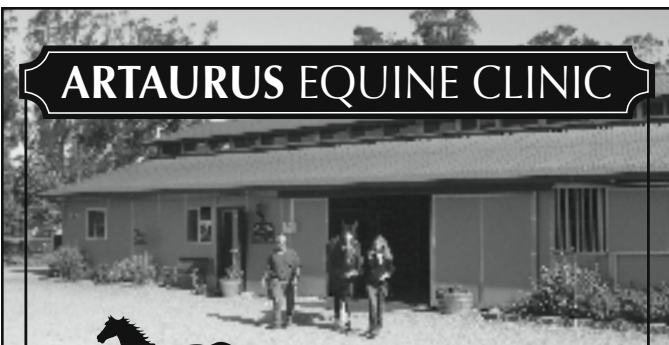
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