

Sonoma County

Horse Journal

Volume 14 • Issue 1 • Winter 2017



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Cover Photo: Marcie Lewis

Tony Benedetti and his horse, Antez, training in the hills of Sonoma County. Please see his article on page 8.

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President's Message: *Looking Back and Moving Forward*



Elizabeth and Greycie

My two years at the helm of the Horse Council have been tremendously rewarding at times and frustrating at others. The Horse Journal, the only Sonoma County centric equine-related publication, has never looked better or been more informative. Our newly designed website is now up and running. The energy at the sold-out Equus Awards Banquet, where we honored six outstanding equine enthusiasts, was inspiring and the event raised funds to assist in our disaster preparedness efforts. Ah yes, the large animal disaster preparedness plan...a massive undertaking, that necessarily involves factors that the Horse Council does not control, hence some frustration.

After nearly two years of planning, I think the Large Animal Disaster Preparedness Committee expected the training of credentialed disaster service workers to be further along than it is. I remind myself that our progress, while slower than we would like and often behind the scenes, has been continual and is gaining momentum. I am reminded of a former neighbor, whose 50 lb. 'house tortoise' pushed relentlessly against any obstacle it encountered—such as a sofa—until the obstacle moved, allowing the tortoise to move forward. The Horse Council Board and the Large Animal Disaster Preparedness Committee exhibit that degree of commitment and tenacity. Here are highlights of our accomplishments:

- Sonoma County Animal Services received a grant to purchase a large animal rescue supply trailer. The SCHC has agreed to purchase some of the equipment needed to stock the trailer.
- SCHC is partnering with Animal Services to purchase an Equine Articulated Training Mannequin for use by Animal Services and local fire districts. HALTER has purchased such a mannequin for Sonoma Valley first responders to use. Between the two, first responders in the North Bay should have ample training opportunities.
- The SCHC is working with Animal Services to prepare an analysis of where horses, cattle, llamas, goats and other large animals are located in our County. This will assist Animal Services in allocating resources, including volunteers, in a disaster.
- In 2017, the SCHC will offer courses on topics such as operating a large animal shelter and safe trailering practices. These courses will be required of credentialed volunteer disaster service workers. We are also scheduling seminars on topics such as trailer-loading and micro-chipping, to help large animal owners be better prepared for a disaster. Watch our website and Facebook page for details.

Your Horse Council is working tirelessly to protect the health and safety of equines and to support equestrian activities in Sonoma County. When equine enthusiasts speak with one voice, we are very powerful. Join the movement. Become a member today.

Elizabeth Palmer
President, Sonoma County Horse Council

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The Equine Esquire

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

Hauling a Friend's Horse... What's the Big Deal?

There are many horse owners who will happily haul a friend's or stablemate's horse, no problem. It seems to make sense to ride share, especially when a group is going to a show, horse camping, a clinic, or for a trail ride. All is fine until something goes wrong. How does this play out when horses and/or people get hurt, or trucks and trailers are damaged? Most people wrongly believe that if you have an insured truck and trailer, that coverage will automatically include whatever you haul with and/or in it. I can assure you that it does not. Claims and lawsuits often enter the picture. Friendships can be compromised, if not ruined. However, there are ways to minimize risks, protect against liability, and still provide that helpful haul.

Types of Insurance

- Auto insurance: A private person who has a **truck** with only liability insurance has coverage up to stated limits for injuries/deaths to the humans in their own or another vehicle (if at fault).
- Trailer insurance: A private person who has insurance on a **horse trailer** has coverage for the damage to the trailer, but not the horses inside.
- Equine personal liability policy: Protects you in the event that **your personally owned horse(s) damaged property or injured a third party**. It is available to persons NOT involved in any commercial activities. This coverage also provides legal defense (pays for defense attorney's fees and costs).
- Equine commercial general liability (CGL) policy: Provides coverage for **bodily injury to third party persons or property damage claims** if you are a professional equestrian (a person who performs a horse-related service for a fee or for barter such as hauling, boarding, instruction, training, etc.). This coverage excludes damage to non-owned horse(s) in your care. This coverage also provides legal defense (pays for defense attorney's fees and costs).
- Care, custody, or control endorsement: Protection adds coverage to a liability policy (Commercial or Personal), as an endorsement, for sickness, injury or death of the **non-owned horse** due to your negligence, which was in your care, custody or control. The cost of defending a case under this endorsement is included under the liability policy itself.
- Equine major medical and surgical policy: Typically offers reimbursement for **veterinary treatments** (both medical and surgical) for accidents, injuries, illness or disease up to a limit.
- Equine full mortality policy: Insures the agreed value of your horse if the **death of the horse** is due to theft or death from accident, illness, injury, disease or veterinary recommended euthanasia.



A Hypothetical

You and your friend decide to go for a trail ride. You agreed to haul your friend's horse in exchange for her paying for gas. While in route traveling 55mph, an inattentive driver side-swiped your truck on the driver's side, causing the rig to go off the shoulder and down an embankment. The truck remained upright, but the trailer was on its side. Emergency personnel and veterinarians arrived on scene. Ultimately, both horses were euthanized. Your friend was taken to the emergency room because she hit her head and lost consciousness. Additionally, your truck and trailer were damaged.

Unfortunately, the other driver only carried the minimum liability limit required in California, \$15,000 per per-

son/\$30,000 per occurrence. You were deemed to have partial fault in the collision because the electric brakes on your trailer were not working, and had not been checked in a few years. Your friend sued you for negligence claiming that she paid for your hauling services (cost of gas), you breached the standard of care owed by hauling with non-functioning trailer brakes, but for the faulty brakes the rig would have been able to withstand the side-swipe, and as a result she (and her horse) were damaged.

You had personal auto insurance with comprehensive/collision and liability coverage; however, because you accepted gas money it could be deemed that you accepted *compensation*. Thus, it may be determined that your hauling activities were a business not otherwise covered by your personal auto insurance. For this hypothetical, let's assume that you were not deemed a business, and your auto policy repaired the truck and trailer, and paid for your friend's medical expenses (up to the limits on your policy).

Your friend carried medical/surgical and mortality insurance on her horse, and she filed a claim. This insurance company paid your friend directly for the cost of on-scene veterinary care, and for the loss of her horse up to the declared value on her policy. The mortality company then sought you for reimbursement of the claims paid.

Thankfully, you had secured coverage under an equine personal liability policy with a care, custody, and control endorsement. The coverage under the endorsement provided compensation for the death of your friend's horse due to your negligence. The mortality company was reimbursed up to the stated value on the endorsement for the amount it already paid out to your friend. Your friend does not get paid twice for the same harm (from her own insurer AND from your insurer.)

(Continued next page)



(Continued from previous page)

The cost of defending you in this lawsuit was included under the provisions of liability policy itself.

Your Tolerance for Risk

If you plan on hauling a horse(s) not owned by you, you should consider: 1) coverage amounts on your personal auto policy; 2) if you need business use coverage for your truck (if accepting compensation for hauling); 3) equine commercial general liability coverage if you haul for compensation on a regular basis; 4) auto insurance coverage for your trailer; and 5) the care, custody, and control coverage for the horses hauled. Additionally, it's a good idea to have your friend sign a liability waiver and release for horse hauling (see spring 2016 issue of the Horse Journal.)

Many of us haul horses without contemplating our own exposure or our insurance coverages. In the above example many types of insurance came into play, which helped minimize the financial exposure to the friend doing the hauling. In sum, after assessing the risk presented to you, you may choose to accept the risk, obtain insurance coverage, or simply refrain from hauling any other horse except your own.

The above article is provided free and offers general information on its subject area. Neither the author nor the publication intend this article to be viewed as rendering legal advice. If legal advice is sought, readers should seek competent legal counsel regarding their particular circumstances.



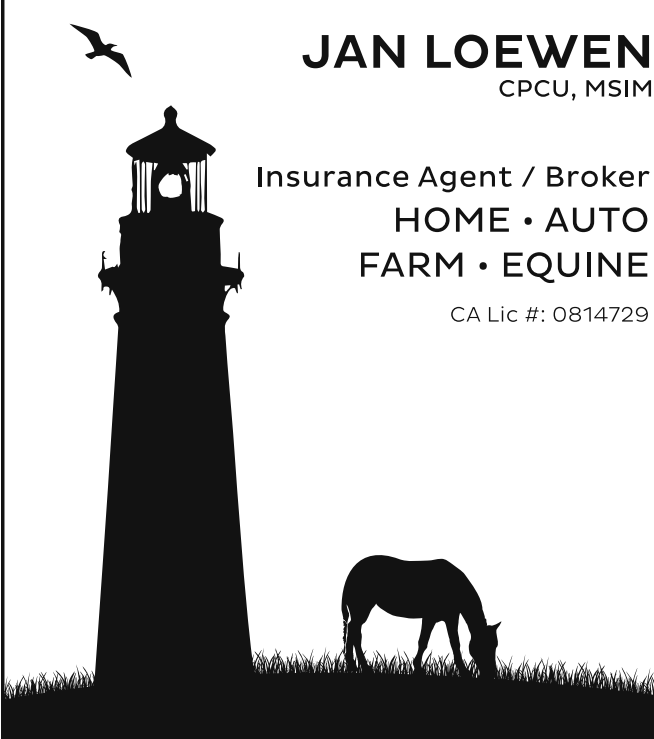
Patrice Doyle is a senior attorney at Kornblum, Cochran, Erickson & Harbison, L.L.P., and has been an avid horsewoman since childhood. She can be of assistance in guiding you through equine-related legal issues. Contact her at (707) 544-9006 or www.kcehlaw.com.

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Readers Write

The Spirit of Endurance Riding

by Tony Benedetti

When I tell people that I ride endurance I often hear, "What is endurance?" in response.

In the simplest terms, endurance is a test of a horse's fitness, stamina, and soundness by attempting to complete a course of 50 miles or longer, with the longest and toughest distance being a ride of 100 miles in one day. The rides can be through the biggest mountains or across the flattest deserts, the weather can be hot, cold, humid, or anything in between.

Many people enjoy these rides for the opportunity to see country they might not see otherwise, all while riding horses. Most riders' goal is to complete the ride in the allowed time, 12 hours for a 50-mile ride, and 24 hours for a 100-mile ride. The motto of the American Endurance Ride Conference is "To Finish is to Win". While finishing is the goal, and there is an award for first place, many riders' preference is to win the best condition award, given to the horse judged by the veterinarians to be in the best condition among the first ten finishers.

I started endurance in 1975, when I was 13 years old. My mother asked if I would like to compete in competitive trail riding (NATRC). I had been going to these competitions for years while my mom competed. I jumped at the opportunity. She leased a half-Arabian named Shiek Abu from a friend and I was off to the races. I rode both competitive trail and endurance in those early years. It combined the enjoyment of riding horses with being outdoors and competing. Besides, being a teenage boy, I quickly realized I could spend a lot of time with my competitors... who were mostly girls.

I learned a great deal about horses and conditioning from my mother, Betty Menefee. I had a great role model, Nancy Kasovich, who taught me about horsemanship. I married Terry Finali and together we learned better ways to condition and care for our horses through clinics, conferences, by constantly discussing horses with people who knew more than we did, and by competing. In the mid-1990s we started taking dressage lessons from Yve Sauvignon, followed by Zabou Cullum, and then Louise Labrucherie of Fieldstone Farm. We took dressage lessons to make us better riders and, equally as important, to improve our horses' strength and balance so they could better withstand the rigors of endurance.

A good vet, farrier, and a body worker are also incredibly important to being successful.

I have had some wonderful experiences over the years. I have not only competed regularly in the western states, I have also had the opportunity to compete in Europe and in the Tom Quilty Gold Cup, the most prestigious ride in Australia. The ride I train for every year, however, is the Tevis Cup Ride. It started 1955, the first endurance ride and the beginning of the sport. It is a 100-mile ride over



Tony and Antez at Michigan Bluff during the 2014 Tevis

the Sierra Nevada Mountains from Truckee to Auburn. The date changes every year to correspond with full moons in July or August so that the riders can use moonlight to see the trail.

The Tevis starts at day break, no one finishes in the daylight, and most finish in the last hour of the allotted time between 4 a.m. and 5 a.m. the next morning. The temperature can be in the high 30s at the start in Truckee and, in extreme years, 110-degrees at the bottom of the canyons in extreme years. There is dust, rocks, and single track trails with cliffs, 17,000 feet of climbing and 21,000 feet of decent.

I love riding the Tevis.

During the season, I train one day on the weekend at either Pt. Reyes or Hood Mountain, with an occasional day at Sugar Loaf. I do hill training on our ranch near Santa Rosa one or two days a week, and one day a week is spent in the arena doing strength and balance work. Early in the season, my horse and I spend a great deal of time just walking to build strength. On weekends we do a lot of trotting but walk any terrain that is too steep or is poor footing. It takes several years to build a solid base of conditioning before a horse is really ready to compete with any speed. There are many levels that a person can compete in endurance, but it does take



Tony and Antez at Washoe Lake at the Virginia City 100 in 2015

commitment so you can properly prepare your horse for the physical and mental challenges.

That's how Terry and I do it. We love it. It's been forty-one years of competing in endurance for me and still counting.

Tony Benedetti was born in Sonoma County and has competed in the sport of endurance for over forty years, completing his 9th Tevis Cup 100 mile ride this past year. He is currently president of the Western States Trail Foundation.

*Readers Write***American Farrier's Association Certification Exam**

By Sam Durham, CJF, DWCF

Working as a farrier in the United States does not require certification, a degree, or a license, and it is an unregulated industry. The American Farrier's Association (AFA), however, does have levels of certification that can be achieved.

According to the AFA website (americanfarriers.org/about/), certification "is an objective assessment of the specific skills necessary to perform the job of farriery to a prescribed standard. Those who pass it possess the ability to provide a healthy standard of hoof care. Farriers who pass the AFA Certified Farrier examination exhibit a working knowledge of anatomy, physiology, pathology, gaits, and horseshoes and their various uses. They display the ability to identify, assess, trim, and protect, structures of the hoof. They demonstrate shoe fit and modifications to specific standards and patterns."

Certification depends on successfully completing a set exam with both written and practical sections. There are three levels, basic to advanced: Certified Farrier (AFA CF), Certified Tradesman Farrier (AFA CTF) and Certified Journeyman Farrier (AFA CJF). Achieving a designation is completely voluntary, and many seek to attain it to improve the quality of their everyday work.

There are three parts to the examination: written test, shoe board test, and a practical shoeing test. All three must be passed within a two-year period, otherwise an examinee must start all over. Tests can be taken separately over the course of the two years or all at once.

The written part is fifty questions. The shoe board tests twelve different required modifications which can be done using twelve individual shoes, or an examinee can group several modifications onto a single shoe. The shoe board test also includes an oral explanation on the use of the modifications. Finally, the examinee must successfully complete a practical shoeing test.

The Certified Farrier (CF) test requires two hooves be shod to a standard using keg or premade shoes, and within a one hour time limit. The Certified Journeyman Farrier (CJF) test requires hand-made shoes with clips, and a bar shoe completed on site and fit to a provided pattern, within two hours.

One of the best ways to learn or confirm your knowledge on a subject is to teach someone else. Students learn better and recall more when they teach. While preparing to take the AFA certification exam, not only did local farriers meet weekly for an evening group study session, they also led the SRJC Farrier Science class (Stuart Greenberg, instructor) in equine leg dissections on the evening of September 14, 2016. Participating farriers were myself, Tanner Durham, John Sagaria, Dustin Smart, Alan Townley, and Pete Wolf. The farriers, Teresa Crocker, DVM and instructor Greenberg were hugely instrumental in helping students identify the various structures in the equine hoof and leg. They encouraged the students not only to feel tendons and ligaments, but also to articulate



Sam Durham, Alan Townley, and equine science students after a successful and educational leg dissection class.

the leg and hoof back and forth by pulling and releasing these anatomical structures. This hands-on, 3-hour session was of tremendous benefit to the farriers aiming for certifications and the equine science students alike.

On November 12th and 13th, after months of preparation, local farriers participated in the AFA Certification examination, hosted by the Sonoma County Farriers Group, and as a group achieved a 70% pass rate on the three-part tests.

Examiner John C. Voigt, CJF, stated, "Recently it was my pleasure to serve as examiner for the Western States Farrier Assoc. It was rewarding to work with a group that had been well-prepared by weekly study group sessions. This manifested itself in a positive pass-fail rate in both written and practical exams. My congratulations to this group for a well-orchestrated testing."

The extremely high rate of success can be attributed to the ongoing training to which this group of farriers committed themselves. Dr. Crocker, who led the weekly study group, shared: "Every one of these men practiced and studied with due diligence. Testing is not easy and it shouldn't be. The job is physically hard and the knowledge, skill, and patience required to do it really is a rare combination. I hope I can be part of the process again in the future."

Through the rigors of testing, the group has committed to improving the quality of farriery provided to horses and owners in the North Bay community.

"This past weekend was an excellent experience in demonstrating my skill and being formally recognized for it. It also was great to come together as a group of farriers all striving for the same thing — the betterment of the horse. This common goal lifts the whole horse community up." — Tanner Durham

"My experience was good. It was a good feeling to finish my CJF with our group and in our home area. We all spent many months

(Continued on page 10)



Alan Townley, Dustin Smart, and an equine science student remove the hair from a ca-daver leg in preparation for dissection.

(Continued from page 9)

preparing and the camaraderie and atmosphere was excellent over the entire weekend of testing." – John Sagaria

"Certifying has enabled me to connect the dots between anatomy, trimming, and forging and build strong relationships in my community." – Alan Townley

"Great test weekend. I learned a lot and succeeded in reaching my goals thanks to this group. Dr. Teresa Crocker was a pinnacle part of our success in training our group. Thank you, Dr. Crocker!" – Dustin Smart

"It was great seeing everyone together and working on my every day work." – Pete Wolf

For horse owners, the main benefit of certification is the assurance that the farrier has completed a standardized test of their knowledge and workmanship. Certification shows our local farriers' commitment to professional development, to helping educate the owners and, ultimately, to promote the well-being and betterment of the horse.

Sam Durham, CJF, DWCF, (Durham Farrier Service Hoof Pathology and Therapeutic Shoeing) has been a farrier for nearly 25 years. He spent several years training with 7 time world champion and 5th generation farrier Bob Marshall. Sam participates in continuing education programs and competitions, including being one of the first ten farriers in the United States to test with the Worshipful Company of Farriers outside of the UK and achieve his DWCF designation in the 700 years of the company's existence.



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Readers Write

The Equine Hoof Abscess

The Equine Hoof Abscess:

The hoof abscess is a commonly discussed topic in the horse world. I think many people would agree, however, this is one topic that cannot be discussed enough. The every day hoof abscess are amongst the most common causes of acute lameness in the horse. This article focuses on the common subsolar hoof abscess and important points on what the horse owner needs to know.

The Process:

The common subsolar hoof abscess is best defined as a focal region of purulent discharge deep to the sole surface off the hoof capsule. Bacteria, carried by foreign debris (gravel, dirt, penetrating nail/or foreign body), gain entry through a small separation between the external layers (epidermis). Once inside the fissures, the bacteria accumulate and travel deeper into the sensitive internal tissues. The body's defense mechanisms (part of the immune system) detect the bacteria and debris as foreign and attack the invaders. The immune response creates an inflammatory reaction to destroy the infection. Like an abscess that occurs under the horse's skin surface, purulent discharge forms from the inflammatory reaction creating the abscess, which tries to find the path of least resistance to be expelled through the surface.

Signs:

The clinical signs of subsolar hoof abscesses are quite variable including but not limited to: varying degrees of lameness, heat on palpation of the hoof wall, increased digital pulse, lower limb swelling, and sensitivity to hoof testers. These abscesses can be very confounding in presentation because some appear to be fracture-lame, whereas others present as an on/off lameness that lingers for weeks. Depending upon the severity of the infection and/or structures involved, your veterinarian and/or farrier may be involved in the management of the hoof.

Causes of hoof abscesses:

These infections are not always to be associated with a lack of care. Abscesses can occur whether your horse is shod or barefoot and can occur in a horse that is well managed at home, nutritionally, husbandry, and by the farrier. These infections can occur any time of the year and have many predisposing factors. If your horse hasn't had a hoof abscess yet, you should consider yourself lucky.

Common causes are: soles bruises, traumatic invasion by a foreign body (poorly driven nail or solar puncture by an object), over-

by Saralynn Specht, D.V.M.



grown hooves, or even over-trimmed hooves exposing the sensitive germinal layer of epithelium. Changes to the hoof wall and sole due to the ground's microenvironment (moisture, humidity, and texture/firmness).

Other causes include: Cushings, founder/laminitis, systemic illness/disorders.

Management:

Routine farrier care is very important for the health of your horse's feet. Many times your farrier will find infected external fissures in your horse's sole during a trim. This exfoliation or parred-out areas of infected sole can prevent the ultimate formation of the solar abscess. Your horse's farrier will be able to recognize early changes in the foot, making long-term management and care more effective.

If an abscess does develop, the body will either eliminate it itself, or require treatment by you or your veterinarian in complicated situations. In general, we recommend veterinary attention if: no draining tract is observed and the horse remains painful for more than 24-48 hours; if the horse goes off feed or develops a fever; if drainage from the tract continues for more than 48 hours; or if the owner is not knowledgeable in treatment of the hoof abscess.

The goal is to drain the abscess and prevent further contamination. Usually, medical therapy includes daily foot soaking in Epsom salts, application of an antiseptic dressing, and/or a medicated poultice to help draw out the infection. Commonly, the horse recovers uneventfully and can be put back to work once the sole surface is healed. But, if treatment is not sufficient, the infection can become deep-seated and infect internal structures such as the coffin bone, synovial structures, or can lead to laminitis. In these severe cases, it is not uncommon to treat systemically with antibiotics and/or regional limb perfusions by your veterinarian. Care and attention to the treatment are important in each case.

As always, for further information regarding treatment and handling these cases, please contact your primary veterinarian for advice.

Dr. Specht is a native of Sonoma county where she grew up working on her family's thoroughbred broodmare farm. She graduated from UC Davis School of Veterinary Medicine and has recently completed the Traditional Chinese Veterinary Medicine Acupuncture Course at the Chi Institute in Florida. Dr. Specht is currently an associate veterinarian at Sonoma Marin Veterinary Service.



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Readers Write

What's Killing My Tomatoes?

by Ed Weber

An herbicide is often found hidden in our Northern California horses' feed and bedding, and it is challenging local agriculture and composting. Contamination of natural compost which includes horse manure could be stunting your vegetables' growth and garden crops.

Clopyralid (Clo-pee-ray-lid) is designed to destroy broadleaf plants, including star thistle. You already appreciate that star thistle is nasty and toxic; it frequently grows in Northern California and Oregon rice and hay fields, some of which supply Sonoma County equine feed stores and facilities. Local parks now ask us to feed only weed-free hay when accessing public land. So, horse owners and feed suppliers all try to do the right thing and buy or supply weed-free hay. But at what cost? Any herbicide that can migrate right through hay, your horse, and even livestock feed is a concern for horse owners and stables.

Here is Dow Chemical's online product description:

"Clopyralid herbicide formulations are sold under the trade names LONTREL® herbicide, RECLAIM® herbicide, STINGER® herbicide, and TRANSLINE® herbicide. Clopyralid (and Aminopyralid) is a systemic herbicide that internally disrupts (plant) growth, ultimately resulting in target plant death." There is no mention that concentrations as low as 1-3 parts per billion will negatively affect the growth of vegetables in the nightshade category. Your peas, beans, peppers and tomatoes are some of the crops destroyed by the slightest trace presence of clopyralid in soil or compost.

Today, rice growers, like those found along I-5, are banned, for clean air reasons, from their previous practice of burning harvest leftovers. So, processed rice straw is frequently sold commercially as bedding for horses. Rice bran is often found as an ingredient in pelletized feed. Some high desert hay farmers who supply Sonoma County may also be using clopyralid to fight star thistle. Local experts note that this same chemical has been found persisting in bedding and feeds for cows, goats, and sheep. Heat does not remove its traces and it may take up to two years for this professional-grade weed killer to decay out of the soil.

While it has certainly been designed for a noble purpose—to destroy broadleaf weeds in crops—there are two major concerns: how does clopyralid impact the health of our horses, and how does it affect the health of other plants, like the vegetables in your own garden?

Studies over the last decade assess that mammals are not adversely affected by clopyralid, but there has been little real veterinary analysis of the impact of clopyralid on our horses. It is known that clopyralid remains after harvest, measurably present in the hays and feeds we purchase to nurture our horses (online links are included at the end of this article).

Of serious concern is that this chemical is so persistent that if you spread the manure of an animal which has been eating hay or feed in this category, the chemical has also passed through the animal in its manure, to appear again in the hay you harvest from that field, thus creating a cycle of unknown consequences. It may limit star thistle in your crop, but at what possible long term cost?

The worst known and measurable impact of clopyralid in ag feeds

is that contaminated manure must be excluded from the entire composting process. It needs to be treated as polluted waste and carefully disposed of so as not to impact water, where it also persists and migrates through the environment. If you haul out manure, with this knowledge, you need to find a place to dispose of it safely. And there is help out there.

Today, Grab N' Grow, our popular Sonoma County composting service on Llano Road, takes extreme precautions to ensure contaminated animal manures do not enter their composting facility. But at nearly \$575 to test manure at each source — our local farms, dairies, ranches and stables — the use of any manures in their excellent composts is threatening the profitability of their environmentally sound business model.

They now offer a program to test for and remove herbicide-free manure for Sonoma County Horse Council members who want to participate. Grab N' Grow wants to partner with ranches that produce at least 20 cubic yards of manure monthly. The testing and hauling are free, and once your manure is tested and approved, they will work with each member to ensure that your animals' manure remains clean over time.

Be aware, and discuss your concerns with suppliers. Some diligence, effort, and smart choices will serve you, your horses, and your garden well.

Links for information about clopyralid:

<https://extension.umd.edu/learn/gardener-alert-beware-herbicide-contaminated-compost-and-manure>

<https://www.biocycle.net/2012/07/30/high-levels-of-clopyralid-found-in-commercial-horse-feed/>

<http://www.mindfully.org/Pesticide/Clopyralid.htm>

<http://www.sonomacountygazette.com/cms/pages/sonoma-county-news-article-5621.html>

<http://grabngrowsoil.com>* (*Grab N' Grow Soil Products is an advertiser in the Horse Journal)

Ed Weber, "MrEd" to his equine friends, served the Sonoma County Horse Council as VP beginning in 2005. He and SCHC board member, Carol Billum, founded the Sonoma County Horse Journal that year. He holds a degree in Journalism and Communications from the University of Illinois. MrEd and his partner, Marianne Skinner, keep their 3 horses at home in Cotati.



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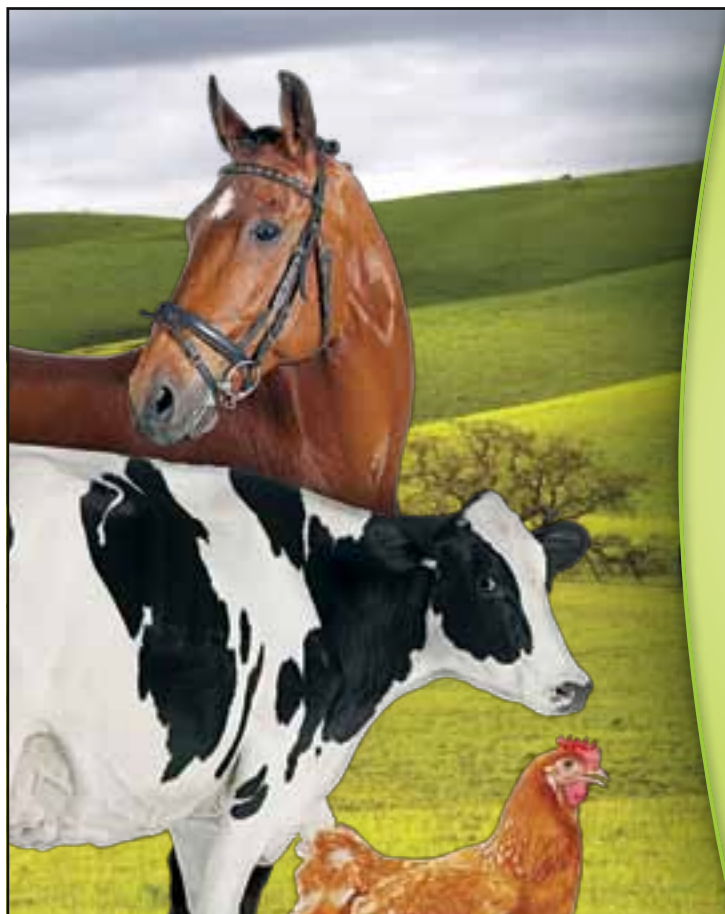


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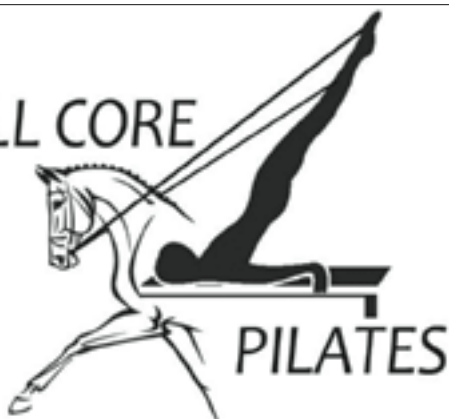
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Readers Write

New Techniques for Assessing and Improving Rider Flexibility

by Lilly Baker-Lubin, BASI, DNS-ECT, MS

This issue's topic is rider flexibility, but not as you may be accustomed to thinking of it. Instead, I'm using the subject of flexibility to introduce a revolutionary and exciting new way of addressing optimal movement in athletes. The traditional approach to rider flexibility is to prescribe a series of muscle stretches with the notion that by pulling muscles into a lengthened state, the rider will make her body more flexible. Evidence suggests, however, that this form of passive stretching can have an inhibitory effect and actually reduce muscle performance.

Understanding some basic principles rooted in developmental kinesiology, the science of how the human locomotor system matures from birth, can be of significant value to riders. Anyone who has watched a child's development of movement from birth through the first year-and-a-half of life has witnessed the child progress from a reflex-dependent state, in which movement was involuntary, to a complex, coordinated pattern and sequence of movements that prepared her to get up, balance on two feet, and walk.

We take for granted this software and tend to think that we've left it behind with childhood. But neurophysiologists have found that developmental kinesiology principles called Dynamic Neuromuscular Stabilization (DNS) can be implemented as a strategy to address functional movement training throughout life. Specific exercises are used to assess and correct compensatory patterns. For athletes, and riders in particular, this approach is a whole new tool in the riding toolbox.

Let's use rider flexibility to dig deeper. DNS highlights the concept of joint centration (the tendency to focus on only one aspect of a situation, problem or object) as a primary principle for functional or optimal movement patterning. For the rider wishing to improve flexibility, DNS focuses on muscle activation that occurs naturally and automatically when a joint is in neutral or is centered. Commonly, stretching programs will emphasize the feeling of stretch which, without proper joint alignment, actually produces undue strain on the soft tissues and reinforces a dysfunctional pattern. Consider a rider's hip joint (a ball and socket joint). When that joint is centered with the ball sitting in the center of the socket, the joint is in true neutral and can provide such important athletic services as optimal load transference, balanced muscle activation, and protection of all passive structures.

From a developmental standpoint, we learn how to stabilize our core first. We begin with breathing, in which we learn how to stabilize our trunk with the use of intra-abdominal pressure. As infants, we begin with an unloaded position in which we are on our backs, practicing stabilization of our trunk. As we stabilize, we are able then to move extremities and begin the process of differentiation. Differentiation is a concept riders know well. We want to be able to differentiate our rein aids, leg aids, and seat aids so that we are able to deliver a clear message to our horse.

With this background, let's try an assessment to help us observe centration and differentiation. First sit on a platform that does not allow your feet to touch the ground. Place one hand on your belly



Charis demonstrates the first position for our assessment.



Charis illustrates the exercise variation. Note the change in hand position for tactile cueing and sensory feedback.

button and the other hand on the crease of the front of the hip. Lift one leg. What do you feel? Did your leg muscles seize? Did you shift to one side or lean back? Did your belly-button draw in and up? This is a common self-assessment all riders can use to determine current patterning.

Now that we have your baseline data, let's use the assessment as a corrective tool. First, change your hand position so that both thumbs are resting on the belly button and the rest of the fingers span down towards the front of the hip bones (2-3 inches towards the pubic bone). This time, keep your belly button relaxed (this might feel counterintuitive - remember, we are changing habits). Gently expand your abdominal pressure by breathing into your bottom fingers and feel the abdominal wall become active in a lengthening manner. Feel your core expand all the way around. Feel the area where your kidneys sit gently expand backwards. Once you have your core activated in this new manner, begin to lift your leg again. Was there less gripping in your hip and less excessive movement elsewhere? Did you feel a greater sense of relaxation? This exercise can help you feel what it's like to have a differentiated movement in your hip as your leg moves more freely. That's flexibility. Now imagine what you can re-educate your body to do. It is all right there within you already.

In future articles, we will delve deeper into how you can train intra-abdominal pressure to ensure proper core stabilization, so that you can keep your legs and arms free to deliver more precise and accurate aids to your horse.

Lily Baker-Lubin has been a dedicated athlete and competitive equestrian for over 25 years. She has an M.S. in Kinesiology, is a master Pilates instructor and the Director of the Functional Movement Science Department at Body Kinetics in Marin. She is a certified Dynamic Neuromuscular Stabilization Exercise Specialist and is deeply committed to helping individuals improve their movement patterns, remove limitations and enhance performance. You can contact Lily at Lily@optimizemovement.life.



Vet's Office

Column Editor Michelle Beko, D.V.M.

Euthanasia

One of the most difficult decisions horse owners face is if or when they should euthanize their companion. It is never a decision to be taken lightly, but there are definitely situations where it is the kindest thing we can do for a horse. We should aim to prevent the horse from undue suffering but avoid ending his/her life prematurely.

Many situations come up acutely and are unrelated to the horse's age. One of the most common scenarios is an episode of colic than will not resolve without surgery. As colic surgery usually costs a minimum of \$5,000, many simply cannot afford to use that option. Severe injuries such as fractured limbs or lacerations into joints can also require extensive, expensive treatment and have a poor prognosis. While situations such as these are difficult and may come as a shock, since the horse might have been completely normal the day or even the hour before, they usually represent fairly straight forward decision making.

Conversely, with more chronic problems decision making can be quite a bit murkier. Often these situations involve older horses. The average lifespan of horses is about 27 years, although I've had many patients live into their early 30s, and a few live into their middle or late 30s.

Common afflictions of older horses that may lead to euthanasia include chronic lameness or difficulty getting up once the horse has laid down. Chronic lamenesses can lead to a poor quality of life for a horse, especially if multiple limbs are involved and daily pain relievers (bute or Firocoxib) don't resolve the horse's discomfort. If the horse doesn't move around much because of pain, we should question the quality of that horse's life.

Difficulty getting up may be caused by lameness (especially of the hind limbs), neurologic disease, or generalized weakness. When called to see a horse that is down, after an initial examination I will often reposition the horse, using ropes to flip him from one side to the other if he's been down for a while. The hind leg closest to the ground provides the strongest push to help the horse rise, but if that leg is asleep because it's been crushed over a long time, we can improve the horse's chance of getting up by making the other hind leg the down leg. We can also position a horse so that any slopes help rather than hinder them. Injectable pain relievers can be helpful too. Regular use of pain relievers and light exercise may help prevent repeated incidents. That said, when the horse is repeatedly getting stuck or we can't get them up in spite of our efforts, the kindest option is to euthanize.

Some horses with neurological diseases are at risk of falling and injuring themselves and people nearby. I know of one instance where a horse with a problem in his spinal cord tripped and somersaulted, landed on a woman and broke her leg, even though she hadn't been standing particularly close to the horse.


When we decide that it is in the horse's best interest to euthanize, it is done with an overdose of intravenous anesthetic (pentobarbital). Pentobarbital depresses brain activity so that the horse quickly becomes unconscious. If the horse is standing, he will fall. With a standing horse, it is best done in an open area and people need to be prepared to move out of the way quickly. Within a few minutes of falling the heart will stop beating. It is not painful for the horse,

but it can be difficult to watch. Most people choose to have the horse's remains removed but others opt for cremation.

Your veterinarian can help you decide what is best for you and your horse.

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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Editor's Insights

Your Horse Will Do More Than Trot Circles

by Patrice Doyle

It's so easy to get stuck in the rut of routine with our horses without even knowing it. Time, demands and logistics of daily life, and sometimes not quite "being in the moment" all can get in the way of letting creativity enter the work we do with our horses. If you're bored, your horse is likely bored too. Interdisciplinary work, or cross training, has so many incredible benefits to horse and rider, not the least of which is having fun.

Interdisciplinary work, simply put, is working your horse in different ways. Always sticking to the same exercises and routine may seem like you're on your road to perfection, but that approach actually does more harm than good. Our horses do need to practice in order to be good at their jobs, but too much use of their bodies in one particular way can eventually have negative effects on their performance and cause injuries. Additionally, the horse is a naturally intelligent and curious animal. When you vary his job and introduce new tasks, he becomes much more interested and enthusiastic in his work and his body becomes stronger and more resistant against injuries caused by repetition.

As an avid dressage rider, I learned that the test in the first Olympic Dressage games, held in 1912, consisted of collected and extended gaits, rein-back, turn on the haunches, four flying changes on a straight line, and jumping five small obstacles, one of which was a barrel rolled towards the horse. When was the last time you jumped your horse over a barrel that was rolling towards him? This surely would be cross-training your horse!

One of my favorite stories using interdisciplinary work is about Goldstern, a Westfalian gelding. The Police Garde of Dusseldorf, Germany, purchased him for 3,500 € in the early 1980's. Goldstern became the trusted partner of Klaus Balkenhol in the police force. After his career as a police horse, the pair earned many medals in dressage at the Olympics, World Equestrian Games, and European Championships. Interestingly, Klaus Balkenhol brought not one, but two police horses to the level of international competition. His police horses, Rabauke and Goldstern, became great horses because of Balkenhol's philosophy that "many horses today do not come out of their stables nearly enough. They are streamlined to perform, but the workhorses of the past received far more exercise than the modern horses." It was his long hours in the saddle, patrolling parking lots at the Dusseldorf airport, quelling football fans, hours spent on cobblestones and concrete streets, that helped make these horses happy athletes and partners.



Patrice on her Hanoverian mare, Elsbeth, trail riding in Annadel State Park.

A story that hits closer to home is about Luke Nowlin. His journey in the saddle began on June 8, 2011, from Emerald Isle, North Carolina, and finished on the shore in Fort Bragg on December 7, 2011. He rode into Sonoma County on November 29, 2011, on his faithful partner, "Geno", a 7-year old Tennessee Walker. Luke traveled approximately 3,800 miles total, with the help of three different horses. When asked about readying for his trip, he said he began preparing his horses months prior to his grand departure by desensitizing them to roads and highways and building up

their stamina. In his view, it was not training as much as it was conditioning. He said, "You have to get them in the right physical condition. It's like training an athlete." Some days his horse carried him 55 miles. Some days it was only half that. The whole trip depended on the horse's physical and mental attitude. Among other rewards for making this trip was the privilege of staying at the famous Ridgewood Ranch in Willits, and having Geno be the first horse to stay in Seabiscuit's stall in over 50 years!

Of course these stories push the limits of cross-training, but it goes to show what horses are capable of. No matter what your primary riding discipline, it's easy to make your time together playful and new. You'll find something as simple as introducing some dressage exercises to the hunter, or taking a dressage horse over a few small cross country fences extremely beneficial. Just galloping freely forward in a natural frame is a form of cross-training for any horse. You might incorporate simple lateral exercises such as shoulder in or leg yield into the work of an endurance horse. The western pleasure horse will enjoy stretching its body into a trot or canter, or jumping some small cross-rails. Letting the gaited breeds canter sometimes instead of always trotting is also a form of cross-training. Going over three or four trot poles is a wonderful stretching exercise for horses while keeping his mind curious and engaged. While a dressage horse may be learning collection in the arena, why not use trail rides to help increase engagement of the hind end? It's all cross-training and it doesn't have to be a big deal to get big benefits, mentally and physically, for both you and your horse.

Patrice Doyle is an adult amateur dressage rider and trains with Jane Ewer in Napa. She enjoys showing her Dutch warmblood mare, "Faya", at CDS, USDF, and USEF dressage shows in California. In 2016, their first year of competition, the pair qualified for and competed at the CDS Northern California Adult Amateur Championships, and the USDF Region 7 Championships and CDS Championships in Burbank, CA.

Readers Write

Keeping Learning Alive

by Deb Jackson



Annie Alex Conn, Luna Tierra Photography

The two big, beautiful draft horses that pulled my grandfather's farm wagon were the first to make my heart their home. They remain there still.

Like many of my generation, I first learned about horses as a kid. They were part of the family and worked alongside grandpa and dad, but I also learned from an elder horseman just down the dusty road from our house. Willard Diller was a quiet, gentle man who had surrounded himself with ponies and donkeys he had rescued, so that he could spend his last days in their world and give something back. Mr. Diller was a man of few words, but I became his shadow and absorbed what he knew about doctoring, training, and loving his animals. There were some huge holes in my education, but I didn't know any better. Out of my great loyalty and affection for him, everything I absorbed became the absolute right way and no one could tell me otherwise.

Now, as a middle-aged horse owner, I have begun to fill these holes. A strong desire to do right by my horses, humility and curiosity, have kept learning alive. I've known enough horses in my life to realize now that there are many different personalities and types. Simplistic right vs. wrong formulas don't apply for all. The internet is full of "This worked for me..." stories, but are they right for your situation? Are they informed, current, or perhaps even dangerous?

It was only as I started to listen to the horses in my life that I began to question what I thought I knew. What does "listen to the horses" mean? It starts with acknowledging that there is a relationship. They are fascinating beings, more complex and wise than I had ever understood them to be. I had been treating them as entertainment, boosting my ego, or as pets just there to comfort me when I needed them. What did they really need? How could I give back to them, and commit to their care in a more responsive way?

I really needed to return to the mindset of a beginner. What were those holes in my equine education? In our horse world it has often been more important to show how young a person started riding ... "She was in the saddle at one year old!" Often the notion of what was absolutely the right way to do things came from a certain person's trusted opinion or philosophy. For me, it took sixty years to understand that what I had learned over my lifetime needed some re-examination.

Now, we have almost too much information: the internet, books, videos, and many new and innovative training techniques and theories. We are able to test these against our own experience, widen our range of sources, take advantage of new ideas and knowledge.

What about the horse's world? Education about horsemanship and horse care must begin with the horse, not the human. This brings us back to the basics. If we understand horses, and don't project ourselves or human attributes onto them, we can understand how to care for them and honor their needs.

The new horse owner may not have had the opportunity to learn about how horses think, feel, and learn along with what horses eat and what they need for shelter. New owners may not know what they don't know! Today, the kind of horse owner who needs and desires an opportunity for equine education might include:

- A teenager who found solace for their anxiety with horses, but needs to learn how to honor the horse's power and basic needs;
- A woman or man fulfills a dream of owning a horse;
- A parent wants to support their horse-loving child but doesn't know the first thing;
- A grandparent wants to pass on a love of horses, but the grandparent training is outdated or has many holes in it;
- Anyone who has adopted or rescued an equine and is new to horse ownership;
- An individual who has entered the field of equine assisted healing work, but has limited horse experience;
- An experienced equestrian who is hungry for more knowledge, has many questions, and wants to honor the horses in their life.

Although our attitudes about horsemanship have been revolutionized, we need more opportunities for quality basic equine education. It's our responsibility to our horses to keep our own learning alive, honoring their willingness to partner with us. And there is that happy feeling at the end of the day, with a sigh and a smile at being part of their world.

Deb Jackson partners with horses to create a unique and effective co-active coaching experience. If you're curious and a bit adventurous, call her at 808 561-1932. Visit Windhorse Full Circle Coaching on the web at www.WindhorseFullCircle.com. Learn more about Equine Studies 101 to be offered in 2017!

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From the Judge's Booth

Column Editor Melissa Kalember

Being a Professional

One of the most rewarding and challenging jobs of being a judge is talking to riders about their performance. Judges are often put on a pedestal, and riders do not feel comfortable approaching the judge. I believe there's some truth there—some judge's do elevate themselves and are not approachable.

I judge many Interscholastic Equestrian Association (IEA) shows, and when the show is over, riders are given the chance to receive judge's comments. I like to think that I am a good hearted, nice, normal human being, with a good, fair eye to judge. When I first started judging these shows, I could not understand why every rider was scared to come talk to me. I quickly learned that most IEA shows are two days and require a different judge each day and I began to hear how other judges would give comments to the riders.

There was no finesse, no compliments or compassion with the constructive criticism, just the guillotine of "what you did wrong." I was dumbfounded! I won't go into any de-tails, but it was bad.

I was heartbroken for the riders when I learned this. These kids travel all over, draw a horse they have never ridden before and then go compete. They try their best on what-ever horse/pony they draw; it's not easy! I felt sad for our sport, that these professional judges were being this way with the youth in our industry. Some of these young riders will eventually become professionals—is this how we want to teach them? Or teach them to be this way?



Education is imperative. Never stop trying to learn more, even if you hit some rough spots, keep forging ahead.

It's no small task being a professional in our sport. It is a hard job with a million ups and downs, but still, there is a certain way to be when that's the role. Of course the riders want to hear what they could work on, and they should, but it should be in a positive, constructive way, not "you're a horrible rider, get a new trainer" way.

It's not easy—if it can be done at all—to tell someone how to be. You can try, but they will only change if they truly want to. The world doesn't work that way, especially in the horse world. I try to do my part with truth, education, and by being fair and professional. During my clinics I educate riders and parents on the type of judges, riders, and professionals out there, so they are prepped whenever they come across them. And, while it is easy to focus on the bad in our sport, there is also the good, in the countless professionals, judges, and riders who educate from a positive, grounded place, always in the pursuit of truth and rightness.

You may have to weed through a few, but the real professionals are out there :)

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: melissa@kalemberequine.com.



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Readers Write

Is Falling Part of Riding?

by Lisa Lombardi

"Falling is part of riding," were the first words of a widely read equestrian magazine article last month.

"No, it isn't," I argued out loud.

I frequently hear this sentiment from riders, parents of young riders, and even instructors. There is even an equestrian awards company that sells a *Dusty Bottom* award, listed as one of its "fun multicolored awards," intended for riders who make unintentional dismounts. I have heard trainers say as they handed a downed rider a *Dusty Bottom* award, "Congratulations! You are a REAL rider now that you have fallen off!"

Really? Isn't that like awarding someone who was just in a car crash and announcing, "Yay! Now that you have smashed the car, you are a REAL driver!?"

Of course, falling off a horse COULD happen to any rider at any time, just as being involved in an automobile accident could happen even to the most conscientious driver. But, should we assume it WILL be a part of our equestrian experience? Or, like responsible driving, are there measures we could take to reduce the likelihood of a tumble from the back of a horse?

Why do riders fall?

1. Lack or loss of balance (which is ultimately the reason for any fall)

If the rider needs to work on balance, perhaps the rider could have a qualified instructor suggest some exercises while on a longe line. Maybe taking up yoga would help the rider gain core strength. If the horse has balance issues, perhaps some work over obstacles or some dressage exercises could improve strength and balance.

2. Unsuitable horse

Does the horse have a tendency to buck or spook or bolt? Are the horse's gaits too bouncy or fast for the rider? Does the horse need some training? Or, would the rider be better off with an older more experienced horse?

3. Environment

Is the footing suitable for the type of riding? Are *monsters* frequently lurking in one particular area near the arena? What can be changed in the environment or avoided to help prevent a spill from the horse?

4. Attempting challenges above athletic ability or skill level

Have the horse and rider taken the necessary steps to ensure strength and understanding of the task at hand? If jumping, would it be appropriate to return to basic confidence-building exercises over trot poles? If trail riding, would it be best if only riding out with a solid horse and rider pair as leaders for a while?

5. Tack / equipment

Does the saddle fit well enough that it remains in place? If the horse stumbles, would boots or shoes create a more sure-footed mount?

What can be done to prepare both horse and rider as a pair to minimize the risk of a fall? Once the homework and preparation have been done, both horse and rider can be more confident, and falling is less likely to occur. It is always okay to dismount (or not



Two happy, confident horses and riders competing in a western dressage Halloween show. (Becky Shapley on Billy, Natasha Mallan on Dawn)

get on in the first place) if the situation becomes too dangerous, and try again another day, when conditions are more favorable.

Sometimes falling only causes a bruise, sometimes the outcome is more serious. The day I graduated high school, I decided to take one last fun ride bareback on my young Arabian before leaving on my senior trip to Europe.

Well, I never took that trip to Europe. I took a trip to the hospital instead. The doctors said I would never walk again, and I did not walk for over a year. I walk now. And I ride. I jump. I gallop through the forest and on the beach. I train young horses. I teach riding to very young children and to those with physical, mental and cognitive challenges. And I expect all of us to remain on top of our equine partners until we deliberately dismount at a standstill.

Reduce your risk of falling—it doesn't have to be a part of your (or your child's) equestrian experience.

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 8 horses. www.clovertenthirty.com.

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Readers Write

Pack Mules and the Parasol

An unnamed woman was described in a 1913 edition of North Dakota's *Hot Springs Weekly Star* as "a young matron of much dignity [with] a regal air."ⁱ She was a guest at an unidentified U. S. Army base "in the west" and, the *Star* related "it was her custom to investigate [in detail]... any new phase of life with which she [came into] contact." This inquisitive nature led her to inquire into the detail of all phases of Army life on the base.

On this particular occasion while her host and hostess were gone from the house, she decided to "go to the corral [and] inspect the Army mules."ⁱⁱ She actually went inside the corral "among the animals, carefully examining each one," according to the article.ⁱⁱⁱ

At the time, the Army maintained three different kinds of mules to perform various military jobs.^{iv} Lead mules were trained and used to lead convoys of the pack and draft types of the species. Some species of mules can carry upwards of 280 pounds. In 1907, mules cost the Army on average \$162 each [\$4,500 in current value].^v A 1910 *New York Tribune* article related that West Point kept 64 mules to train cadets "to throw ropes...adjust the aparejos [pack saddles]...put the baggage in compact...bundles that will not shake loose...[learn] adjustments and knot-tying...and [observe and understand] the intricate psychology and crafty disposition of the mysterious mule."^{vi} The West Point program was developed because during the Spanish-American war, young officers didn't have a clue about the military use of mule trains. Cadets were taught to load 14,000 pounds of "ammunition, supplies, etc....in just fourteen minutes" on fifty-four of the animals and "ready the [mule] train to start."^{vii} The remaining ten animals, according to the *Tribune* were "saddle" mules which transported mule train personnel, i.e. the pack master, cargador (i.e. porter or stevedore), blacksmith, cook and packers.

According to the *Star* article, the lady was wearing a dress of "very light color" which, we are told "quickly attracted the attention of the mules."^{viii} Apparently Army mules, at the time, "like all Army pack mules" had been trained to "be led by the whitest animal among them."^{ix} The lady was also carrying a "white parasol"—a tool used by women of the era to prevent the sun from shining on their faces and spoiling their cream-colored skin tones. Suntanned or weathered faces were considered inappropriate and unladylike. The mules, we are told, "slowly wobbled their ears as they noticed the unfurled white parasol of their visitor."^x She completed her inspection and headed back to her host's home. "As she left the corral she heard steps behind her...glancing back, she saw a mule following her...[with] all the rest of the animals falling into line behind their leader," related the *Star*.^{xi} The article continued, "She was not afraid. She deemed fear beneath her dignity...but she was startled...and quickened her pace...[whereupon the lead] mule increased his pace too...[marching along] with his nose just touching the back of the white parasol."^{xii} Sometimes a lead horse or mule had a bell around their neck which also served the purpose of leading the mules.^{xiii}

As she marched down the street along the long row of officer's quarters the soldiers were "astonished to [see] the spectacle of an extremely dignified woman [walking] at a gait that might be termed a compromise between her dignity and a desire to run,

by Daniel J. Demers

with a string of Army mules behind her..., the head of each just touching the tail of the one in front of him."^{xiv} Her gait was described as exceeding "the prescribed Army stride by about two feet."^{xv} There were twenty-five mules in single file form following her. The newspaper never disclosed how she got out of her predicament.

Sources

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ⁱⁱⁱ *ibid*

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^{ix} *ibid*

^x *ibid*

^{xi} Jolted Her Dignity, *Hot Springs Weekly Star* [SD], February 28, 1913, page 7

^{xii} *ibid*

^{xiii} A Train for the Cadets, *New York Tribune*, July 17, 1910, page 3

^{xiv} Jolted Her Dignity, *Hot Springs Weekly Star* [SD], February 28, 1913, page 7

^{xv} *ibid*

Dan Demers' recent book *OLD WINE AND FOOD STORIES* is now available through Amazon.com. The book contains ninety historically accurate vignettes about interesting and humorous events and personalities printed in American newspapers between 1779 and 1922.

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News & Newsworthy

Crane Canyon Equestrian Center is New Forever Home for SERRA

A new forever home for SERRA (Sonoma Equestrian Rescue, Rehabilitation and Adoption) is on the horizon. The rescue organization will move 18 horses to its permanent location at the Crane Canyon Equestrian Center (CCEC) in early 2017. SERRA has been fulfilling its mission to rescue, rehabilitate and find responsible and caring homes for horses to the Sonoma County horse community since 2011. SERRA also provides ongoing horsemanship education to the public.



Made possible by a shared vision to create a sustainable future for SERRA, a private partnership has acquired the 24-acre property in southern Santa Rosa, which is the former home of Sheila Smith Stables. The CCEC will also provide boarding services including everyday turnout in pasture, corral and stall boarding in addition to full-service care with qualified staff to provide daily rehabilitation if necessary. It will also be the home of the EQ2 Leadership Development Program supporting business leaders and their teams to achieve top performance through equine-based experiential learning.

For more information about Crane Canyon Equestrian Center boarding services, contact Doug Crawford at doug@hg-ranch.com. To learn more about how to support SERRA, visit the SERRA website at www.serraequinerescue.org. SERRA is an IRS approved non-profit 501(c)(3) organization.

Giant Steps Charity Classic

Another year, another Giant Steps Charity Classic Horse Show for the books! In its seventh year, the *Giant Steps Charity Classic* brought together equestrians from across the United States and raised nearly \$150,000 for Giant Steps.



The 2016 sponsors were Circle Oak Equine Sports Medicine & Rehabilitation, Wells Fargo Foundation, Eden Valley Stables, HALTER Project, Bay Club, the Townsend Family, Equuleus Designs, Dover Saddlery, Aubrey Grace Memorial, Montgomery Creek Ranch, Toqueville Asset Management, Athleta, Horse & Style Magazine, Furth Bonomi Farm, Equine Insurance, Sterling View Farm, Ice Horse, Chestnut Hill, The Design Bureau, and Greenleaf & Burleson. Beer, wine, and libations were provided by Rombauer Wines, Jackson Family Wines, Fotsch Vineyards, Lagunitas Brewing Company, Sierra Nevada Brewing Company, and Wilibee's Wine and Spirits.

The show was held at the fabulous Sonoma Horse Park at Riverside

Equestrian Center, and included signature events such as the HALTER Pro/Am Battle, in which the junior/amateur riders found victory over the professionals, and the \$40,000 Circle Oak Grand Prix. Featuring a more casual atmosphere than in years past, exhibitors and guests loved the Brazilian-themed Friday night barbeque in honor of the Rio Olympics Opening Ceremonies, served while they cheered on the junior relay participants. After a month of fundraising, the junior relay teams raised over \$40,000 for the Giant Steps Scholarship Fund. Giant Steps awarded prizes for the most funds raised, the fastest time, and best attitude. The teams of two each represented a country of their choice, and had the costumes to go with it. Congratulations to all the junior relay teams for a fantastic show of support to Giant Steps!

Sylvia Zerbin

clinic
If you missed the Sylvia Zerbin clinic and evening performance you really missed out. It was held October 6, 7, 8,



at Santa Rosa Equestrian Center and sponsored by Wine Country Arabian Horse Association. The 3-day clinic was completely full and Sylvia worked each day with participants. Saturday night the arena was transformed with lights and music the former *Cavalia* star put on a beautiful performance with her 10 stallions all at liberty.

Horse-Assisted Education Conference a Big Success

In mid-October, horse-assisted education professionals from all over the world convened at Novato Horsemen for the 12th annual EAHAE conference "Expand the Vision", held for just the second time in the US, and hosted by Alyssa Aubrey and Gaby Fabian of Medicine Horse Ranch (Tomales). Attendees were experts in the fields of leadership, coaching, recovery and science, all with the horse at the center of their work. This diverse group presented findings, best practices and experiential exercises which showcased the power, and profound results, of partnering with horses



in a way where the essence of the horse can be experienced. This was a committed effort for international collaboration, spearheaded by Gerhard Krebs of Germany, for personal and professional development in organizations and societies, with horses as the true trainers. Next year's conference is in Budapest, Hungary. Find out more at www.eahae.org and www.medicinehorseranch.org.

Local Equestrian Events—Winter 2017

Dec 19-30	Spring Down Holiday Horse Camp	Portola Valley CA	springdown.com
January	Dressage clinic with Sue Curry	Santa Rosa CA	winecountryarabians@comcast.net
Jan 13-15	Clinton Anderson Fundamental 3 Day Clinic	Rancho Murieta CA	downunderhorsemanship.com
Jan 19-20	Neuromuscular Stabilization for Equestrians Course	Petaluma CA	Lily@optimizemovement.life
Jan 21	SW Barrel Race	So Co Fairgrounds	sebastopolwranglers.com
Jan 21-22	Lyn Ringrose-Moe Cowboy Dressage 2 Day Clinic	Briones CA	rawkinghorseranch.com
Feb 22-26	Lyons, Liverett, Cameron, De Frates Cow Trail Clinic	Parkfield CA	facebook.com/events/1752227018385650/
Mar 4-5	Sustainable Equine Management - Alayne Blicke	Shone Farm's Ag Pav.	dailyacts.org/"events" link
Mar 31-April 2	59th Annual Arabian & Half Arabian Horse Show	So Co Fairgrounds	707-235-8902/margaretsh@aol.com
Apr 16-17	Chris Ellsworth Two Day Horsemanship	Woodside CA	chrisellsworthhorsemanship.com

Please submit events for the next issue to Horse Journal Editor, Patrice Doyle - editor@sonomacountyhorsecouncil.org

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
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
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

Stewart's Horse Camp

Stewart's Horse Camp in Bolinas reports the bridge to the



camp has been rebuilt, after collapsing this Fall before the horse camping season normally ends. Stewart's will remain closed for 2016, reopening, as usual, in April of 2017.

Call Amanda after March 15, 2017, (415) 663-1362 to reserve a camp site. Don't expect anyone to answer. Always leave a message including dates, your phone, how many horses, and people, and vehicles. She always hears your message and calls back if there's a problem. You can find maps and directions for this Pt. Reyes National Seashore treasure by navigating to: www.motherlodetrails.org/alerts/stewarts-horse-camp-to-reopen-in-spring-2017-bridge-is-fixed.



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 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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Click on the "Get Notified" button
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- Sonoma County Horse Council
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- North Valley Animal Disaster Group

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- Marin County Sheriff Search & Rescue
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