

COMPLIMENTARY

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Jennifer Knef approaches luxury real estate marketing from an investor's perspective even if her clients are buying or selling their primary residence. She helps homeowners sell at the highest possible price in the least amount of time and also helps buyers uncover hidden opportunities for upside potential. With a professional career that spans over 30+ years in Real Estate, Banking and Finance, Jennifer's focus is representing the most distinctive wine country, rural and equestrian estates of Sonoma, Napa and Marin Counties.



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COVER PHOTO BY MARCIE LEWIS

Friends Clint the KWPN Dutch Warmblood and Millie the English Bulldog had a special relationship. They belonged to Kendra Stuber Cochran.

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Patti Schofler is the managing editor of the *Horse Journal*, a publicist and freelance writer for national equestrian sports magazines. She began her writing career as a reporter for the *Chicago Tribune* and is author of the Lyons Press book on Arabian horses *Flight Without Wings*. Passionate about journalism and dressage, art and travel, she is a graduate of the USDF L Judges Education Program and trains her eleven-year-old PRE Toledano.



Marie Scarpa of Petaluma began making jewelry in high school and earned a degree in metal-smithing from Syracuse University. She relocated to Northern California where she specializes in creating hand woven one-of-a-kind pieces, when she's not enjoying her horses Shiloh and Evita.



Ben Novak collaboratively pioneers new tools for genetic rescue and de-extinction. As lead scientist, he heads Revive & Restore's de-extinction efforts and is the lead coordinator for conservation cloning projects. In 2022 his role expanded to include program manager for the newly launched Biotechnology for Bird Conservation endeavor. While passenger pigeons are Ben's passion and specialty, the conceptualization and advocacy of biotech-based genetic rescue solutions for all organisms have been a lifelong pursuit. Ben's work at Revive & Restore also includes extensive education and outreach, the co-convening of seminal workshops, and helping to develop ongoing projects and scope new opportunities to expand genetic rescue science and applications.



Amy Stevens grew up in Half Moon Bay riding horses as a trail guide and wrangler on the dude strings along the beach. As a teenager, she rode gymkhana and barrel racing and showed rail and trail horses. Later, she worked for a cutting horse trainer, starting colts, helping in the breeding shed, turning back, and showing. Amy and her husband moved to Sonoma County thirty-five years ago and kept horses at home. Currently, she has one horse that she rides on the trail, camps with, and does trail obstacles. The mother of two grown children, Amy has a master's degree in English and teaches at Montgomery High School in Santa Rosa.



Rosemary Passantino was a city girl until a yearling mustang changed her life. She now lives outside the town of Sonoma, and works as a communications specialist for Marin County Parks. She enjoys gardening and having fun with her two horses, mustang Reno and Quarter Horse Zip.



Michelle Beko, DVM has been an equine veterinarian since 1991. She enjoys spending time with her husband and daughter as well as doing dressage and jumping with her horse Ranger. You can reach her at Empire Equine at 707 545-3909. www.empire-equine.com



Lucretia Daley, EEBW is a certified Equinology Equine Body Worker located in Petaluma. She works with horses of all ages and disciplines, including her gray Dutch Warmblood hunter, Cake, who inspired her to learn bodywork. Previously an attorney and musician, Lucretia has been deeply involved in the horse world for the last decade. She also volunteers her services weekly at Giant Steps Therapeutic Equestrian Center at Sonoma Horse Park. You can reach her at equinoxbodywork@gmail.com or 415-828-2772.



Susie Weaver Banta is a transplant from the East Coast, making Petaluma her home four years ago. She is a life-long amateur hunter-jumper rider with a career in human resources, including 17 years at PricewaterhouseCoopers. For many years she was fortunate to be a pioneer of working remotely, allowing her to compete in Florida and the northeast. Now retired, she rides, writes, and is a volunteer mediator with Recourse Mediation Services at the Sonoma Superior Court.

Do you want to write for the *Horse Journal* or see your photos in print?

Please contact Patti Schofler at schc.pschofler@gmail.com



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PRESIDENT'S MESSAGE

We've managed to flip the calendar over once more. Since the holidays have come and gone, it's time to set our focus on the new year. It's a great feeling to watch the images of the pandemic fade out of sight in the rearview mirror and have the opportunities that come with a turned leaf in front of us. Here's hoping for the very best to all in 2023.

Every so often, it's important for an organization to revisit its mission and responsibilities to check on progress and relevancy. I encourage any members of the Sonoma County Horse Council to forward ideas regarding what the Council might want to consider as a benefit to the equine community at large. So that the board may review them, please submit your thoughts and comments through: info@sonomacountyhorsecouncil.org

We're excited to announce that the board of directors will take an updated look at the economic impact of horses in Sonoma County. Back in 2013, the Council had engaged Robert Eyler, Ph.D., professor of economics at Sonoma State University, to develop just such an analysis which was delivered in 2014. As the board felt that the information was getting stale and dated, we approached Dr. Eyler to conduct another survey. As a long-time Sonoma County resident, well recognized in the community at large as a competent data scientist and voice for many things of an economic nature, Dr. Eyler is well-steeped in all things local and the obvious choice for the follow-up reports.

Now that Dr. Eyler has been commissioned, it is up to us all to assist with accurate data collection. The first point of data collection will be through our local large animal veterinarians. Since health care is a common denominator, we are asking our vet community to help with building the initial database. Any information provided through this channel will be held in strict confidence and used only to determine count and general geographic location. Data provided through multiple sources will be compared to avoid double counting. Once a basic database has been built, then the work will turn to finer detailing through economic methods. If we want a really good outcome to the study, then we all need to find ways to help get good information into the mix. Please keep your eyes open for additional details on this project when it kicks off.

And for anyone so inclined, we are gladly accepting donations toward the development of the report. These efforts are not without cost, and any assistance will be greatly appreciated. Donations can be made through the website at: sonomacountyhorsecouncil.org.

My sincere best wishes to one and all for a very happy and prosperous 2023.

Happy Trails!
Henry Beaumont



John O'Hara Photography

Tell the North Bay about your horse shows and clinics.

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Send to info@sonomacountyhorsecouncil.org



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Bay Area Barns and Trails (BAPT) assists landowners and land managers with the preservation and maintenance of publicly accessible barns, stables, pastures, staging areas, horse camps, and trails throughout Alameda, Contra Costa, Marin, Napa, San Mateo, San Francisco, Santa Clara, Solano, and Sonoma Counties. The next grant application deadline is March 1, 2023. www.bayareabarnsandtrails.com

MARIN LUNCHEON SALUTES LASHBROOK AND BERTO

Marin Horse Council's Linda Rubio 2023 Scholarship Luncheon, May 20, at Cow Track Ranch, Nicasio, will celebrate the lives of **Joyce Lashbrook** and **Connie Berto**, two women who made enormous contributions to Marin's equestrian community. Proceeds will go to the MHCLR Scholarship to provide the financially disadvantaged with riding lessons and the opportunity to connect with horses. For more information, contact the **Marin Horse Council** at contact@marinhorsecouncil.org

NATIONAL TRAILS DIRECTORY & GUIDE

The **American Horse Council** has published a new resource guide and national trails directory. The guide links state-by-state trail directories and includes information on trail etiquette and land conservation. info@horsecouncil.org, www.horsecouncil.org

NEW VET TECH BUSINESS

After more than 15 years in the equine veterinary field, registered veterinary technician **Kari Farley** has opened EquiTherapeutics, which offers mobile medical assistance, rehabilitation consultation, and therapeutic modalities.

For the past 12 years, Kari managed the equine rehabilitation center at Circle Oak Ranch. She holds an equine rehabilitation certification (CERP) from the University of Tennessee and certification for Acuscope and Myopulse therapy.

Services include implementation of predetermined veterinarian instructions, rehabilitation plan consultation and development, Acuscope and Myopulse therapy, class IV laser therapy, medication administration, wound care, bandage application, and wellness checks. www.equitherapeutics.com

KIT AND CHARLIE AT THE THOROUGHBRED MAKEOVER

Tango Kitten (Kit) and **Charlisse Weintraub** (Charlie) successfully represented Northern California when they traveled to

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Photo: CanterClix

Tango Kitten

Kentucky to compete in the 2022 Retired Racehorse Project's Thoroughbred Makeover and National Symposium. Out of 117 horses that entered the dressage segment, Kit and Charlie finished in fifth place.

This competition showcases the versatility of the Thoroughbred by giving trainers a little under a year to train a horse in a second career after racing. Thoroughbreds who qualified competed in ranch work, competitive trail, barrel racing, freestyle, polo, dressage, show hunter, show jumper, field hunter, or eventing.

UPDATE ON UKRAINIAN HORSES AID

Shortly after Russian military forces invaded Ukraine last year, the **U.S. Equestrian Federation** joined forces with the **International Federation of Equestrian Sports (FEI)** Solidarity Relief Fund to support Ukraine horses and equestrians.

Working closely with the **Ukrainian Equestrian Federation Charity Foundation (UEF-CF)**, the **FEI Solidarity Relief Fund** has established several programs to provide insights and logistical support on the ground.

"When the conflict began, and there was a desperate need to relocate horses, we initially set up a logistical hub in Granat, located in western Ukraine between the city of Lviv and the Polish

border, to prepare horses for transfer into the European Union," FEI Solidarity Director Jean Philippe Camboulives explains.

"However, we quickly realized we could provide much relief to horse owners by helping them keep their horses in safer regions within Ukraine, and for this, we purchased several horse boxes which have been set up in strategic hubs around Ukraine, providing hundreds of horses with a safe place to stay. Funding and distribution to regional hubs of critical horse supplies such as feed, bedding, and medication are also among the initiatives the FEI supports through the Solidarity Relief Fund and with the great collaboration with the UEF-CF"

To assist aspiring equestrians, the fund has also supplied athlete scholarships and training support for young athletes.

An encouraging development was the participation of Danylo Konovalov, 17, and Diana Borovyk, 21, in the 2022 FEI Dressage European Championships for Juniors and Young Riders held in Hartpury, Great Britain. Both athletes received scholarship grants from the FEI Solidarity Athlete Scholarship fund to support training and competition-related preparation with the ultimate goal of representing Ukraine at the FEI Championships in 2022 and 2023.

Borovyk survived the blockade of Sumy, a town located in north-eastern Ukraine, which was among the first to be invaded by the Russian troops in March. She took up residence in her local equestrian center to be with her horses while the war raged around her.

Assistance also was provided to five young Ukrainian vaulting athletes, ages 11 to 15, who became the first team ever to represent Ukraine in international vaulting when they participated in CVI1* in Kaposvár, Hungary, last May.



Photo: FEI/Richard Julliard

Ukrainian vaulter Katya Panasenکو and her teammates attend training in Slovakia.

The team's participation in Kaposvár came just a few short months after they fled their hometown of Poltava in central Ukraine to escape the war. They stayed and trained in Bernolákovo, a suburb of Bratislava, Slovakia, where they were welcomed by the local vaulting community and supported financially by the FEI Solidarity Relief Fund.

The relief fund also provided the purchase and distribution of equine medicines and veterinary supplies for Ukrainian veterinarians. Before the launch of this project, the UEF-CF had reached out to equine veterinarians in the country and found the lack of medicines, such as painkillers, anesthetics, sedatives, antibiotics, and anti-inflammatory drugs; essential equipment, such as portable x-ray, ultrasound, and endoscope machines. Also noted was the very limited financial resources of horse owners to pay for treatment.

Medications and supplies worth \$100,000 were commissioned in Europe and delivered to a warehouse in Poland. They were then dispatched to Ukraine, where the UEF-CF coordinated further transportation and delivery.

Over 16,000 pounds of veterinary supplies were distributed with the help of 22 veterinarians throughout Ukraine to treat common conditions such as colic, infections, and lameness for 5,700 horses.

"We are headed into an uncertain winter and are confronted with strong demand for aid and shelter. The price of hay has skyrocketed, and thousands of horses in the war zones are at risk of starvation. "The needs are dire," FEI President and Chair of the FEI Solidarity Committee Ingmar de Vos says.

"Such a drastic situation can only be alleviated through solidarity and cooperation. The European Equestrian Federation and national federations such as Great Britain, Poland, and Slovakia have assisted in various domains. Every bit counts, and we appeal to all those who can join the effort.

"We are conscious that this war will have long-lasting repercussions on the Ukrainian people and their sporting industries. The entire region will suffer, and not only do we need to continue to assist Ukraine during the war, but we have to plan for the future as well, when the war will end and equestrian sport in Ukraine and the region will have to be rebuilt.

"It is through solidarity, cooperation, and friendship that we can offer support and make a difference to the people of Ukraine in these challenging times. They can count on our continuous and tireless support," President De Vos concludes.

24 BEHAVIORS OF THE RIDDEN HORSE IN PAIN

The *24 Behaviors of the Ridden Horse in Pain: Shifting the Paradigm of How We See Lameness* is a newly released documentary based on equine orthopedist Dr. Sue Dyson's intensive research and produced by US-based Padma Video in partnership with the Train With Trust Project. The 35-minute film features Dyson's



Buechley Secures Elite Riding and Running Standing

By Patti Schofler

In 2010, as a random goal with no particular agenda, Drew competed in the Western States Run the same year he rode his second Tevis Cup.

Qualifying for the run was dramatic. “Most people were accomplished runners. I was a runner for a big chunk of my life, but 100 miles is not natural for me. Western States was a substantial physical endeavor.

“I had done binge running every year to make sure I could get in the lottery. You had to do a 50 (mile run) in under 11 hours to qualify. When I got picked to run, I really trained hard, doing one 50 a month. Training runs were 30 to 35 miles on weekends, 20 in the mornings on Wednesdays on the way to work.”

That same year he rode the Tevis for his second time. His first time, in 2007, he had ridden Rooster and was riding with his new spouse Nathalie Guion, with whom today he owns Sonoma Coast Equestrian Training Center (SCEC) in Petaluma.

Often when riding Rooster out on the trail Drew jumped off and ran with his horse as a way to condition for triathlons. When he couldn’t keep up with the horse’s trot speed up a hill, he jumped back on. “Sometimes I would just go out and run with Rooster on a line for 10 miles or so.



Drew makes his way on the 100 miles at the 2010 Western States Run.

You put a challenge in front of Drew Buechley and in no time, he transforms it into a heat-seeking destination. Taking on only one leg of the Triple Crown of Running and Riding might leave many relieved to say, “I did it. That was great. And that was enough.” But not Drew Buechley. He tasked himself to take on the trio of events that has earned him membership in a very exclusive club.

For the Sonoma County athlete, the 2022 Ride & Tie World Championship in Humboldt Redwood State Park near Eureka was the final leg of three challenging events: the 100-mile Western States Trail Ride or Tevis Cup, the inspiration and model for the most challenging endurance rides in the world; the Western States 100 Mile Endurance Run, the premier American showcase for trail runners; and the Ride & Tie World Championship, a sport combining trail running, endurance riding and team strategy. The Tevis ride and the Western States Run travel across the historic Western States trail with 42,000 feet of elevation change over the Sierra Nevada mountain range.

Drew became the 39th to complete the triple crown, joining 30 men and nine women. He earned this final honor running and riding with his team of Diana Triscell of Sebastopol and her Arab-Quarter Horse Dixie at the Ride & Tie Championship where they ran and climbed and sprinted for 33 miles to finish in eighth place out of 19 entries.

Runner Takes to Riding

The solo sport of cross-country running was Drew’s passion in high school and college. Later, he went on to compete in triathlons. In his late 30s, he took up riding and bought Rooster (Indiana Hooligan), the five-year-old Morgan stallion who he still rides at 22 years old.



Rooster and Drew have a memorable adventure on their first Tevis Cup ride in 2007.

Connecting on the Run

“When you’re running next to or in front of a horse, the connection and the way they see you must be very different. They are such physical creatures. They don’t lie down and rest as we do. They’re always moving and in such a physical plane of existence. There is a different level of partnership when you do something that is more like a peer.”

In the 2010 Western States Run, Drew finished strong. However, with the Tevis only weeks away, the horse he had been training wasn’t up to the conditioning goal. Only the day before the start of the ride, Diana Marquard found him a well-conditioned horse, but one that had only done a couple of 50-mile rides. Concerned about getting him through the Tevis ride, again Drew himself ran through much of the high country and canyons.

After the world stopped for Covid-19, the 55-year-old CEO of San Francisco construction technology



Diana, Dixie and Drew celebrate the finish of the 50th Western States Ride & Tie Championship.

“You’re cruising down the trail, covering ground, when suddenly you spot a great tree. At our first tree, I was thinking I hope Dixie can do this. You’re asking a lot of the horse. Their blood is up, they’re going, and suddenly, the human pops off, ties you to a tree, and runs away from you. And then all these other horses are running by you. A lot of horses think ‘We’re about to be attacked. My human ran away from me.’ But Dixie was perfect. She was athletic. She had the endurance. And she has a strong mind and could rock the whole idea.”

Ten years had passed since Drew had challenged himself to the two legs of the Triple crown on the Western States trail. “I don’t think I could have done this without the community from our SCEC barn. We did a mock Ride & Tie at the barn, but Diana and I hadn’t strategized before the championship. Usually, the top teams will figure out who is the good hill runner or super fast on the flat or what is suitable for a stronger runner where there are no trees to tie the horse to. But instead, we were just out to have a super time and a completion.”

“Running events are solo people coming together as a group. And endurance rides have their own vibe. But Ride & Tie is so cool because you have a team of two runners and a horse. You have a human partnership with the horse. And then you have the Ride & Tie community, people who enjoy riding and running. That is really cool!”

At the championship, all along the route, another team would pass Diana and Drew, and then Drew and Diana would pass them. The two teams were neck and neck at 20 plus miles of the 33-mile course. Drew was cruising along on a small single track with a slight downhill grade and did not see any other runners or riders. Even though she was riding, she couldn’t catch him for five or so miles.

Then Drew hit rugged terrain, and his legs cramped.

Then the woman did catch up. And she stopped to give Drew a Payday candy bar to boost his electrolyte balance. It was just what he needed. He made it to the aid station, expecting to thank his savior. Instead, the wife and husband team had skipped the aid station and powered over the finish line well ahead of Drew, Diana, and Dixie.

“I find out the husband was Jim Howard, who won the Western States Run a couple of times. He is a legendary runner and a triple-crowner. He was 67 and had two new knees.”

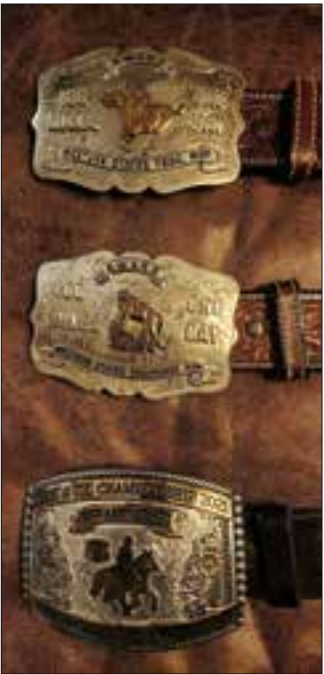


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Finishing that day gave Drew his triple crown belt buckle and membership in an elite group of ultra-sport participants. More important to him, Ride & Tie put him together with a community that loves the horses and loves to run, and loves the camaraderie that is Ride & Tie.



Drew’s treasured belt buckles from the Triple Crown events.

Photos: Courtesy of Drew Buechley



HIP HIP HOORAY Riding the Scottish Borders

By Marie Scarpa

Over 100 horses and their riders were to gather at the Scottish-British border, and in 2019 I was determined to be among them. This unique adventure called the “Scottish Borders Ride” was in tune with my quest to enjoy the world on horseback, but the unusual nature and popularity of this excursion meant advanced planning. Then came two years of Covid cancellations. By 2022, my three compatriots and I were chomping at our bits to go.

The Scottish Borders region is one of 32 council or local government areas of Scotland. It borders the City of Edinburgh, Dumfries and Galloway, East Lothian, Midlothian, South Lanarkshire, West Lothian, and, to the south-west, south, and east, the English counties of Cumbria and Northumberland.

Our ride falls within one of the oldest equestrian traditions, known as Common Riding, which dates back to the 13th and 14th centuries. During the continual border wars with England and other clans, local Scottish men risked their lives to protect their towns from invasion.

Today, the Common Ridings, ride-outs, or riding of the marches continue to be annual events celebrated in the summer on the borders of Scotland. Male and female equestrians ride out of the town and along its borders to commemorate the frequent raids on the Anglo-Scottish border known as the Border Reivers and the 1513 Scottish defeat at the Battle of Flodden.

We arrived in Edinburgh a couple of days ahead of the ride to acclimate, take in the sights, and of course, do some shopping. We walked about five miles a day which was a good warm-up for what was to follow.

Approximately 23 miles south of Edinburgh sits the town of Peebles and our accommodations for the week, Cringletie House, built in 1666 and transformed into a four-star resort with its curious history. See www.cringletie.com/about-us/history. It was



Under a beautiful sky reminiscent of a Renaissance painting, as they waited for all the horses to gather, the time allowed for plenty of photo and flask-nipping opportunities.

beautifully appointed and very comfortable. The food was wonderful and plentiful.

Our first ride, starting at Kailzie Equestrian Centre just 15 minutes down the road, was a picturesque, 2.5-hour hack into the lush countryside of forest and field. I rode Dakota, a lovely mare keen to do her job. All the horses were sturdy and fit and knew their job. Mostly Irish or Irish crosses, with a few Cobs and Connemaras, they generally were mild-mannered, exhibiting a few herd dynamics or personality quirks, as expected

amongst any group of horses. We quickly learned our guide Gemma’s lingo: “a wee canter” meant canter, and “canter” meant gallop.

SCOTLAND’S LIQUID SUNSHINE

A light drizzle, or “liquid sunshine” as it’s known in Scotland, did not dampen our spirits, and we returned to Cringletie, appetite in tow, for our 6 p.m. dinner. The three-course menu was entitled “A Wee Modern Taste of Scotland.” The dining room was formal. In addition to the sommelier and maître’d, the waitstaff included impeccably dressed young men, servers in training in black pants, white shirts, and black ties, who were as polite as they were adorably awkward.

Our riding group consisted of four California girls, one each from Colorado, New York, and



On one of the hacks, we encountered sheep, many, many sheep, so many sheep that a specific road sign was created.

Oregon, a couple from Tennessee, and our token Brit. We bonded quickly over our love of horses and travel and enjoyed getting acquainted in and out of the saddle.

On our first morning, we were treated to a lavish breakfast before congregating on the back lawn of Cringletie to try our hand at traditional Highland games.

HIGHLAND GAMES

Our two hosts/instructors/instigators were clad in the traditional kilt garb, incredibly charming and eager to teach us the fine points of horseshoes, caber toss, shot put, archery, wellie toss, and the coup de gras, the tossing of the “sustainable haggis.” This last one consisted of tossing burlap-covered balls simulating the traditional Scottish dish haggis, a game that reminded me of bocce. The one who tossed closest to the boxed bottle of scotch on the lawn won it. I can’t credit skill, but with some luck, I won. After a light lunch, it was time to experience our first Common Ride.

Our starting point was Musselburgh, just six miles west of Edinburgh and a bit over an hour’s drive from Peebles. The ingress to the “2002 Crusaders Challenge” ride was organized chaos; trailers, horses, and people were everywhere.

The 100+ horses played follow the leader through a river and over hill and dale. People cheered us on every place we went, whether in town, on a mountain, or anywhere in between. We were advised to encourage the crowd by offering a hearty “hip, hip,” to which they would respond “hooray.” And they all did it.

The riders were anywhere from seven to 70+ years of age, and the dress code was akin to that of a dressage test with a proper jacket, stock tie, breeches, and for those of us who were of age, or close to it, the traditionally obligatory hip flask. My horse for the day was Henry, a big, sturdy Irish bay who could get up and move when he wanted or needed to. The temperature was pleasant, and the occasional showers were timed perfectly to cool us off as we rode and rode and rode, 27km or nearly 18 miles.

GALLOP ON BLACK SAND BEACH

Local police and appointed marshals kept us safe as we crossed roads, fields, and all sorts of terrain. We walked, trotted, and galloped as the footing allowed for hours, our hoofbeats often in perfect unison. Most of the horses were well-behaved, considering their proximity to each other, as I suppose they would behave sans riders in a herd. There was one break where the horses (and humans) got to eat, drink, and, uh, tinkle, and then we were off again. The ride ended near sunset with a glorious gallop on a black sand beach and more throngs of cheering onlookers.

Once all the horses were assembled, we were led back

through town toward our starting point by a troupe of bagpipe players. We were cheered on by the locals and returned the favor by waving and offering up more “hip, hip” to the crowd, who, of course, responded, “hooray.” The bagpipers, undaunted by the fast-moving river waded and played through it as they led us back to the other side.

My overall impression was wow, just wow!

We returned to Cringletie around 10:30 p.m., well past the dinner hour, but we enjoyed the gourmet sandwiches and snacks awaiting us in our rooms.

The next three days of riding consisted of local hacks and a beach ride. I rode a different horse each day, each of them fit, well-behaved, and comfortable to ride.



The townspeople turned out to cheer on the Common Riders.

The vistas were beautiful and green, and the terrain varied and interesting, with plenty of opportunities to trot and canter. On the beach day, as luck would have it, the weather was unusually pleasant, so we encountered people, kites, tents, surfers, and other horse-frightening obstacles, not to mention the ingress leading to the beach was adjacent to a petting zoo. An enthusiastic, if not lonely, llama ran the fence line as we traversed our way toward the shoreline. The horses all managed to keep their composure, and we had a perfect day in the sun and surf.





The food. Every breakfast, lunch, and dinner at Cringletie was magnificent, with no calories spared. There were always several appetizers, entrée, and dessert choices at each meal. I've never had whiskey at breakfast until enjoying the traditional whiskey prunes served every morning.

When we were out riding for the day, a gourmet lunch was pre-packed for us, including sandwiches, soup, fruit, and snacks. I would like to think our daily energy expenditure justified our calorie intake, but I may be a bit optimistic about that.

TRYING THE BAGPIPE

Other entertainment included a Scottish night with traditional food, drink, and a bagpipe player who allowed me to try my hand (and lungs) at the pipes. It was great fun but far from melodious. As we moved into the dining room, a cart of haggis (a savory pudding containing sheep's heart, liver, and lungs, minced onion, oatmeal, suet, spices, salt, and stock and cooked encased in the animal's stomach) was rolled in. Fortunately, this was just for show and not part of the evening menu.

When we weren't eating or riding, our other adventures included shopping at local tack shops and visiting the circa 15th century Rosslyn Glen Chapel, made famous in recent times by Dan Brown's novel *The DaVinci Code*.

Our final ride was another Common Ride, this time in the town of Langholm, an hour-and-a-half journey from Peebles. We arrived around 6:30 a.m. at a veritable ghost town, but by the time we were mounted just half an hour later, the town had come alive with hundreds of spectators lining the streets and drinking their breakfast.

Some history about the Langholm ride: Langholm's Common Riding attracts spectators from all over the world. It originates with the settlement of a legal dispute in the 18th century, that ensured Langholm people certain common rights within set boundaries. Every year, those boundaries must be re-marked to maintain the rights. Over the years, this has become a celebration of the town and its people.

The Common Riding Day is preceded by 'ride-outs' of horses on the hills around the town. The public election of the cornet who will carry the event's official flag takes place in May. On the day itself, the cornet and his followers have to be able to ride well enough to gallop up the Kirk Wynd to the monument erected in memory of Sir John Malcolm as part of checking the ancient boundaries.

On Common Riding Day, the last Friday in July, the cornet receives the official flag marked by four emblems: thistle, spade, crown, and barley banna. The barley banna is barley bread nailed with a large nail to a wooden platter, along with a salted herring.

The fair cryer stands on the back of a horse and performs three Cryings of the Fair: two outside the Langholm Town Hall and one on White Hill.

CARRIED OUT WITH GREAT CEREMONY

This ceremonial ride is joined by a flute band and the obligatory bagpipe troupe that marches along with other townspeople carrying giant thistles on long poles. The 150 or so horses followed, led by the flag-bearing coronet. We traversed up and down the town streets, and more people were cheering us on each time we rode downtown. After a few passes through town, we were led up a road and galloped onto the mountain. We continued along the trail as we worked our way to the top, where the flag-bearing coronet dismounted, climbed up a rocky outcropping, and gave a speech. Meanwhile, on the ground, a couple of helpers passed out shots of whisky to all the (adult) riders. It was 9 a.m., but when in Rome...

After descending the mountain, we paraded through the town again to the cheers of hundreds, if not thousands, of Langholm residents and visitors, many of whom were happier than the last time we had passed by, thanks to the local pubs.

Our Langholm ride finished by crossing a river and taking a lap on a racetrack. The onlookers' history, pageantry, and enthusiasm were the perfect way to conclude our Common Ride adventures on this amazing once-in-a-lifetime experience. 🐾



"Animals were once, for all of us, teachers. They instructed us in ways of being and perceiving that extended our imaginations, that were models for additional possibilities." - Joan McIntyre

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HISTORY LIVES

BEAUTY RANCH

Jack London State Historic Park – London Ranch Road, Glen Ellen

Jack London State Historic Park is a treasure offering a unique insight into the brilliance of Jack London, not only as an author and visionary but also as a groundbreaking farmer with progressive ways to care for farm livestock. He wanted to “leave the land better for my having been,” and more than 100 years ago, he pioneered many of the principles which are the foundation of organic farming today.

In 1905 London bought the first of several ranches on Sonoma Mountain in Glen Ellen. Using proceeds from his prolific writing career, he acquired adjoining parcels over several years and by 1913 owned 1,400 acres on the slopes of the mountain and by 1916 employed nearly fifty people.

With as many as 50 horses on Beauty Ranch, London continued to use horses for farm work and for his guests to ride, even as automobiles, trucks, and tractors came into being during his time.

The buildings remaining on the property include the Sherry Barn, originally built by Chinese laborers with the flat exterior walls typical of Chinese stonework for the Kohler and Frohling winery in 1884. London converted it into a stable for his English Shire mares. The Stallion Barn, commissioned by London and built by Italian laborers in the Italian style, housed six highly prized Shire stallions, including California champion Shire and London’s foundation sire Neuadd Hillside.



DAWG GROOMER

225 2nd Street, Petaluma

George P. McNear (1857-1947), a scion of Petaluma’s most famous pioneer family, was a prosperous grain merchant, who housed his horses and carriages in this building that is now home to Dawg Groomer but has kept the shapes and remnants of what once was a livery. Horse stalls now serve as dog baths. The center aisle was the platform for carriages. On the sides were the culverts for washing out the waste. Today they are covered with brick but shaped like culverts.

McNear would feel right at home with the back half of the building separated by a brick wall and serving as feed storage for Rivertown Feed and Pet Country Store, the owner of the building.



PUBLIC LIVERY

Steamer Landing Park, 6 Copeland Street, Petaluma

What has since 2005 been the Petaluma parking garage on D Street near First was once the home of a century-old livery stable. Instead of demolishing the stable, Petaluma moved the McKenny Livery Stable to Steamer Landing Park where it serves as an agriculture and river history museum.

The irony is not lost that the location of earlier day transportation—the horse and buggy—was filled by a modern transportation mode—the car. Who McKinney was is lost to history, but John Grimes and Dr. John F. Tierney were known for their association with the building. Grimes was an Englishman who worked and lived in the building from 1907 to 1920. Veterinarian Tierney operated out of the building that was purchased by George P. McNear in 1920.



DETURK ROUND BARN

819 Donahue Street, Santa Rosa

The DeTurk round barn is California’s oldest truly round building. Built in 1891 by Isaac DeTurk (1834-1896), one of the county’s first winery owners, the round barn stable housed his champion trotters, many of whom he bred.

When this Indiana native came to Santa Rosa in 1858, he recognized the potential for wine grapes and in 1862 established the Belle Mount Vineyards at the foot of Bennett Peak. He employed horses to pull freight wagons loaded with grapes to production conveyors. The two-story stable is listed on both the national and state registers of historic places. A renovation in 2011 has brought it into the current century.



Cloning for the Conservation of Endangered Species

Local Nonprofit Leads the Way

By Ben Novak



Photo: Ken Bohn

From left to right: Kurt, the world's first cloned Przewalski horse, and Holly, in a field habitat at the San Diego Zoo Safari Park.

When two-year-old Kurt was introduced to Holly, the pair of Przewalski's horses galloped off together so naturally that you might think Kurt was conceived in the wild instead of in a laboratory where he was the result of cloning. And you might not think about the weight that Kurt carries on his shoulders for the future of his species, of all endangered species on the planet.

Most people see these dun-colored horses in zoos and think they are just a breed of domestic horse. They, however, are a unique species, descended from Mongolia where they were called Takhi which means "spirit" or "worthy of worship." Like many other endangered species, the Przewalski's horse (pronounced "shuh-VAL-skees") struggles for survival. Today the world's approximately 2,000 Przewalski's horses are descendants

of just 12 individuals collected for display in zoos in the early 1900s. It is these animals who would end up saving their species.

By the 1960s the horses had been driven extinct in the wild, and zoos around the world organized a coordinated effort to repopulate and restore the species. By the 1990s there were enough horses to begin reintroducing them to the wild. Today several hundred horses roam free in Mongolia, China, and Russia.

Despite recovering numbers, saving the species from so few founders led to severe inbreeding. Inbreeding can result in the production of poor representatives of the species, and the negative impacts may emerge long after a species seems to have recovered in numbers. Or the species can struggle to cope with disease or environmental changes, all because the population has lost the genetic variation it needs to adapt. Additionally, larger species like the Przewalski's horse are more vulnerable to environmental disruption, habitat loss, and climate change than are smaller animal species.

MISSION TO RESTORE ENDANGERED WILDLIFE

"Cloning to conserve a species is one strategy to reduce the negative impact of inbreeding by introducing individuals from unrelated populations," explains Ryan Phelan, executive director of the Sausalito-based nonprofit Revive & Restore which she co-founded with the legendary Stewart Brand. "Fortunately, forward-thinking conservationists had saved living cells from over 400 historic Przewalski's horses over the history of the breeding program and cryopreserved them at the San Diego Zoo Wildlife Alliance Frozen Zoo®. A portion of the species' lost genetic diversity may be recovered by cloning historic Przewalski's horses from frozen cells."

Kurt came from the cells of a stallion that was born in 1975 in the United Kingdom, was transferred to the U.S. in 1978, and lived until 1998. He was recorded as Stud Book number 615 (SB615) and known as Kuporovic by his zookeepers. Due to disagreements over breeding priorities at the time, Kuporovic was among many valuable animals that were intentionally not used for breeding. Kuporovic only sired a few foals in his long life. Unknowingly this led to the loss of important genetics for the species. An analysis of the captive breeding pedigree revealed that Kuporovic possessed unique ancestry from two wild founders, SB11

and SB12. In fact, SB615 carried significantly more unique alleles (or variants of genes) from those wild founders than other living Przewalski's horses. Thanks to the acceptance of modern science, the problematic breeding strategies that led to such lost opportunities were finally abandoned in 2004. Though it was too late for Kuporovic's value to be appreciated, Kurt, as Kuporovic's clone, has the same DNA, giving a second chance for this underrepresented genetic line to be restored and to flourish.

"Now that the genetic variation 'lives' again, Kurt may be the most important horse in the North American captive breeding population," says Ryan. "He may also become the first cloned animal to restore lost genetic variation to its species. We hope that in five to ten years, as Kurt matures as the world's first cloned Przewalski's horse stallion, he will successfully mate and thus contribute to the genetic diversity of his species and to the future of conservation innovation."

NATURE VERSUS NURTURE

Not just Kurt's genetic disposition sets him apart. He was gestated, birthed, and raised by a surrogate domestic Quarter Horse. Though these two species set off on their own separate evolutionary paths over 35,000 years ago, that's close enough to be reproductively compatible. However, some people in the Przewalski's horse recovery program were concerned that a wild Przewalski's horse raised by a domestic mare would end up with domestic behaviors. But in the case of the Przewalski's horse, we soon learned that nature is stronger than nurture.

Just a month after his birth, the overseeing veterinarian that helped with Kurt, Dr. Gregg Veneklasen, phoned Revive & Restore with concerns. Kurt wasn't acting like any domestic horse he'd ever seen. He was aggressive and particularly protective of his surrogate mother. And Kurt was developing fast, hitting milestones much earlier than a domestic horse.

On a call with Ryan, Oliver Ryder at San Diego Zoo, and zoologists with decades of experience in Przewalski's horse husbandry, Dr. Veneklasen conveyed that, much to the excitement of everyone on the call, Kurt was behaving exactly as a Przewalski's horse should.

Not only that, he was behaving very much like his genetic father, Kuporovic.

At one year old, Kurt was introduced to one of his own kind for the first time, a young filly named Holly, and their meeting was seamless. Kurt had no trouble bonding with Holly, and Holly began reinforcing Kurt's burgeoning Przewalski's horse behavior and culture.

Today, two-year-old Kurt enjoys his days at San Diego Safari Park with Holly. He is named in honor of Dr. Kurt Benirschke, a geneticist at the San Diego Zoo who in 1975 began what is now the Frozen Zoo®, collecting and cryopreserving the cell lines of endangered species and safely storing away genetic diversity before it was lost.

In 2012, Revive & Restore was founded with the mission to harness the power of biotechnologies for wildlife and enhance biodiversity through the genetic rescue of endangered and extinct species.

Ryan works with the world's leading molecular biologists, conservation biologists, and conservation organizations to envision and develop pioneering genetic rescue projects using cutting-edge genomic technologies to solve seemingly intractable wildlife conservation challenges such as those posed by inbreeding, exotic diseases, climate change, and destructive invasive species. Her workshops on genetic rescue bring together global experts to identify the challenges facing endangered species and identify what genetic tools can be used or designed to help save them from extinction. Her work led her to the main stage of TED in Monterey in 2021 with her TED Talk entitled "The Intended Consequences of Helping Nature Thrive" which was also featured on the TED Radio Hour.

Horse people may recall the Phelan name from the Phelan equestrian catalog that featured Marin and Sonoma horses. That was decades ago, but Ryan has always been a horsewoman, and today she and her Dutch Carriage Horse Rocky train in dressage.

Cloning Przewalski's horses has brought Ryan's life full circle. And she's not done just yet. Kurt is only the first cloned Przewalski's horse. Revive & Restore and San Diego Zoo Wildlife Alliance plan to select more of the unique cryopreserved cell lines to revive and rejuvenate the genetics of the world's last truly wild horse, so that this incredible species will thrive for thousands more years to come.



Photo: Patti Schaffler

Revive & Restore Executive Director Ryan Phelan and her Dutch Carriage Horse Rocky



If you are a regular on the Sonoma County equestrian trails, you probably have come across a clean-cut, dapper, and tidy African American horseman named Cleedith Hunter riding a well-appointed, calm, nicely put-together Quarter Horse. Cleedith likely smiled, maybe even tipped his cowboy hat, and offered some pleasantries like, “Well howdy, stranger. Nice day to be out here, isn’t it?” Or, “what a nice horse you have there.”

No matter the circumstance, manners and civility are the first attributes you notice about Cleedith.

You also recognize Cleedith as one of the few black equestrians in Sonoma County. He may even be the only black cowboy in the county, a rare sighting.

For centuries, African Americans have been riding and caring for horses. Jordan Peele’s latest horror film *Nope* about a family of African American horse trainers brings to light the first documented strip of moving pictures on celluloid that depicts an unnamed black jockey galloping on a racehorse. Peele is not alone in utilizing the trope and fresh, distinctive modernity of black horsemen. Today, the Compton Cowboys have captured the imaginations of a whole new horsey generation with their unique blend of Los Angeles urban street life and the tranquil serenity of being around horses that have led to a lucrative partnership with the apparel and boot company Ariat.

Sonoma County’s cowboy Cleedith has lived most of his life in Sonoma County. He moved from Marin City to Santa Rosa with his family in 1964. His career in maintenance, operations, and construction throughout Sonoma County extended to working for Coddling Enterprises for ten years and later the City of Santa Rosa for thirty-two years.

In 1964, five-year-old Cleedith would sit on the fence watching his neighbors work with their horses. Finally, neighbor Chuck Meyer put Cleedith on a horse. Eventually, Cleedith’s father Odell Hunter bought him a Shetland pony. Duke, a stallion, taught Cleedith, as ponies often do, how to understand the equine brain. As Cleedith put it, “Duke didn’t like to be messed with and he knew how to use his back legs.”

Odell, a former sharecropper who joined the Army and then made his way to Marin County, would ride a bicycle while ponying Duke with little Cleedith astride. One day, Duke bolted and Odell had to let go of the rope. Cleedith used the classic one-rein stop to get the

Black Horseman of Sonoma County Cleedith Hunter

By Amy Stevens



Cleedith and his Quarter Horse Sadie on the trail in Novato

pony under control, and from that day forward, Cleedith and his pony were a dynamic duo.

Cleedith’s next horse was a palomino mare named Goldie that cost \$110. Back in those days, Santa Rosa was much smaller with only one or two exits off 101 and lots of farmland in between. It was customary to ride alongside the road to get from one place to another.

Cleedith would ride around the neighborhood or, when time permitted, he would ride for hours from Todd Road south to Stony Point to Railroad Avenue, then head east on Railroad, to Petaluma Hill Boulevard and north to Mountain View Avenue where he picked up Santa Rosa Avenue to take the Todd Road overpass back to his house off of Todd Road.

Eventually, a neighbor sold to the Hunters Ruby, a fleet-footed Thoroughbred that could, according to Cleedith, “turn on a dime and give you nine cents change.” Cleedith competed in gymkhana on Ruby at an arena near Stony Point and Hearn Avenues. He set some fast times in barrel racing, pole bending, keyhole, and rescue race. With Odell on Goldie and Cleedith on Ruby, father and son would ride from their house in south Santa Rosa to Trione-Annadel State Park and back home. They trailered the horses to the beach and to Lake Sonoma, Shiloh Ranch Regional Park, Jack London State Park, Sugarloaf Ridge State Park, Point Reyes National Seashore, Marin Headlands, and Wildcat Canyon Regional Park near Richmond.

During the summer of 1991, Cleedith and his family were at the Sonoma County Fair Rodeo, where they sat next to George and Dolly Stampley, an African American family who lived near Healdsburg. The two families quickly became fast friends and riding buddies. George and Cleedith formed an equestrian club for black horsemen in the Bay Area that they named the Brumbies after the free-roaming feral Australian horses made famous in the film *The Man from Snowy River*.

Folks from the San Francisco Bay Area would gather for trail rides and cookouts. Each year, around the end of September, they took over the Liberty Glen campground at Lake Sonoma for a raucous party with lots of eating, dancing, and music. The Brumbies’ motto, and Cleedith’s to this day, was “leave no one behind.” They would pick an experienced rider to take the lead and another for the rear, and everyone looked out for one another. The Brumbies even rode in the Santa Rosa Rose Parade a couple of times.

Though the Brumbies are gone and there are few African Americans on the trail in Sonoma County, one does not have to travel far to find black cowboys. The iconic image of Brianna Noble riding her 16.2 hand gelding Dapper Dan through downtown Oakland during a Black Lives Matter protest will likely stand the test of time. In fact, the Oakland Black Cowboy Association recently held its 48th annual parade. Click the Netflix icon on your electronic device and find Idris Elba riding through the city streets of Philadelphia in the film *Concrete Cowboy*. A devoted rodeo fan, Cleedith points to the authentic black cowboy stars in the Bill Pickett Invitational Rodeo. Founded in 1984 to make people aware of the African cowboy’s role in American history, it was named after the legendary African American cowboy who is credited with inventing bulldogging. Born near Austin, Texas, Pickett (1870 to 1932) quit school in the fifth grade to work on ranches. His skills in riding and roping improved, and by 1908 he was the star of the Miller Brothers 101 rodeo that performed throughout North America, Argentina, and England, where it performed for British royalty. In 1989 Pickett was inducted into the ProRodeo Hall of Fame.

While the Brumbies have ridden off into the sunset, Cleedith is still out on the trail. Say hi to him when you see him.

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With Rehab Winning Has Many Colors

By Rosemary Passantino

I still revisit the sunny afternoon my horse hesitated before taking a small jump. I hear in my head the trainer's earlier comment, "that pony is a bit overweight." Like a good horse, he did what we asked him to do, and he jumped anyway.

We try to get ahead of what might cause our horses trouble by sensing what they are feeling, but that's not always possible. My horse blew a tendon last May, and I often think of what horseman Buck Brannaman says: "If a horse bucks, that's my mistake." So as Reno and I head out on a chilly day for physical therapy exercise, months into deep digital flexor tendon (DDFT) rehab, I know I missed something.

Before the injury, my horse time did not have a deadline or a schedule. As a recreational rider, I treasured the rhythm of the animal and a day's good ride. My time with the horses was time off in every sense - no clocks, no cell phones. But rehabilitation takes place in an entirely different framework. I now wear a watch and keep a rehab journal, tracking dates and my horse's exercise by the minute.

Sixteen-year-old Reno is not a champion showjumper or a race winner. Like most Mustangs, he is a rescue who was captured, in his case, in Nevada in 2007. He was on his third strike and about to go to permanent federal holding. His 13.3 hand stature made him unsuitable to most adults, and he was too opinionated to serve as a child's horse. I bought him for \$25 through the Mustang Heritage Foundation's training and adoption program.

Reno loved to jump. Early on, when I free-lunged him in the arena, he headed for the barrel that had fallen on its side and sprang over it. When he was eight, Hilary Merrill rode him in a three-day event at Horse Park in Woodside, bringing home a ribbon at beginner novice, and beating out \$40,000 ponies.

Despite this minor triumph, Reno remained as intended—a pet horse. That's likely why the first day he came up lame, the barn manager suggested we ice the leg, give him bute, and a little time to "see how it goes." When you come back from your 5K jog, and your ankle doesn't feel right, you ice it and lay off it. If you're an Olympian, you call the sports medicine specialist at every twinge. On the other hand, denial is a powerful thing. Lesson learned: with a horse, any lameness could be a serious lameness.

By day three, Reno showed considerable discomfort walking in a small circle, a common sign of a significant soft tissue injury. The swelling at the back of the pastern felt even thicker.



Photo: Rosemary Passantino

Reno trains for his first three-day event with rider Hilary Merrill.

of the foot. It supports the fetlock joint, acts as a spring that stores energy to propel movement, and stabilizes the leg when it reaches full weight-bearing load. As he referred me to an ultrasound specialist, my vet calmly said, "Yes, it's serious."

Waves of emotions washed over me. I felt overwhelmed, confused, and angry. I juggled a complicated family situation, worked a full-time job, and was recuperating from my own wrist surgery. I commuted a distance to the barn, and daylight would be in short supply. But I recall the horse and mule trainer Jerry Tindell coming over to me at a clinic as I sat with my head in my hands. "Well, now," said Jerry in his good-natured, no-nonsense way. "That kind of attitude is probably not going to do your horse a heck of good, is it?"

How Reno Saw All This

I had trouble envisioning this feisty little horse accepting the challenge we now faced. At times, he was reactive out of fear and confusion, causing me to dread the day I would find my horse standing on three legs. But Mustangs are smart. Over time he figured out what he needed to do to survive. As the first day of confinement stretched into weeks and months, Reno was accepting the new limits and changes imposed on his life.

"You can have two horses with the same injury in similar conditions. One will slowly get better. The other will remain at higher risk of re-injury. A lot depends on the horse," noted Dr. Robert Steere, Artaurus Equine Clinic.

Early on, the only way for Reno to heal was for him to move as little as possible, making him a "special needs" horse typically requiring daily icing, anti-inflammatory medication, a precise regimen of physical therapy exercise timed to the minute, and a stall or paddock where the horse could live for a year or more, without becoming too stimulated or too isolated. The rehab calls for a place to safely set up for treatments like shockwave and mobile

The horse's lower limb is a wonder of biomechanical engineering. Ligaments, tendons, joints, and bones connect in complex layers. The cause of lameness could be damage to any of these structures. Palpating the leg by hand, my veterinarian suggested that a tear in Reno's deep digital flexor tendon (DDFT) was the culprit. He noted that this type of injury is characterized by a sudden onset of relatively severe lameness, but it is often the result of repetitive stress and is most commonly seen in horses competing in jumping, endurance, polo, reining, and barrel racing.

The DDFT runs down the leg from the humerus bone of the shoulder to the coffin bone

imaging. Many years ago, I saw a cowboy put an Arabian mare with a bowed tendon back into the field to see if she could "figure it out." But that's not a protocol for optimizing recovery.

Since the place we boarded wasn't able to accommodate such a special needs patient. I had to immediately find a place to move my horses.

Yes, I said horses plural. Say hello to Zip, a sweet soul sorrel Quarter Horse gelding. If I can credit any secret sauce to Reno and me sticking with the rehab, Zip is it. Since you can't be with your injured horse 24/7, the support of a calm equine friend is essential. If you are familiar with the story of the famous racehorse Sea Biscuit, you know a good measure of his success was credited to his lifelong equine companion, Pumpkin. The unflappable Pumpkin kept Sea Biscuit calm as they traveled from race to race.

As we moved to a new barn, Zip became Reno's Pumpkin.

Reno's rehab required periodic ultrasound imaging to assess how he progressed through physical therapy by increasing stress on the tendon over long stretches of time in one-minute increments. Whether the horse can be walked for ten minutes and when you can begin to add tiny intervals of trotting depends upon the extent of the injury, the healing ability of the individual horse, and how quiet that horse can be in its stall.

"It's important to evaluate a horse's progress during rehab with ultrasound because swelling and injuries can be deeper than we can physically palpate," per Dr. Yana Sorokurs at Petaluma Equine. "The injury may be underneath other surrounding structures. The alignment of tendon or ligament fibers and the progress of the size of a torn region within a soft tissue structure can only be seen with ultrasound or MRI. At each ultrasound exam, we measure the diameter, length, and circumference of the injured regions to evaluate progress. Because clinical signs of lameness can be caused by a variety of factors, relying on a physical exam alone can be misleading when judging whether the horse's specific injury has healed sufficiently to tolerate additional load and movement.

The next step of rehab might be the first time you put on a saddle after four months of hand walking. It might be adding one minute of trotting after ten minutes of walking, then another minute of trotting two days after that. At any time, there could be a plateau or a slip up that sends you back to an earlier step. Other lameness can develop due to compensating for the primary injury. Because they don't have a lot of blood supply, tendons and ligaments heal very slowly and are fragile.

Luckily Sonoma County has many talented vets, facilities for special treatments and diagnosis, and the University of California Davis is a short trailer ride away.

The Human's Adjustment

Helping a horse through rehab requires doing significant work on yourself. Instead of an activity partner, you are now the caretaker of an injured creature who cannot communicate verbally. It helped me to practice what Dr. Susan Fay calls "holding the space," cultivating emotional calm, quiet biometrics, and centered energy that can compensate for heightened disturbances that arise within and around the injured animal. Unlike

before, now sending the horse forward could cause him more damage. So, your breathing and body language are brokering a different agreement, this time one that says not to move, or only to move at a very slow pace.

In the hand walking phase of rehab, I remembered Buck Brannaman's observation that a horse should be able to walk easily alongside you as if you are very old and only able to shamle very slowly. Other trainers call these "matching steps." It also helps to cultivate a heightened awareness of when the horse is approaching a fear threshold and about to bolt or a spook.

Being part of a community of like-minded horse people who can provide you with support, model these behaviors, and manifest these techniques makes it much easier to strengthen them in yourself. Medicinal calmers can be helpful, but nothing will take place of an environment where you and the horse can feel supported, calm, and safe.

Looking back at the rehab, I gathered a number of valuable takeaways. Work a horse within his capabilities, based on a regular fitness and conditioning program. As he ages, consider a soundness exam focused not on acute failings, but on comfort and how well he's going. Accept the limitations of an older horse. If other people are riding or exercising the horse, detail a specific work program suited to the horse and add no joyriding to the contract. Don't skimp on the hoof care. Provide good footing in his living area. And listen to the horse.



Photo: Rosemary Passantino

Zip is Reno's pal during the rehabilitation journey.

As a long-rider cowboy once told me, "It's always the thing that happens before the thing that happens happens." Early recognition and treatment of less acute balance and body issues can help prevent the soft tissue overload that will cause you and your horse a whole world of trouble.

In his sixteen years, Reno, with his "cute" size, feisty spirit, and extroverted nature, has served as an inadvertent Mustang ambassador. We continue heading step by step toward a still uncertain future. If anyone needs convincing as to the benefits of prevention, I am happy to share my vet bills. 🐾



Even Horses Need Paperwork

Traveling With Your Horse

By Michelle Beko, D.V.M.

If you are planning on taking your horse out of state, plan on getting a health certificate and a Coggins test from your veterinarian. A Coggins is a blood test that checks for antibodies to the Equine Infectious Anemia virus (EIA). EIA is an uncommon but serious disease that can cause a horse to have a fever and/or anemia (low numbers of red blood cells). It can also be a cause of sudden death. Some horses infected with the virus are asymptomatic.

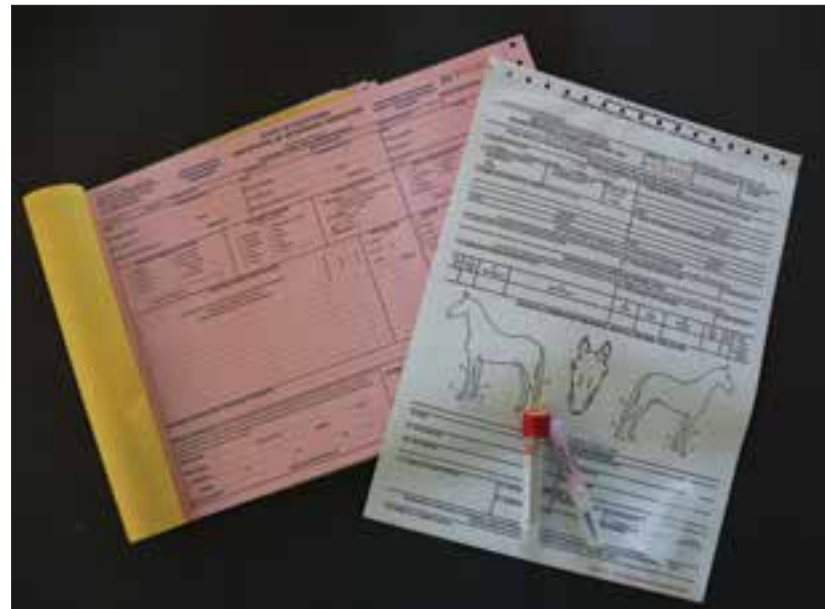
The virus is naturally spread by biting flies such as horse and deer flies, but can also be spread by people sharing needles or syringes between horses. Although in over 30 years of taking Coggins tests, I have never seen a positive result, California in 2022 saw at least 35 confirmed cases of EIA. Most were at unsanctioned race tracks and spread between horses by people reusing needles and syringes.

With no treatment for the disease, most horses who survive the initial infection will become chronic carriers capable of spreading the virus to other horses. Horses that test positive must either be euthanized or isolated forever, remaining at least 200 yards from other horses. A Coggins test is good for one year.

The required health certificate involves a brief exam by a veterinarian that includes taking the horse's temperature. A standard health certificate is good for one month and can be issued after the Coggins test results come in. Multiple horses can be on one health certificate if they are traveling together and the certificate is good for one destination. Alternatively, your veterinarian can get you an extended equine health certificate good for one year through an online company called Global Vet. Most, but not all states accept the extended health certificate. Only one horse can be on it and you must go online before traveling and enter your travel information. It is more expensive than a standard health certificate.

People that opt to travel without the required documents run the risk of being stopped and prevented from traveling on. Commercial haulers will not usually take a horse without a valid health certificate and Coggins test.

International travel has varied requirements depending on your destination. There are no vaccination requirements for traveling out of state and no requirements for in-state travel. If you are planning on leaving the state with your horse, allow three to four days for the Coggins test to come back. Scheduling an appointment about a week before you leave is ideal. Happy travels! 🐾





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Five Things to Influence

Your Choice of a Bodyworker

By Lucretia Daley, EEBW



Debranne Pattillo of Equinology demonstrates bodywork on the chalk reproduction of the middle muscle layer.

An equine bodyworker is an essential member of a horse's support team, providing services complementary to those of the veterinarian, farrier, dentist, owner, and trainer. The practitioner can greatly enhance your horse's performance and well-being by increasing circulation, releasing tight muscles, activating underused muscles, providing comfort to injured muscles, expanding range of motion by lengthening muscles, and improving neuro-motor control pathways. This work can increase stamina, lengthen stride, improve gait quality, enhance disposition, and reduce tactile defenses.

However, no legal regulations govern California equine bodyworkers, and no consistent industry standards provide direction in making the choice of the right person to work on your horse. So, to make that choice, consider these five categories.

- 1. Training.** The many equine bodywork training programs available vary from casual weekend seminars to intensive weeks long courses. Ask your bodyworker candidate the following:
 - What program did you complete and are you certified in that methodology? Search the program's website to learn more.
 - How many hours of study, in-person instruction, and hands-on practice were required to complete the program? This will give you an idea of the commitment level, knowledge, and experience of the person you are considering.
 - How many course hours were dedicated to the study of anatomy? Training in musculoskeletal anatomy is paramount because knowledge of the location and function of muscles and other soft tissue is central to and informs work on the complex equine body. Further, the language of anatomy is the way the bodyworker communicates with veterinarians and farriers to fully support your horse.
- 2. Professional Memberships.** Hire someone who is affiliated with an organization like the International Equine Body Worker Association (IEBWA), which requires its members to complete continuing education courses, carry full indemnity insurance, and conform to high ethical standards of practice.
- 3. Experience.** Seek out a professional with substantial experience working on horses. Request references. Everyone has to start somewhere, but you will want to ensure that the person you hire has had plenty of time working on a variety of horses. You want someone who will know when bodywork is contraindicated and when to make referrals for other services.
- 4. Session Content.** The bodyworker should take your horse's history, assess gait quality, posture and conformation, and provide a report on the session findings. The session should consist of palpating the horse's body to assess areas that need work and using a variety of techniques to address issues. Teaching the owner or trainer moves or stretches to do with the horse between sessions can extend the benefits of the session. Recommendations for exercises on the ground and under saddle also can help build the horse's strength, balance, proprioception, and stamina.
- 5. Rapport.** Mutual respect is the cornerstone of any good working relationship. Because horses don't have words, it's crucial that anyone working with them is sensitive to their cues and expressions of discomfort. Bodywork can and, at times, should be uncomfortable, but the bodyworker needs the judgment to know where the line is between not enough and too much. After all, you are trusting them with your friend, family member, pet, or partner. And you will appreciate a professional who acts like a professional: arrives on time for appointments, communicates and explains things clearly, listens effectively, and responds to your questions.

You can learn a lot about maintaining your horse's condition from a bodyworker whom you trust. 🐾



Candidates for Barn Dog

By Susie Weaver Banta



Being animal people, the majority of horse people adore dogs. And most horse facilities, private or public, have a dog that wins the title of the special barn dog. However, the characteristics needed to qualify for that distinction may not be what you expected.

A barn dog has jobs ranging from guard dog, rodent control, goodwill ambassador, or simply companion. The qualified breeds for the position vary greatly according to the job and range from herding dogs like Australian Shepherds, Border Collies, and Cattle Dogs (Heelers), livestock guardian dogs like Great Pyrenees, Jack Russell Terriers, and Corgis, and guard dogs such as German Shepherds. Clearly, these dogs vary greatly in temperament, size, and grooming needs, making the distinction as the best barn dogs more complicated.

"There are a lot of different factors, and it's not necessarily what people think," explains Camilla Gray-Nelson, owner, founder, and director of training for Dairydell Canine Boarding and Training. Camilla grew up on a prominent Petaluma dairy farm. Her love of and experience with animals, including cows and horses, led her to her chosen field of breeding, showing, and training dogs.

"There's not a particular breed that is a good barn dog, but there are some definite factors to consider," Camilla begins. Although her top priority is the dog's innate temperament, she feels one must first look at the practicalities of size. A tiny dog can run under fences spooking horses, and more easily can get injured, while a very large dog can simply get in the way in the

working areas of the barn, putting medium-sized dogs at the top of her list.

Avoid dogs with high prey drive, she advises, although Jack Russell Terriers are very popular despite their high prey drive. "Of course," she says, smiling, "horsewomen tend to like plucky dogs with high energy, and the Jack Russells do take care of the rodent problems."

A barn dog should not have what she calls "stranger danger impulses." This type of dog may be innately insecure and not easily socialized, causing the owner liability problems. People new to the barn are likely to engage with the dogs, bending down to say hello and pet them. A stranger danger dog may bite.

"If a dog is born insecure, it will die insecure. You cannot train that away," she advises.

Barking is another concern. Unexpected barking can startle a horse and create dangerous situations. Besides, constant barking is "dang irritating," Camilla says.

If you expect training to be at the top of this dog trainer's list, it isn't. "It is the cherry on the top of the sundae because you cannot train away the temperament factors like prey drive, insecurity, or biting." Training is important to put the polish on that diamond in the rough. Teaching the dog to respond to "go to your place" and "stay" and training it to keep out of the arena allow that barn dog to truly shine.

BEST BREED FOR THE BARN

When considering what breed makes a good barn dog, Camilla comes back to temperament tendencies. Does it tend to be a servant looking for direction? Is it too independent in thought? Sporting dogs such as Labradors or Golden Retrievers make good barn dogs, though Golden Retrievers have the grooming issue with their long thick coats. Really, any breed dog with the right temperament can be a good barn dog.

However, those older or disabled dogs, as wonderful as they may be or have been, are at greater risk of injury if their eyesight or hearing is limited.

"You can't beat a good mixed breed with the right temperament either," Camilla contends. "They tend to love everyone, they don't tend to want to go far afield investigating, they stick around, and they want to please. That is a good barn dog."

Barns have varied focuses with different limitations and needs. Those parameters can influence the choice of dog for the barn.

At a private barn without boarders or with only one or two friends as boarders, the owner makes the rules. However, knowing your dog's temperament will help create a happy and safe place for people, horses, and dogs. Furthermore, California law puts the responsibility for aggressive canine behaviors squarely

on the owner of the dog, no matter the circumstance. Camilla advises that dog owners ensure that their homeowner liability insurance covers dog-related incidents.

In barns with multiple trainers, clients, and dogs, clear rules and boundaries for dogs and their owners are paramount and may include the rules that no outside dogs are allowed or that they must be on a leash. Here training, obedience, and following the rules move to the top of the list for barn dogs and their owners. A quiet day can turn into a flash of chaos if people are not paying attention and even one dog steps out of line for just an instant.

DOGS AND HORSE SHOWS

In a sense, horse shows are an extension of the boarder barns, and attending shows is often a frequent adjunct requirement for many barn dogs. Horse shows should be dog friendly, contends Cynthia Hall, the owner of Woodbridge Farm and manager of recognized and schooling dressage shows. If a horse show forbids dogs, they risk losing competitors. Often trainers simply will not or cannot leave their dogs at home. For smaller shows, this can be the difference between having a good turnout and not.

While remaining dog-friendly, show management has the discretion to set boundaries. Most shows require that dogs always be on a leash. Frequently the show will establish monetary fines for loose dogs, particularly if they roam near the show rings. Show management likely will have liability insurance that covers dog-related incidents.

The location and intention of the horse operation is also a factor. Erin Ellis, owner of Triple Creek Horse Outfit in Glen Ellen, has 24 horses located at three facilities, including Jack London State Historic Park, where she provides trail rides for the public. Erin owns dogs, all of whom she considers good barn dogs, but they do not come to the horse facility at the park.

Government regulations do not allow dogs in the park. "No matter how good and obedient a dog might be, it is still a prey animal, and the park is a wilderness area protecting wildlife. Just the presence of a prey animal can upset the balance and security of vulnerable wild animals," says Erin.

On the other hand, dogs are very much a part of her ranch in Sebastopol. The top of her list for barn dog qualities is that the dog is "horse savvy. Like a good horseman, they need to always be aware of the horse's movement." She also believes that establishing routine, setting boundaries, and providing a safe place for each dog if you have multiple dogs are factors important to their happiness and, therefore, their behavior as barn dogs.

The bar is quite high for which is a great barn dog: a medium size, low prey drive, not insecure with people, not prone to barking, dog friendly, and horse savvy. "Finding a good barn dog is almost like getting a good service dog, and very few dogs born into this world can be good service dogs. You are almost asking them not to be dogs," notes Camilla.

LET'S TALK ABOUT DEHYDRATION

Dr. Jamie Kerr here with things to consider about keeping horses hydrated in winter and under drought conditions. Dehydration if unchecked can lead to colic or other unhealthy conditions.

On average a horse will drink five to six gallons of water per day, depending on ambient temperature, humidity, and the amount of work the horse has done. So pay attention to the details of your horse's eating, drinking, peeing, and pooping.

With the cold weather, check if the water in the paddock tubs isn't lowering as usual or if buckets in the stalls are still partially full. It's harder if you have automatic waterers, but during the winter you might put a bucket in the stall to test the horse's drinking habits. If you see a significant change, consider safe water-warming devices, Amazon has them ranging from \$20 to \$45.

If you have suspicions about your horse's hydration, test him in the following ways.

1

Check mucous membranes. With your thumb, gently lift the upper lip and note the color (pale, pink, red). Press on the gum, then release. The color should return to what it was within one to two seconds. If it doesn't, the horse is somewhat dehydrated.

2

Pinch the skin on the neck. It should go back to normal in a second or two. If it takes longer, it is a sign of dehydration.

3

Dry drought winter air definitely contributes to dehydration and inflames the windpipe and airways affecting the lungs. Since the same is true for us, ask yourself if you feel affected by the cold air. That will give you a good idea if it's affecting your horse.

If you recognize a problem, get help.

—Dr. Jamie Kerr, DVM

AD SPECS AND RATES

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