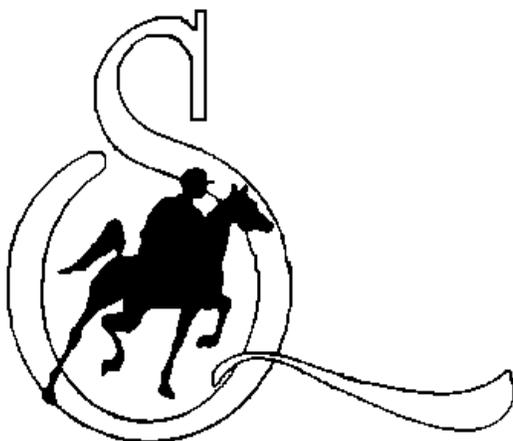


QUICKSILVER QUIPS

August 2003



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PRESIDENT'S Message

Another Tevis is history. Congratulations to all who completed this very difficult ride. A special congratulation to Heather for her first place finish and bringing home the Haggin Cup (two Haggin Cups in three finishes, not a bad record).

For our July meeting, many of us met at Calero, went for a ride then had a BBQ/potluck with Steve as our chef. Everyone had a good time, and it was suggested that we do it again in August. So, August 20th, come and ride anytime you would like with a BBQ/potluck at 7:00 PM. A-L bring a dessert, M-Z bring salad/fruit/bread, or just bring what ever you would like. The club again will provide meat and drinks.

Jill is continuing to work on the Fall Ride coming up on October 18th. Entries are in the works and she had lined up a great caterer. The club has been doing well financially because of putting on two successful endurance rides for the past couple of years. It was suggested that some of the proceed be donated to a park/trail organization or UC Davis to support a research project. What does everyone think?

At this time we have not sanctioned an endurance ride for the spring. We need someone to step forward to be the ride manager. I'm sure there are a few of you out

there, that have considered taking on the challenge. Being a ride manager is a lot of work, but you get the satisfaction of knowing you have given something back to the sport.

Lori

Passages – Ernie Elliot

A message from Nancy

“Ernie was a team farrier for the USA in '96 in Kansas and 2000 in France, and PAC South farrier in Vermont '01, Manitoba '99, chef d'equip for Holland at the 95 NAC at Flagstaff and road crew in Spain in '92 and 2002. He was also my primary support and crew for any of my 'big' events when I needed someone to keep me calm and remind me that. it was supposed to be FUN. Ernie's first endurance ride was a 2nd place finish (to Becky) with him riding Rio in a 50 in the fall of '94 after helping crew for Rio in Holland. He always said it would be tough to top that one. Thank you everyone who has sent thought our way. I will be spending time with my horses and doing some riding, but not planning any competitions for a while.”

Nancy has asked that we commemorate Ernie by contributing to the Western States (Tevis) Trail Foundation Endowment Fund. Contributions will be used to “Buy a Mile’ of the Tevis Cup trail in Ernie’s honor. If you would like to do so, please send donations to:

Western States Trail Foundation
1216-C High Street
Auburn, CA 95603

Make checks payable to:

WSTF-Endowment Fund and please note that the contribution is to be in Ernie Elliot’s name.

From Lori Stewart:

“Please honor Ernie’s life and the life he and Nancy shared by donating to the Western States Trail Foundation in his memory. In doing so, you will also be honoring the one person in your own life who is the wind beneath your wings.”

Marvin’s Corner

Marvin decided that discretion was the better part of valor and on July 13 sent the following message to the Badwater Ultra Marathon director.

Dear Chris,

I went to the trails yesterday morning to begin my first hill workout since my bilateral hernia surgery 3 weeks ago, but went no farther than a quarter of a mile because I have lost confidence in my physical well-being. My mind was not at ease, shadowed, as it were, by my every-step-thought that I was not conservative with my recovery. Notwithstanding the medical clearance and my lack of discomfort on the treadmill, I did not want to risk the possibility of complications and setbacks which might have arisen from the strain of climbing, and running the downhills and the uneven trail surfaces. Therefore, I am withdrawing from this year's Badwater Ultra marathon. I wish you great success with this challenging event. Joyce and I plan to attend the race, hoping to meet everyone and to volunteer our services if we can be of assistance.

Marvin has promised to write us an account of their experiences at the Badwater.

WANT ADS

Saddles for sale: old original **Stonewall**, recently rebuilt. 15” seat, \$200. **Big Horn**, like new. 16” seat, \$300. Call Mark 831-421-9616.

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Stubben dressage saddle. 32 cm tree, 18" seat, with matching leather girth, hi-density foam pad, no stirrups or leathers. This saddle is in excellent condition. \$650.

Another **Bighorn**, good condition, Trail Tech stirrups, pad, different kind of girths are available. Call Judy 925 862-0232.

August 2003 Quicksilver quips

Mike Maul sent this: point standings for QSER members as of 7/21. QSER's are 1, 2, 3, 4 and 5 in the regional standings.

DIVISION:

Rider Name	Horse Name	Sex	Miles	Division Pts./place	Overall Pts./place
Featherweight					
Michele Roush	PR Tallymark	G	300	1160 1 st	1025 2 nd
Michele Roush	Do So La	G	310	880 3 rd	810 5 th
Trilby Pederson	Beau	G	505	565	505
Lightweight					
Dennis Tracy	San Ffrancisco	G	350	1350 1 st	1115 1 st
Judy Reens	Benjih+//	G	300	1055 2 nd	855 4 th
Dominque Freeman	Proud Legacy	G	300	760	595 10 th
Jan Jeffers	DS Mi Mistik	G	455	555 8 th	455
Nancy Elliot	Rbar Silver Storm	G	305	525 10 th	375
Middleweight					
Jeremy Reynolds	LF Al Zarka Sudan	G	450	1180 1 st	957 3 rd
Heavyweight *** in Pacific South					
Mike Maul	Rroco-My-Sol	G	420	1024 2 nd	435
Junior					
Hillory Graham	Sabaku Tono	G	250	390 2 nd	
Megan Doyle	LF Silverman	G	150	370 3 rd	
Megan Doyle	LF Miracle Shot	G	100	150	
Katy Alton	Jake Brake	G	200	360	
Katy Alton	Hy Time	G	100		

Jeri Ayers-Scott sent this photo

TRAIL NEWS

Information recently received from Laura Cohen, Rails-to Trails Conservancy.

California's transportation projects (freeways and roads) are supposed to be balanced with funding for mitigating the effects of the road construction. The Environmental Enhancement and Mitigation Program (EEMP) is a small program representing less than 1/700th of California's transportation budget, yet provides funds to plant thousands of trees throughout California, protect essential open space lands, BUILD TRAILS, and provide additional roadside recreational opportunities for tourists and residents using the road and highways of the Golden State. Please write to your government representatives to encourage their support in funding the EEMP. Here is a sample letter.

The Honorable _____
State Capitol Building
Sacramento, CA 95814

RE: Environmental Enhancement and Mitigation Program – SUPPORT

Dear :

We urge you to support full funding for the Environmental Enhancement and Mitigation Program (EEMP) in the 2003-2004 State Budget.

The EEMP provides \$10 million annually from the Department of Transportation for mitigation projects that are directly or indirectly related to environmental impact of transportation projects.

For over a decade, this modest state funding resource has helped improve the quality of life throughout California by funding more than 500 conservation and alternative transportation projects that reduce air and noise pollution, enhance recreational opportunities, and conserve natural resources in nearly every California county. The program has also been an important funding source for state and local

conservation corps which engage at-risk youth to improve their communities and provide them with valuable job skills and employment experience.

Your support is essential to ensuring that these funds remain intact.

Sincerely,

A DREAM HORSE

by Michele Roush, DVM

A year and a week. That's what I had with perhaps the best horse I've ever ridden. I am speaking of Do So La - "Doso" - a 17 year old Arab gelding owned by Howard and Timmie Kent, of Utah. I first saw Doso on the Pony Express XP trail in 2001. A nondescript, quiet gray horse, he carried my ex-husband for a day, and I worried about him, because he was very dull and did not eat at the lunch stop. Howard said that he was always that way, and he finished in good shape, although without sparkle.

The next time I saw Doso was at Schellbourne XP in 2002, and he was to be my mount for the week. Howard was not sure that the horse (then 16 with 2900 miles) could do all five days, so I was happy and prepared to be conservative, and just have a nice time. Doso apparently had other ideas, as he proceeded to take the bit, among other matters, into his own teeth, and he finished strongly in top ten every day, passing his 3000 mile mark by winning three best conditions as well as overall best condition. What a thrill...equalled only by getting to bring Doso home with me for Tevis. We finished in 6th place there, Doso's first 100 miler. I will never forget the look on Doso's face as I took him away from the hay-soup trough at the Lower Quarry vet check that night, for the final miles of Tevis trail. Talk about making me feel guilty...I think Doso mistook me for the devil incarnate, and I know he had some choice words for whoever measured that 50 mile

trail! On to Bryce XP, where we were able to accomplish "only" one BC, but won overall fastest time by about two hours. Grand Canyon was next, where we won an unprecedented all four days and two BCs....bringing home eight of the 10 possible awards for the ride (including overall fastest and BC). From there, we went to Silver State chasing points for the National BC...needed two and got two.

The 2003 season started well for Doso and me, and we ended our run together spectacularly. This year, we did 11 races...560 miles. We had five wins, three 2nds, one 3rd, one 4th, and a 7th (I had to fight hard to hold him back for the fourth day of the Cold Springs 5 day XP). He won 9 best conditions, including 8 in a row, and overall fastest time, as well as overall best condition at all three of the multiday rides we did (Cuyama Oaks XP, Wild West, and Cold Springs XP). Better than all of that, we ate up the trail together, enjoying each other's company and glorying in the ease with which the miles flew by.

Doso is a very strong horse, routinely able to sport a CRI of 44/44 just ten minutes after finishing a five and a half hour 50 miler. He is also a subtle, introspective horse, and it took me a while to hear what he had to say, but after 1460 miles together, we communicated like an old married couple. Sometimes we would scrap with each other, sometimes we would sing together, and it just kept getting better and better. On one of the days at our last ride, the Cold Springs XP, we were high up on the top of a ridge, on a road with one horse ahead of us, and one horse on our left. Neither Doso nor I had ever been there before, as it was new trail, since the ride was moved from Schellbourne Station just this year. I had my head down, reading my map, getting the next directions, and all of a sudden, Doso turned to the left, pushing the horse trotting next to him. I looked up from my map, and realized that there were ribbons marking a sharp turn to the left, off the road and down the hill. How Doso knew where to go, I can only attribute to his wise old soul, and his years of trail savvy. He should not have known the turn

was there, by any means. He had a horse ahead of him, a horse beside him, and I was not looking for or seeing a left turn, as the directions I was reading told me to go straight on the road! Doso can sense a lunch stop from five miles away, and he won't let it get by him!

I would wish for every endurance rider that at some time in their careers, they find something of what I had with Doso. I would hope that they get to experience the bond that is created with a horse when together they face the challenges of difficult trails and many miles, and are able to experience the thrilling beauty of new trails, the achievement of goals, and the satisfaction of a full haynet at the end of the day.

Michele and Doso at the Spring Coe Ride

RED ROCK RIDE

By Carla Ambriz

Hey, the Red Rock ride was a killer. Trilby and I had so many problems on the way up that we should have stopped and turned around. The biggest problem was when we blew a tire on the trailer and had to wait for AAA to come fix it. Then we did not have directions to the ride (that was my fault).

So we started the ride and all seemed to be going well, until we got to lunch at 12:30 PM. This is cutting it a little close and we were trotting a lot of the way. My saddle fits my horse great but I do not like it very much so I was in some great pain. And Trilby and I were both feeling the heat even though we were taking our GU. Well, when we go to the last out vet check we were cleared to go but had to make 7 miles per hour in order to make the cutoff time. So we decide to go on anyway, knowing we were not going to push the horses. I just wanted Sonny to go the whole ground. By the time we came in I was totally wiped out and couldn't even get my saddle off. Someone helped after Sonny decided to roll on it. Good thing it's treeless.

Our troubles did not stop there. On the way home I heard a clang and realized that I did not strap the corrals on. So we made a quick stop; they were all on but now we strapped them on. Since we were stopped we used the facilities and when I came out of the camper door the stool slipped out from my foot so I scraped the inside of both legs not to mention the fact that I was stretched in two.

Thank goodness the rest of the way was calm and we made it home by about 3 PM. It was a beautiful ride but really hot with not much water this year. So

we'll just have to wait for next year to get that completion.



From the Editor

I belong to a couple of other riding clubs, one being the Tilden Wildcat Horsemen's Association. Some years ago there were multi-day (some as long as 7 days) trail riding events in the East Bay Regional Park District. Last year TWHA sponsored a 4-day trail ride from Chabot to Briones Regional Parks. Many of us have ridden some of these trails on the Oakland Hills endurance rides. The trail ride was amazingly successful and introduced many trail riders to horse camping. The club provides all meals, some prepared by gourmet cooks, as well as excellent quality oat and alfalfa hays for the equines.

This year profits from the ride will benefit the Bay Area Ridge Trail. So if you want to try out a multi-day ride in a relaxed setting I'll see you there☺

Call or e-mail me for an entry if you get the Quips online.

US Doctors Turn to Horses for Bedside Manner

Tucson, Arizona (AFP) – A group of US medical students have traded stethoscopes for horse halters and sterile hospital hallways for dusty equine exercise pens in a bid to improve their bedside manner with human patients.

A western US ranch is the setting for an innovative University of Arizona Medical School course with the weighty title, “Medicine and Horsemanship: an Introduction to Human Nonverbal Interaction at the Bedside.”

The course, the only medical school class of its kind in the United States, is a pioneering example of sensitivity training for young doctors-to-be.

“This course is not about horses; it’s about body language,” said Dr. Allan Hamilton, a renowned neurosurgeon and head of the college’s surgery department.

“Horses are very, very good at detecting those unspoken messages, and it’s a wonderful way to teach medical students to become aware of their own body language,” he said.

Because horses are vulnerable to becoming prey, they constantly scan their surroundings for potential threats and react against them, making them excellent barometers for how human movements can speak louder than words.

By learning to put the horses at ease, the medical students also find out how to respond sympathetically to emotionally charged situations, such as comforting worried patients or bereaved relatives.

“Horses are gigantic amplifiers for body language, and are extremely sensitive to it,” said Hamilton. “What we’re actually doing is transmitting a true feeling about bedside manner.” Each Friday, Hamilton,

a graduate of the prestigious Harvard Medical School, swaps his white coat for blue jeans, a well-worn cowboy hat and boots and goes out to meet his class.

At his Rancho Bosque horse ranch outside Tucson, he leads his six-strong groups of students to his stables where, amid a strong odor of horses and hay, they learn how to treat patients by using horse psychology. Students get up close to the horses in the training pen, but do not ride them or use saddles or bridles to control the nervous animals. Instead, they learn and practice non-verbal clues – such as posture, eye contact, movement or breathing – to soothe, guide and encourage the 450 kilogram (1,000 pound) “patients” into completing simple tasks.

At first, they lead the horses by their halters, making them trot in a circle and later, additional obstacles including neon-orange traffic cones are introduced as students work to motivate the horses to negotiate the course.

Students learn that simple gestures such as gently patting a patient’s shoulder, or sitting down in the exam room across from a patient sends the message that they have a genuine interest in hearing about his or her concerns, and working together to heal them.

Second-year medical student, Justin Sewell, was so impressed by the basic course that he signed up for the advanced horsemanship curriculum that has now been introduced following the launch of the program three years ago. Sewell, 25, admitted he was initially attracted to the 10-week course because it sounded entertaining, but soon realized

that the intensive calluses forced him to analyze and change his behavior – ranging from the speed of his movements to the tone of his voice-towards his “patients”.

Hamilton, who also helps train and rehabilitate abused horses, said he had long noted parallels between the behavior of frightened horses and that of frightened humans.

During hospital rounds, he said, groups of doctors and medical students often descend on a patient’s room without knocking and immediately launch a barrage of questions about their health.

“It occurred to me that we’d never do that to a horse,” Hamilton said. “A lot of what we did with our body language with (human) patients was aggressive enough to put a patient in to a defensive posture.”

While horses have long been used to help disabled children learn confidence and independence, Lynn Thomas of the Equine Assisted Growth and Learning Association said that she had never seen them used to train doctors. “Using horses to help (able-bodied) people learn about themselves and their nonverbal communications in a pretty new field-but growing rapidly,” she said.



BANNERS FLYING—AN UPDATE

by Barbara McCrary

Eleven months ago I bought Banners Flying, A 6-year-old arab gelding from eastern Montana. I bought him without having seen or ridden him, my only judgment based on a 10 minute video of him moving, being mounted and dismounted, etc. I decided to take the chance on him, especially since our daughter had bought a horse from the same ranch and really liked him. I had corresponded via e-mail with the breeders for some time and felt reasonably acquainted with, and considerably trusting of them. I was told that his horse was timid, lacked self-confidence and needed a confident rider to help him. I wondered if I was the right person for the job, as I’ve had numerous experiences over the years with horses that have trashed my own self-confidence. Fortunately, subsequent horse of quality had always managed to restore that confidence. So Banner came into my life on June 30th, 2002. He spent several days in pasture, close to the house and my attentions, simply to recover from the trailer trip from eastern Montana. That alone must have been quite a trauma for a horse uprooted from his birthplace and residence for the first 6 years of his life.

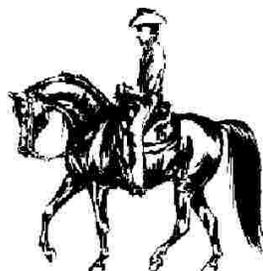
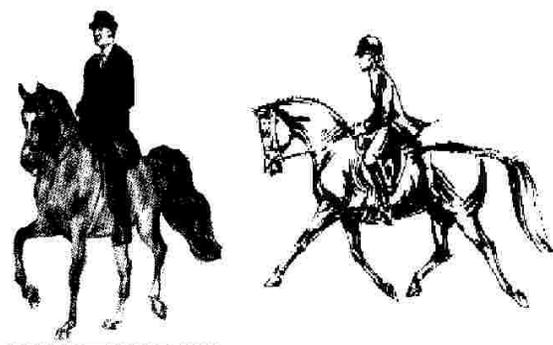
I kept a record of each ride, each experience for several months. There were a few good days and a fair number of disappointing ones. I kept constant e-mail contact with his breeder-trainer. I would ask questions about the man’s previous experiences: Had Banner done this or that before? How would you handle this or that? What sort of bit is he used to? Banner tested me numerous ways; I believe he was trying to find out whether I was worthy to be “his person”.

One day, after about 9 months, I walked out to feed and to communicate with him, and I saw a different look in his eye. Gone was the wary look, present was a soft accepting look. It was the most incredible feeling to see that look. Ever since then, it's been getting better and better. He is still suspicious of some things, but I don't have to worry about his reactions to them. He spooks, but stays in place on the trail. Often he will just slam on the brakes, but he doesn't jump 10 feet sideways and off the trail, as I have had in past experiences with a different horse.

It has taken Banner nearly a year now to build the muscle to tackle our mountains, the confidence to try something new, and the trust that I will not ask him to do something dangerous to us both. He is very intelligent, more so than any other horse that I have ever ridden. He learns by the third try of the same obstacle, and on the fourth he says, "I can do THAT!" He taught me to be relaxed, to be more confident myself, and he has given me the gift of a special bond with a special horse, earned the hard way...by time and patience. I used to love all horses, just because they were horses. Now I reserve that love for the special ones, and they have to earn it. I've found it takes about a year to become well acquainted with any individual horse, but Banner began to earn my love sooner, because I could see how hard he was trying. And when I saw that soft look in his eye replace the wary one, my heart was undone.

I'm taking my time getting him ready for his endurance experience. My biggest goal is to assure that he will be a quiet horse to start. I've ridden my share of loaded cannons and hysterical idiots. I want Banner to be quiet, mannerly, and start as if he were going on a Sunday

picnic. He's never had any experience that I know of, starting a ride in the presence of large groups of other horses. I know he learns in just a few tries. I realize that he could learn something bad in a few tries as easily as he could learn something good. The responsibility is mine alone, not to make any bad mistakes. The burden of responsibility weighs heavily, but I think I can do it. I just need to be the kind of rider Banner can trust.



August 2003 Quicksilver quips

2003 August Rides

Date	Region	Ride Name	Distance	Manager	Phone #
08/02	W	Fireworks	25/50	Pat Reid	831-458-3198
08/09	W	Gold Country	30/50	Cheryl Holbrook	530-272-9222
08/09	W	Swanton Pacific	75/100	Barbara McCrary	831-423-4572
08/09	W	Redwood Ride	25/50	Elaine Kerrigan	707-443-0215
08/16	W	Eastern High Sierra	30/50	Jackie Bumgardner	760-375-8915
08/23	W	Virginia City 50	50	Kathy Lewis	775-577-9693
08/30	W	Camp Far West	25/50	Tom Bowling	916-663-2611
08/31	W	Camp Far West	25/50	Tom Bowling	916-663-2611

August Quicksilver meeting Wednesday, August 20 at 7:00 PM

The August meeting will be a ride and BBQ/potluck at Calero County Park. Come ride any time you would like; plan on eating at about 7:00 PM. A-L bring salad/fruit/bread, M-Z bring dessert. The club will provide meat and drink.

Quicksilver Endurance Riders, Inc.
P. O. Box 71
New Almaden, CA 95042

