

Quicksilver Quips

September 2009

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Submit articles, photos, ideas, classifieds and anything else any time... just DO IT!!

QSER on the Web:
<http://www.qser.net/>

President's Message....

Mid-year meeting in Denver went very well. We met all day and into the night on Saturday and then again from about 8:00 to 11:00 on Sunday. A great deal of Saturday was taken up with the budget and we raised some fees but cut a lot of expenditures. The main things are (not in any particular order):

- Yearbook will be cut for this year.
- EN will have a larger edition at the end of the year to partially take its place. This will be a savings of approximately \$8500.
- Budgets of many committees were cut and it is up to the individual committee to decide how they will use their existing budgets.

Dues:

Single \$75
First family member \$75
Second family member \$50
Other adult member \$20
Other junior member \$20
Vet membership \$40
Junior membership \$40.

Motion to increase rider fees did not pass..
Motion to increase sanction fees did not pass.
A One Day 100 Mile horse recognition program passed. Details will follow in EN. This will be funded by a donor and will not come out of the AERC budget.
Motion to increase point value for 75-95 miles. Passed.
Motion to increase point value for one day 100. Passed.
Motion to recognize AERC HERO. Passed. (self funded and not part of AERC budget.)
Motion to suspend three-year membership program. Passed. This will not affect the people who have already signed up for same.
Motion to update the AERC drug rule appendices. Passed.
These are the highlights. Also, the research meeting was a huge success by all accounts. I could not take the extra days off to attend but three of the vets came to the board meeting on Saturday and presented an overall view of the meeting.

mb

Next meeting will be 9/16 7:00 p.m. at Community Center

Maggie Mare by Judith Ogus

the miracle of you
the tufted ruff
of mane
I can't muster up
the effort to address
the mud entangled mess

the miracle of you
amino acids
wind along a
twisted trail
to make your
(for)ever growing teeth
your swatting tail

the miracle of you
your frogged feet
so deeply grooved
and caked with clay
like concrete
I can't remove

the miracle of you
a superstructure
slung between
two pairs of agile posts
your back so strong
I fling my saddle on
and you bear me
on and on
and on

.....
Check out Judith's blog:

<http://cancerfrogblog.randomarts.biz>

SASO III - By Judy Etheridge

I was so glad to learn that Becky Hart decided to put on the postponed May SASO in August; I needed 50 more miles to qualify the Rat for the AERC National Championship. I had intended to do the NC on my 'new' horse, Jasara, but she is recovering from navicular and collateral ligament desmitis, gad, and I had some pretty bad health problems from the end of November '08 until the end of this June which prevented me from riding. Nevertheless I was determined to ride the NC 50 so had a choice of pulling 24-year-old Orion out of the pasture or reconditioning Rats who was the cause of my head injury at the Desert Gold:(Reason prevailed so I started riding Rats again:)
At the ride briefing, Becky told us there were some FEI riders from other parts of the country so I am sure everyone was glad that weather gods smiled on the ride and the day was perfect. Judith passed out blue IKEA tote bags to all the ride participants; the bags are big enough to hold a couple of flakes of hay. This ride had a welcome feature-Steve Shaw was selling baked goods such as brownies and zucchini bread which I snapped right up, hot dogs, note cards and some horse and human clothing to raise funds for Michele Roush to ride Tallymark at the Kentucky FEI Invitational ride this fall.

To avoid the problems with Rats at the start of a ride I decided to start 15 minutes late at the SASO which was the ticket--she enjoyed passing horses which took the steam out of her. We got through the 1st and lunch vet checks just fine but after lunch I noticed I was getting tired and we slowed down; by the final vet check I was pretty pooped. Fortunately Jill Kilty-Newburn and Jack were leaving about the same time I was so she was kind enough to keep me company and listened graciously to my whining all the way to the finish. It sure is good to have friends at a ride; Lori McIntosh and Nigel Goddard took good care of me and Rats at the finish. Lori helped me clean up Rats and trotted her out for the post ride check plus giving me a cold Corona. Thank you Jill, Mike, Lori and Nigel:~) I haven't been so tired and sore at the end of a ride since my first endurance ride but I felt better than expected on Sunday and am working much harder on getting back in shape:)
Rehabbing Jasara in hand is helping a lot :)

Best,

Judy

Mr. Ed, the talking equine star of the 1960s television series, was a golden palomino. He learned an enormous amount of tricks for his role, including answering a telephone, opening doors, writing notes with a pencil, and unplugging a light. Apparently, Mr. Ed would occasionally have a fit of temper, as befitting his star status, and would stand stock still, wheezing and refusing to move.

QSER MEETING MINUTES

8/19/09

Meeting called to order at 7:09 p.m

Present:

Maryben Stover

Ildi Nadasdy

Karla Perkins

Patrick Perkins

Marvin Snowbarger

Jackie Davidson

Minutes were approved as read.

No treasurer's report.

Ride was discussed and is coming along.

Maryben will follow up and make sure the donated hay was delivered.

Good Will: Cards have been sent to Kemerer, Paulo and Beaupre families.

Meeting adjourned at 7:59 p.m.

Ildi Nadasdy, Secretary

A funny story about Rio

by Holly Bergantz

While we've all heard of RO Grand Sultan if we've ridden in endurance, I count myself among the lucky that got to ride that bionic Arab. Seemingly to never wear out, like an energizer bunny, Rio happily nearly ran away with me 3 or 4 times on our ride...while flinging stands of spit up in the air with his head-tossing. I realized that even for an "old boy" that second set of reins was not merely decoration, but a vital piece of his bridle.

But I wanted to share another moment with you, the first time I really "met" Rio. My sister was going to ride him in a local ride, based out of the old LightFoot Ranch. She needed him for some sort of vetting in and had mistakenly let him back out into his large pasture, instead of keeping him "in". I forget how it went down, but somehow I was the volunteer to trek out into Becky's hilly pasture to go find the elusive Rio. How hard could that be?

The flood-lights being on in the "valley" of the ranch below (plus all the rigs and people making noise) set the herd of horses on high alert. Something exciting was happening down there. Possibly alien contact. Seeing me hiking up the hill, a black figure (with no doubt nets in my hands to snare them with), the herd high-tails it for the higher hills.

Realizing I am not wearing my glasses, I wonder how hard it might be to find a bay horse, amongst other bay horses, in the dark. I hike up over the crest; away from the flood-lit ranch below. The herd ambles just out of stopping distance, happily doing a lazy shuffle to keep me on my toes; lest they break ranks and go streaking some other direction.

I jog ahead to head them off which drives them to the highest point on the hill. Like a Western stand-off, the 11 or so happy amigos are now backlit against the sky line; jet black and indistinguishable from one another.

Well crap... 11 sets of tiny ears are pricked in my direction. I'm thinking I've only got a moment or two before they turn to canter back to the ranch...so I called out "RIO!". 10 tiny sets of ears stay pricked on me...one horse on the end turns to look over its shoulder, to the ranch waiting over the hills behind it. Gotcha.

Knowing I was only there to "eat" one of them, the herd stayed put. I walked up to the end horse and sure enough, it was Rio.

Just shows you, there's a lot of character behind those soulful eyes. He was a great horse, a comedian, a lesson horse and a good friend depending on who you talked to.

Did you know....?

-A horse has approximately 205 bones

-A zedonk is the offspring of a zebra and a donkey

-Horses lie down only about 43 minutes a day

I lost my mentor and coach – A true endurance rider – I love you By Lori McIntosh

I have to share with you my relationship with Cyndee Pryor. She was my mentor and coach for endurance. I learned about endurance from Barry Waitte and Heather Reynolds. I rode a few LDs with Don MacIntosh and Chris Kaznowski. All of them have provided extremely valuable information for me. When Heather told me about Tevis, I read the book and found Becky Hart, giving lessons at my barn, who would of thought, and met Julie Suhr, Barbara White, Maryben Stover, Jan Jeffers, Karen Bottiani, Judy Etheridge, down the road. Mentors for endurance they are. All have helped me tremendously. How lucky am I to be surrounded by so many amazing riders and get to share my clueless thoughts on endurance.

After six months, I really wanted my own horse. I called Heather and asked her about this Rems Finn Guinness horse. She said go check him out, no one really wants to drive that far, and most of all, if you don't like the horse, you will learn a lot from his owner, Cyndee Pryor. So off I went. Cyndee and I hit it off and I rode Finn in her back yard of 10 acres. Cyndee thought we were a match and she really wanted him nearby as another potential buyer was interested on the East Coast. I was extremely impressed with her ability to train horses so well. Before I even drove to her house, she asked me several questions about what my intentions were for Finn. I fell in love with Finn right away. I loved his expressive sweet eyes, long mane and tail and noticed he had a great appetite.

From that point on, I had a new friend who would spend hours with me on the phone discussing Finn, endurance, and her illness. She had a very rare blood disorder that affected her energy levels. She wasn't able to keep all her horses trained and in shape so that is how I got Finn.

I had no idea that I was not just buying a horse. I got a whole new lifestyle. Finn became my world in every way. My clients heard all about him, my family thought I was possessed, my husband had no idea I was that obsessed with riding and horses, I lost touch with many friends in San Francisco as I no longer cared about sailing, eating out and going to concerts. I entered a whole new world by just buying a horse. I gained many new friends and most of all I gained one of the most courageous, helpful, always there for me mentors I could have ever asked for.

Cyndee was very matter of fact about what was happening with her. We talked a lot about it since I was a former Occupational Therapist and now a drug representative. I have never met a stronger person who really did whatever it took to fight back so she could keep riding and be with her family. I rode three of the four rides with her that she did last year. At the Patriot's Day ride, she was bitten by a tick and developed Lyme's disease. I couldn't believe it and knew that would really affect her immune system which was already run down. This is a complete shock and I encourage everyone to send a note to Greg, Heather, and her son.

In January, on her actual birthday, she and Greg drove to Lacey Arabians to help Nigel and I pick out another horse. She coached me on how to deal with your husband as crew and slowly helped me convince Nigel that he should be riding with me. Just like Greg. After a year, Nigel was ready!!! Cyndee also gave Nigel much needed confidence around horses and told him several times that he was a natural horseman. She coached him as well in how to trailer load, how to lead a horse, just basic horse handling and he ate it up. It took the pressure off of me that I really appreciated. She truly increased his comfort level as he had never ridden until he met me seven years ago. We found Brumarba Red Shai aka Hot Wheels. An arena horse that Cyndee spotted right away. We also liked Finn's half sister and again Cyndee spent several hours on the phone with me going back and forth on which horse to buy.

I miss her so much. I wanted to talk to her some more about Hot Wheel's training and getting Finn back on track after his surgery. I wanted to thank her again for helping us pick out another beautiful horse. I wanted to talk about LDs and Nigel's recent BC and how things need to change. I wanted to see how she was feeling since we weren't talking as much lately and I thought she was just busy.

I think I have some really special horses like we all do but now they mean even more to us as Cyndee's heart is inside them. She put our family together which has given us nothing but joy and happiness, especially me. Finn is my best friend and Cyndee gave him to me.

Thank you so much Cyndee for everything you have done for us. You have meant so much to me and have become a major influence in my life. You have helped Nigel and I become more of a team and closer so we can share this sport together. Nigel and I love you and wish we could tell you in person this very moment.

Here is a brief bit about Becky and Judith:

After convincing themselves that it was utter insanity to buy a house at a real estate auction, Becky and Judith did it any way and ended up in San Juan Bautista on a five acre property. Here are photos. Two days after they got the financing (by providing endless paperwork to the lender) Judith was diagnosed with endometrial cancer. She has begun an illustrated frog blog about the experience, which you can see here: <http://cancerfrogblog.randomarts.biz>. She left for the hospital from their rented duplex in Morgan Hill and came home a few days later to their very own abode. Meanwhile, Becky is flying around the country as Chef d'Equipe of the U.S. Endurance team - refusing to cook but happy to advise people how to ride to win!



The house.....



The pasture still riddled with debris from the previous owner



The view from the driveway and across the road; Simone the dog running on the left

POST-COMPETITION CARE OF THE RIDE & TIE EQUINE

Michele Roush, DVM

We all know how good it feels to ease down into that lawn chair, with a cold bottle of ice tea or lemonade (maybe even a beer!), after a hard-run race. Sometimes a shower is the first order of business, or sometimes it is a little relaxation, refueling, and reliving of the day's mistakes and successes. This article is a reminder not to forget the third partner of the ride and tie team: the equine athlete. It is easy to recognize the importance of the obvious, such as offering the horse water and feed, and removing tack, but the after-care should not stop there, nor should it stop after the horse has passed its veterinary completion exam.

One thing you can do to help your horse after the race is over, is to keep your own focus until you are satisfied that your horse is healthy and comfortable. Do not let yourself relax entirely until you have finished your job of taking care of your horse. Remain vigilant for injuries that may have occurred, as yet unnoticed by you, out on the trail. As you are unsaddling, look for tack galls, scrapes and cuts, check that all shoes are still on, and run your hands over all four legs, back, withers, and girth areas to look for soreness and swelling.

Watch your horse carefully, to be sure that he or she has had a good drink of water at the finish, and is interested in eating. Watch for urinations, and note the color and quantity. Do not forget to stand back and look at the whole horse, too. It is okay if your horse looks a bit tired, but it is not okay if the horse looks wrung out, or exhausted. There is a certain dullness to the look of the eye that warrants continued scrutiny, or even a second look by a veterinarian. Along these lines, do not be timid about asking a race veterinarian to examine your horse again, after the completion exam, if you have any concerns. We would much rather catch a developing metabolic problem in its early stages, when we have a better chance to help the horse, and to avoid catastrophe.

Make a good attempt to regulate your horse's temperature. Be aware of the ambient temperature and weather conditions. Cold or windy weather necessitate a longer cool-down period, perhaps less water on the

horse to wash off sweat and mud, and probably cooler or blanket changes as the layer close to the horse becomes wet. Warm weather can be tricky, as well, as you try to cool the horse without chilling it unduly. Remember that horses have a large body mass, and a relatively small surface area. They can continue to radiate heat long after they have finished exercising. If using a blanket, periodically put your hand underneath it to make sure your horse has not broken out in a sweat again.

Studies have shown that horses' metabolisms continue to compensate for exercise and to combat dehydration overnight and into the next day, after the race. Aldosterone, which is a hormone that regulates hydration, continues to be secreted in higher and higher levels well after the horse stops exercising. In fact, the concentration of aldosterone in the blood of the equine athlete will be higher the morning after a race than it was at the end of the race. This means that the horse's body is working hard to conserve hydration long after the end of exercise. Horses can lose 5-10% of their body mass (most of the losses will be in the form of water) during a race, and do not regain their starting body weight until at least 24-48 hours after the race. All of this can become very important if you plan on leaving directly after the race. If you have a long trailer ride home, it is definitely better to spend the night, allowing your horse more time to recover from the race before enduring the stress of the trailer ride.

If you are inclined to do so, do not forget to wrap legs with a poultice or other bracing substance. This is like you using Ben Gay to ease your aches and pains. You can do the same for your horse!

And certainly do not forget to get your horse out for walks every so often, to help muscles that may be stiffening. This applies to the afternoon after the race, as well as to the next day. Think about how hard it can be for you to get out of the truck on your drive home the day after a race, and know that your horse can be feeling similar aches and stiffness.

Good care of your horse in the immediate post-race period will enable a much quicker recovery, so that your horse will easily be ready to go again next time!

How often do you stop to really "see" something? See it with all your being?

Stop hurrying down the trail? Look around and watch the breeze catch the leaves, gently lifting them and then letting them fall?

Stop after throwing hay? Listen to the quiet munching of the horses in contentment?

Stop grooming? Set aside the brush and feel the soft coat beneath your hand?

There is infinite joy and love and wonder at all creation in the smallest of moments. And those moments are all around us, every day, everywhere. If we only stop.

Savour.

Be.

Diane Trefethen

Three questions

When was the first time you sat on a horse, and what do you remember about it?

I think I was bout 8 and I remember thinking I was ten feet tall.

How do you think your life would be different if you had never been introduced to horses?

I wouldn't be special. Horses make me feel special.

Who is/was the most influential horse person in your life, and why?

My cousin, Jane. She told my parents to get me a pony. They did.

Can you guess who answered the questions? *

You've gotta be kidding me....

In the state of Arizona, it is illegal for cowboys to walk through a hotel lobby wearing their spurs.

My most memorable moment..... (the whole story)

Point Reyes, early 2000's. Horse camping with 4 dear friends at Devil's Gulch. After a long day riding on the beach and lovely trails, a good meal and a wonderful hot shower, we were sitting by the camp fire... I was playing my guitar and we were singing cowboy songs... the moon was out, the valley very still. During a quiet moment, one of my friends shared about how two of his three children had committed suicide after being diagnosed with terminal illnesses. At his request, we sang Amazing Grace in their memory. As soon as we stopped singing, a bunch of coyotes started howling all around us. It echoed through the valley and it was almost a religious experience. Tears were shed. We were humbled and healed by the beauty that surrounded us. They were singing back to us...

Elisabet

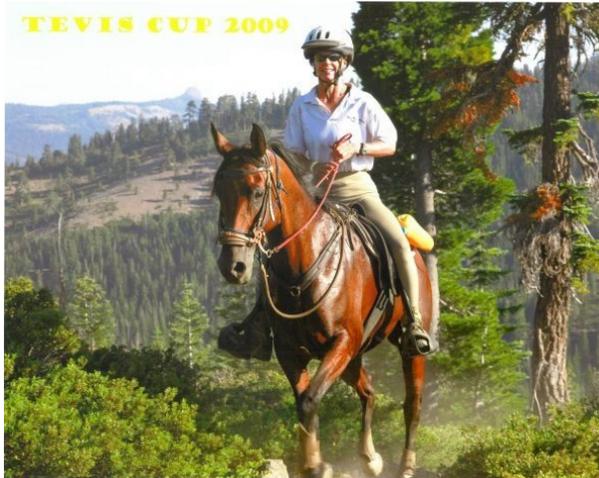
A Dream Come True

Melissa Ribley, DVM

Since sitting in a school library at age 11, reading a book about the Tevis Cup Ride and looking at the pictures of riders going over Cougar Rock, riding in the Tevis has been a lifetime dream of mine. Of course my parents put a reality check on that and did not let me actually compete in the Tevis until I had replaced my pony with a horse and had at least finished a few 50 mile endurance rides first. Since finishing my first Tevis at age 16, I have never lost my passion for being involved with this historical ride either through riding, crewing or vetting.

August 1, 2009 is a day in my memory. Everything of luck and help from my friends. From the start to finish, smiling faces from the crew kept both Monique and I floating above the trail towards Auburn.

All through the high Sierras some time to take in the beauty of the Mountains. I could not just be there and be me.



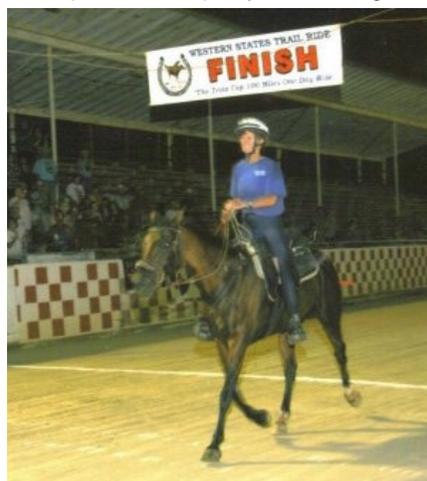
that will be forever clear in my memory. Everything came together perfectly and with a lot of friends, Monique and I had a super day. Words of encouragement and positive words from ride volunteers, spectators and my friends kept me and I floating above the trail towards

country I kept reminding myself to take in the spectacular beauty of the Sierra. I got over the feeling of how lucky I was able to appreciate the trail ahead of

The section of trail between Robinson and Foresthill was as testing to me as it always is. The canyons lay there in wait – a challenger and worthy rival. These canyons I tackle on foot, using up what feels to be most of the breathable air around me. Arriving in Michigan, with more than just a “little dew” covering me, with my cheerful crew in wait was a big uplift for both Monique and I.

Leaving Foresthill, I realized that this was my first Tevis in which I would actually be riding the California Loop in the daylight. I decided as I peered over the steep edges down toward the river far below that I really preferred riding this section in the dark – blind ignorance is bliss.

Departing Francisco's alone with now just Monique for company and riding along the serene American River gave us time to regroup and reconnect. With Monique feeling good. On we moved, picking up the Auburn. The helpful volunteers at the vet check. Just what we needed as horses just leaving that vet check. Monique could sense the urgency and really got through the dark at a hand gallop, past and over Robie Point was the thrill of a feeling of what it felt like to be Willy. Monique's power below me with 97 miles of trail being the true athlete she is, gave her behind a very gracious winning rider.



just Monique and I alone I could really feel how she was feeling. All signs were pace the closer we could feel getting to Quarry made for a quick in and out vet Monique and I could see the first two Leaving the Quarry vet check, Monique into what was now a race. Racing the crowds at No Hands Bridge and up lifetime. I believe I had a glimpsing Shoemaker. The feeling of strength and behind us was breathtaking. Monique, all and we arrived at the finish line just

During the night after the ride, Monique's never wavering, voracious appetite helped her to recover.



With a good nights rest and lots of food, Monique’s “I can do anything and do it well” attitude was returning. She felt strong and solid during the Haggin Cup presentation and her calm attitude helped to calm my jitters. Waiting for the presentation of the Haggin Cup, Robert, Monique and I all stood next to each other with our fingers (well, not Monique) crossed. When LD Moniques name came across the loudspeaker, I’m not sure who was more excited – me, Robert or Monique. Monique seemed to sense a great elation and just pranced and floated her way back into the stadium for the placement of her Haggin Cup Ribbon, and for a few snacks out of the Haggin Cup itself. What a day and what a lifetime experience.

Never in my dreams as an 11 year old in the school library did I envision this kind of day when picturing in my mind riding the Tevis. If I learned anything from my experience, it is that no matter your preparation and ability, it still takes a heck of a lot of “Tevis luck” to have the kind of day I experienced.

Lori McIntosh’s favorite photo



This sums up my boys. Hot Wheels being chased by Finn who loves to dominate him. He really can be an ornery little brute. There is no food in the arena and he still is being bossy. The funny thing is he can’t live without Hot Wheels. He whinnies like mad when I separate them. I love this photograph.

Classifieds

I have a black FreeForm treeless saddle with leathers and a mohair girth for sale. 18" seat, used very little, in great shape. \$1,250.

Barbara McCrary

bigcreekranch@wildblue.net

CorreCtor Pad, well used but still has some life left, try this one out before you buy a new one! Will trade for a few bales of grass hay.

Michelle 831-427-1533

2001 Black Bay, handsome, gelding prospect. 15.1 hh. No AERC record, clean legs. Forward, enjoys the trail, 4.8 mph walk, nice smooth canter. Needs experienced rider.

\$3,000. Email

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11 YO 14 hh Arabian Gelding Endurance Prospect. Codigh ("Cody") is highly personable, super-intelligent, Raffles/Indraff (Al Marah) AHA registered horse (MV Double Vision AHR*564422) with superb ground manners, lovely gaits, Natural Horsemanship savvy, and lots of go. His cousins and half-sibs are doing well in endurance. I bought (and vetted) him to be my 100-mile horse, but I have not been able to get him out on the trails due to lack of trailer and I no longer want to do a 100. Is a hard-working, fun little horse for a calm and confident rider. He is now in a hilly 40-acre, so he could do an LD tom'w, a 50 by the end of the ride season. He is ridden in treeless saddle and bitless bridle. Will also consider a boarding situation where you campaign and sell him for a the usual and customary % of the sale price. Beverley - sensei@horsensei.com - 650-364-8722



CALERO CLASSIC

ENDURANCE RIDE

50/25/Fun Ride

September 19, 2009

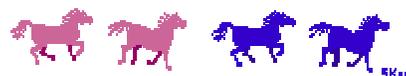
Come out and enjoy a great day at a new ride. We will have well marked trails of moderate difficulty, a capable veterinary staff, great awards and food. There will also be surprises during the day for riders.

This is an AHA Sweepstakes Points Ride.

Go to our website

www.caleroclassic.com

for more information and a ride entry. You can also call Ride Secretary Margaret Graham (408) 209-0922 or Ride Manager Lori Oleson (408) 710-5651.



*Julie Suhr, of course!

IT'S NEVER TOO LATE TO JOIN THE QUICKSILVER RIDERS!!!!

FIRST: We need your name _____

And then your address _____

And your phone number, Fax, e-mail _____

And then we need your money! Senior membership is \$ 25 _____

Junior membership is \$ 15 _____

(a junior is under 18 years of age)

Total enclosed \$ _____

Why join the Quicksilver Endurance Riders? You will have the opportunity to participate in poker rides, moonlight rides, endurance rides, trail projects as well as attend monthly meetings, the Christmas party and the annual awards ceremony and saving the best for last, you will meet the best friends you will ever have!

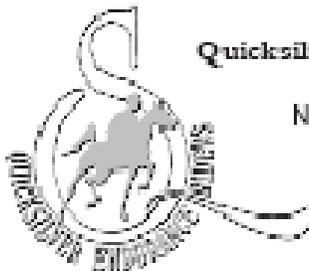
How are our dues spent? Annual Yearbook/Calendar; monthly Newsletter; a representative voice in local horse politics; trail maintenance and improvement projects; year-end awards and monthly meetings.

Send your 2008 dues, checks made out to: **Quicksilver Endurance Riders, Inc.**

Mail to Membership Chairperson:

Maryben Stower
1288 Sandra Drive
San Jose, CA 95125-3535
408 265-0839

May your and your horse(s) have a wonderful Year 2008 riding together as members of the Quicksilver Endurance Riders!!!



Quicksilver Endurance Riders, Inc.

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