



# Quicksilver Quips

June 2022

**Happy  
Father's  
Day!!!**



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Join the club/renew

And random stuff here and there  
just because I can :-)

## **Officers**

2022 Board members are

Jerry Wittenauer - President  
Elaine El-Bizri - VP  
Nick Warhol, Treasurer  
Margaret Hastings, Secretary  
Carloyn Tucker - Board  
Maryben Stover - Board  
Vacant - Board

## **Newsletter Editor**

Elisabet Hiatt  
[lazo@ucsc.edu](mailto:lazo@ucsc.edu)

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

## **President's message**

### **Following the Script . . .**

In joining the QSER Board, and now, selected to be the President for 2022, I have been reminded by some of our sage voices in the club to review and keep track of the Club Bylaws. These bylaws (can be viewed on our website) capture the intentions of our Club founders and provide a road map for how the business of the club should be managed. In particular, one of the responsibilities of the Club Leadership is to recognize our members and their equestrian partners with year-end awards for their service and their accomplishments. The bylaws further stipulate that there will be a Chairperson (and a small committee) for each award, a timeline for nominations and award determination, and that the awards are to be presented at the annual awards banquet.

I am pleased to announce that we have solidified our 2022 Chairpersons for the four Annual Club Awards as follows:

- Eleanor Norton Award – Lori Oleson
- Horse of the Year – Nick Warhol
- Hall of Fame Rider – Nick Warhol
- Hall of Fame Horse – Mary Anderson

In the coming months, these Chairpersons will work to make sure that they have 2-3 club members to serve on their committees and will develop a firm list of award criteria (the Bylaws are a little bit thin in this regard). Stay tuned for a more detailed description of these awards in an upcoming QUIPS, together with a call for nominations.

### **. . . And A Shout-Out to Everyone That is Saying "YES"!**

QS activities are in full swing, all made possible by club members who are eager to join in and participate with their time or their resources to keep our club strong and growing. This past month, we had an informal Club Ride in the East Bay (thanks Nick!), a successful fund-raising and acquisition for new water troughs, several Club Members signing up for Tevis Cup volunteer duties, and I'm having good success in building up my volunteer team for the 1 Oct "Fall Classic". It sure makes things easier when our members are active and engaged – this is much appreciated!!!

Jerry Wittenauer

## *In Memoriam - Doug White*



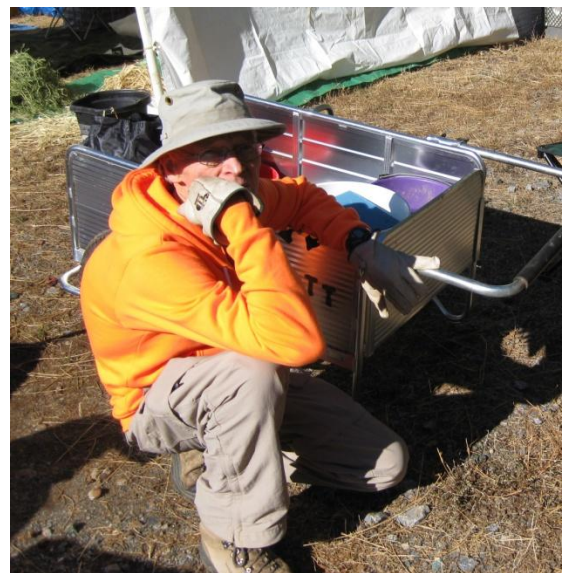
Some things are difficult to write or say because then they become real.

The truth is that I am now a widow. After a many years' battle with Alzheimer's disease, Doug died in my embrace yesterday morning.

A man of many accomplishments - Stanford grad, former Marine, city mayor, county supervisor, proud finisher of Levi's Ride and Tie, the Boston Marathon, and the Tevis Cup 100 Miler - most importantly he was my husband, my lover, my best friend, and father to our two children and my four stepsons.

He always had my back and proved it by setting the record for years of Tevis crewing. That is true love! 😊

I am supported by family, close friends, and my spirituality. I don't need sympathy because I have been so very blessed for many decades. There, I said it. It's real, and I accept it. - *Barbara White*.



## 2022 QSER Club Calendar

25 Jun	Ice Cream Social (Trilby's, 1:00 pm)
9 Jul	QS Support to Fireworks Ride
11 Jul	"Go Live" for QS Ride Entries
16 Jul	QS Support to Tevis Cup
14 Aug	QS Camping at Santa Cruz Horsemen's
10 Sep	Kick-off Board Search Committee
17 Sep	QS-Sponsored Endurance Clinic
1 Oct	QS Fall Classic Endurance Ride
15 Nov	All Awards Nominations Due
18 Jan	Election of 2023 Officers

## Ice cream social & farewell to Lori

*June 25 @ 1PM  
At Trilby's place*

*20535 Rome Dr. San Jose, CA*

*Let's gather to say goodbye to our very own*

*Lori Oleson*

*as she embarks on a new adventure in  
Cool, California!*

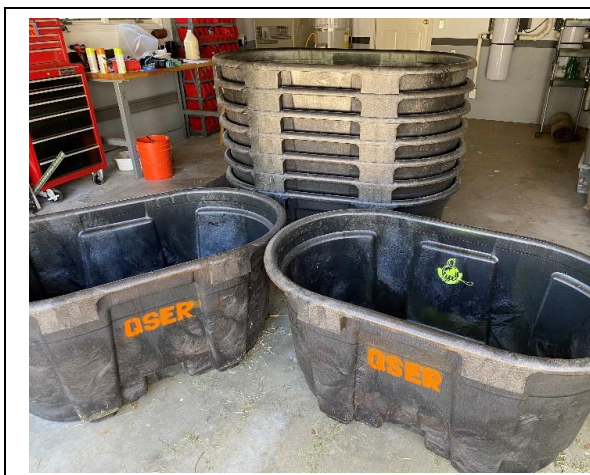
## **With Deep Gratitude . . .**

(Jerry Wittenauer, Club President)

A hearty "thank-you" to several of our QSER Club Members that stepped up this past month with donations to enable our purchase of these 100-gallon water troughs for the Club. Having these solves a major organizational headache for our annual ride – ensuring that we can have the right amount of water deployed on the course and at our base camp to properly take care of our hard-working horses on what is usually a very hot day.

These troughs are stored at my home and are for-sure "club resources" – to be used for our annual Fall Classic, but also available to any member that has an event, a clinic, or a friend in need! We have offered these as loaners to the Fireworks Ride Team. They have been customized with our Club logo and acronym so we don't lose track!

As a frequent rider and Endurance competitor myself, I know that there is no better feeling than trotting up to a source of fresh water and counting how many deep sips your horse takes! I am super grateful to our Club Members that supported this acquisition – showing that – as a team - we are all "Quicksilver-Strong" when called on to support this great sport of Endurance!

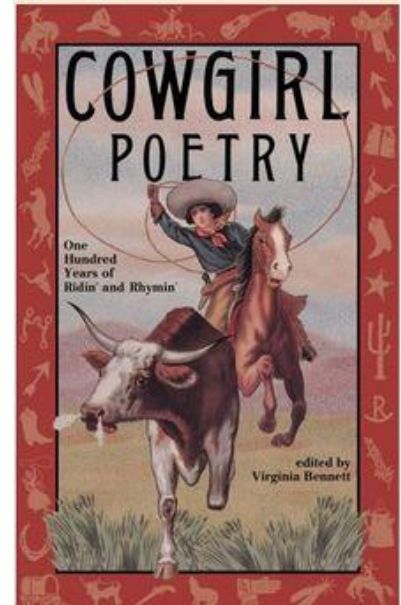


## Book Review

### Cowgirl Poetry - One Hundred Years of Ridin' and Rhymin' *Edited by Virginia Bennett*

I picked up this little book somewhere... can't remember where but somewhere is a where, so we'll leave it at that. The description on the back of the book says:

*"The heart and soul of the West is seen through the eyes of its women - cowgirl poets writing about jinglin' the horses home, haymakin' time, cowboy courtin', livin' free and July thunderstorms, among other things close to a cowgirl's heart. And, of course, there are plenty of poignant observations on life and men."*



I think that pretty much covers it, so rather than bore you with more descriptions, here's my favorite poem in the book. Enjoy! **Elisabet**

#### **YELLOW SLICKER**

She wore his yellow slicker  
Though it almost drug the ground,  
It seemed to make things easier,  
As if he was still around.

He'd left her some big boots  
She was gonna have to fill,  
But his old yellow slicker,  
It seemed to give her the Will.

The Will to keep on going,  
The Will to be wise and strong,  
The Will to make their dreams come true  
And remember where she belonged.

She wore it to feed the cattle,  
And when she cleaned the stalls,  
She hung it on that high nail by the door,  
And remembered he was tall.

She wore it every time  
Storm clouds came rushing in,  
She even wore it sometimes  
Just so the tears would not begin.

She wore it to keep the wet out,  
And to hold the cold at bay,  
It eased the hardness of the ground  
Each time she knelt to pray.

She wore it to chop the tanks,  
And when she mended fence,  
She wore it on the best days,  
And the ones that made no sense.

She wore it when it was ragged  
And had completely lost its charm,  
Because, if she was inside of it,  
She was back inside his arms.

It's just an old yellow slicker,  
But it made her life complete,  
It reminded her what's important,  
And it kept her on her feet.

She wore it across a lifetime,  
And she never felt alone,  
She raised their kids, she raised their cows,  
And she made their farm a home.

And when she's gone, she tells the kids,  
Just hang it on that nail in the barn,  
Then look at it, and in your hearts know,  
His yellow slicker saved the farm.

**by Debra Coppinger Hill.**  
**Chelsea, Oklahoma - 1997**

# JUST FOR FUN...

*"And when I am old, and my body has begun to fail me, my memories will be waiting for me. They will lift me and carry me over mountains and oceans. I will hold them and turn them and watch them catch the sunlight as they come alive once more in my imagination. I will be rich and I will be at peace." Kent Nerburn*

## I Opened a Book

I opened a book and in I strode.  
Now nobody can find me.  
I've left my chair, my house, my road,  
My town and my world behind me.

I'm wearing the cloak, I've slipped on the ring,  
I've swallowed the magic potion.  
I've fought with a dragon, dined with a king  
And dived in a bottomless ocean.

I opened a book and made some friends.  
I shared their tears and laughter  
And followed their road with its bumps and bends  
To the happily ever after.

I finished my book and out I came.  
The cloak can no longer hide me.  
My chair and my house are just the same,  
But I have a book inside me.



4000 years later and we're  
back to the same language.



Beware of homemade feeders....



Don't keep making the same mistakes; at least try to make new mistakes!

What do you call a frog who wants to be a cowboy? *Hopalong Cassidy*

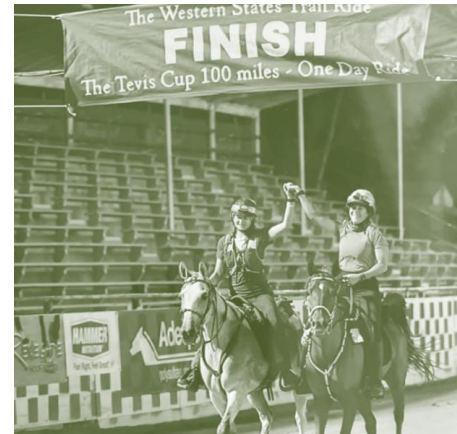
The difference between "try" and "triumph" is a little umph!

**SAVE THE DATE: 16 July 2022**

# Volunteer Opportunity at 2022 Tevis Cup

- As a Club Activity, The Quicksilver Endurance Riders have a chance to provide the volunteer team for the Tevis Cup McCann Stadium Finish Line.
- Horse and Rider Teams finish from 10:00 pm until 6:00 am. Our volunteers work to assist horses and riders, support the veterinary staff, and keep accurate timing logs.
- Your chance for ringside seats for the toughest event with the toughest horses!

To join our Quicksilver Team of volunteers at the Tevis Finish, please contact our Head Volunteer: Jerry Wittenauer ([wittenauer.jerry@gmail.com](mailto:wittenauer.jerry@gmail.com))



Gore-Baylor

## Here Are Some Details:

- We need a team of 8-10 folks. Our main focus is to take care of the horses as they finish – we maintain the water troughs, sponge buckets, hay, and mashes that are offered to the finishing horses. We provide courtesy pulses and we loan blankets if it is a cool evening. We provide and maintain a clear zone for riders to drop their tack and proceed to the vet check.
- Other duties include record keeping (“timing sheets”), collecting the completed vet cards, and overall set-up and tear-down of the finish line area.
- We meet at McCann Stadium in the Auburn Gold Country Fairgrounds at about 6:00 pm on Saturday 16 July to set up the finish area (trot lanes, water troughs, etc), the first horses come in at about 10:00 pm with a slow trickle of finishers up to about 4:00 am when “Buckle Hour” begins – most folks come in during the final hour and we gotta be sharp!
- We wrap up at about 6:00 am with the final vetting of the last finishers and laying the chalk circle for the Best Condition Haggin Cup assessment that will take place on Sunday mid-morning.
- There is a full-course breakfast offered at the Stadium on Sunday Morning – including Bloody Mary’s – on me for those who make it that far! Of course, free volunteer T-shirts for all!
- Once I get folks signed up, I will send details on driving/parking, what to bring, more on specific tasks. I need to have Quicksilver folks signed up by 15 June or I will start reaching out to other volunteers. This is a no-kidding all-nighter, lots of slow moments waiting on finishers, but very rewarding to help the horses begin their recovery from this arduous trek!
- A chance for Quicksilver to shine (again) on the Endurance stage – don’t hold back!

***There can be worse things for a horse than to die. When we domesticated the horse, we assumed complete responsibility for his life - and complete responsibility for his death. Matthew Mackay-Smith, DVM***

*Years of being with horses have taught me a lot. Things that I thought gave me bragging rights were at the expense of a horse's comfort. The most evident one is when we brag about a horse's age as if the older the horse, the better horse person we are. I think that is wrong.*

*Modern geriatric horse care is capable of prolonging a life that is no longer having a very happy time. We need to think about nature more. Nature does not permit animal suffering to continue for long. Once the horse, buffalo, lion, any species cannot keep up with the herd, the predator ends the suffering.*

*Most of us have had several horses and we are totally in tune when they are comfortable and when they are suffering something for which there is no cure. That is when compassion has to triumph over bragging rights.*

*I don't limit these thoughts just to horses, but to all of our domesticated pets. Sometimes helping them over the rainbow bridge is a gift of love on our part. See... [rainbowbridge.com](http://rainbowbridge.com)*

*Julie Suhr*



You can check every now and then to see if you are on the proper route. The Montana 750 even beeps as you approach key intersections or if you depart from the planned route. It is definitely recommended to practice all of this at home before travelling to the XP Ride, so that when the Ride Manager sends out the track for the next day's ride, you can transfer the track to your Montana 750 without a hitch. Once the track is loaded onto the Montana 750, you can preview the course in advance to understand elevation changes, water locations, and the overall course lay-out. I was able to spend some time each evening previewing the next day's ride, and "making plans". I found myself using it during the ride day to understand where I was at on the route, and how much further I had still to travel.

CS219832



Overall plusses: it works as-advertised for the XP Rides, practicing at home had me fully-prepared to use this at ride camp and out on the trail. Although it looks big, it stows in a hip holster on my belt and I never noticed it interfering with my riding. It has a big readable color screen that is easy to view, even on a sunny day. On the minus side is the learning curve – I spent several days watching videos and doing practice runs at home to feel confident in how to use the Montana 750 for its most basic route-following function. And it has many features that I have yet to explore – particularly the use of its camera, blue-tooth connectivity, and tricks for extending the battery life. I'll use it for sure on future XP Rides – I might even do that monthly subscription so folks back home can follow my daily tracks as Carlos and I tour the West! If you ever want to evaluate this product or learn more – don't hesitate to contact me!

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## Trail Ride Report

*by Carolyn Tucker*

Nick Warhol led us on a wonderful East Bay Regional and Bay Area Ridge Trail Ride!



**Chabot Regional Park** had great views of the Bay, nice trails with good water, some shady trails and a breeze off the bay!

There are several miles of trails, few bikes and plenty of good hills.



Riders for the day were Elaine and friend Kim, Jill, myself and Nick!



Thanks Nick for a Great 13 mile endurance conditioning ride. Trot the flats, walk steep downhills, walk/trot uphill depending on steepness. Very Enjoyable!



## Trail report: Devil's Gulch Horse Camp - Point Reyes *by Elisabet Hiatt*

Don't let the name discourage you... it's more like Paradise, as far as I'm concerned!

Quicksilver member Alicia Stanton and I, as well as two guests, spent four marvelous days in Point Reyes. Probably one of the best camping trips I've done in a very, very long time.

The company was lovely, the food (potlucks and a night out) was great, the weather perfect, the trails open and groomed and the adventure was unforgettable.

Devil's Gulch Horse camp is part of the Samuel P. Taylor Park, located on Sir Francis Drake Blvd. This is about 15 minutes before you get to the Point Reyes Visitor Center. It's a fairly primitive facility, with 8 pipe corrals, 3 nice turnouts, and water for the horses. People get to stay in the adjacent campsite which boasts water, nice (clean!) pit toilets, a fire ring, BBQ grill, raccoon proof storage containers and plenty of space to park 4 two horse rigs or 3 larger ones.



There are some nice trails right off camp if you prefer not to travel. My favorite is "Bill's Trail" which is a lovely four mile switchback trail that takes you up to the local fire lookout, which is at 1,400 feet. The views from there are amazing!! You can make a short loop back to camp for a total of 8 miles or take a longer one that is probably closer to 15.



As far as horse camping, there is also the Five Brooks Horse camp, if you prefer to be closer to the park, but you will have to listen to your neighbor's radio... something that won't happen at Devil's Gulch, since once you rent the horse camp, you are the only one there. There are two more small campsites about a block away down the road that are hardly ever used.

Riding from the Point Reyes visitor center opens up miles and miles of some of the most picturesque trails I've seen. You have so many options, I'll just say that there is something for everyone, and the thrill of riding out from dense forests onto a bluff high above the ocean is hard to top!

I've been there almost every year over the past 30+ years, and there is ALWAYS something new to see! This year, it was the amazing Alamere Falls. I can't believe I'd never been there! It takes a bit of riding to get there from the visitor's center, but it's totally worth it. Once there, Alicia and I decided that the conditions were just perfect for a gallop on the beach, so the one mile from the trail that deposited us on the beach to the falls was quite thrilling!

Once we arrived, a few tourists there were happy to take our picture, and then we booked it back to the trailhead... what FUN!!! The horses were perfectly behaved and the sound of the wind in our ears mixed with the roar of the ocean was the best music I've heard in a long while!

I think we were breathing harder than the horses at the end! I shed a few tears of happiness for the privilege of experiencing such a thrilling moment. Every single thing lined up to make it a perfect moment I will never forget.



If you go: Make sure you go inside the visitor's center. It's really lovely and they have a great bookstore. There is also a Morgan horse ranch there to see, although there are only about 4-6 horses at the moment. The Miwok Indian village nearby is a fun place to visit.

Must see trails: Bear Valley trail is flat, all in the shade and absolutely beautiful. About an 8 mile round trip. If you keep going, you can access the beach from there and make a nice loop. If you want elevation, there are several ways to get to Sky Trail and from there the options are endless!

Every season has something special, but the late May wildflowers were icing on the cake!



No Board minutes this month, so here's an inspirational quote:

**Courage is knowing it might hurt, and doing it anyway.  
Stupidity is the same.  
And that's why life is hard.**

Jeremy Goldberg

### Trea\$urer'\$ report:

General Account Balance: **\$8,951**

Trails account Balance: **\$1,075**

Paid members for 2022: **62**

### *Haynet height and its effect on horse posture.*



Research carried out by an Italian team (Raspa et al) published in March 2021 set out to study the effects of haynets at two different heights on the angles of the back, neck and jaw of horses. Six healthy warmblood horses around 14 years were critically observed eating from three different feeding positions:

- 1.) On the ground (the control position)
- 2.) With their neck held about 15 degrees below withers height (the low hay net position at about knee level)
- 3.) With their neck held about 15 degrees above withers height (the high hay net position).

The researchers looked specifically at the shape variations of the horses back and neck as they ate at each level using a geometric morphometrics technique.

They found that the low haynet position resulted in back positions that were almost the same as the natural position when horses ate off the ground, with elongated longissimus dorsi muscles (which run along each side of the horse's back and under where the saddle sits). At the higher haynet position, the horses' back positions changed significantly, shortening the muscles. The angle made between the horse's jawline and neckline when eating was found to be equally important. As the horse's neck raised, the angle closed more, leading to acute and highly unnatural eating angles at the highest level.

The researchers concluded that it's important to be aware of the unnatural body positions created by using haynets but also pointed out the implications of height positioning from a horse safety perspective. The research team has not yet studied how unnatural feeding positions affect horse health but suspect a natural feeding position is better both for the musculoskeletal system and the digestive system.

First photo - The low hay-net position adopted in the study. Photo: Raspa et al.

Second photo -The high hay net position used in the study.



## *June Birthdays*

6/4 Michelle Roush Rowe

## *Market Place*

### **HORSE BOARDING FACILITY**

20535 Rome Drive, San Jose, California. Stalls: \$350.00, pasture \$280.00.

Fed twice a day high-quality orchard-alfalfa mix hay.

96' X 48' uncovered outdoor arena. We clean. Shavings available.

1.25 miles to entrance to the Quicksilver County Park (3600 acres and 19.2 miles of manicured trails). I provide my trailer for use to boarders.

**Trilby – (408) 997-7500**

### ***Equine-imity—Stress Reduction and Emotional Self-Regulation in the Company of Horses*** by Beverley Kane, MD

*Equine-imity* teaches moving meditation in the form of qigong, a tai chi-like practice, with, and optionally on, horses. Based on our Stanford program of the same name. Written with non-equestrians in mind. Share your love of horses with friends and family! Purchase paperback or e-book on Amazon and other outlets. Learn more and download free Introduction at

<http://equine-imity.com>

**Illustrations by Judith Ogas**

### **CENTERED RIDING® LESSONS**

Help your horse use him/herself effectively while going down the trail. Take the stress out of your body and your horse's body. Find out how to have a better seat and make your horse more comfortable.

Centered Riding® lessons available with Level 3 Centered Riding instructor.

Clinics available upon request. **Becky Hart (408) 425-5860**

**Books by Julie Suhr --- Ten Feet Tall, Still and ...but it wasn't the horse's fault!** are available for sale. All proceeds go to AERC Trails Fund and Center for Equine Health at UC Davis. Please contact Julie Suhr at: **(831) 335-5933**

**Books by Lori Oleson --- Enduring Memories and Endurance... Years Gone By** are available for sale. Re-live the adventures that tell the stories of horses and riders who made their way down the trail in the 1960s through the 1990's. Books are available by contacting Lori at **(408) 710-5651** or [lorioleson@alumni.cpp.edu](mailto:lorioleson@alumni.cpp.edu)

**From Judy Etheridge:** I am looking for a short, smooth, safe and sound horse. Julie Suhr described such a horse some time ago so here I am, too. Hard to find in the Bay area it would seem. Please contact Judy at: [misxfire@gmail.com](mailto:misxfire@gmail.com)

Hi Everyone,

I bought these from Stateline tack for \$139.00 and decided they are not for me - I am just too short. But they are very comfy - I have not worn them at all they are in brand new packaging. it will cost me \$50 to return them so I'm seeing if anyone would like to buy them from me for \$130.00 and we can arrange to meet in person so you can have them. They are a size 7. I have wide feet and they seemed fine. The leg part is also roomy if you have ample calves. Please pass this on if you know anyone who would be interested. **Judith Ogus**  
judith@randomarts.biz



**For Sale:**

Lance Camper 9'10" - Hardly Used!  
Onan Generator used only 44hrs  
Electric Jacks, Roof Resealed 2019  
Full Refrigerator Serviced 2019  
New Vents & Blinds 2019  
All Maintenance Receipts Available  
Micro Wave and Gas Stove/Oven  
Air Conditioner  
Large Pantry and Clothes Closet

JDPower BluBook - \$11,800.00  
Asking \$ 10,000.00 or Best Offer  
**Carolyn Tucker 408-612-6846 cell**



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

**Club Mission** - Quicksilver exists to promote the sport of endurance riding by conducting endurance rides and advocating for equestrian trails. It seeks to provide a model for the highest level of sportsmanship and horsemanship within the context of this sport. It supports and provides educational events and leadership in each of these areas.

FIRST: We need your name \_\_\_\_\_

And then your address \_\_\_\_\_

And your phone number and e-mail \_\_\_\_\_

And then we need your money! Senior membership is \$ 30 \_\_\_\_\_

Junior membership is \$ 20 \_\_\_\_\_

(a junior is under 16 years of age)

Family Membership is \$45 \_\_\_\_\_

Mailed Quips (paper copy) \$20 \_\_\_\_\_

Total enclosed \$ \_\_\_\_\_

You can go to our website at : [www.qser.net](http://www.qser.net) to join, OR send a check made out to: **Quicksilver Endurance Riders, Inc.** to: Nick Warhol, 3664 Old Quarry Road, Hayward CA 94541

**THANK YOU!!**

