

Quicksilver

Quips

June 2023

Happy Fírst day of Summer!



What's inside

President's message Announcements Ticks!! Group Rides Caring Cowgirl announcement Just for fun Kristina Chesterman ride report Babbling Members getting around! Do dogs love us? Snake bite dos and don'ts Cache Creek Ride Report Board meeting minutes Treasurer's report Remember Mr. Ed? Horse's hearts are amazing Fun ride at Henry Cowell Dr. Beverly Kane in the news

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

Birthdays and Announcements

Market place

Join the club/renew

Officers

2023 Board members are

Jerry Wittenauer - President Magda Bartilsonn - VP Nick Warhol - Treasurer Elaine Elbizri - Secretary Carloyn Tucker - Board Rachel Miura - Membership Magda Bartilsson - Board Brian Reeves- Board

Newsletter Editor

Elisabet Hiatt <u>lazo@ucsc.edu</u>

QSER on the Web: http://www.gser.net/

Presidents Message, Jerry Wittenauer, 24 May 2023

Club Notes . . . Annual Ride Preps . . .

The staging of the annual Club Ride is about a nine-month task, starting in March when we apply for our permit and wrapping up in November when we get scheduled and sanctioned by AERC for the next-year's Ride. Here is where we are at in this annual cycle:

- <u>Veterinarian</u>: we have secured Karen Hassan as our Head Ride Vet and are working to recruit two additional vets.
- Volunteers: It takes about 35 volunteers to stage the Annual Ride, my first step is to confirm that we've got experienced "Task Captains" inplace. For the 2023 event, we have confirmed that last year's leaders will be back yay! Melissa & Charles Broquard will be in-charge at the Mendoza out-check, Laura Matthews will be my "Vet Liaison", and Michael Mohr will lead the Harvey Bear Timer Station. I'll work to fill out these teams in the coming months.
- <u>Permit Update</u> the Permit requires multiple levels of approval within the Santa Clara County Parks Organization, my call to them this week indicates that the approvals are advancing and a Draft Permit should be in our hands by mid-May. The permit is our biggest expense, and the longest-lead item in our planning, so we don't start taking entries until the permit is in-hand.
- <u>Trails</u> Between Jerry, Elaine, Jill, Lori, and Carolyn, we have taken several riding surveys of the Ride Course at Harvey Bear to assess the condition of the trails following the rough winter season. Our collective assessment is that the condition of the trails will support a safe ride for 2023!
- Route Nick is working to institute "Ride With GPS" as a route-finding option for folks in 2023. Nick is evaluating some small modifications to our route for this year to bring us closer to being a "no-kidding, 50 miles".
- <u>Equipment</u> we largely recapitalized our ride equipment last year with the purchase of hoses, pop-ups, and the donation of 9 – 100 gal water troughs. This year, our expenses for capital equipment will be fairly minimal – yay!

... 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. It sure makes things easier when our members are active and engaged – this is much appreciated!!! In the coming month, we will be working more actively to fill the 35 volunteer slots for the QS Ride (30 Sept), and working to get 8 or so folks signed up to work the Tevis Cup Ride (29 July) – don't be shy about stepping forward to help out!

Hi everyone- I added the **2021 club directory** to the "members only" page on the web site. From the web site click on the "Members only" button.

There is a button to download the directory in PDF format.

If anyone has any content, or any ideas for what they would like to see on the website please let me know.

Thanks, Nick

2023 QSER Club Calendar

18 Jan - Election of 2023 Officers
4 Feb QSER Banquet
23/24 Feb AERC Convention (Jacksonville)
8 Jul QS Support to Fireworks Ride Ride cancelled.
11 Jul "Go Live" for QS Ride Entries
29 Jul QS Support to Tevis Cup – Finish Line Team

xx Aug QS Camping at Santa Cruz Horsemen's 10 Sep Kick-off Board Search Committee.

30 Sept QS Fall Classic Endurance Ride

15 Nov All Awards Nominations Due

18 Jan Election of 2024 Officers

From Beverley Kane: Dear QSER Friends,

Our Webb Ranch Library needs donations of equineand equestrian-related books, DVDs, and magazines, especially back issues of the San Mateo County Horseman. (Magazines are given away free.) Genres include, but are not limited to, Riding, Horse Care, Horse Training, General and Natural Horsemanship, Fiction, History, Memoir, Veterinary Medicine, Psychology & Spirituality, Equine-Assisted Learning & Therapy, Breeds.

Please e-mail or txt me to arrange delivery or pick up.

Thank you! Beverley Kane

650-868-3379 --- bkane1@stanford.edu

I'M YOUR LOCAL OPOSSUM! I'M NATURE'S PEST CONTROL & CLEAN-UP CREW I'm naturally immune to rabies Just one of me eats up to 5,000 ticks per year I can't catch or carry Lyme Disease I also eat insects, spiders, small rodents, and dead stuff!

IF YOU SEE ME, KINDLY IGNORE ME.

I MEAN YOU NO HARM

From Judith Ogus Ma



May is CUREPSP awareness month. PSP is Progressive Supranuclear Palsy, a neurodegenerative disease in the class of diseases that are called Parkinson's Plus syndromes. Another is CBD, corticobasal degeneration, which Becky was diagnosed with last July. We are in several non-profit support groups for these diseases. We meet monthly with other patients and caregivers to discuss methods of coping with and alleviating the symptoms of the disease. One week a fellow member of the group came up with this saying and I had to design a tee shirt to spread the word. I am doing some market research here to see if people would be interested in buying this tee. All proceeds after paying my expenses will go to CUREPSPS and to the UCSF MERI Center, which also host supportive groups that we attend. The tees will be \$20 plus shipping, which should be around \$5.50. I will get sizes from Small to XXL. Please share this post. There are no cures for these diseases, only palliative care as they progress. There is ongoing research, and we have just joined a study at UCSF. Please let Judith know if you are interested: judith@randomarts.biz

Announcement from Elaine and Rachel:

Hello All, we have had some fun **group rides** in past years and would like to arrange some dates when we can get together this year. If you are looking for someone to ride with or would like to join a group please let us know. We want to arrange these on Fridays or Saturdays when there are no endurance rides scheduled. Parks are opening up again and some suggestions include Wilder Ranch, Calero, Quicksilver, Skyline Ridge and Fort Ord. Other suggestions are welcome.

In particular it has been suggested we ride at Harvey Bear. There have been reports that some of the trails are in bad condition or have been wiped out by the storms, so it would be useful for us to take a look for ourselves.

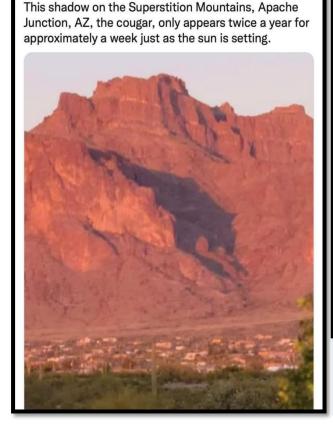
Rachel Miura (<u>r8chlmiura@mac.com</u>) is preparing a doodle or Google poll where you can sign up for particular dates and sites.

I found the following dates that don't coincide with endurance rides:

July 8 or 9, August 5, 6, 26 or 27, Sept 23 or 24, Oct 21 or 22 and Nov 4 or 5.

Please respond to me or Rachel with any suggestions or questions and look out for Rachel's Poll. Elaine Elbizri 650 796 5866

From Rachel: Here is the form to fill out with possible dates and locations: https://forms.gle/DuZJ6fahWhxfKGWi9 Please share your input by Monday, May 15. Thanks!





ALBERT EINSTEIN SAID, "COMMIT YOURSELF TO LIFELONG LEARNING. The most valuable asset you'll ever have is your mind and what you put into it."

I don't know about you, but <u>I hate ticks</u>!!!

The good news is that when it comes to feeding, ticks are in it for the long haul. Read on.

Unlike many other biting pests, ticks are adapted to feed for long periods of time. They bury their curved teeth deeply into the skin of a host, so they can remain securely attached for days on end to eat. It's important to note that ticks typically require 24-48 hours of feeding before they can successfully



transmit infections like Lyme disease, so prompt removal is crucial. Humans are a target, but horses and other pets are favorite hosts, even if you use "anti-tick" products. The best thing you can do is to take a look at your pet once a day, feel for bumps and scabs and remove the ticks as soon as you find them. Ew, I know....

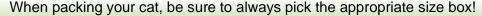
You cannot see your reflection in boiling water. Similarly, you cannot see truth in a state of anger.

When water calms, clarity comes.



From Elizabeth Madera Evans:

Caring Cowgirl is moving to Oakland City Stables in June! We are so excited for the move and are asking our horse community for donated pipe panels. All donations are tax deductible! A little background on who we are: Caring Cowgirl is a (501c3) nonprofit, full inclusion program that advocates democratizing equine activities by providing safe and assisted access to horses and donkey to underserved and overlooked communities, in the San Francisco Bay Area. Providing service in Spanish and English. To learn more about our 'Mini' Mobile Unit and Ranch Visits please visit www.caringcowgirl.org







What a beautiful and well-run ride! I would highly recommend taking the trip north to support this ride in honor of Kristina Chesterman. Kristina was a nursing student who died from a drunk driver accident. All proceeds from this ride are donated to help support a medical clinic in Nigeria.



Ride camp is located just past Paradise (which burned in the Camp Fire a few years ago) at Meadowbrook Ranch. What a beautiful and historic place.

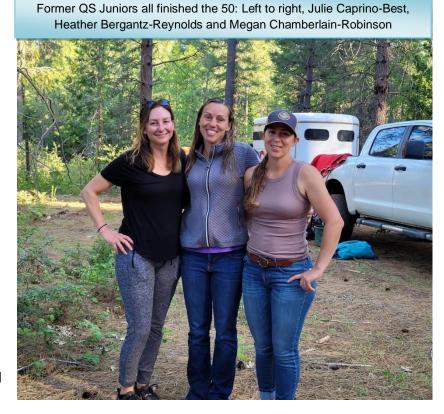
Trails were a good mix of single track, forest roads and gravel roads. Each year the trail is improved and changed to have less gravel roads. On the second loop, we went to the highest elevation and there was still some snow to ride through. There is plenty of water, both natural and troughs placed by management.

On the 50, there were two vet checks, both at the same location at 20 and 35 miles. There were volunteers wearing hot pink t-shirts everywhere, willing to help out where ever needed.

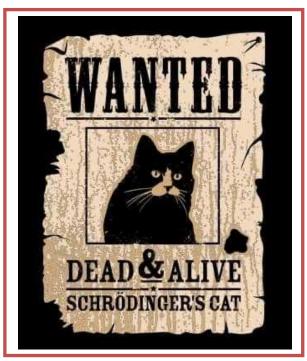
This year the ride was offered as an elevator, so those on the 35 had an opportunity to bump up to the 50-mile ride for completion. I heard there were about 8 riders who chose this option.

I had fun with RC Fargo riding with several different people throughout the day, including former QS member Heather Reynolds. From the 20-mile vet check on to the finish I rode with Becky Spencer. She is a neighbor here in Greenwood, so the horses know each other well.

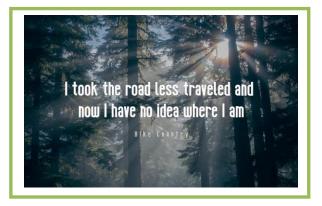
Fargo and I finished in 9th place and Fargo was awarded Best Condition.
Dr. Rob Lydon said Fargo had a near perfect vet score. It was a very good weekend.

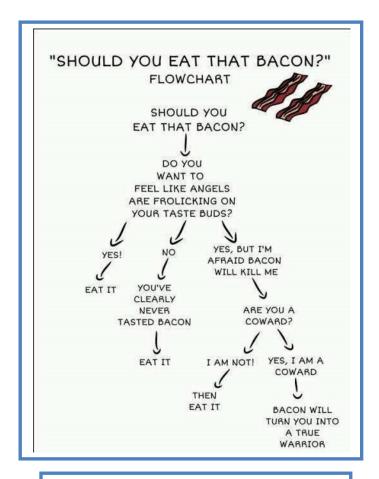


JUST FOR FUN...











I admire those with hair styles. I don't have a hair style. I have hair. Sometimes it doesn't have hay in it. That's as good as it gets...

- Author unknown.

Babbling

According to Webster: idle, foolish, or nonsensical talk or chatter.

I want people to babble to their horses....when feeding, when haltering, when grooming, when saddling and especially when riding. Accompany it with gentle scratching along his neck. Our horse is supposed to be a good friend and you know how you can talk to a friend in sort of idle chatter that is more companionship than of earth shaking importance. It bonds friends and it can overflow to the animal word, most commonly with dogs.

So why not with your horse? A frightened child is usually comforted by the mother's familiar voice saying "Everything is fine, dear" and proceeding with whatever they were doing. Horses unfortunately too frequently can become nervous or frightened on a trail, as well and those being schooled in a ring, by strange horses coming too close, a wild animal, or as some say "a yellow leaf on a a green bush." Your familiar voice should calm his fears as a mother's does a child's. Friendship, not dominance, is critical. In the wild the human is the predator. In domesticity we are partners.

"The greatest glory in living lies not in never falling, but in rising every time we fall" Nelson Mandela



Be like Ms. Morris!!!

A great-grandmother who is mad for motorcycles was granted her birthday wish to ride on the back of a Harley-Davidson — a call-back to her youth while celebrating turning 90.

Fearless Brit Barbara Morris said she "felt 21 again" during her spin around town on the powerful American cruising bike.

She mentioned to her family several years ago that if she made it to 90, she'd like to get back in the saddle one last time.

She was left stunned when her sons arrived recently at her nursing home with members of a local biker group.

Though wearing a dress, she had no concerns about straddling the bike right there on the spot, before taking a trip with 13 other riders to a pub.

"I just felt the years melt away," said the great-grandmother of six. "It was just an incredible experience to feel the wind blowing in my face again."



Carloyn and Kodi at Quicksilver park



Elaine and Bella at San Vicente Open Space

Quicksilver members get around!!!

Elisabet and Echo at Calero



Alicia and Sparkie at Henry Coe



Elisabet, Alicia, Nicola, Shannon and Ben at Point Reyes - Kim or Elaine behind the camera



We all know that most dogs are pretty smart, but do they "love" us?

In recent years, scientists have extended this line of research. When a dog and a human are bonded, each touch and each bit of eye contact causes their bodies to release the powerful hormone oxytocin—the "love chemical" that also promotes bonding between mother and child and is known to lower heart rate and blood pressure. Petting increases levels of the hormone dopamine, sometimes referred to as a feel-good chemical, and endorphins in both dogs and humans.

It's not just that dogs are so cute we can't resist them. Research has also confirmed that dogs are hardwired for cooperation and friendship, remarkably attuned to our emotions and limitations and, it seems increasingly clear, capable of learning and remembering complex rituals and information. Cats, on the other hand... well, you know...



My good dog, Lio

"Be still. Stillness reveals the secrets of eternity."—Lao Tzu



Cache Creek Ride report

by Rachel Miura

My plans to ride at the Cache Creek Ridge Ride on May 6 didn't turn out due to Theo having a

Riders being unloaded at the updated start location

saddle sore, but I did the next best thing and turned up for a day of volunteering!

There was heavy rain the night before the ride, necessitating the decision to change the entire course and shuttle all horses and riders out to the start.

The showers continued throughout the day, with some cold and windy periods, but everyone was focused on the event still happening and pitched in doing whatever was needed to pull it off.

Riders went out on all three distances and came back with smiles and stories. I got to scribe for Dr Melinda Newton, the head vet, and learned loads. Plus I got to meet other volunteers and hang out, which was really fun.

The ride management did such a great job pivoting as needed and making it all work. It was definitely a memorable day, and I appreciated the chance to take part even though I as unable to ride.







Board Meeting Minutes: None - no board meeting was held.

Treasurer's report: Checking \$7,223 -- Trails (savings) \$1,075 -- No expenses or purchases

Who Was The Famous Mister Ed?... Besides a horse, Of Course...Of Course?

Bamboo Harvester (1949–1970) was the American Saddlebred/part-Arabian horse that portrayed Mister Ed on the 1961–1966 comedy series of the same name. Foaled in 1949, the gelding was trained by Will Rogers' protégé, Les Hilton. He was born in the Los Angeles area but sources disagree as to whether his birthplace was in El Monte or at Harvester Farms in Chatsworth, California.

In 1968, two years after the cancellation of Mister Ed, at the age of 19, Bamboo began to suffer from a variety of age related ailments, including kidney problems and arthritis. He was euthanized in 1970.

A second palomino horse named Pumpkin (alternatively Punkin), which had posed for still pictures used in press kits for the show and some personal appearances, survived until 1979. After Bamboo Harvester's death, the second horse was unofficially known as Mister Ed.

Mister Ed aired in syndication from January 5 to July 2, 1961, and then on CBS from October 1, 1961, to February 6, 1966. The show's title character is a talking horse which originally appeared in short stories by Walter R. Brooks. Mister Ed is one of the few series to debut in syndication and be picked up by a major network for prime time. All 143 episodes were filmed in black and white.

How Did they make Mister Ed appear to talk?... Mister Ed's Co-Star, Alan Young, who played Wilber, recounted: "It was initially done by putting a piece of nylon thread in his mouth. But Ed actually learned to move his lips on cue when the trainer touched his hoof. In fact, he soon learned to do it when I stopped talking during a scene! Ed was very smart."





It's funny, the effect people (Horses!) can have on you. A human being walks around this earth with a friend-shaped hole in their heart. They don't know the hole is there. They aren't aware how lonely they are. But they are lonely. In fact, that's the hardest part about being a person. Loneliness. But then one day someone moves into your life like a warm gust of coastal air. Before you know it, that uniquely shaped hole is filled. You never knew you had so much love to give, but there you are. Soon, you're a different person. And that's what friendship does. Friendship fills you and empties you at the same time. Sean Dietrich





FUN DAY AT COWELL PARK

By E. Hiatt

On May 24th, Sandy Holder, riding Bolt and I, riding Echo, had a fabulous time at Henry Cowell State park.

Not only were the trails in great shape, but the wild flowers were absolutely spectacular. I have been riding there for about 40 years, and I have NEVER seen anything like this.

There were sections on several trails that looked like a corridor of colors, smells and native flower varieties that overwhelmed us with their beauty and fragrance.

We made a great 10 mile loop, up to Bear Mountain and back to the SCCHA. We played hide and seek with the steam train, which was running at the time. Fortunately, their whistle is loud and I know the trails well enough to make sure we never came face to face with it. The horses certainly seemed to appreciate that.

If you have a chance to go, do it!! I think the flowers will be great for a few more weeks, given that we've had a pretty wet Spring so far, but the sandy soil will not stay wet forever!



Members in the news: Healing through horses: Benefits of equine therapy

The connection between humans and horses can help provide treatment for a number of physical and psychological conditions. On May 15, 2023, CBS News Bay Area anchor Ryan Yamamoto talked to our very own **Dr. Beverly Kane**, Adjunct Clinical Professor of Medicine at Stanford, about the different types of equine therapy, and the types of conditions that equine therapy can help treat. Congratulations!



June Birthdays

Michelle Roush 6/4



BIRTHDAYS, Y'ALL.... I don't have everyone's birthdays and we want to wish you well! If you are not listed, please send me the day and month! Elisabet

Market Place

HORSE BOARDING FACILITY

20535 Rome Drive, San Jose, California. Stalls: \$400.00, pasture \$330.00.

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 Ogus

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

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 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

Specialized Trailmaster Saddle for Sale:

The Trailmaster is a lightweight performance based trail saddle. This one is 15lbs, with a 15" seat, and a wide tree. It is all black and has a custom fleece seat cover over the leather seat. I'm including endurance stirrups and a Specialized girth. The billets are new but no leathers are included. Great condition - just needs to be fitted to your horse. \$1399 OBO - plus shipping if necessary. debbieboscoe@gmail.com (Santa Cruz)









#300 Orthoflex Saddle made for Julie and Bob Suhr's Marinera Ranch. I bought this saddle for my husband and he decided he didn't like it. It's been sitting in my tack room for about a year. I don't think it's happy there. It is well used, but in good condition. I would love to hear some of the stories it has to tell. All original as far as I can tell, including the aluminum stirrups (one of them needs a pad). More photos available. If you are interested, contact me and I will send them. Weighs 28lbs. \$475.00 Elisabet - LAZO@UCSC.EDU

From Elizabeth Madera Evans, Founder and Executive Director of Caring Cowgirl (501c3):

My NPO, Caring Cowgirl is asking for support in buying our merchandise to help us get through this rainy season that has prevented us from providing visits. We have hoodies, baseball caps, t-shirts and really cute mugs! Caring Cowgirl offers adaptive horseback riding to children with different abilities to bring about radical improvements in the physical, mental and emotional health of her students.

https://www.caringcowgirl.org/shop www.caringcowgirl.org liz@caringcowgirl.org



Trail Blazer Beta Tack Set from Distance Depot - I bought this set for Reb and decided it is too much color for my liking. It was custom made for the original person. She didn't like the shade of green. It is a year old, but hardly used at all and looks brand new. It comes with halter, snap on headstall (Arabian size, throat latch not shown), padded breast collar (horse size), reins with black grips, and curb chain (not shown). All are adjustable to custom fit. Originally, this is about a \$375 set up. I purchased it for \$225 and that is what I would like to get back. It has only been on Reb one time. Lori Oleson - 408-710-5651

lorioleson@alumni.cpp.edu



Just because someone carries it well, it doesn't mean that it isn't heavy...

Country Living Situation Available!

Becky Hart and Judith Ogus live in a spacious one level home on five acres in San Juan Bautista. We have a living space available for a July 1st move in. Renter gets two rooms plus access to kitchen and laundry facilities; rooms are a master bedroom with bath and an office, own entry. House is U shaped so you will have privacy on your side of the house and a private entrance. There is a large kitchen/dining area. You will have your own refrigerator and two storage cabinets for food and kitchen utensils.

Hoping to find someone with one horse. The horse will live in a 3 acre pasture with a 32 year old mare and two 9 year old Arabian geldings. One dog who gets along with other dogs is welcome; we have minimal agility equipment. No cats

There is a 4 mile trail a half mile away - out and back is 8 miles and it is up and down hill so good conditioning and we have a Euro-sizer.

Rent is \$1300 plus utilities. Horse board is baseline of \$300; negotiable if willing to share maintenance and whether or not you supply your own feed. Trailer parking included. Stunning views; VERY QUIET though only a few miles from 101.

PM either one of us if you are interested and please pass this on.

Wanted: Caretaker/Campground Host for SCCHA

Who would like to live in an idyllic park-like setting adjacent to magnificent redwoods? Santa Cruz County Horsemen's Association is looking for a caretaker/campground host.

You would live on site at the Showgrounds in your own accommodations (RV, tiny house, mobile home) and be responsible for grounds upkeep, enforcing rules, and being a friendly liaison between Showgrounds guests and the SCCHA board. We'd like to fill this position ASAP. SCCHA charges \$600 rent/month and the estimated work hours are 12-14 hours per week. Schedule is flexible.

For more information about duties and how to apply, go to the Santa Cruz County Horsemen's Association website: https://sccha.wildapricot.org/



Admit it...
When you were a kid, wasn't this exactly what you always wished for?

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** 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!!

