

Quicksilver Quips

May 2023

*Happy Mother's
and Memorial
Days!*



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Officers

2023 Board members are

Jerry Wittenauer - President

Magda Bartilsson - VP

Nick Warhol - Treasurer

Elaine Elbizri - Secretary

Carloyn Tucker - Board

Rachel Miura - Membership

Magda Bartilsson - Board

Brian Reeves- Board

Newsletter Editor

Elisabet Hiatt lazo@ucsc.edu

QSER on the Web:

<http://www.qser.net/>

PRESIDENT'S MESSAGE

Jerry Wittenauer

25 April 2023

Grateful for an "Activist" QSER Board!

During my working life as a Manager/Director at a Fortune 100 Company, I was always thrilled when folks in my organization would step forward with a new initiative, tackle a thorny problem, or take ownership of some of the standard "org chores". That's the kind of Board that we have this year, to the great benefit of the QSER Club:

- Brian Reeves jumping in and mentoring me (Rookie Ride Mgr) last year with a "how-to" on running an in/out timer station, as well as restoring order to our annual awards hardware.
- Nick Warhol, treasurer and website manager, has launched a west-region "Ride with GPS" initiative, frequently advocates for the Club on Social Media, and constantly promotes QSER as a real presence on the West Coast Endurance scene.
- Carolyn Tucker, our liaison to Santa Cruz Horsemen Assoc, and keeping us all updated on trails status at local riding venues.
- Elaine Elbizri stepping in this year to serve as our Club Secretary – no arm twisting required! Elaine also helps greatly with organizing Club group rides and pitching in to help with the annual banquet.
- Magda Bartilsson – making "horse & rider safety" as a focus for us this year, bringing her perspective as the leader of a trail-riding business to our Club.
- Rachel Miura took on the role of "Membership Chairman" (cajoling forgetful folks to renew each year, keeping track of it all), will compile our annual year-book for 2023, and is fleshing out a concept for an on-line, on-demand QS "bling store" (stay tuned).

Of course, QSER members that are not on the Board are also doing their thing to make us look like a professional group: Maryben Stover (hospitality), Mary Anderson (annual banquet), and Elisabet Hiatt (monthly QUIPS).

With a team like this, we're on solid footing for sure - don't be shy about jumping in to help share the load if these activities appeal to you!

UPDATE on AB 233 (horse poop) bill - the one that would require us to pick up and dispose of our manure from streets, sidewalks, public lands and trails

You can put your shovels away (YAY!!).
The requirement has been amended and we won't have to do that.
Of course, we should all be responsible horse people and remove manure from parking lots and areas where there is pavement!

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 equine- and 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

May 6-7 Spring Fling Obstacle Challenge, hosted by SCCHA. All riders are welcome for one or both days. Sign up online at www.sccha.wildapricot.org/events

May 6 Dinner & Raffle in the Clubhouse @ 6pm. Just \$15 for a "build your own taco" dinner plus dessert, followed by a raffle with a wide array of prizes. Members & guests are welcome. Limited seating, so please reserve your dinner by May 3 online at www.sccha.wildapricot.org/events

May 13 Fitness, Function & Flexibility coaching with Jec Ballou, 10am-2pm. \$100/horse & rider. Get ready for a summer of riding with groundwork & mounted exercises for you and your trusty steed. E-mail Jec@jecballou.com to sign up.

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 (r8chlmiura@mac.com) 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](tel:6507965866)

From Rachel: Here is the **form to fill out** with possible dates and locations: <https://forms.gle/DuZJ6fahWhxfKGWj9> Please share your input by Monday, May 15. Thanks!

Happy birthday, Julie!

From Pat McAndrews



Friday April 21st was Julie Suhr's 99th birthday. Many of her family and friends went to Patricia Griffin Soffel's Sweetbeau ranch in Creston, California to celebrate. The party began with a lovely luncheon in the bunkhouse. Then we saw a beautiful video about the ranch that was quite touching. Next Patricia did a demonstration with her Mustangs of what they can do. The highlight of the demonstration was watching her favorite Mustang play with a large ball. He pushed it around the arena, picked it up and tossed it and even jumped on it. What a delight to see! Next we were able to see

the trainer working with a problem Mustang that was most interesting as the horse was quite fearful. It was inspiring to see the horse respond, and actually show enjoyment at being touched and worked with.

After the demonstration, we went up to the house and surprised Julie (who does not like to be the center of attention) with balloons and other decorations and a lovely cake. After cake and champagne, Julie passed out signed books and told stories. All in all, it was quite special. I always tell Julie every year that I want to be just like her when I grow up!



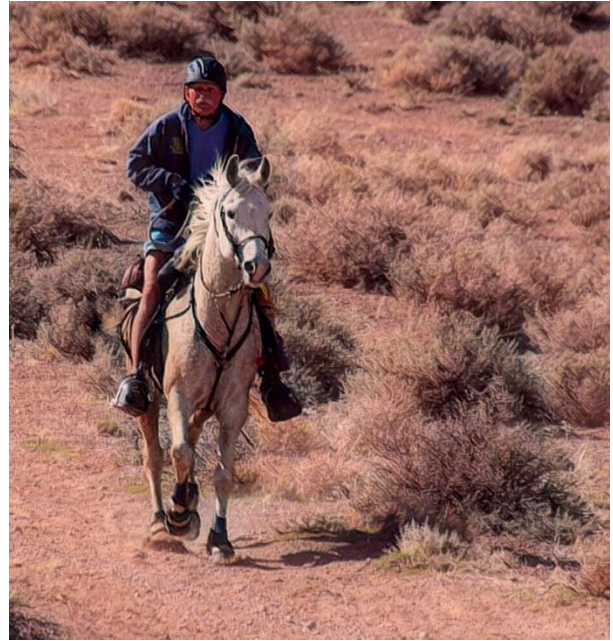
The Perfect 10!

Congratulations to Cocamoe Joe, and his owner/partner Dave Rabe.

After their last ride, Dave and his horse have at least 10 endurance wins, 10 best conditions and they now have 10,000 endurance miles together!

Both of them are still going strong, so we will see what other amazing adventures they will take on!

An amazing team! RIDE ON!



And those who were seen dancing were thought to be insane by those who could not hear the music



THE HOOF... what an amazing structure! Have you ever seen its intricate blood supply?

Blood is pumped from the heart through arteries to the hoof and is assisted in its return through a “pumping mechanism” in the hoof. This mechanism is necessary due to the position of the hoof in relation to the heart.

There are no muscles in the lower leg or hoof to aid in the return of venous blood to the heart.

Tevis Trivia - the reason yellow ribbons are the only ones used on the Tevis trail is that the stripe on the Cavalry uniforms was yellow. - Barbara White



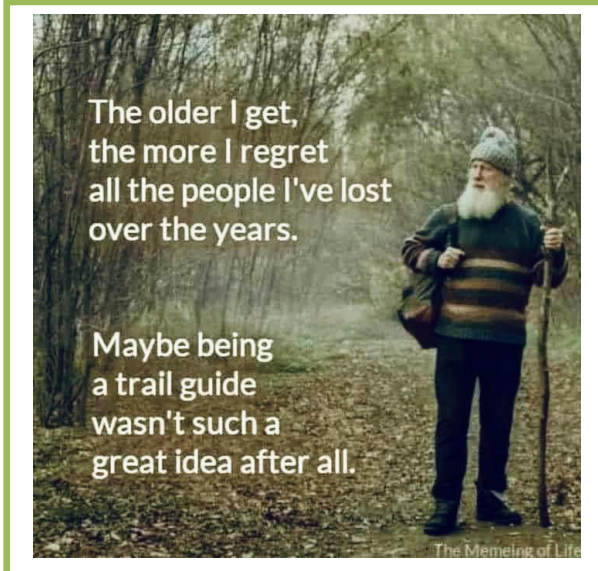
From Elizabeth Madera Evans:

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

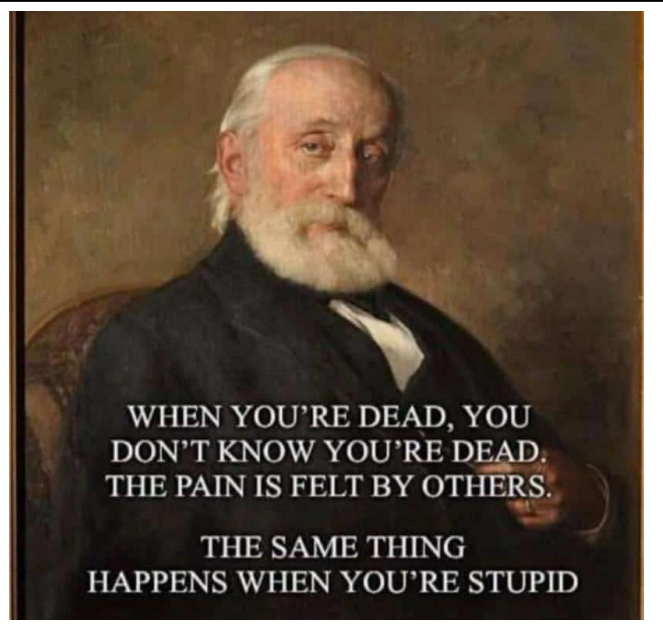
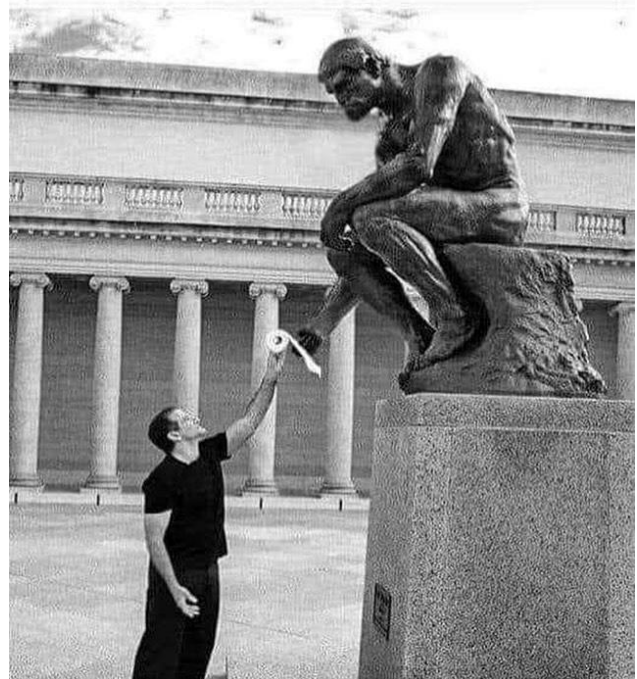
JUST FOR FUN...



Every time I go into town
I realize I'm more barn
sour than my horse and
that I ain't exactly town
broke



👏👏 Robin Williams knew one day our world would need this picture!



*"We are not given a good life
or a bad life. We are given a life.
It's up to us to make it good or bad."
Bob Suhr used to say: "Make it a good day"
Good advice!*

The first testicular guard, the "cup", was used in Hockey in 1874 and the first helmet was used in 1974. That means it only took 100 years for men to realize that their brain is also important.
Ladies... Quit laughing!

All weather, All trails, ride in the 'English' country side.

By Elaine Elbizri



Or A Quicksilver Group Ride at Point Reyes

Seven adventurous Quicksilver riders spent a long weekend at Devil's Gulch, Sam P Taylor State Park Marin County. Some of my friends might not want me to tell you about this campsite because they go there a lot. Actually we think nobody else uses this neat little spot just off Sir Francis Drake Boulevard on the way to Bear Valley.

Alicia, Elisabet, Kim, Me, Shannon

There is a good parking spot for rigs, with tables, a fire drum and restrooms. The horses have their own privacy in an area just the other side of a small creek overgrown with bushes and small trees. There are 8 corrals and three pastures, a water supply and manure facility.

I arrived with Kim and Bella and Asha, early Thursday afternoon with time to take a short ride out from camp. Alicia, Elisabet, Nicola, Shannon and Ben arrived earlier in the day and were already off on the trails at Bear Valley and the cliffs overlooking the ocean. Kim and I were happy to move out on a trail from camp, along pastures and through wooded areas. In places it was wet and sticky, with small creeks to cross, lots of debris from the winter storms, hillsides were waterlogged. There was so much rain the water had nowhere to go. We rode for about two miles and as we turned to go back we felt light rain on our faces. By the time we got back there was an occasional drizzle but the rain stayed away long enough for us all to sit out at the park tables, and have a potluck dinner. But at night the rain did not stay away, it poured all night. Our next morning schedule was thrown out, we were confused by weather reports that said there was no rain and others telling us it would be a prolonged storm. We decided to turn into tourists and visit Point Reyes to browse the old town and get coffee and muffins.

The horses were happy to graze in the pastures.



Elisabet and me clearing the trail

In the afternoon of that day we rode a steep climb from camp to a lookout tower. On the way we were blocked by a fallen bay tree whose many limbs straddled the trail, but we were sturdy can do people ready for any challenge and with our three 7 inch saws cut a path for our horses. When we reached the tower the rain clouds had moved away and we got our first glimpses of the rolling hills that make up this thrilling terrain.



That evening we took our selves off for dinner at the Due West Tavern, in Olema. Where we all said a lot more about ourselves than we intended!

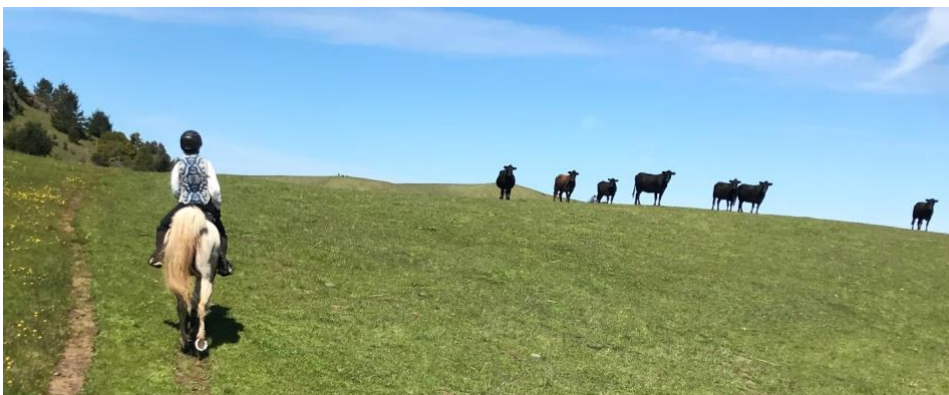
On our third day we drove from camp to pick up a trail that took us along the beach. One or two horses were not ready for this but I dared Bella to face the demons of deep sand and ocean waves and with much trepidation but no foolhardy acts she got through. The trail from the beach had eroded leaving a hazardous post preventing us from riding through. Again the 'can do, ready for a challenge experts' figured if we dismounted and let our horses find their own way from sand to hard ground we could make it.

From there we rode back to the rigs along single track trails bursting on either side with new growth of small trees and bushes, and where in places the trail had become a mini creek.



That evening was another potluck in camp. We succeeded, after a long time and with at least four 'can do experts' in fire lighting, to get ourselves a nice blaze in the fire drum as the air temperature was falling. We didn't want to leave the glowing fire that had taken so long to bring to life and it was cold that night.

For our last ride, Alicia, who knows the trails in Sam Taylor's Park like the back of her hand took us on an exploration of those rolling hills we had viewed on our ride to the lookout tower. We were searching to see if this loop trail which would bring us back to camp on the trail Kim and I had ridden on our first day was open. We were looking for a 6-8 mile ride. After the cold night this was a splendid clear day. We climbed up to a skyline ridge that then took us past outcrops of rocks and gave us gorgeous views reaching the ocean. Alicia said this trail is not on the maps and we had to manage gates in disrepair and 'cowboy' gates, and go through fields of excited cows that did not seem to have many visitors. They chased alongside us and went scattering down the hills. About two thirds of the way we encountered two obstacles even 'can do experts' could not defeat.



Our trail went through private property guarded by some six or more large vocal dogs; though they did not seem aggressive the dogs were not going to let us through their territory.

Alicia and Sparky meet the cows

Two of the dogs trailed us until they were sure we were off the property. Our new plan was to scramble through the trees and bushes to get onto a trail that Alicia knew was there; but with the



consideration of destroyed trails, fallen branches, mud slides and other hazards left by 31 atmospheric rivers that hit California from October through March, we decided to look further for an actual trail.

The second defeat for the 'can do experts' was a tree trunk not low enough to step over or high enough for horses to walk under and too thick for our 7 inch saws. Alicia and Elisabet planned to return with a chain saw!

Well, these obstructions meant we could do some extra miles and return the way we came over that beautiful skyline ridge and get a last view of this outstanding land that reminded me so much of riding in England as a girl.

This was a splendid four day camp to welcome spring time, the weather was wet, cloudy, sunny, hot and with cold nights. Each

ride had its own special climate and adventurous trails for the 'can do' bunch who were all fun and great company.



Recent studies conducted by the Institute of Heart-Math provide a clue to explain the two-way "healing" that occurs when we're close to horses. (As if we needed an excuse to get another horse!)

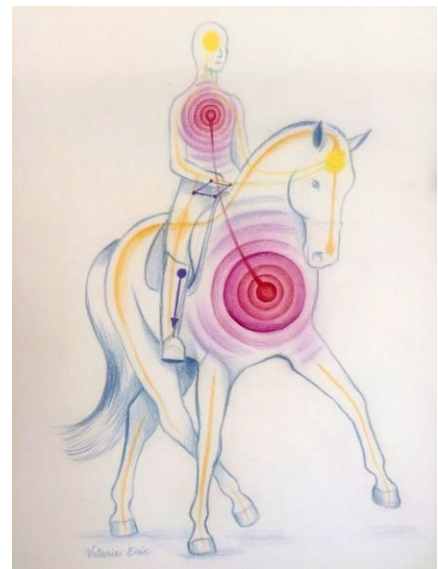
According to researchers, the heart has an electromagnetic field larger than the brain: a magnetometer can measure the energy field of the heart that radiates from 2.4 meters to 3 meters around the human body.

While this is certainly significant, perhaps more impressive than the electromagnetic field projected by the heart of a horse is five times larger than that of a human being (imagine an electromagnetic sphere around the horse) and it can influence straight into our own heart rate.

Horses are also likely to have what science has identified as a "coherent" heart rate (heart rate pattern) that explains why we can "feel better" when we're close to them. Studies have found a coherent heart pattern or HRV to be a solid measure of well-being and consistent with emotional states of calm and joy-that is, we exhibit such patterns when we feel positive emotions.

A coherent heart pattern is indicative of a system that can recover and adapt to stressful situations very efficiently. Many times, we just need to be in the presence of horses to feel a sense of well-being and peace.

In fact, research shows that people experience many physiological benefits by interacting with horses, including lower blood pressure and heart rate, higher beta-endorphins (neurotransmitters acting as pain suppressors), decreased stress levels, decreased feelings of anger, hostility, tension and anxiety, better social working; and greater feelings of empowerment, confidence, patience and self-efficacy. www.heartmath.org.



The Yamnaya may have been the world's earliest known horseback riders

Excavated human skeletons indicate that the Yamnaya rode horses around 5,000 years ago.

Several skeletons from the ancient Yamnaya people, including the one shown here, bear signs that they may have ridden horses around 5,000 years ago, a new study suggests. That would make them the earliest known horseback riders.



Five excavated skeletons dated to about 3000 to 2500 B.C. show clear signs of physical stress that hint these Yamnaya individuals may have frequently ridden horses, researchers reported on March 3 at the American Association for the Advancement of Science Annual Meeting and in *Science Advances*. That makes the Yamnaya the earliest humans identified as likely horseback riders so far.

Five thousand years ago, the Yamnaya migrated widely, spreading Indo-European languages and altering the human gene pool across Europe and Asia. Their travels eventually stretched from modern-day Hungary to Mongolia, roughly 2,800 miles, and are thought to have taken place over only a couple of centuries.

“In many ways, the Yamnaya changed the history of Eurasia,” says archaeologist Volker Heyd of the University of Helsinki.

Horse domestication became widely established around 3500 B.C., probably for milk and meat. Some researchers have suggested the Botai people in modern-day Kazakhstan started riding horses during that time, but that's debated. The Yamnaya had horses as well, and archaeologists have speculated that the people probably rode them, but evidence was lacking.

The skeletons were assessed for the presence of six physical signs of horseback riding that have been documented in previous research, a constellation of traits dubbed "horsemanship syndrome". These signs included pelvis and femur marks that could have come from the biomechanical stress of sitting with spread legs while holding onto a horse, as well as healed vertebrae damage from injuries that could have come from falling off. “Bones are living tissue,” said one of the scientists, “So they react to any type of environmental stimulus.”

The team deemed five Yamnaya male individuals as frequent horseback riders because they had four or more signs of horsemanship. Nine other Yamnaya males probably rode horses, but the researchers were less confident because the skeletons each displayed only three markers.

(Excerpt from Science News Archeology - E. Hiatt)

When one door closes and another door opens,
you are probably in prison.

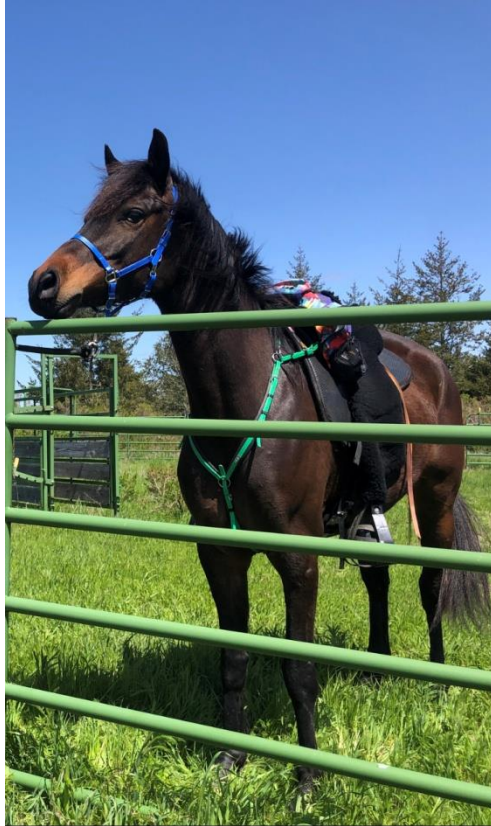
*Sometimes, someone unexpected comes into your
life out of nowhere, makes your heart race, and
changes you forever. We call those people cops.*

I don't want to go through things
that don't kill me but make me
stronger anymore!!!!!!!!!!!!



How to earn a young horse's trust OR "Mom, where are you going ??"

By Barbara Harpster



I just had the most beautiful bonding experience with a young horse.

Tintin is a 6 years old handsome Arabian, 16 hands tall and one of Magda Bartilsson's horses. He is in the middle of learning to become a reliable horse for trail rides and endurance races in her BARR (Bay Area Ridge Riders) riding club.

Now that the trails have finally dried up and the horses are eager to go & nibble on the lush green grass, we took 5 geldings on a 4 hrs ride along Skyline Ridge.

Tintin still acts a bit like a teenager with ADHD: 'Oh, is that orange cone alive? No, wait, what about that fluttering yellow snake tethered to the tree - stop, this must be a 5 ft deep muddy sinkhole - you want me to step on THAT ???'

So, I am in constant communication with him, explaining the world around him: 'no, that mud is only an inch thick and I promise you, you can put your hoof on it. No need to jump over it with all four feet in the air like Tigger (bouncy, bouncy)!'

And on the bridges: 'Yes, there is actually water flowing under the bridge, and yes it sounds like Niagara Falls to

you - but just don't look down and trust my judgment that we will reach the other side without being touched by water' ! Big snort, big sigh - and we mastered another scary obstacle together.

I noticed how Tintin was getting more and more relaxed and I could eventually steer him right towards the muddy part of the trail and he crossed it without hesitation - followed by my verbal praise of 'good boy' or just 'yes!' About half an hour before the end of our ride we passed the Russian Ridge parking lot restroom - and it was calling to me. So I dismounted and handed Tintin's reigns to Magda. And what happened in that moment melted my heart ! Tintin gave me a worried look and started a nervous prancing in place: 'Where are you going, mom ?? Why are you leaving me here behind ? Why can I not come with you ?'



We had been joined at the hip (pun intended !) over the past 3.5 hours and he had developed complete trust in my guidance - and all of a sudden I dismount for no obvious reasons - to him !! What a wonderful experience to feel so connected to your horse and earn all his/her trust!

I will never forget this very special moment !

Here are 15 interesting facts about a horse's brain:



1. A horse's brain is relatively small compared to the size of its body, and accounts for only about 0.1% of its total weight.
2. Despite their small size, horses have very complex brains, with a highly developed cerebral cortex, the part of the brain responsible for conscious thought, decision-making and memory.
3. Horses can learn and remember complex tasks, such as navigating a jump course or performing a dressage routine, through a process called associate learning.
4. Like humans, horses have a left hemisphere and a right hemisphere in the brain, each with specialized functions. The left hemisphere is responsible for the processing of logical and analytical information, while the right hemisphere is more involved in emotional processing and creative thinking.
5. Horses have a great memory and can remember specific people, places and experiences for many years.
6. Horses can learn by observation, and often they can acquire new behaviors and skills simply by observing other horses or humans.
7. Horses have a very sensitive sense of touch and can detect even the slightest pressure or movement on their skin. This helps them respond to subtle cues from your rider or guide.
8. Horses can process visual information very quickly and accurately, allowing them to avoid potential hazards and navigate their environment with ease.
9. Horses are social animals and rely on nonverbal communication to interact with other horses in their herd. This communication is facilitated by the horse's brain, which can interpret subtle changes in body language, facial expressions and vocalizations.
10. Ultimately, like all animals, horses have a unique personality and individual traits that are shaped by their experiences, genetics and environment—all of which is reflected in their brain function and behavior.
11. Horses have a very strong sense of smell and their odor bulb, which processes smells, is relatively large compared to other parts of their brain.
12. The brain, which is responsible for coordinating movement and balance, is also relatively large in horses. This is because horses must be able to move quickly and efficiently to escape predators or navigate through difficult terrain.
13. Horses have a very high pain threshold, which is believed to be related to how their brains process pain signals. While this can be beneficial in some situations, it can also mean that horses may not show obvious signs of pain, making it harder for their caregivers to detect and treat underlying health issues.
14. The hippocampus, a part of the brain involved in learning and memory, is particularly well developed in horses. This allows them to remember not only specific experiences, but also general concepts and patterns that they can apply to new situations.
15. Finally, studies have shown that horses, like other animals, are capable of experiencing emotions such as fear, happiness, and anger. These emotions are believed to be mediated by the limbic system, a group of interconnected brain structures that play a key role in regulating mood and behavior.

Info: Megan Bolentini Equine Bodywork

FACT: A horse's eyes are about 9 times larger than that of a human. In fact, horses have the largest eyes of any land mammal. They can also see clearly through your balcony.

Tevis Trail Workday - April 23

by Rachel Miura



Lori Oleson and I spent a day volunteering to restore a section of the Western States/Tevis Trail that was burned by the Mosquito Fire last year.

The section we worked on was between Mosquito Ridge Road and Dardanelles Creek, on about two miles of the trail that is on private land.

There were around 15 volunteers, and after a quick orientation and safety talk we were divided into two groups.

One group assisted sawyers (people equipped with chain saws) by moving sections of trees as they cut. We were on the hand crew tasked with removing detritus from the trail and re-leveling/widening in spots that had eroded. This section of the fire burned very hot, and there was little in the way of greenery to be seen.

We used pick axes and [McCleod tools](#) and the work was strenuous, but there was satisfaction in seeing how much we were able to do together! Everyone aside from us was from the ultra-running community, and we had mutual admiration for the trail and what it takes to tackle it, no matter if you're on foot or on horseback.

If you've ridden the Tevis Trail, or want to ride it, or have an appreciation for just how special it is, we encourage you to sign up for a trail work day here:

<https://www.wser.org/volunteering/trail-stewardship/trail-work-opportunities/>

If we all contribute a little effort the benefits to our the endurance riding and running communities will be substantial.



Yellow Stripey Things That Buzz



Carpenter Bee

- Acts tough but really can't hurt you•
- Lives in your fence•
- Flies aggressively to intimidate you•



Honey Bee

- Most helpful bee•
- Very social•
- Excellent pollinator•
- Able to sting only once•



Bumblebee

- Also pollinates stuff very well•
- So fat it's a miracle it can fly•
- More like a flying panda•
- Will let you pet it without getting agitated•



Hoverfly

- Only looks scary•
- Can't actually hurt you•
- Hangs out in fields•
- Follows you if it likes you•



Paper Wasp

- Looks scary, but will only attack if provoked•
- Sting hurts like a banshee•
- Will chase you if swatted•
- Has no concept of personal space•



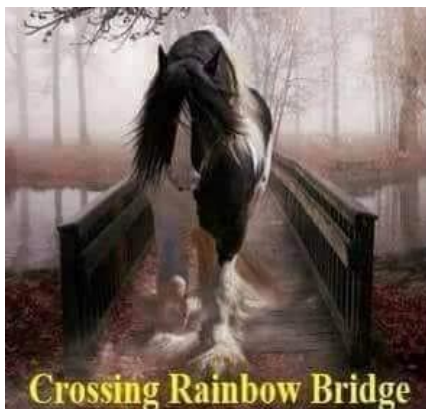
Yellow Jacket

- Wants your food & will fight you for it•
- Never leaves you alone•
- Will sting you just because•
- Total jerk•

These little suckers are going to start to show up soon... It's a good idea to learn to identify the good from the bad to the ugly, including the "Total Jerks Of The Stripey Things That Buzz": The infamous Yellow Jackets.

Hankie time....

Crossing the Bridge.



I stood beside your bed last night, I came to have a peep, I could see that you were crying; you found it hard to sleep.

I whinnied to you softly as you brushed away a tear, "It's me, I haven't left you. I'm well, I'm fine, I'm here."

I was with you at my grave today; you tend it with such care. I want to reassure you, that I'm not lying there.

I walked with you toward the house, as you fumbled for your key. I put my head against you, nickered and said, "It's me."

You looked so very tired, and sank into a chair.

I tried so hard to let you know that I was standing there.

It's possible for me to be so near you every day.

To say to you with certainty, "I never went away."

You sat there very quietly, then smiled; I think you knew.

In the stillness of that evening, I was very close to you.

And when the time is right for you to cross the brief divide,

I'll gallop across to greet you, and we'll stand there side by side.

I have so many things to show you, there's so much for you to see.

Be patient, live your journey out...then come home to be with me.

The Endurance Riding adventures continue for Carlos and I. The weekend of 21-22-23 April we set up camp in the 4-Corners area of northern New Mexico (pic attached of Carlos at our ride camp). We managed to do 2 days of 50-mile rides through some absolutely spectacular terrain – this was the “Caballo Sin Nombre” ride. The trails traversed a mix of waist-high sagebrush country, pinion groves, mesquite, and an ever-changing trailscape of rock formations.

There were many chances for slow going for us due to sections of deep sand (we walk), and challenging ups and downs (I get down and hand-walk). Poor Carlos accumulated lots of scrapes from brushing against the sage and mesquite for two days, and many unavoidable situations for awkward steps in the steep terrain left him with some self-inflicted bruises on his front shins (front hoof clipping against opposing leg.)

We crossed over a lot of slab rock, and at one point Carlos slipped and fell! We both sprang up and kept going – he’s pretty tough, I just keep taking Advil! Desert grasses were plentiful, and Carlos stayed well-fed as we made our way down the trail. He always seems so purposeful at these rides – he knows his job, eats and drinks really well, and just seems eager to rip through the open country in the desert southwest. Keeps us going back. Met some great folks, renewed some friendships, and just felt glad to be out there and in the game. I took the drive home with a sense of mission success: returning with a strong and healthy horse!



Trip Notes: This was an “XP Ride”, and for the most part the course was well-marked and there was plenty of water provided. There were several times each day, however, where we were disoriented and saved ourselves considerable extra mileage by using the .gpx files for the ride course that are provided (I read these on my Garmin Montana hand-held). The total driving time for this trip was 18 hrs in each direction, I was not in a big hurry, so I split it into 3 days in each direction, 10 hrs to Kingman AZ, 5 hrs to Gallup NM, then 3 hrs to ride camp . . . great horse hotels for each of my stops and I drive so I’m done by noon or 1 each day (yes – a 3:00 am start on Day 1!). Carlos continues to be a great road warrior and with all of the precautions I take, he gets to ride camp ready for action.

This most certainly applies to horses....

He said, "Write it on your heart that every day is the best day in the year. He is rich who owns the day, and no one owns the day who allows it to be invaded with fret and anxiety. Finish every day and be done with it. You have done what you could. Some blunders and absurdities, no doubt crept in. Forget them as soon as you can, tomorrow is a new day; begin it well and serenely, with too high a spirit to be cumbered with your old nonsense.

This new day is too dear, with its hopes and invitations, to waste a moment on the yesterdays."

Ralph Waldo Emerson

"I also believe that horses are the closest to God in the animal world."

~Dominique Barbier

The one thing that doesn't abide by majority rule is a person's conscience.

Atticus Finch, from Harper Lee's "To Kill a Mockinabird"

Quicksilver Endurance Riders (QSER) Club April 26, 2023

Board Meeting Minutes

The Board meeting was held via Zoom on April 26, 2023, beginning at 6:36p.m.

In Attendance: Jerry Wittenauer, Nick Warhol, Rachel Miura, Magda Bartilsson, Elaine Elbizri,
Apology from Carolyn Tucker.

Review of Committees/Reports:

A. Technical: Website/QUIPS/Other:

Implementing access to the use of the GPS tool was progressing well. Nicks article for EN will appear in the next issue. Rachel proposed working with Nick to evaluate upgrading the technical approach for updates/upgrades to our QSER web site. This was to be discussed further.

B. Membership -- Magda had emailed or phoned reminders to all members who had not renewed for 2023.

C. Goodwill – No information from Maryben. Jerry was to keep in touch with MB.

D. Financial – Nick reminded the Board that we are functioning at a loss and we need to address ways to keep solvent and how to raise funds. The ride covers its expenses but no longer provides a profit for the club. The Board was to seek ways to reduce the cost of the Banquet, such as holding it in a member's home.

E. Ride Committee Report

- QS Fall Classic – Jerry is following up on the use permit with County Parks; he is also contacting vets. Jill has some recommendations for reducing portojohn costs from a supplier in Hollister and a resource for renting tables in Morgan Hill.

F. Recent/Upcoming Events:

- Open Item - the board is still working to select a date for the horse camping weekend at Santa Cruz Horsemen's Assoc site.
- A sign up poll was sent to members for group rides through the summer. A ride at Harvey Bear was to be arranged to look at conditions of the trails and the effects of the winter storms.

G. Trails – Trails are opening up as the weather conditions improve.

H. Awards Ctte Status

Not discussed

New business

Safety on the trail. Magda is preparing an article for quips and is to provide information for riders at the HB ride. Nick was to look at changing the route of the ride to avoid 2-way single track trails.

Swag Store This is a seasonal event that has no cost to the club. It could provide some profits as well as extend publicity for the club. Rachel was to continue working on this and set up a trial run to assess response.

The next Board meeting will be Wednesday 21st June @ 6:30 via zoom

The meeting was adjourned at 7:25 pm.

Elaine Elbizri

Treasurer's report:

Checking 7,130

Trails 1,075



May Birthdays

Emma Orth 5/4, Bing Voight 5/5,
Barbara McCrary 5/9



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

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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

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

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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. \$500.00 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



All of my childhood punishments have become my adult goals: eating vegetables, staying home, having a nap and going to bed early!

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!!

