



Quicksilver Quips

August 2020

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President's Message-August 2020

This has to be the weirdest ride season ever. Here we are in the middle of the summer and the options for rides are almost zilch! I guess the good news is that the ride in our area that looks like it has a chance of happening is our own Fall Classic on Oct 3.

The Board held a Zoom meeting on July 22nd and our main point of business was to review the plans that our tenacious ride management team has been preparing. There is an extensive amount of paperwork that needs to be prepared for both the County of Santa Clara as well as AERC, and with Jerry Whittenauer filling the role of both Ride Secretary and COVID Captain we are doing quite well at gathering the documentation that satisfies both of these groups and lets them know that we are making all the needed preparations to run a smart and safe ride. Our Ride Manager Shannon Thomas went over many of the details of the ride that need to be altered to ensure that we are practicing good social distancing and doing our best to keep everyone safe and healthy. One important part of this will be limiting the total number of people involved in the event to 60. This includes riders, ride staff and crew. We will need to hold a special briefing for all volunteers to review the COVID protocol prior to the ride. This will most likely happen via Zoom, and it will require that we have all our volunteers assigned to their jobs prior to the weekend of the ride. If you are one of those kind folks who shows up to help on the day of the ride, we will need you to commit to a job prior to the event and not just drop in.

Finally, we will be canceling the ice cream social for this year. Thanks to Trilby for offering to host, and we look forward to the time when we can all safely get together for some face to face fellowship.

With copious amounts of courage and Clorox,
Jill



General Information for the Membership



Treasurer's Report

Checking : \$10,789.75

Trails Account : \$1,074.82

From Judith Ogus

Dear QS Members,

The Covid outbreak has forced many of us to change our daily routines and to take a closer look at how we operate in the world. I believe that the most important thing we should all consider is how human behavior is impacting the environment. Our ever-increasing population encroaches on wild-life habitat and increases the likelihood of the spread of zoonotic diseases like coronavirus. Our consumption of fossil fuels is contributing to global warming and the degradation of the natural beauty that we, as endurance riders, love to experience.

I would like to create a FB page that serves as a forum where we can discuss ways that our sport can decrease its impact on the environment. Currently, we consume water, gas and diesel like there is no tomorrow. If we can create a list of ideas to present to the board, perhaps we can move endurance riding toward more environmentally sensitive behaviors.

Ideas that I have are:

- Encourage riders to carpool to rides, thereby decreasing the number of vehicles using fossil fuels.
- Do not hold rides on days when temperatures are so high that horses need to be completely doused with water to proceed.
- Try to ride more locally, rather than driving across many state lines to go to rides.
- Share resources for buying locally grown hay.
- Drive smaller rigs.
- Recycle tack.

We are a creative bunch of people who want to continue riding through the wilderness on our horses. This activity is good for our mental health and is just plain fun. Let's see what we can do to help maintain environmental health too. Please add to my list and we will submit them to the board before their next quarterly meeting.

Lucie Hess is helping me create a page for brainstorming these ideas. Please share this post so more people will see it. If you have ideas - please start by posting them here.

Sandy Holder Welcomes Her Newest Family Member, Midnight Sand WR



Midnight Sand WR is the filly born 6/5/20 at Windriders Ranch by Sand Victor (a Burning Sand son) out of Midnight Diva WSF (her dam, and a gift to me 4 years ago from my 1st endurance mentor, Lanie Gitas, after I lost Star and Sister within 12 days of each other).



Dick Carter with the new foal

First Aid on the Trail... Part 3

By Elisabet Hiatt

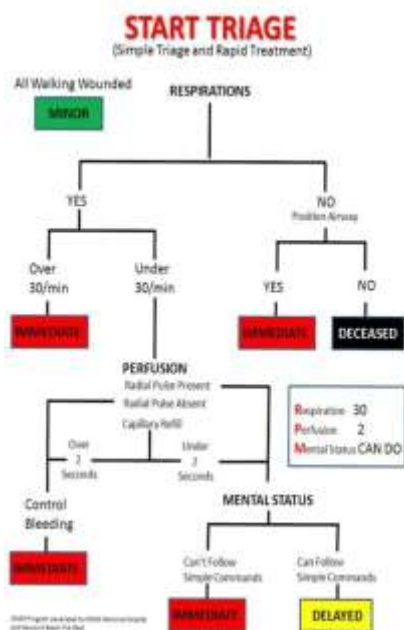
Hopefully by now, you have a good first aid kit on you when you ride and a plan brewing in your head about what you will do if/when you encounter an injured person on the trail. We have to always assume the worst, so your phone has no reception, and there are more than one injured people. Now what??

Breathe - One of the most important things you have to come to terms with is the fact that you may not be able to help everyone, and even if you did, things may not go well. You just have to do the best you can.

Assess the scene - is it even safe for you to jump in or will you become another victim? Are there people who can help or are you on your own? Are there horses loose and running around?

Chances of finding multiple victims on the trail are slim, so I'll just touch on this lightly. The word triage simply means "the assignment of degrees of urgency to wounds or illnesses to decide the order of treatment of a large number of patients or casualties". If there is only one of you and several victims, you have to decide **which one you can help the most with the best possible outcome**. When I did mass casualty trainings, we just went along from victim to victim just opening airways. If the person could not breathe on their own, they were considered dead, and we moved on to the next victim. Ouch, I know.

Legal stuff: An unconscious victim means "implied consent". The assumption is made that someone would want you to help them if they could tell you. A conscious victim needs to give you permission to touch them. If they don't, it could be construed as "assault and battery". The legal world is a strange and complicated place. Always introduce yourself, and ask if you can help. 99.9% of the people will say yes. If they say NO, try to reason with them or just wait until they pass out (or move on to the next victim if there are more than one).



Take a look at this flow chart:

If you have more than one victim, all walking wounded are considered minor. If they are walking, they are breathing and their heart is beating. Get them out of the way and check on them periodically as time/resources allow. Conditions may worsen for some of them when the shock of the event wears off.

Next priority (multiple victims or not) is to make sure your victim is breathing. If they are not breathing, even if their heart is beating, they won't live long. After 3 minutes without oxygen, vital organs start to fail. The brain will only last about 3-4 minutes and then permanent damage is expected (not that you would notice on some people, right?) but past 6-8 minutes, it's pretty much game over (unless you are submerged in freezing cold water, but that's another story for another time!). The simplest way to tell if someone is breathing, is by asking them a question. If they answer, they are breathing! If they are unconscious, looking (is the chest moving?), listening (can you hear them breathe?) and feeling, (if you get close, can you feel the air

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coming out of their nose/mouth?) is the best way to assess respiration. If they are not breathing, **OPEN THE AIRWAY**. This is as simple as tilting the head back a little if they are slumped over. If they are lying down, face up, you can tilt the head by lifting the chin and tilting forehead back just a little. If they are face down, you will have to turn them over. Do your best to turn someone as a unit, twisting them as little as possible. If you are alone, one hand should support the head, the other can grab the clothing in the hip area and pull on it. Always get help if it's available. If you do have help, one person is always responsible for the head, the others for the body. If you have more people, divide them by head, torso, hips. Turn at the count of three; the person at the head is in charge. Support the head as they are turned.

If they don't start breathing on their own once the airway is open, you will have to start CPR (cardio pulmonary resuscitation). I'll cover that in the next article. Best thing is to take a CPR class from your local Red Cross chapter or one of the many other places that offer them.

If they are breathing, is it normal? Most of us breathe about 12-18 times per minute. Young people/kids breathe a bit faster. Think of it as taking a P&R! If the person is breathing faster than 30 respirations per minute, this is a possible indication that the body is compensating for blood loss somewhere. Less blood has more work to do to oxygenate vital organs. Suspect internal or look for obvious external bleeding. You won't be able to do much for internal bleeding, but you can put direct pressure on an external wound. Aren't you glad you put on those latex gloves?? Now comes the multi-tasking part. A person may be bleeding in multiple places. Spurting blood is arterial blood, and this is a priority. Someone can "bleed out" fairly quickly if they have a severed artery.



Oozing blood comes from veins and is not as urgent, but they can still bleed to death, it just takes longer. Ignore minor scrapes.

If you have first aid supplies, you can put a pressure bandage (vet wrap!) on the bleeding part, if it's on a leg, an arm or the head. Wrap it fairly tight and add bandages on top of each other if the blood seeps through. Don't lift the bandage to look, it will only make the

body have to start over with the coagulation process. There will be parts of the body you won't be able to wrap. Direct pressure is all you can do in those cases.

Finally, assess their mental status. People who are in shock lose track of time first (they don't remember what day it is), next they lose track of the place (not sure where they are) and finally they lose track of who they are (can't remember their name). They will also often not remember what happened to them. This is called "altered consciousness" and it's important to know about it because you will be able to assess if the person is getting better or worse when you ask them if they know "who they are, where they are, when did the accident happen, and what actually happened". Ask these questions once in a while if you think the person's mental status is altered.



ALL of the above should not take you more than a minute or so, so practice makes perfect!!

Note that I haven't talked at all about the heart. If a person is not breathing, their heart may still be beating. Assuming it is not damaged, it will continue to beat for as long as it has the oxygen it needs to function, but time is of the essence. If a person is breathing, their heart is beating. If a person has arterial bleeding, it means that the heart is still beating. When the heart stops beating, things get really interesting.... but we will cover that next month!

To Shoe or Not to Shoe...?


An excerpt from an article by Dr. David Ramey

Contributed by Elisabet Hiatt

The horse's foot is so important that they've even come up with a cliché about it. You know, "No foot, no horse." But, as another cliché goes, "The devil is in the details."


The horse's foot is very important. The problem – when it comes to your horse's hooves (feet) – is that everyone has their own strong opinions. So, you've got barefoot trimming advocates and natural hoof advocates and "equine podiatrists" and those who love pads and those who hate pads and aluminum shoes and steel shoes and weights and medio-lateral balance and reverse palmar angles and all sorts of other vernacular thrown out by devotees of this or that particular approach. And, besides the fact that they think that the horse's foot is really important, they also generally agree on one other thing: they are right, and everyone else is wrong.

So, to help make things easier for you, here are a few rules to shoe/trim by.


 **1. There's no such thing as one "natural" foot.** When it comes to health, there's this big push for "natural." Honestly, natural doesn't mean much of anything. It's a pretty slippery word, but in health contexts, it's mostly used as a synonym for something good, since it comes from mother nature. People have actually looked at the hooves of horses in the wild – where they, presumably, are "natural" and it turns out that they're not necessarily all that great.

So, for example, in wild New Zealand Kaimanawa horses, there is large variation in the hoof measurements, and the foot type isn't consistent. The measurements that were taken fell outside of the normal range recommended by two veterinarian assessors 35% of the time! The same goes for the United States, where the feet of wild horses adapt to their surroundings in an attempt to get rid of energy depending on the ground on which they travel. Wild horses in the U.S. end up supporting their weight in a variety of configurations and, mostly, they do great.

BOTTOM LINE? What's "natural" for your horse isn't necessarily natural for every horse. Your horse is an individual. Don't try to fit him into one particular shoeing and trimming box.

 **2. Horses in the wild (with "natural" feet) have hoof problems, too.** Does your horse have laminitis? How about large hoof wall defects, frog abnormalities, or contracted and under-run heels? Well, turns out that wild horses do, too. Back to the horses in New Zealand. The investigators found that a surprising number of the wild horses had hoof abnormalities. Many of them also showed evidence of laminitis.

BOTTOM LINE? Natural isn't necessarily good. Hoof problems happen. It's not necessarily anyone's fault.


 **3. Some horses do fine without shoes.** I am not exactly sure when "barefoot trimming" became the rage, but it seems to me that it wasn't that long ago. All of a sudden, for some folks, shoeing became the root of all equine evils. You'll hear stuff like this: "Horses are born without shoes and have lived without shoes for millions of years." Many say horses need shoes now because we ride them. But Native Americans often outrode the cavalry and their horses were...barefoot. I don't really have any disagreement with that statement. But, the thing is, the horses of the Native Americans didn't have someone driving by on some schedule to trim their horses' feet regularly, either.

BOTTOM LINE? If you want to see if your horse can go around without shoes, go ahead. Just


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don't be smug about it.


 4. Some horses do better with shoes. As wonderful as running around without shoes may be for many horses, the fact is that for many other horses, running around without shoes isn't wonderful at all. For example, in southern California, the ground is usually hard, dry, and somewhat gritty. In other words, it's sort of like sandpaper. As you might expect, some horses seem to react poorly if their feet are being sanded down all of the time. In that way, it's sort of like if you ran around barefoot on pavement; there might not be anything wrong with your feet, but if you did it long enough, your feet would get sore.

BOTTOM LINE ? You may need to get your horse shod. If he does need to be shod, go with it.

 5. No particular approach to shoeing and trimming works for every problem, or every horse, every time. There are lots and lots of configurations of horse shoes. There are lots of materials from which shoes are made. And, you can attach them in any number of ways: glues, nails, screws. Oh, and there are boots, too. Some horses do great in those, as well.

It's a good thing to have lots of options. When it comes to trying to solve problems of the horse's feet – or, heck, just taking care of a normal horse's foot – you don't want to be wedded to any one approach. What works for one horse may not work for another. If anyone says he or she has all of the answers, do one thing. Run.

BOTTOM LINE? If one thing isn't working, you'll have lots of opportunities to try something else. Assuming, of course, that anything can work (some problems just can't be fixed). If your horse has a hoof problem, get your farrier and veterinarian working together, as a team. Things work best when everyone is on the same page.

 6. If what you're doing is working, don't be anxious to change. Don't be persuaded that your horse is about to fall into the abyss of unsoundness when someone points to your horse's feet and starts talking about a "potential" problem. "Potential" is a pretty poisonous word when it comes to horse feet (and pretty much everything else about horse health), because it suggests that something is about to go wrong, whether it is, or not. Focusing on potential makes horse owners restless, and unhappy with the status quo of their healthy horse.

Don't look to make changes just for the sake of making changes. If your horse is going sound, and he's staying sound, and your farrier answers the phone when you call, and he shows up on time, why not leave well enough alone?

BOTTOM LINE? IF IT AIN'T BROKE, DON'T FIX IT.

For most horse owners, shoeing and trimming really shouldn't be a source of anxiety. Find someone reliable to work with, and if your horse isn't having any problems, don't worry, be happy!

Oleander Poisoning of Horses

Contributed by Elisabet Hiatt

I think most of us are aware of this, but it never hurts to be reminded. I hate driving on the freeway and seeing all those "beautiful but deadly" oleander plants that they plant in the center dividers. When I was an EMT, I actually heard a story of a family who used oleander sticks to cook their hot dogs while camping. Several of them died, so don't assume that there are ANY parts of this plant that AREN'T deadly.

Oleander poses a problem for animal owners because it contains cardiotoxic compounds that have been known to poison animals, including humans, dogs, cats, horses, cattle, sheep, goats, llamas, and birds. The primary toxic agent, oleandrin, causes heart arrhythmias that lead to cardiac arrest and death. Although the toxins are found throughout the entire plant, animal poisonings are typically due to ingestion of the leaves. In horses, as little as 1 ounce of green leaves can be lethal. While horses rarely eat green oleander leaves since they are unpalatable, there is the potential for dried leaves to accumulate in pasture areas with tall grass or end up in the horse's daily hay ration where they may then be ingested. The toxic compounds are retained in the dried plant leaves, although in reduced quantities, where they can still cause death.

Symptoms

Horses that consume a lethal dose of oleander leaves are often found dead 8 to 10 hours later, and symptoms of poisoning rarely last more than 24 hours before death occurs. Clinical symptoms include colic, diarrhea, labored breathing, muscle tremors, ataxia, and the inability to stand. Furthermore, an irregular and weak pulse, due to the decreased cardiac output, will lead to cold extremities and convulsions prior to death, and are not uncommon.

If you suspect that your horse may be suffering from these symptoms of oleander poisoning, it is extremely important to contact your veterinarian immediately. While there is no specific treatment for counteracting the effects of the toxic principles, animals that have not consumed a lethal dose may be treated with a guarded prognosis for recovery over the next several days.

Management: Prevention and Control Measures

As is the case with most plant poisoning issues, prevention is the best medicine. Therefore, be diligent in keeping an eye out for oleander leaves on your horse property, and remove any plants you find to keep your horse safe. Because all parts of the plant are toxic, it is recommended that those handling oleander wear gloves and dispose of the bagged plant material in a landfill. Burning the material is not recommended since the toxic compounds are released in the smoke and may cause poisoning or other health hazards to those nearby. Remember that this plant is toxic to a variety of animals, including humans.



What does the word COPROPHAGY mean? The answer is somewhere in the Quips.

A Life-Changing Experience

By David De La Rosa

Many years ago, I bought a very hyper horse named "Desert" from a Ranch in the Sierras. He was gorgeous— Bask, Khemosabe grandson, very nervous and very hot.

I brought him home and put him in a stall in the new 20 stall pipe barn I had installed. Next evening, I walked down to feed and clean and realized I had forgotten the halter, so I grabbed some bailing twine and made a quick halter out of it to walk him out of his stall into the one next door, so I could clean. I had a lot of extra twine so I wrapped it in a circle and held it in my right hand... you can see what's coming next, don't you?



The Tractor was blocking part of the 12-foot aisle so I walked in front with Desert following me.

As soon as he walked up to the Tractor, Desert bolted, knocked me down and the bailing twine slid up my arm and tightened so my arm was connected to his neck with about 2 feet of twine!

He took off galloping and dragged me under him as he stomped all over my legs. He stopped for a second and I went flying forward on the ground past him which caused him to bolt again, this time kicking me in the head and stepping on my left elbow. Eventually

my arm became free from the twine.

I was almost dead... dragged about 100 feet under him galloping on me... I just lay on my face with dirt in my eyes, ears, mouth, nose... I hurt so bad I couldn't roll over. It took me 20 minutes to move and I realized I needed to get out of there because of the cougars and coyotes that come through my property at night.



I carefully felt all over my body trying to find broken bones sticking out, but there were none. I still couldn't see but I finally rolled over and again searched with my hands trying to find the damage. Desert came back, bent over and looked at me like "Oh s#it..." I finally pulled myself to my knees, and then to my feet and Desert ran into his stall.

Fortunately, I had the tractor keys on a lanyard around my neck so I pulled myself on the tractor and drove it to my Ford SUV. I went home, showered so I could check the damage, and then drove myself to the emergency room for X-rays. By the Grace of GOD I didn't have a single broken bone, however, I had to have eye surgery with 7 shots in my eyes...yikes...very scary.

Lesson learned: Do Not Use Bailing Twine as a Halter! If I had just walked the 250 feet to get a halter, this life-changing accident wouldn't have happened.

I started to heal after receiving Regenexx stem cell injections but Stanford never told me not to use my knee, so my meniscus didn't have time to grow back. Four years later, I could still hardly walk.

The last Endurance Ride I tried with a bad knee was the Mariposa Ride. I got 15 miles out and I hurt so bad I couldn't ride another step... the nerve pain was excruciating, so I got off Rico and limped back to the camp. I remember Julie Suhr was there when I came in.

Eventually I decided to have a knee replacement surgery. Unfortunately, I had a horrible reaction to the opioid drugs and puffed up with fluid (I looked like a bull frog!!!) which set me back four plus months in therapy!

It's taken me almost 18 years to be able to walk, still with pain but with some hope to ride in the future.

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I never blamed the horse. I later discovered, he had been abused with an ear twitch, and if I touched his ears, he would flip over backwards.

I took Desert to Richard Winters to train and he told me he was too dangerous and couldn't be trained or ridden by most people and he told me to sell him. I didn't give up hope and I worked with Desert for years, and eventually he ended up being a wonderful horse my kids would ride, and I even did a Limited Distance Ride on him.

It has definitely been a life changing event and I learned a big lesson... "You can't unscramble eggs... or undo an accident, so be careful".



The Two Minute-30 Second Rule

Submitted by Elisabeth Hiatt

From "The Horse" magazine



After observing his staff and horse-owning clients struggling with horses over tasks such as administering medications and trailer-loading, Doug Thal, DVM, Dipl. ABVP, owner of Thal Equine LLC and creator of Horse Side Vet Guide, began implementing a "two-minute/30-second" guideline to train his staff. If you are trying to accomplish something with the horse for more than two minutes without real progress every 30 seconds, pause and ask yourself:

Have I successfully managed this situation with this horse before?

Am I breaking this into the smallest components possible and rewarding each micro-step?

Am I working within safe parameters? If you're trailer-loading, for instance, make sure your horse hasn't backed toward a wire fence or sharp corner. "We can get caught up in pushing toward whatever goal we are pushing toward and, before we know it, we can get out of balance or in dangerous situations," says Thal. "The situation is changing, and you need to be adjusting to that constantly."

Is there someone I could ask to help who would be skilled at this?

Could I explain to an observer the steps I am taking to achieve the goal? "In my opinion," says Thal, "handling horses should be a precise and logical thing, and you should know what you are doing and why you are doing it, when you are doing it. If you are forced to describe or articulate something, it indicates awareness and true understanding."

Is there a method to what I am doing, or am I caught up in the struggle?

What is another approach I could take to accomplish this task?

Am I connected with the horse and communicating within each moment?

Is the approach I am taking in the best interest of the horse? If not, might there be another approach I could take to accomplish this task?

"Things should almost always look easy with horses," says Thal. "You should be able to accomplish your goal quickly, easily, and quietly. Don't blame and label the horse. You have to be honest with yourself. If when handling any horse, you can't make at least some sort of visible progress every 30 seconds or aren't able to explain why there is no visible progress, there is something wrong with your approach. The two-minute/30-second rule should apply to anyone working with a horse, including trainers, farriers, and vets."

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Coprophagy is the practice of eating poop. If you see your horse (or other pets) eating poop, don't panic. It's pretty harmless and fairly widespread in the animal kingdom.

Classifieds and Services



BOOKS ARE THE PERFECT GIFT!



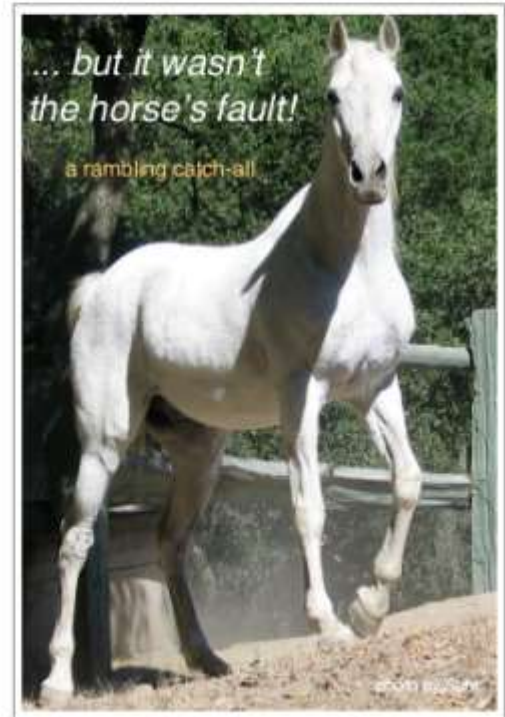
To benefit our trails and our horses, I have written two books. They are entirely different in style.

1. **Ten Feet Tall, Still** is out-of-print, but available as an e-book from Amazon, Barnes and Noble and others. All proceeds to **AERC Trails Fund** and **WSTF Trails Fund** for preservation of horse trails. \$9.99
2. **...but it wasn't the horse's fault!** Available from Marinera Publishing, www.marinerapublishing.com All proceeds to **CENTER FOR EQUINE HEALTH**, School of Veterinary Medicine, Davis, California \$24.95



by
Julie Suhr

*You are never
quite the same
after you ride
a good horse.*



"TEN FEET TALL, STILL"

My first book, **Ten Feet Tall, Still**, is out of print, but is now an e-book for downloading at Amazon, Barnes and Noble and some other places. One Hundred Percent of the proceeds go to the AERC Trails Fund and the WSTF Trails Fund.

Julie Suhr (831) 335-5933

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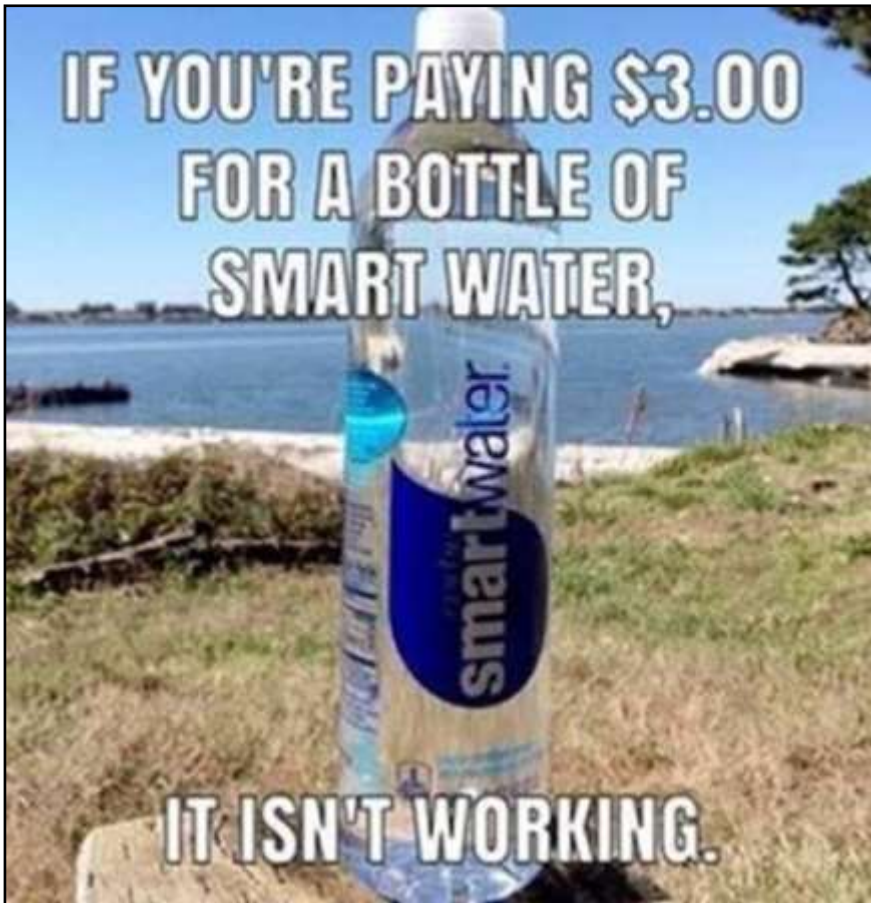
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Humor, Philosophy, and Birthdays



Customer: "I'll have the \$2.99 breakfast special, but I don't want the eggs."

Waitress: "Then I'll have to charge you \$3.49 because you're ordering the toast, bacon, and potatoes a la carte."

Customer: "If I have to pay for not taking the eggs, then I'll take the special."

Waitress: Okay. Now how do you want your eggs?"

Customer: Raw and in the shell. You can put them in a takeout box."

♣ To be able to practice five things everywhere under heaven constitutes perfect virtue: gravity, generosity of soul, sincerity, earnestness, and kindness.

Confucius (551-479 B.C.)

♣ In those vernal seasons of the year, when the air is calm and pleasant, it were an injury and sullenness against nature not to go out and see her riches, and partake in her rejoicing with heaven and earth.

John Milton (1608-74)



Happy August Birthdays to our Quicksilver Members and Endurance Friends

Viril Norton*	1
Heather Reynolds	4
Megan Chamberlin	8
Pat McKendry	14
Barbara White	16
Lori Oleson	16
Annie George	17
Becky Glaser*	26
Beverly Kane	27

*Deceased



QUICKSILVER ENDURANCE RIDERS — MEMBERSHIP

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 levels of sportsmanship and horsemanship within the context of this sport. It supports and provides educational events and leadership in each of these areas.

Name _____

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Senior Membership \$30

Junior Membership \$20

Family Membership \$45

Go to our website at www.qser.net to join or send a check made out to Quicksilver Endurance Riders and mail to:

Maryben Stover, 1299 Sandra Drive, San Jose 95125

"There is no secret so close as that between a rider and his horse." -R.S. Surtees

"To ride on a horse is to fly without wings" -Unknown

"Life outside of endurance? I don't think so" -Dave Rabe

We would love to have you join the Quicksilver Endurance Riders!!

Mission Statement of Quicksilver Endurance Riders, Inc.

QSER 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 standards of sportsmanship and horsemanship within the context of this sport. It supports and provides educational events and leadership in each of these areas.

**Quicksilver Endurance Riders, Inc.
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