

<u>Quicksilver</u>

Quips Merry

December 2021





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And random stuff here and there!

Join the club/renew

Officers

2021 Board members are

Jill Kilty Newburn, President Jerry Witenauer, VP Nick Warhol, Treasurer Margaret Hastings, Secretary Carloyn Tucker Maryben Stover Trilby Pederson Dick Carter

Newsletter Editor

Elisabet Hiatt lazo@ucsc.edu

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

President's message

Happy Holidays.

This month's President's message is my last, as I am at the end of my three-year term as a Board member. I step away from this with a good feeling for the future, as we have a group of thoughtful and talented folks who have some new ideas and ambitions for the future that we will all benefit from.

I am also thinking about the way that we had to adapt to change, and how this has benefited us. None of us were thrilled with the isolation that COVID introduced to our lives, but the Board may have benefitted from needing to learn some new tricks, employ some technology and find a way to carry on. Traveling to get Board members together for scheduled meetings had become an increasing challenge over the past few years and limited who could serve on the Board. Finding the place to meet and fighting the evening traffic to get there was Not a good time! Over the past two years we actually met with more regularity, had short and pleasant meetings over Zoom, and managed to get plenty done. I do look forward to more in-person gatherings in the future, and am appreciative of the flexibility, grace and tenacity of our current group of leaders. You all are awesome.

Our club has continued to put on the remaining two endurance rides in the Bay Area, sponsor good educational opportunities, and foster a community where we can connect with friends new and old around the common passion for our horses.

I look forward to seeing what next year's leaders will do, and as always, hope to see you out on the trails.

Make it great one-

Jill

Holiday Party: December *4th* at *6 pm* at *Trilby's House:* 2035 Rome Dr. San Jose, CA 95120

Trilby will make the turkey, you bring a side dish to share and a small gift for the gift exchange.

Please note: you must be vaccinated to attend.

Intro to Endurance clinic

by Nick Warhol

We had a very successful Intro to Endurance clinic this past Saturday (11/20) in Santa Cruz. It was hosted by the Santa Cruz horseman's association and the Quicksilver endurance riders. The turnout was incredible- we sold out! We had 16 horses and 10 auditors. There were a few riders who had done a couple of rides, but most attendees were interested in the sport and had not done a ride.



I was a speaker, as was Debbie Boscoe and Jill Kilty Newburn, but the act that stole the show was Julie Suhr. She came and talked to the riders and impressed them very much. She also handed out a copy of her book and handouts to the riders. Thanks Julie!

The facility at Santa Cruz is amazing- indoor lecture area with couches, full kitchen, the works. The picture is Debbie doing her presentation on new riders and the right speed to ride as a beginner. The horse camp is excellent and has pens for all the horses. The weather was absolutely perfect, and the trails were in great

shape. The attendees were a great group who were hungry to learn.

The highlight for me was the trail portion. You can lecture all you want, (which we did!) but the proof is in the pudding, or the riding in this case. We split the riders into four groups and paired them with a mentor rider. Me, Debbie, Jill, and Lori Oleson came to help. Each group went out separately with a mentor and we rode a nice six-mile loop that had trails that ranged from perfect to pretty technical and gnarly. The goal was to ride at a pace to show them exactly what it would be like in their first ride. My group was just great! We had a nice fun ride that took about an hour and fifteen minutes, which would equate to about a ten-hour ride time in a 50. Some of the comments on the trail were "I had no idea you trotted so much!" "I have never trotted this much before on a ride." "it's tricky to follow the ribbons when you are concentrating on riding!" "This is the hardest my horse has ever worked!" "Your horse is amazing!"

We then had a vet check at the end where the riders really got to see how it worked. All four of my horses were at about 60-64 when we hopped out of the saddles, and after about 10 minutes they were all recovered down to 48 or so. That really clicked with the riders when they saw that the ride they had just done let them get to the check at criteria, and their horse recovered fully after just a few minutes and were not stressed at that time. They now also understood why Sorsha's pulse was 36. She's a fit experienced horse, and theirs were not. Our trot outs were great- everything from A+ for attitude, gait, and impulsion, to a "D" since this one poor horse just did not understand that he was supposed to trot in hand! That just takes some training. We also had our only pull- one of my horses was lame on the rear at the finish. It was obvious to the group, and the rider had noticed it on the trail and mentioned it out there. It turns out the horse had scuffed itself in the trailer I believe a couple weeks ago and was not quite over it. It was a good learning experience for everyone.

We had a nice awards presentation that included wine, beer, cheese and goodies, where everyone got a nice gift, and we handed out a horse blanket for our "Horse excellence" award, which is our equivalent to the Best condition award at a ride. We picked out a rider who had a great time, learned a lot, and whose horse looked great all day. The woman who won it was moved to tears- it was pretty cool. I also had one extra blanket to give out, so I picked a rider at random who ended up being Connie Bennet, a long-time rider who was there attending with a guy she is mentoring. She did a cool thing and handed him the blanket. Nice job, Connie!

The only problem I had was not enough time to cover all the things I wanted to cover. The lecture for my clinics is usually a full day, and we crammed it into 5 hours which was tough. People hung around and asked questions like mad. Everyone had a really great time, and I KNOW we are getting a bunch of new endurance riders as a result. That's the goal, and I love it when a plan comes together. Thanks to Debbie, Jill, Lori, Lindsay, Laura, Karen Hassan, and especially Julie for helping make it happen.

Your English lesson for today. Submitted by Jo Barrett

EGOTIST Someone who is usually me-deep in conversation.

HANDKERCHIEF Cold Storage.

INFLATION Cutting money in half without damaging the paper.

MOSQUITO An insect that makes you like flies better.

POLITICAL CORRECTNESS A doctrine fostered by a delusional, illogical minority.

RAISIN A grape with a sunburn.

SECRET A story you tell to one person at a time.

SKELETON A bunch of bones with the person scraped off.

TOOTHACHE The pain that drives you to extraction.

TOMORROW One of the greatest labor saving devices of today.

YAWN An honest opinion openly expressed.

WRINKLES Something other people have...similar to my character lines.



THE REASON MORE KIDS DON'T GET PONIES FOR CHRISTMAS Here's a cute little poem from a cute little "Cowgirl Poetry" book I picked up at the Point Reyes Visitor's Center a few months ago. They have an awesome bookstore, by the way! Enjoy! -Elisabet

> Ridin' By Linda Bark'karie

Keep a leg on each side and your mind in the middle sit up straight and try not to fiddle. Don't flap your arms like a big bird in flight. Anchor your seat to keep out daylight. Don't rattle the bridle, don't jerk north and south, just flow with your horse and be kind to his mouth. When you've mastered all this if I may be so blunt, it always helps if you are facing the front.



There are horse crazy people and then there are crazy people with horses... know the difference!

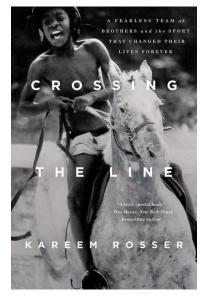
Book review: Crossing The Line

by Judith Etheridge

Here is a brief review of "Crossing the Line" a truly amazing story about disadvantaged kids learning to play indoor polo on throw away horses in the worst part of Philadelphia. The author, Kareem Rosser, writes about his and his brothers experience growing up there and how they came to play polo. It is a gritty, honest book about their lives and those around them.

Here's part of the PROLOGUE:

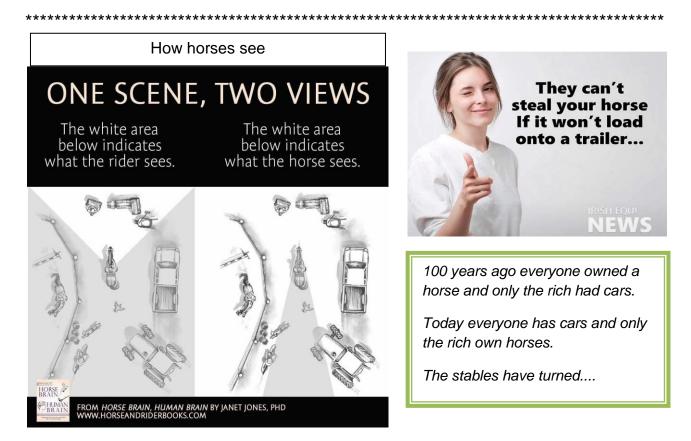
"Foul! Dangerous riding!" the ref shouted across the arena. The crows roared back in response - a few in support of his call, but most of them groaning in anger. We were at the very end of the



fourth chukker, one point behind, and I'd just been given the chance to make a two point goal.

Steam rose off the body of my pony and left a misty trail behind me as I galloped back onto the field. I smiled to myself and just barely resisted pumping my fist in excitement.

I should have been pissed. The captain of the other team, a big blond dude with the kind of deep tan that only comes from spending Christmas in Aruba, had just illegally boarded me, coming out of nowhere and riding up so close and fast that he had slammed me and my pony into the wooden wall surrounding the arena. He'd thrown me a nasty sneer as he pinned me to the wood, and the galloped off, hit-and-run style, hoping the ref wouldn't notice. He was playing rough, breaking rules, and he could have easily hurt both me and my horse. In fact, my shoulder was throbbing from the blow and I knew I'd feel it for days. But I shook it off and grinned. I couldn't be angry. Because if he was playing rough, that meant we were finally being taken seriously as a team. If he was playing rough, it meant that he actually thought we could win...



Monterey Bay Equestrians Campout

By Jill Newburn

This past weekend I attended a group campout with the Monterey Bay Equestrians down at Montaña De Oro State Park in Los Osos. The park sits just south of Morro Bay and has beautiful coastlines, incredible views from the hills above the beach and lots of trails that zig zag across the hills providing spectacular views of the ocean. They have a designated horse camp with water, corrals and restrooms, a good portion of which was reserved for our group this weekend.



Many of the MBE group events are 'catered' affairs, where meals are provided, but this was one of the 'low-frills' events and decidedly more relaxed. Some folks did go into town for meals, and there was a Taco-night on Friday where participants could choose to buy dinner and margaritas. Mostly folks cooked their own meals then gathered around campfires to share company while they ate.

We were provided with perfect fall coastal weather – no fog in sight and great views.

It warmed up quickly during the day and was just the perfect temperature for riding.

Groups of riders gathered late in the morning for trips to the beach and climbs up and over the park peaks.

I took both of my horses, as I thought it might help my young horse learn to camp better if she could follow the lead of her older and wiser buddy. This allowed me two rides a day and the opportunity to see many miles of the trails. What could be better?? Michael and



our dog stayed close to camp to keep an eye on the horse that was left behind, and to my pleasant surprise, both horses got better at being left behind over the course of the weekend.

The Monterey Bay Equestrian group is quite friendly and plans both a campout and a day ride each month. Several QSER folks are members and Carolyn Tucker was one of our leaders for the event this past weekend. Check them out if you are looking for more opportunities to camp with your horse.

Harnessed horse and chariot unearthed in ancient stable near Pompeii



Archaeologists have unearthed the petrified remains of a harnessed horse and saddle in the stable of an ancient villa in a Pompeii suburb.

Pompeii archaeological park head Massimo Osanna told Italian news agency ANSA that the villa belonged to a high-ranking military officer, perhaps a general, during ancient Roman times.

Osanna was quoted on Sunday as saying the remains of two or three other horses were also discovered.

The villa's terraces had views of the Bay of Naples and Capri island. The area was previously excavated, during the early 1900s, but later reburied.

The volcanic eruption of Mount Vesuvius destroyed flourishing Pompeii, near present-day Naples, in 79 A.D.

Osanna says suffocating volcanic ash or boiling vapors killed the horses. He hopes the villa eventually will be open for public visits.

Officials at the Pompeii archaeological site in Italy recently announced the discovery of an



intact ceremonial chariot, one of several important discoveries made in the same area outside the park near Naples following an investigation into an illegal dig.

The chariot, with its iron elements, bronze decorations and mineralized wooden remains, was found in the ruins of a settlement north of Pompeii, beyond the walls of the ancient city, parked in the portico of a stable where the remains of three horses were previously discovered.

The Archaeological Park of Pompeii called the chariot "an exceptional discovery" and said "it represents a unique find—which has no parallel in Italy thus far—in an excellent state of preservation."



"My walk of shame" is going back for a cart after realizing I can't carry 23 items in my arms through the store...

Sesenta Miles at Sesenta Años!

The Rancho San Fernando Rey is located in the Santa Ynez River Valley. It's big... like 37,000 acres big! It's also not an easy place to ride... lots of hills to climb and descend, but also a fair amount of flat land. Oaks and other trees, along with cows roaming all over, make you feel like you are in a typical Western movie set. The views from the top of the mountains are spectacular, and the deep valleys are cool, even in the middle of a hot (and it WAS hot!) day. The only thing that was missing to make it perfect was the flowing creeks. The drought has affected us all.

I decided to take Echo and Tango to this ride, since they offered WDRA (Western Distance Riders Alliance) miles. It was good to have the freedom to choose my distances, since none of us have done much in the endurance realm for the last couple of years. My friend Shannon Thomas brought two of her horses, Sam and Fawkes, with similar goals.

We left home on Wednesday and caravanned there, which is nice. It's about a 5 hour drive for me and 4 for Shannon, so it was at least a bit more reassuring to drive that far keeping an eye out for each other!

Base camp was huge, flat, and there was plenty of room to park. It didn't take us too long to set up camp, relax and enjoy the place. We had a nice ride meeting and were given **very** detailed maps for the Thursday ride.



There were many mileage options throughout the 3 days. Shannon was doing the AERC LD and I decided to ride it with her, but for WDRA miles. To comply with AERC's strict mileage rules, the LD ended up being about 26.5 miles.

I have to mention that John Parke did an outstanding job of laying out and marking some gorgeous trails! He was out every day until the wee hours of the morning making sure the cows did not feast on ribbons. It was much appreciated by all.

Early the next morning, Echo and I, and Shannon and Sam headed out. We had a very nice ride, both horses behaved well and we took our time to enjoy the scenery. The only real surprise was the temperature! Yikes! When I left Santa Cruz, it was in the 50's. The ride temps hovered in high 80's! I was glad I tossed a couple of light weight shirts in my suitcase!

Both horses finished strong and happy.

On day two, we took our "recovering from one injury or another" horses, so Tango and Fawkes got to do the "Fun Ride" which was

around 11 miles. Fawkes was a good boy. Tango was NOT. I think he did 11 miles forward and about 3 more miles jumping up and down. He has been there twice before, in his prime, and done the 2 day ride one year and one day ride another time, so I think he just wanted to GO! For reference, it took Tango and I 58 minutes longer to do the 50 in 2014 than it took Echo and I to do the 26.5 miles this year! Oh well.

Both horses finished strong.

It took a bit of convincing, but Shannon relented into riding the LD on day three with me.

Day three dawned clear and with a promise of more hot weather. Off we went, Shannon on Sam and I on Echo. We were warned that there would be a LONG up hill... about 2,000 feet of elevation in about 4 or so miles. No kidding!! Even early in the morning, it was a doozy. When we finally got to the top, The Duck and another vet were there to take pulses and hold us back if we didn't meet criteria. Echo pulsed down right away, but Sam needed a bit longer. Eventually we were ready to go.... back down the other side! and then up some more and down some more and... well, you get the idea! We ended down in some remote canyons and it was beautiful. The only two things that weighed heavy on my mind were



the warnings we were given that #1 - if anything happened to us in this area, it would be a helicopter rescue and #2 - there was NO water... for 14 miles... nada, zilch, zero water. It was tough. We eventually got to a water hole that didn't smell so good, but the horses drank enough to ease some of our concerns. A hard trail, but totally worth it!



Back out of the canyon we climbed into more "civilized" country and the first cattle water trough we encountered was a wonderful sight. We spent some time there refreshing ourselves and the horses. We took it easy until we realized that we had about 20 minutes to finish the ride and about 3 miles to go, so we got serious and made it happen!

I think we arrived at the finish with 3 or 4 minutes to spare! Both horses passed their vet check with flying colors, and we headed back to our camp, tired but happy.

A cool shower, some food and a glass of wine capped the day perfectly.

After resting for a couple of hours, Shannon headed home. I decided to stay the night and let my

boys rest (and me too!). I had a lovely time just sitting there, watching the horses eat and snooze, and kept reminding myself of how lucky I was to be able to experience these beautiful trails with my horses and good friend!

Guess I should have titled this article "Sesenta **SMILES** at Sesenta Años! :-)



ON THE TRAIL OF GENGHIS KHAN

An Epic Journey Through The Land of the Nomads

This nearly five hundred page book will take you on a six thousand mile horseback ride from Ulan Batar in Mongolia to the Danube River in Hungary. The rider is a twenty-five year old Australian boy with little horse experience. He has previously pedaled a bicycle twenty-five hundred miles from Russia to China and rowed a boat through Siberia to the Arctic.

Tim Cope's book is fascinating because the inside covers shows the six thousand mile trail and with your finger you can follow the journey. His horses, of sturdy mountain stock, somehow survive the sub zero weather when they are not suffering in summer heat. Years of deprivation have seen to it that only the sturdy survive to breed on.

Remarkably well illustrated with color photographs of the people he meets along the way and his command of the English language takes you along as a companion on his journey. Some of the past history from the 12th century to the present of this vast area is disturbing as it seems as though barbaric fighting among different cultures will never bring peace even nine hundred years later.

Tim Cope is now a sought after lecturer and trekking guide.

Julie Suhr



In 2020, the **Quicksilver Endurance Riders** elected to participate in the "**Adopt-the-Trail**" Campaign, organized to create a permanent endowment for the Western States Trail Foundation (WSTF). The WSTF is chartered with not only staging the annual Tevis Cup Endurance Ride, but also preserving and protecting the legacy of the historic Western States Trail, and conducting annual studies of equine performance and recovery during the Tevis Cup Ride. In recognition of our donation to the WSTF Endowment Fund, the Quicksilver Club has been presented with a Certificate of Appreciation. The certificate notes that a ½ mile section of the Western States Trail, one mile east of Dusty Corners, will henceforth be known as the "Quicksilver Endurance Riders Half-Mile". We hope that all of our members have a chance to experience this portion of the Western States Trail first-hand!



A barn is a sanctuary in an unsettled world, a sheltered place where life's true priorities are clear. When you take a step back, it's not just about horses - it's about love, life, and learning.

Quicksilver Endurance Riders (QSER) Club November 2021 Board Meeting Minutes

The Board meeting was held via Zoom on November 17, 2021, beginning at 7:00 p.m.

In Attendance: Jill Kilty-Newburn, Jerry Wittenauer, Nick Warhol, Maryben Stover, Carolyn Tucker and Margaret Hastings.

- Website: Nick is planning on adding a line item for monetary donations to the cub.
- Newsletter: Members are always encouraged to send in articles to Eisabet Hiatt
- Membership and Goodwill: Nothing to report.
- Financial: Nick reported mailing Quips for \$104 and there was a \$120 donation to the club.
- Trails: Nothing new to report.
- <u>Ride Committee</u>: Jerry and Nick reported closing out financials on the Quicksilver ride. Jerry has applied to AERC for sanctioning of next year's ride for the first weekend in October. NATRAC has inquired about holding ride at Harvey Bear.
- Old Business:
- > Discussed progress on nominations for next year's board.
- Revisited the idea of the Club purchasing a trailer or container for storage of Quicksilver ride equipment and supplies. It was decided that a trailer would be a better option and perhaps a campaign should be mounted to raise funds for the purchase. A parking location is still needed and would have to be secured before any purchase. Jill may be able to house the trailer at her property and Nick volunteered to construct the interior.
- Jerry has drafted a proposal to submit to Santa Clara County Parks for adding hose bibs and 110V power at Coyote Lake-Harvey Bear Park that would be helpful for the ride there. Carolyn suggested speaking with the Senior Ranger at the Park. Several grant funding options were discussed.
- New Business:
- Membership renewal and Incentive discussed ideas for reaching out to potential new members and encouraging payment of dues. A membership form will be included in the packet for the Education Ride and the Quicksilver Ride. A gift card drawing or discount for early renewal was discussed. Margaret motioned, Nick seconded and the Board voted unanimously to approve offering a drawing for a Gift Card to those who renew their membership before January 1st.
- Budget for Awards Banquet February 12th at 5p.m. at Westside Grill in Gilroy was discussed. Nick shared past years' budget including the dinner and awards. It was decided that ticket price will be \$30 per person and the Club will make up the difference in actual cost.
- The next Board meeting will be at our holiday party at Trilby's December 4th. The January meeting with the new Board will be at 7p.m. on January 19th.
- > The meeting was adjourned at 8:00 p.m.

Margaret Hastings

Trea\$urer'\$ report:

General Account Balance: **\$11,617** Trails account Balance: **\$1,075** 13 member renewals received for 2022.



12/11 - Lisa Schneider

A note on birthdays: <u>I don't have a complete list of Quicksilver member's birth dates</u>. If you feel inclined (and don't mind having your birthday date published), please send me a note. I don't want the year, just the month and day. Thanks! Eiisabet

Market Place

HORSE BOARDING FACILITY

20535 Rome Drive, San Jose, California. Stalls: \$350.00, pasture \$280.00, fed twice a day high-quality orchard-alfalfa mix hay. 96' X 48' uncovered outdoor arena. We clean. Shavings available. 1.25 miles to entrance to the Quicksilver County Park (3600 acres and 19.2 miles of manicured trails). I provide my trailer for use to boarders. **Trilby – (408) 997-7500**

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

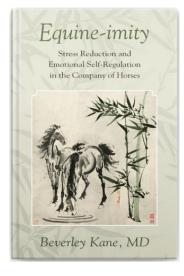
Help your horse use him/herself effectively while going down the trail. Take the stress out of your body and your horse's body. Find out how to have a better seat and make your horse more comfortable.

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

From Trilby: Part time job available feeding and cleaning. at horse stable. A couple of hours in the am and about half hour in pm. You can keep your regular day job. \$350 a week. There is a trailer for rent on property if you want to live there. 12 horses. Call 408-997-7500



New book by Dr. Beverley Kane

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

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

A lot is known about the famous actors who starred in old Western films, but what about the horses? The movies would not have been the same without the horses that helped shape them. Meet the first two of the five "most famous" Old Hollywood horses!

1) Trigger: Trigger is arguably the most famous equine star of all time. Known for being "The Smartest Horse In The Movies," Trigger starred alongside Roy Rogers in many Westerns. While it is said that the original Trigger appeared in all of Roger's films, there were other Triggers who were sometimes featured.

2) Buttermilk: Dale Evans must have felt pretty lucky having Buttermilk by her side! The buckskin Quarter Horse has a fascinating history. As a colt, he was rescued by a farmer on route to a slaughterhouse. After his rescue, he was trained for both roping and cutting horse competition. He was eventually bought by Glenn Randall, a legendary Hollywood trainer. Randall later loaned Buttermilk to Dale Evans...and the rest is history!

Can you guess who the other three horses are? We'll find out in the next Quips!





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!!

