



Quicksilver Quips

January 2021

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Officers

2021 Board members are

Margaret Hastings
Carloyn Tucker
Maryben Stover
Jerry Witenauer
Trilby Pederson
Dick Carter
Jill Kilty Newburn

Newsletter Editor

Elisabet Hiatt
lazo@ucsc.edu

Barbara McCrary
bigcreekbranch@wildblue.net

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

President's message

On December 16 we held our annual holiday party via Zoom. It was a good crowd that turned up to share stories, play games and get a chance to see each other, our kids and pets – even if it was just by computer. I feel obliged to note that Trilby made her first, and we trust not last, Zoom appearance making it a remarkable gathering for several reasons. There was some pretty fierce competition in the scavenger hunt as well as the holiday trivia game. While Judith and Elisabet were the big winners, a good time was had by all.

On January 20 the 2021 Board of Directors will hold their first meeting via Zoom and elect officers for the year, and then begin to make club plans for the year. If you have ideas for events or other topics of discussion for the board, please share this with one of these folks: Jerry Whittenauer, Margaret Hastings, Carolyn Tucker, Dick Carter, Maryben Stover, Trilby Pederson, Jill Kilty Newburn.

And finally – please send me an email if you have someone who you would, like to nominate a club member for a special award this year and we will make it happen. We have already got several submitted including a 'Trail Fairy' and 'Dog with a Bone' award, so join in the fun and get your nomination in today. Deadline is February 5 and awards will be presented at the Awards 'Banquet' (yes, via Zoom) on February 17.

Wishing you all happiness, good health and much patience in the new year.

Jill

Splenic Function

Contributed by Sandy Holder

Several people in the club have asked me why I ALWAYS pre-ride the day before an official endurance ride, just enough exertion to make them sweat. . . and other than the common reason- my Popie as well as my Dad insisted I do so, there's scientific reason which typically makes people cross-eyed. When I start to discuss it, well, that's about the time when folks roll their eyes and change the subject. For those interested in learning more, please read further, otherwise you might want to skip this (rather long) explanation!

For Splenic Function and why I "dump the spleen" prior to extreme exercise (e.g. sweat the horse within 24 hours), you have to understand the functional differences between horses (and several other mammals) and humans. First of all, what is the spleen, and what function does it serve in the body? The spleen is a dense, red-colored structure that is situated high on the left side of the abdomen, lying against the rib cage. A ligament (called the nephrosplenic ligament) connects the spleen to the left kidney. In all species, one of the primary functions of the spleen is in the formation and filtration of blood. However, the bone marrow is the primary site for blood formation and normally the spleen does not produce new red blood cells. On the other hand, the spleen throughout life is one of the body's organs that produces lymphocytes, a type of white blood cell that is extremely important in immune function. This is why I worked so hard to NOT have my spleen removed after rupture earlier this year.

To that point, the filtration of blood by the spleen is important in the removal of foreign materials (including bacteria) and old blood cells. Blood cells, particularly the red blood cells, have a fairly short lifespan, and it is the job of the spleen to recognize and remove old and degenerating cells from circulation. More on this later. . .

Second, there are two basic types of spleens, defensive and storage types. The human spleen is the defensive type, so its primary function is blood filtration, removal of foreign material and bacteria, and production of lymphocytes. The storage type spleen is larger and, in addition to these defensive functions, it serves as a reservoir for red blood cells. As previously mentioned, the spleen of horses, dogs, and cats is classified as the storage type. The primary difference between the horse and human spleen relates to this storage function.

Although the spleen performs several important functions, it is not essential to life. That is, animals and humans can lead a healthy life after removal of the spleen; however, the reservoir of red cells contained within the spleen of the horse plays an important role during exercise. At the start of equine exercise, the spleen contracts and thereby releases the stored red cells into general circulation. In fact, up to one-third of the horse's red cells are stored within the spleen. One of the main functions of red cells is to transport oxygen from the lungs to other parts of the body. Therefore, the increase in blood volume associated with splenic contraction provides a



Sandy and Q at Camp Far West 2020

Sandy went over the 6,000 mile mark at this ride! Congratulations!!

Michelle King and Bolt at
Camp Far West 2020



tremendous boost in the horse's capacity to transport oxygen. Indeed, this high capacity for oxygen transport contributes to the high athleticism of the horse. We know this to be true because following removal of the spleen, horses suffer a sharp decline in athletic ability.

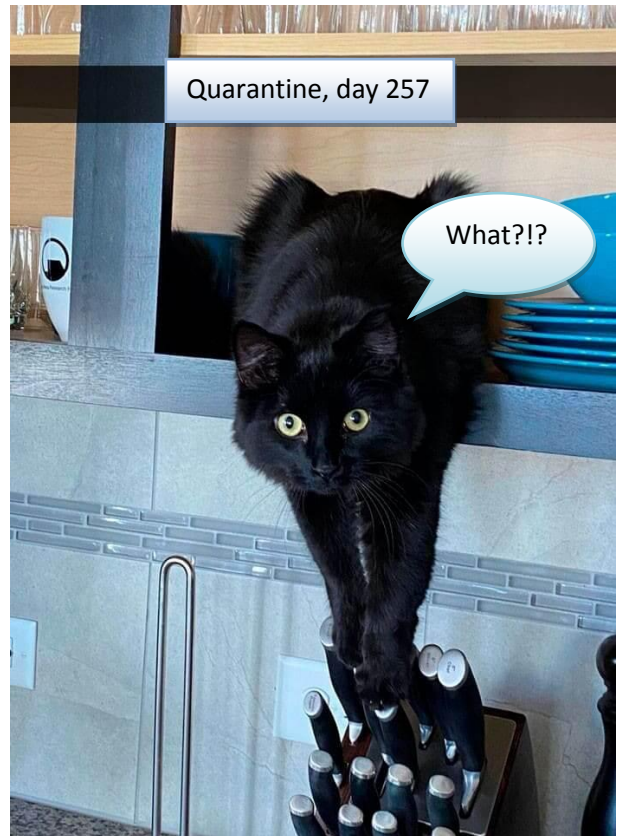
Last but not least, during exercise, splenic release of stored cells can increase packed cell volume and hemoglobin values by 50% or more; hence why my approach (and others) to 'spleen dumping' - releasing the existing, possibly older blood the spleen is processing, from the spleen via exercise, of a nature that raises it to an appropriate level of intensity, to then 'refill' if you were, with fresh blood from the equine body as stores to call upon when needed further. Kentucky Equine Research, published an article citing the hemoglobin exercise fact on February 12, 2013.

Hopefully this is helpful and answers your question. Feel free to let me know if you need further details, examples and or experiences. BTW, I ALSO know that my equine 'spleen dumping' shows up in the blood tests of equines, having the results of Q from the Loomis Basin

Equine study done before, during and throughout Tevis that was completed and published several years ago. Stay safe and healthy!



Cowgirl slippers



Quarantine, day 257

What?!?

Some interesting factoids about sleighs and sleigh riding...

Let's go for a sleigh ride!

Driving on snow is very quiet, but harness **BELLS** can be heard at a distance. Horses are exposed slowly to bells so they are not frightened by the sound.

A **SLEIGH** is the American term for a horse-drawn vehicle that has runners instead of wheels. It glides over snow, like a sled.

BOBTAIL describes a horse with a short, or "bobbed," tail. Short tails do not get tangled in the harness and were in fashion in the 1800s.



Penfield, Edward. "Greetings." Illustration. 1922. Library of Congress. Retrieved 11/17/20

A **ONE-HORSE, OPEN SLEIGH** is called a "cutter." It is lightweight, has a seat for one or two passengers, and no roof.

A fast-trotting horse was the sports car of its time. A horse that could trot a mile in **2:40** was fast enough to win local races and impress your date.

A sleigh that is **UPSOT** is one that has tipped over. The passengers may get knocked out of the vehicle. This can happen on rough ground or if a horse turns too quickly.


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See also: Pierpont, James. "Jingle Bells," Sheet Music. 1857. Oliver Ditson & Co.


EXTENSIONHORSES.ORG

 Oregon State University

Authored by:
Wendy Hein, Oregon State University

News from Becky Hart:

When the Shelter in place originally occurred, I sold my school horses except one, Omar, who I've had since he was seven. He is now 30 years old. We did a few trail rides with him and he loved it, but Omar was just too old to resume his endurance career, so I needed a new horse.

Enter The Most Wanted, aka Jesse. Jesse is a 10-year-old Arabian gelding, a bay with a long flowing mane and forelock.

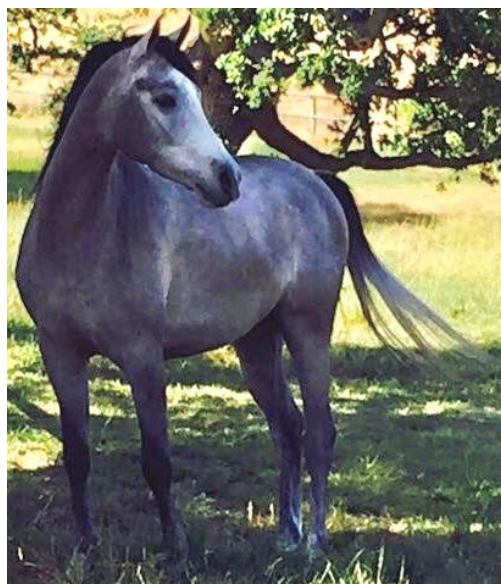


Jesse had come to our place as a four-year-old, skin and bones. A friend of ours rescued him, sent him for training, and then leased him out for a few years. Our friend, Carol Niewenhuizer breeds CMK Arabian sport horses and decided she should concentrate on her mares. I asked her if she would consider selling him and she agreed! Jesse meets the three S's of Julie Suhr. He is short (14.2), safe (his spooks consist of looking or stopping), and sure-footed.

Jesse came home in July, and he came down with a cough a week later. Then it was too smoky to ride. So we really didn't get started until mid-September. He loves going up hills and I hope he will be a good endurance horse. We've been taking some dressage lessons and have done a couple of rides at Coe with Lori Oleson and Fargo. I hope to take him on a ride around the first of the year.

News from Jan Jeffers:

I have a Quarter Horse that I have been competing in Golden State Versatility - five classes - reining, ranch cutting, ranch cow work, ranch trail and ranch riding. Here is a link so you can understand what I am talking about. <https://gsvrha.org/classes-divisions/>



El Tejon V

Having a blast with versatility - always wanted to ride a cutting horse. Can cross that off my bucket list now! When I get a chance I will write more about the above activities. Not endurance for sure, but very satisfying.

I also have an Arabian that I purchased a few years back from Varian Arabians - he is 16 hands! Grew more than I needed. I am not doing a lot with him. If anything he would be a show horse.

I have not done any shows this past year with the COVID stuff going on. Most have been cancelled. I am waiting until this is all over with and we all have been able to get vaccinated.

Rough Magic, Riding the World's Loneliest Horse Race by Lara Prior-Palmer

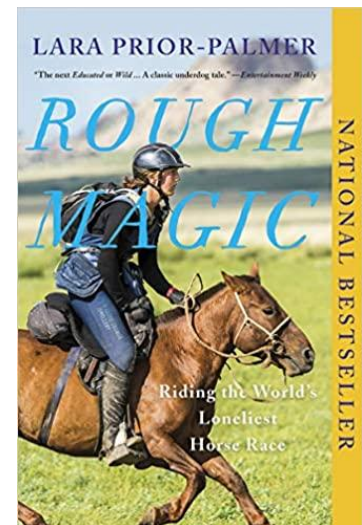
Book review by E. Hiatt

Well, this book came not-so-well recommended by two fellow Quicksilverians, so I approached it with a bit of hesitation. I'm not a huge fan of the Mongol Derby and what they do to those poor little horses in the first place, and the author is annoyingly pompous... but much to my surprise, I actually ended up reading it all the way through in less than three days!

In 2013, Lara Prior-Palmer was 19 years old when she decided to enter the Mongol Derby on a whim. One thousand kilometers (622 miles) in 10 days was the challenge, but eventually, the *real* challenge for her became simply to beat Texan Devan Horn. She reached this decision just because she thought Devan was overly arrogant when she announced to everyone that *"If I don't finish the race in six days, I'm not going home"*. The unspoken challenge was given, and Lara silently accepted.

What I found was a refreshingly well written account of the trials and tribulations a poorly prepared yet determined rider faces on this ride, but also saw, through her descriptions, the amazing landscape and people of Mongolia. She has a true talent to make you feel and see the emotions, moments and places she is describing and that qualifies it as a great book for me.

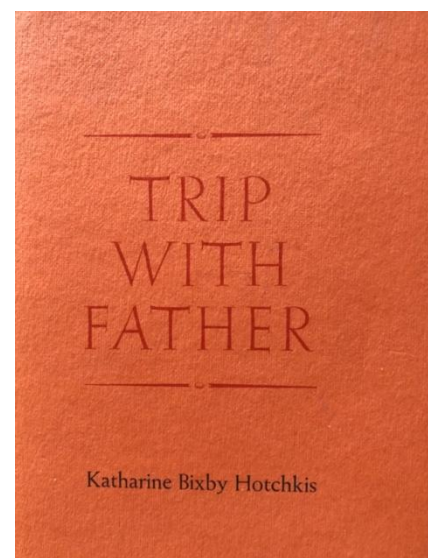
No, I'm not telling you if she succeeds or not. The book, as requested, is being passed on to a friend. If you are interested in reading it, I will get it back when my friend is done and pass it on to you.



Trip With Father by Katharine Bixby Hotchkiss 1971 California Historical Society

Book review by Julie Suhr

Many of us like to think that endurance riding is a recent development but long before Wendell Robie, AERC, or our current endurance enthusiast, people were riding long distances that would put some of us to shame. A relative of mine (cousins from Maine - I never met any of them but my father talked to them) by the name of Fred Bixby apparently had cattle ranches in the Piedmont area but also in Southern California. He decided to ride from Piedmont to Southern California in 1916. Leaving two sons at home to work on the cattle ranch, he ventured forth with his three daughters, the eldest sixteen. A pinto, an Appaloosa and a couple of horses of undetermined origins were to carry them the length of the state.



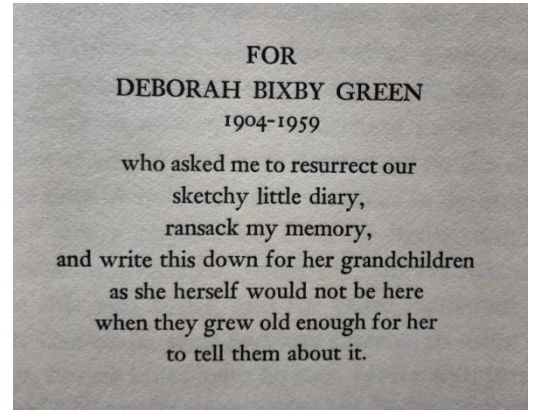
Their daily mileages are recorded here

- Day 1 34 miles Piedmont to Belmont Military Academy.
- Day 2 44 miles Belmont to Madrone with lunch in San Jose
- Day 3 40 miles Madrone to Gabilan Ranch with lunch in Gilroy
- Day 4 30 miles Gabilan Ranch to Soledad, lunch at Chualar
- Day 5 42 miles Soledad to Jolon with lunch in a hayfield.
- Day 6 13 miles Lynch Ranch to Nacimiento Ranch
- Day 7 40 miles. Nacimiento Ranch to San Luis Obispo
- Day 8 30 miles San Luis Obispo to Santa Maria
- Day 9 52 miles Santa Maria to Cojo Ranch with lunch at Lompoc. Changed horses here but did not mention what breed.
- Day 10 50 miles Cojo Ranch to Santa Bárbara. No lunch.
- Day 11 30 miles Santa Barbara to Ventura
- Day 12 50 miles Ventura to Craggs Country Club near Malibu.
- Day 13 40 miles To Bryant. I think Bryant must have been a friend.
- Day 14 28 miles Los Angeles to home. Possibly near Los Alamitos.

Total mileage: 522 miles

The three daughters apparently laughed their way the length of the state. A good time was had by all.

This was not an adventure out of the ordinary. The 38 page book can be read in an hour and it is just Fred Bixby's daily diary entries. The oldest daughter, Deborah, died, and a younger sister decided to memorialize her and wanted to recall the ride they had done together. She went to her father's diary for specific dates and mileage. However, Fred Bixby, the father, elaborates quite a bit on the trails, weather, canyons, rivers, etc. Somehow the book got printed in 1971 although the trip was in 1916.



When the "mare hair care" product catalog arrives



Ya think it's too cold to ride?? Naaaaahw...

Poetry corner

I am no longer waiting for a special occasion; I burn the best candles on ordinary days.
I am no longer waiting for the house to be clean;
I fill it with people who understand that even dust is Sacred.
I am no longer waiting for everyone to understand me; It's just not their task.
I am no longer waiting for the perfect children; my children have their own names that burn as brightly as any star.
I am no longer waiting for the other shoe to drop; It already did, and I survived.
I am no longer waiting for the time to be right; the time is always now.
I am no longer waiting for the mate who will complete me;
I am grateful to be so warmly, tenderly held.
I am no longer waiting for a quiet moment; my heart can be stilled whenever it is called.
I am no longer waiting for the world to be at peace;
I unclench my grasp and breathe peace in and out.
I am no longer waiting to do something great; being awake to carry my grain of sand is enough.
I am no longer waiting to be recognized; I know that I dance in a holy circle.
I am no longer waiting for Forgiveness.
I believe, I Believe.

~ Mary Anne Perrone

All I want for Christmas is my two front teeth.... and a PUPPY!!! :-)

From Carolyn Tucker:

Here are a couple of fun photos of my Xmas/Retirement gift to myself! "Sadie", a petite Berni-Doodle. Bernise Mountain dog & Poodle cross. Minimal shedding and size 16-24pounds at maturity.



Happy
Holidays &
Merry
Christmas!
Riding soon
in the New
Year!



Sam and the Virtual Tevis

By Shannon Thomas



We all know what a bummer of a year this was for endurance (I know, first world problems), and I feel lucky every day that this was as bad as it gets for me.

Then came the Virtual Tevis! What inspirational angel came up with such a great excuse to ride more and learn about our iconic ride?!? This was a great excuse to keep track of miles and maybe pick up a faster pace when all around us was fear and isolation!

As a veterinarian, I have been busier than ever, but with added stress, so getting out on my new horse, Sam, taking lessons and introducing him to all of my favorite trails and riding buddies was just what I needed.

It turns out it took seven trips to the beach (best air quality during the fires) five

trips to local parks (18 miles at Calero was our longest) and three dressage lessons to finish the virtual Tevis!



What did I get out of it besides a bandana and a sticker? A horse who is now my buddy and who I trust to keep me safe and happy on the trail. Less stress and lots of exercise.

“Therapy” sessions with my friends. Thank you again, virtual Tevis... and I bet I'll see you next year!

GS Samson is an 8 year old Rocky Mountain horse. He joined the herd in 2020.



*Angry people want you to see how powerful they are.
Loving people want you to see how powerful YOU are.
Chief Red Eagle*

First Aid on the trail, part 6

By E. Hiatt

Broken bones

I kind of doubt there are many endurance riders out there that haven't at one point or another broken a bone. If you are one of the few who hasn't, consider yourself a lucky one... and don't take it for granted!

My 40 years of horse ownership have gifted me with a broken vertebra, one broken arm and 3 cracked ribs. I'm a cautious rider, but as they say... manure happens, often when you least expect it.



A fractured bone hurts like the dickens, but so does a dislocation. More often than not, you will not be able to tell which one it is, so treat them all as fractures.

Fractures are breaks or cracks in bones. They can be closed or open.

A **closed** fracture may show a deformity, but you will not see visible wounds.



An **open** fracture is more serious, since the open wound will come with a high risk of infection. While I still have your attention, listen up: Never, ever, ever push a bone back in the body. Never, as in don't do it, don't think about doing it, don't even imagine it. The damage the bone caused on its way out will only be aggravated and accompanied with a host of bacteria that will have a field day inside your patient's body.



Keep in mind that all fractures can be accompanied by internal injuries. A cracked rib, even if it's not an open fracture, can puncture a lung, the liver or a kidney. Bad stuff.

For those who are not personally familiar with the signs and symptoms of a fracture, they are: a snapping sound, a grating sensation of bones rubbing together, obvious deformities, pain, tenderness, swelling, bruising, and an inability to move the injured part. With broken ribs, the victim may feel pain as they breathe.



Sometimes a dislocation, a sprain or a strain may feel like a fracture, so treat them as such. It's always better to over protect the affected area than to allow more damage to happen.

So, what do you do?

If emergency medical personnel are on the way, do not move the victim. Check to make sure the victim is conscious, and if not, are they breathing and do they have a pulse... if they aren't, the broken bone ain't their biggest problem!! You may have to do CPR!

Control any bleeding first and keep checking to make sure they are still conscious. They may go into shock, in which case you need to make sure they are... yes, breathing and have a heartbeat.



If help is not coming and you **HAVE** to move the victim, you will have to figure out a way to splint the injured part. Making sure the broken bone doesn't move is extremely important. Use whatever you can find. Assuming you are out on the trail, things like your saddle blanket, gators, your horse's splint boots, jackets and tree branches can be used. This is where that roll of Vetwrap you carry will come in handy to keep your "splint" in place. If you don't have Vetwrap with you, strips of clothing, your reins, bandanas or other similar items can be used to attach the splint to the affected area.

The basic principles of splinting are:

- Splint only if you can do it without causing more pain
- Splint an injury in the position you find it. Resist temptation to straighten things up!
- Apply the splint so that the joint above and below, as well as the broken bone are immobilized
- Don't apply a splint so tight that it cuts off circulation

Sometimes you can use a victim's own body as part of your splint. For example, a broken leg can be splinted to the other, an arm can be splinted to the chest, a finger to another finger. It will all pretty much depend on the type of injury, the materials you'll have available and your creativity!

Special considerations:

Injuries to the head, neck and spine are serious and difficult to care for.

Always think of this type of injury as a possibility when someone falls off a horse. If the victim has an obvious head injury, suspect the possibility of a spinal cord injury. One careless move, and the person could be paralyzed for life, so act accordingly.

The best you can do in these cases is to stabilize the head and neck as you found them by placing your hands along both sides of the head. This keeps the head aligned with the spine and prevents movement. A conscious person may want to "get up and go", but it would be good for you to at least make sure they sit still for a few minutes and can move all their body parts normally. If they complain of numbness or tingling sensations, you may have to be persuasive to make them sit still and wait for help. A lot is at stake!



Finally, many of us ride alone. Depending on where it is, you may or may not be able to splint your own broken bone, so it's always a very good idea to carry a cell phone on your person, tell someone where you plan to ride and about when you plan to get back.

Treasurer's report:
General Account Balance: \$10,625
Trails account Balance:
\$1,074.88

Your membership dues are pretty much the only source of income for the club, especially this year, since we had to cancel the Quicksilver Ride. If you haven't renewed your membership yet, please consider doing that sooner rather than later! Thank you!

Birthdays!!!

January

2 Robert Ribley	13 Dave Rabe	16 Jeremy Reynolds	18 Kathy Miller
23 Bob Verheul & Ann Plaggmier		27 Pat Verheul & Holly Johnson	
30 Mike Maul	31 Robbi Pruitt		

Quicksilver Endurance DECEMBER Board Meeting Minutes
None - No board meeting was held.



CONGRATULATIONS Debbie Boscoe in reaching 10,000 AERC miles!!!!

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

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**

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**

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**

A bit more poetry to soothe your soul....

Submitted by Julie Suhr

The warmth of a horse

When your day seems out of balance and so many things go wrong
When people fight around you and the clock drags on so long
When some folks act like children and fill you with remorse
Go out into your pasture and wrap your arms around your horse.

His gentle breath enfolds you as he watches with those eyes
He may not have a PHD, but oh, he is so wise
His head rests on your shoulder, you hug him good and tight
He puts your world in balance and makes it seem all right

Your tears will soon stop flowing, the tension will be erased
The nonsense has been lifted. You are quiet and at peace.
So when you need some balance from the stresses in your day
The therapy you really need is out there, eating hay!

Getting to know your board members... and some of their ponies!

Jerry Wittenauer

Jerry Wittenauer - enjoying a second life in "Endurance" after a decade of Ultrarunning in the 90's – is now entering his 6th season as an Endurance Rider with his best friend "Carlos". Carlos will be 10 years old in May 2021, and has just over 1000 AERC miles, including multiple 100 mile rides and a successful completion of the 2019 Tevis Ride. Jerry did not discover horses until in his 50's, and Carlos is his first horse. He thinks that every day is a chance to learn more about these magnificent animals and how to prepare and succeed in the challenging sport of Endurance. He boards his horse at his home in Los Altos Hills and trains extensively in the open space preserves on the Peninsula. Jerry serves as the Ride Secretary for the annual QS Fall Classic. Aside from his support to the Quicksilver Endurance Riders, Jerry devotes much of his time to preserving and advancing equestrian sports in our area – including serving as the President of the Los Altos Hills Horsemen's Association (LAHHA), Secretary for the Equestrian Trails Riders Action Committee (ETRAC), and is a member of the Western States Trail Foundation Board of Governors. He looks forward to joining the QSER Board and helping to continue the proud traditions of this club!



Maryben Stover

Crewed for Courtney Hart and decided it was more work than actually riding. Courtney offered me his 5 year-old mare, Jorah, to ride when he had to have knee surgery. My first ride was Diamond 50 in 1974. Retired from riding with 8,035 miles total. Rode most of those miles with 1-5 juniors in tow. Was on AERC board for a number of years and lucky enough to be inducted into AERC Hall of Fame in 2006. Favorite ride was probably Swanton 100. Favorite 50 was Eastern High Sierra. Most fun ride -- too many to count but five-day rides were great. Applegate-Lassen was a favorite.

Left: Maryben Riding Arago Elzar (Joker) at Mt Diablo 50

Continued on next page!

Carloyn Tucker

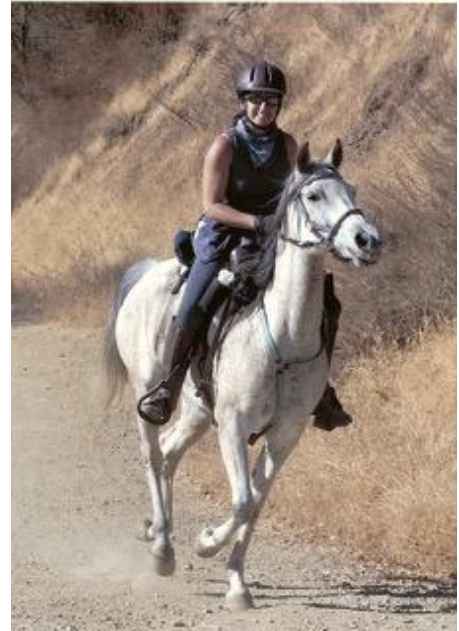
Here is my photo of Amara's Adrianna, Endurance ride at Quicksilver Park.

I own Amara Farms Shagya Arabian Sporthorses and love trail riding and horse camping. Used to compete in Eventing, NATRC, AERC and Dressage.

Just retired from Santa Clara County Parks.

Now What? Don't know yet!

Best Wishes for 2021!

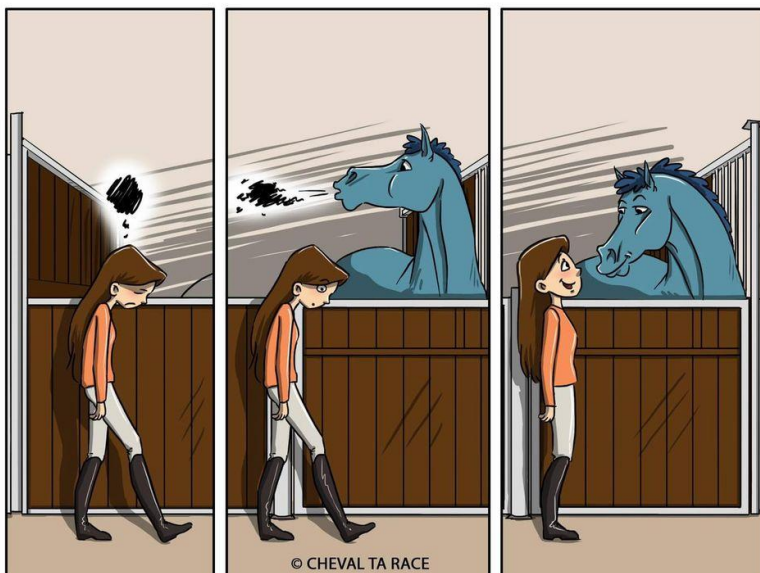


Jill Kilty-Newburn



While I did ride a little bit as a kid, I got my first horses of my own when I was in my 20's and boarded at Jo Barrett's stable on Skyline Boulevard in Saratoga where I met some of my best friends and riding buddies. These folks rode NATRC and convinced me to join them , as my two Arabs had plenty of go and we liked to explore the trails. On the Swanton NATRC I got horribly lost and was disqualified from competition, but met two Quicksilver Riders who convinced me to come ride drag with them the next day and proceeded to tell me all about why I needed to try endurance. Two weeks later I showed up at the Fireworks Ride, and the rest is history.

I live in San Martin with my husband Michael, 3 horses and a German Shorthair-cross named Lexington.



Happy New Year!

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 _____

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: Maryben Stover, 1299 Sandra Drive, San Jose, CA 95125-3535

THANK YOU!!

