



Quicksilver Quips

July 2021



Happy
4th!

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President's message

This month, we have a "Guest Columnist" (Our QS VP Jerry Wittenauer) to provide a President's Message on Volunteering for Trail Advocacy. Many of our Quicksilver Endurance Riders serve as great role models as active, life-long volunteers for ride management, club management, mentoring riders, and operating boarding areas. The full article, on the following pages, provides a window into one other area of volunteerism – equestrian trail advocacy. Maybe this is your niche!

Our condolences to Carolyn Tucker for the loss of her mare, Grand Delite and to Jill and Mike Newburn on the loss of their gelding Jackson.

Our July group ride will be on Friday the 30th at Salinas River Beach. Let Elisabet (LAZO@UCSC.EDU) know if you plan to attend.

The Ice cream social at Trilby's was well attended: Jerry, Margaret, Lori, Diane, Becky and Judith, new member Martha, Sandy, Dick, Stephanie, and of course, Trilby were there. Rumor has it that the banana split sundaes were outstanding.

Bon Voyage to Shannon Thomas and her family as they embark on an awesome safari adventure in Africa. We can't wait to see some photos!

From the Editor: This is a BIG issue! THANK YOU to all who contributed with stories, reviews, news and notices! It makes my job so much easier, and you don't have to put up with so many of my goofy cartoons! Now that riding season is up and running, I hope you keep those stories and photos coming my way!
Elisabet

VOLUNTEER!

Good For Our Sport . . . Good for Your Soul!

By Jerry Witenauer

14 June - Rancho San Antonio County Park . . . Participating in a “field meeting” with park staff to lower a 3000# boulder into place to serve as a mounting block for the equestrians. I’ve been trailering to Rancho for weekly rides for about the last 5 years, and fretting and grumbling that there is no elevated spot to stand to mount my horse. Finally, 3 months ago, I took some action and submitted a written plan/request to the land manager (Mid-Peninsula Regional Open Space District - MROSD). Today was the culmination of that activity as our “mounting rock” was lowered into place – and it was easy! It was a “high-five” moment, and the positivity that I felt for actually accomplishing something useful for the equestrians buoyed me for days afterwards!



As trail riders, we all have an appreciation for the quality and safety of the areas where we ride. But things can always be better! Topics that I have worked on in the past few years include access to water troughs, parking spaces for equestrians, trail routing in new open spaces, and preservation of equestrian facilities. Land Managers in our area have robust budgets, staff, and equipment, and their mission is to create and maintain the trails. In my experience, the Land Managers are responsive to public input, and eager to engage in projects that support the public

desires – and that’s YOU!

The first step in creating change in a riding area is to understand who the governing “Land Manager” is. Most of my riding is in open spaces managed by either the MROSD or Santa Clara County Parks. To my north are riding areas that are maintained by the towns of Palo Alto, Portola Valley, and Woodside. I have little familiarity with land management agencies in Santa Cruz County or further south. Once you learn who the Land Manager is, it is pretty straightforward to go to their web site and learn the process for engaging in their regular planning meetings, submitting requests, or making a public comment. For the case of MROSD, you can even sign up for regular e-mail notifications for their weekly meeting agenda items, and then participate in the meeting if it is a topic of interest to you. Some current projects that MROSD is managing that are in the planning stages and can benefit from equestrian inputs and public show of support:

- An 80 acre preserve in Portola Valley that will become open to the public in about 4 years – a great opportunity for improved equestrian trails to get away from the busy local roads.

- Wildlife crossing and equestrian trail crossing at Highway 17 – multiple routes currently being evaluated for implementation. This project includes the development of a wildlife undercrossing, a trail overcrossing and new connecting recreational trails. Wouldn't it be great if equestrians get engaged NOW during the planning phase to provide our perspective on the kind of trails we want (sight lines, grade, gates & fencing).



- Preservation and upgrade to Bear Creek Stables, boarding home to 72 horses this year, and past boarding and training home of Endurance greats Julie Suhr, Maryben Stover, and Becky Hart. A healthy budget is in-place to preserve Bear Creek Stables – but equestrians need to show a continuing, year-by-year support for this long-range project.

(Photo shown appears in the MROSD Site Plan for Bear Creek - from the original barn constructed in 1916.)

- Access to the “Red Barn” area in La Honda Creek Open Space Preserve – a beautiful area to ride, equestrian access to trails could be greatly expanded if common ground can be found between the local community and advocates for access to the open space. *(Photo shown Below for La Honda Creek, from the MROSD La Honda Creek Master Plan).*

Similarly, the Santa Clara County Parks has several developmental projects in-work that could open up new riding opportunities for equestrians. These include the development of Coyote Canyon near Morgan Hill, and the addition of the Sulphur Springs property to Joseph Grant County Park. Santa Clara

County Parks is conducting numerous trail development projects throughout its system of parks. All of these projects can be influenced by impassioned public voices!



Aside from the Land Managers, other avenues to engage in “equestrian trail volunteerism” include:

- a) The Peninsula-based Equestrian Trail Riders Action Committee (ETRAC) regularly tracks developments at trails and facilities that impact equestrians. The focus of ETRAC is to make sure that there is always an “equestrian voice” at public meetings where trail or parkland development issues are on the agenda. Although currently focused on Peninsula-based trail networks, ETRAC would love to have additional representatives that could advocate for equestrians in the South Bay and beyond. QSER’s own Beverley Kane is the President for ETRAC.

- b) Bay Area Barns and Trails solicits donations and then offers trail improvement grants for projects that are helping preserve equestrian trails, horse facilities, or at-risk open space. They serve the 9-county Bay Area and are very receptive to new project proposals (and new project leaders!). Quicksilver's Pat McAndrews is one of the Directors for this Organization.
- c) On a longer time horizon are the activities of local land trusts that include Sempervirens and the Peninsula Open Space Trust (POST). The mission of these organizations is to acquire un-developed land through purchase or donation from land-owners, and eventually work to transition the land to public access through organizations such as MROSD and County Parks. Sempervirens currently owns and protects 11,000 acres of redwood forest in the Santa Cruz Mountains. POST has protected over 80,000 acres on the Peninsula and South Bay – including a tract known as the San Vicente Redwoods – but better known to us as the riding route for the Swanton Pacific Endurance Ride! Someday, this tract will become openly accessible to the public – equestrians can get engaged NOW to make sure that one of our treasured riding domains is preserved. If you have the patience and the passion – you can help shape the landscape for future equestrians!

So next time you're out on the trail grumbling about trail erosion or a puny parking lot, worried about a barn closing down due to new zoning restrictions, or daydreaming about riding all the way out to the ocean . . . get involved! If you see a public meeting to discuss land use policy or zoning changes – log into the call and be a voice for the equestrians! Turns out to be pretty easy – maybe this is your “niche”?



Pacific Crest Endurance Ride

6/18 and 6/19/21

by Jennifer Stalley

Rogue Riders hosted a stellar 2 day ride. Friday's ride was a 25 miler which started in the afternoon and Saturday was a 35, 55, and 75 mile ride. We camped at Lily Glen Equestrian campground. It was a beautiful campsite with flat wide open space, lush green grass, tall trees for shade and plenty of water hauled in by ride management. There are a few permanent corrals on site if you get there early enough. The roads into camp were easy to navigate and not too tight for any big rigs (one way in is tight, just make sure you don't take that one).

We drove up Thursday night/Friday morning. We woke up at 2 am in order to hit Redding just before sunrise as the heat wave was in full swing. Thursday was 112 and Friday was 113 degrees! The truck said it was 73 degrees when we drove through Redding at 5 am. It was the perfect time to get out of dodge and head to cool, shady Oregon.



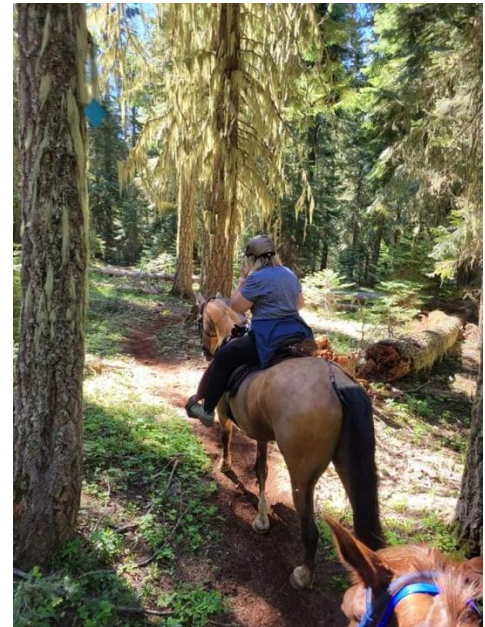


We rode the 35 miler as it was my first ride in 3 years! I also have a young horse who joined for his first ever endurance ride. The 35 miler had one out vet check (30 minute hold). We rode a 20 mile trail to the vet check and a 15 mile trail back to camp. The first 20 miles was one of the most beautiful trails I've ever seen. Around nearly every corner we would all "wow" and it never got old. The loop consisted of a nice mix of road and single track. All of the footing was soft and gentle with very little elevation change. The weather was nice and cool allowing us to move out nicely to the vet check. About 1.5 miles before the check, we tied into the Pacific Crest Trail. Ride management is not allowed to flag along the PCT, so we just followed the official PCT markers into the check. The vet check is 10 miles straight down the road from camp. It was easy for crew to get to it.

After the check, we headed back out on PCT for another 2.5 miles. The ride back to camp was mostly road through beautiful draws and meadows. It did heat up as we headed into the afternoon and a bit more water would have been appreciated by the horses.

Most years, the creeks and streams probably suffice. I knew we were getting close to camp based on my GPS, but it sure didn't feel like it and then POOF! We were out of the woods and staring at camp right in front of us.

The 55 miler did this same loop back to camp and then added a 20 mile loop. I heard it wasn't quite as pretty as the first loop. The 75 miler did this 20 mile loop twice.



The awards ceremony was held Sunday morning. Unfortunately, we pulled out of camp



Saturday night in order to drive during the cool night hours again. It was still 106 degrees in the valley when we drove through on Sunday. As we pulled out of camp, my husband lamented that we didn't come a few days earlier and stay a few more days to explore the area as it is so beautiful. He said, "I get the feeling you will be coming back though?" as if it was even a question. We will be back and we will be planning a longer trip next time. If you are looking for peak endurance experience, don't be intimidated by the drive up to Ashland. The ride was totally worth it!

Attention all Henry Cowell Park riders - Be warned:

As you may or may not know, the waterer at the observation deck has been repaired. Unfortunately, due to low water pressure, they had to add some kind of pressure pump, which now makes the waterer sound like a jet plane taking off, along with water spraying up in the air. I was warned about it before my horse took a drink, and barely managed to ride out the subsequent explosive spin out thanks to the bucking rolls I had installed on my saddle. I'm old and brittle and the ground around the observation deck is hard... that fall would have definitely done some serious damage. I went back and put a "CAUTION" sign on the waterer, but I'm not sure if they will leave it there. I also notified the Ranger, who said would let their maintenance department know. Even though eventually my horse drank from it, next time I go, I will most certainly get off! *Elisabet*

Ride story from Chalk Rock

by Nick Warhol

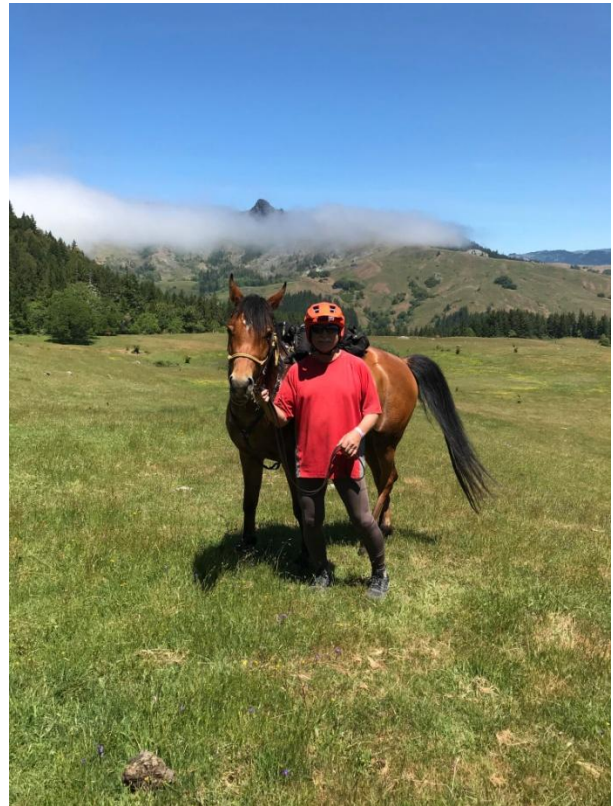
Chalk Rock Ride May 29/30 2021

I spent two days over the Memorial Day weekend at the Chalk Rock ride, up in Bridgeville, Ca, about an hour east of Eureka. It's one of the four or so rides that REER (Redwood Empire Endurance Riders) put on each year. The ride is run on a private 10,000 acre ranch that has about everything, including hills. Lots of hills. Enough hills that your horse better not hate them. Lucky for me mine does not!

I rented another new pickup (my new truck might show up some day, but I'm not holding my breath) and drove up on Thursday with my riding buddy Ines and her goofy young gelding Rayos. Ines's friend Kris was going to ride Ines's other horse Kalika on Kris's first ever 50, but the mare broke a bone in her coffin bone a week ago in an unknown pasture accident. An emergency trip to Davis got that fixed with surgery and screws in her foot. The horse should be fine, but she is now retired from endurance, like Donnie, at age 23. We spent the first night at the Cuneo Creek horse camp with fellow Quicksilver member Jerry Wittenauer and his healed-up gelding Carlos.

Carlos had a suspensory injury about 15 months ago and did well in his first ride back in April, a 30 at fire mountain. This would be Carlos's first shot at a 50 on his return campaign. I have to sleep in a tent, since I can't carry my camper on the rental trucks. It's okay, I suppose, but I REALLY miss the camper. It's sweet driving a brand-new truck, even if it was a Ram, but I won't go there.

We arrived at ride camp early Friday morning, and got shoe-horned into our spot. Camp is in the forest and quite nice with lots of shade. It's really weird not being able to get cell service. We went out for a warm up ride; we rode the start for a mile or so to the big climb, and started climbing. The weather was great- nice and cool, almost requiring long sleeves. We climbed a couple of miles with about nine hundred feet in elevation and turned around, giving the kids a very nice work out. That afternoon I gave my award blanket to Jennifer Niehaus for her "Iron Woman"



performance at the 20 mule team fire mountain rides in April where she rode 200 miles in 3 days- the only person to accomplish that feat. 50 miles on Friday, 100 on Saturday, and 50 more Sunday. (watch for the report and pictures in Endurance News) There was no ride meeting or dinner due to covid, so we just hung around with friends until it was time to turn in. In my tent. My tent is a 2 second pop up tent that's fun to set up- you unclip this strap, then toss it into the air and it comes down a tent. It actually was fine and quite comfy, but I'm seriously spoiled in my camper. At least I had my own trailer!

Day 1 started at 6am with cool weather, maybe 45 degrees, so off we rode in the middle of the pack with two nice, calm horses. I think about 33 started day 1 on the 50. We rode out on a rolling road in the open hills with several horses for a mile or so to the climb, then started climbing the big hill. Sorsha just eats up hills, and Rayos likes them fine, so we pulled ahead of several horses. It's a really long, steep climb that just keeps on going for about 3 miles. There are a few little breaks where its level, but it just grinds up. The views are really something up there- we climbed through the fog and above it, looking like water a little in the valley below us.



A spring fed, bath tub water trough at the summit was a very welcome sight. Both horses drank a LOT of water, thank goodness. You know the old saying- "what goes up, must go down....." Yep, now it's all the way back down the mountain on a combination of freeway wide, soft logging roads, and forest two-track roads. It's a long way down; walk, jog, walk, jog, but we eventually dip into the forest heading in some direction- it's impossible to tell since you are in the forest and can only see green. It's a nice, soft two-track road for a few miles of really fun riding through the green jungle. It rolls up and down; just for grins we cantered along for a while now and then. Sorsha has a faster natural working trot, and walk, and canter, than Rayos, so I had to back her down a few times to let the young gelding keep up. Boy it's fun to ride like that! Just zooming along through the trees, around sharp turns, up and down hills on good footing. She was being incredible-when she gets her race face on there is nothing but pure forward- rock solid, zero spooks. Just serious, splendid forward.

The miles ended too soon when we get to the turn and head down to the pond for the out vet check. We led down the quarter mile hill to the vet check and spent 30 minutes letting them eat, which they did happily. The brown horse was at 40, about right for her after zooming along for a couple of miles. (The P&R people were calling her Ms. 40 since she always seemed to be at 40)

After the check we finally got some flat roads for a few miles. It was a main ranch road that was smooth and wide. Sorsha kept leaving Rayos at the trot, so I kept backing her down. The faster she trots the smoother she gets- it's really neat to fly at a trot, and she's going fast! It's the opposite when I used to ride Donnie with Ines's other horse Kalika. Kalika was the fast one and I'd have to get her to slow down.

We had to negotiate a tricky little single track to get around a cattle guard, but once clear of that we turned right, back down into the forest again. After a couple of miles there was a great water stop in a big creek (It would be considered a river in Nevada. In the desert, moist ground is a creek, standing water is a stream, and if water moves it's a river.) Now it's a rolling two track in the deep forest with grass in the middle for a mile or so to the final little climb out from the valley. By the way, Sorsha learned how to actually grab grass at a slow trot! It's really cute- she is trotting slowly, reaches her head way out forward to one side, and grabs a bite of grass as she passes it by. She ate from the side of the trail all day. At the top of the little climb is a dirt road that leads to the final single-track trail a mile or so through the lush green forest to camp.

The hour lunch hold went slowly and drug on forever as it does when you are having a great ride. Endurance Axiom number three- If you are having a great ride, the hour hold takes forever to end. If you are having a bad ride? The hour hold is over in what seems like 12 minutes.

We left for the second loop, which was the same as the first except for a cutoff that reduced the miles from the longer first loop. Thanks goodness the cutoff was about 2/3rds up that monster climb, so it was not quite so much of a grunt to get to the top. We walked/trotted up, but slower than on the first loop. It's still a big climb, but the weather was still nice and mild. At the cutoff there was a nice creek for water which both horses really enjoyed. The trail now got easy with flat to rolling forest roads for a few miles through the mountains, past logging equipment, and then a bizarre cross country "trail" where we just went through a downhill meadow with 2-foot-tall grass.

There was no trail, just trail ribbons and the marks from the very few horses ahead of us. Sorsha ate a couple pounds of green grass on the way down! I was worried about the ticks, but I never ended up getting any. At the bottom we re-joined the big dirt road and went through the unfortunate junk yard of old and abandoned trucks and big equipment. It's kind of sad given the beauty of this place. In a quarter mile or so we picked up the loop one trail for the couple miles through the forest to the finish.

We rolled in a little before 2pm in 5th and 6th place- pretty cool considering we were not riding really fast, just consistent and always moving forward at a good clip. I showed Sorsha for BC, CRI 40/40, and ended up with high vet score which I like! Cristina Hartman and Denver DiMaggio tied for first, I think, about an hour ahead of us, so my extra weight did not quite overtake their time bonus points- Cristina got BC. I did get first heavyweight. Rayos looked great and finished happy and sound. He got pulled at the end of Cache Creek a few weeks ago for not recovering, so his 4th ride now was a success. Jerry and Carlos also finished a little behind us for a sound completion- his first on a 50 since Carlos's injury. My friends Chelsea and Buzz Arnold finished the 50 with their son a little ways back. I met Buzz when we rode the last loop of the 20-Mule Team 100 in April together, Buzz's first 100. The Souza clan also finished as well.

Day two I would be alone on my big, brown, girly horse since Ines was only riding Rayos day 1. It was warmer this morning, so I started in a long sleeve shirt. Sorsha stood around like a trail horse waiting for the start, even though her buddy Rayos was at the trailer. I rode out alone at 6am, and saw a couple of horses for the first mile or so, but that was it- I was alone after that. The difference today was the weather- it was about 15 degrees hotter, at least it seemed that way. The climb up the big hill on the first loop was easy- she just powered right up, all alone, never seeing another horse. She drank a third of the bath tub trough at top, but today I hopped off her back and walked all the way down the hill. I was on foot for 50 minutes, just walking through the mountains and enjoying it immensely. 3 or 4 riders passed us up while we walked. But what ho! I hopped on when we entered the deep forest on that cool road, and Sorsha just ate it up! We flew on that trail, re-passing the horses that passed us. I was cantering at a good clip holding the reins in one hand with zero contact. This few miles was pretty much magic.

The vet check came too soon, and after a quick break we continued quickly to the lunch hold in camp. I made up all the time I lost walking down the mountain on that wonderful trail and got in to lunch at about the same time as the day before. I headed out alone on loop 2, in 4th place, but it was way hotter. The climb was ugly hot being exposed in the sun. She went right up, but since we were walking, I hopped off and led her all the way up on foot. That was some exercise for me! We both cooled off for a while in the creek at the top with me wondering why no one caught us while walking. They were taking it really easy on that climb in the heat as well! I hopped on and she took off like at the start on day 1. You have to love it! Just forward. It was a quick ride back through the forest, down that grass field, where she ate another couple pounds of grass, and back to the finish where we arrived in 4th place, but not far behind the first-place horse. That horse was unfortunately pulled at the finish, moving me to third. I showed her for BC- 40/40, and Ines trotted her for me- nice! She got high vet score again and best condition. And first heavyweight again.

She has 4 top ten's now and I think 4 high vet scores and two BC's. Nice again! She's quite a pony, this big, brown one.

Sunday evening was great- about 15 people had a massive snack fest where ride manager Donna Biteman just fed me whatever I could eat. I had a couple of beers, and Ruthie opened up a nice bottle of cab we shared. Oh, and we all had to tell a joke. Mine was short and sweet: "What's the leading cause of dry skin?" towel. I win!

I did not last long, though. At 8:00 I was in my blackout tent, and with ear plugs in I was asleep by 8:15. We got an early start in the morning and were on the road by 6am, getting home by noon. It was quite a weekend, and incredibly rewarding. Next stop NASTR 75, then Tahoe rim, then Maybe the Oregon 100. I have always wanted to do that one. Or maybe 2 more at Cuneo creek. These REER guys have a good time!



In case you were wondering, the Institute of HeartMath has found a reason for that magical feeling we all get when we are around horses:

"Recent studies conducted by the Institute of HeartMath provide a clue to explain the bidirectional "healing" that happens when we are near horses.

According to researchers, the heart has a larger electromagnetic field and higher level of intelligence than the brain: A magnetometer can measure the heart's energy field radiating up to 8 to 10 feet around the human body. While this is certainly significant it is perhaps more impressive that the electromagnetic field projected by the horse's heart is five times larger than the human one (imagine a sphere-shaped field that completely surrounds you).

The horse's electromagnetic field is also stronger than ours and can actually directly influence our own heart rhythm!

Horses are also likely to have what science has identified as a "coherent" heart rhythm (heart rate pattern) which explains why we may "feel better" when we are around them. . . .studies have found that a coherent heart pattern or HRV is a robust measure of well-being and consistent with emotional states of calm and joy--that is, we exhibit such patterns when we feel positive emotions.

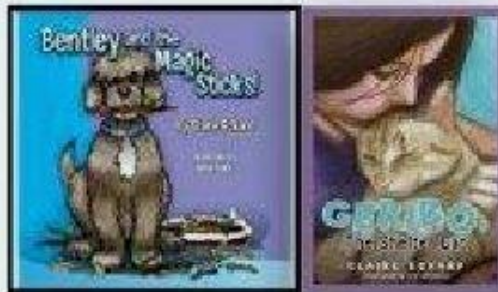
A coherent heart pattern is indicative of a system that can recover and adjust to stressful situations very efficiently. Often times, we only need to be in a horses presence to feel a sense of wellness and peace. In fact, research shows that people experience many physiological benefits while interacting with horses, including lowered blood pressure and heart rate, increased levels of beta-endorphins (neurotransmitters that serve as pain suppressors), decreased stress levels, reduced feelings of anger, hostility, tension and anxiety, improved social functioning; and increased feelings of empowerment, trust, patience and self-efficacy."



For Sheer Delight.....

Arizona Endurance Rider Claire Eckart has found her forte! As past President of the Humane Society of Yuma County, Arizona her love for animals is great. Her first children's story is called *Bentley and the Magic Sticks*. For reasons you will have to discover when you read it, Bentley goes to the dog park every day but none of the other dogs will play with him. Each day he just grabs a stick and takes it home. Then the magic starts. She has also written a follow up story about Bentley which will touch your heart. Beautifully illustrated by Ann Yorke.

Another story by Claire is *Geribo*. Geribo is a cat which tells his story of life in an animal shelter waiting for adoption. Both books are children's stories which will delight youngsters as well as adults. They are available on Amazon. Julie Suhr



You think your pain and your heartbreak are unprecedented in the history of the world, but then you read. It was books that taught me that the things that tormented me most were the very things that connected me with all the people who were alive, who had ever been alive. James Baldwin

All Creatures Great And Small....

Big Jake is a red flaxen Belgian gelding noted for his extreme height. He stands at 20.3 hands tall and weighs 2,600 pounds. Big Jake broke the record for the world's tallest living horse when he was measured in 2010.



Thumbelina - at 4+ hands tall and 57 pounds, was the world's smallest horse in 2018, when she passed away.



Carolyn Tucker's 6/19 ride report with Monterey Bay Equestrians:

Today's ride was a shorti with the heat but very nice. Went from the parking at Casa Loma - Rancho Canada del Oro Open Space Parking, which is 2 miles on Casa Loma from McKean Rd. near Calero Park. The MayFair trail is one way from the parking so no bikes coming at you. It is gradual uphill for 3 miles then downhill to beautiful cool shaded trees & creek. No water now... Once out of that section you can head right on Longwall trail back to the parking or continue left up to the ridge. This is partial shade and a gradual long uphill climb with water at the top. Nice ride along the ridge with a couple of different choices back down to the parking or more riding into Calero Park.. Great riding & well maintained trails.



Trail report from Barbara White:

I went to Bear Valley (Point Reyes) a couple of weeks ago and rode some of the burned trails. The trees are scorched, but there are grasses and wildflowers at ground level. The vistas are quite changed, and it is still spectacular. Then on Friday Doug and I drove around the area and had lunch in Olema. The Bear Valley Visitor Center is now open to the public (with restricted numbers, as is one of the restrooms). I'm hoping for a safe and good summer for all.



Horsensei Summer Haiku

By Beverley Kane with thanks to Rick Tarquinio



deep enough
to hide the killdeer—
ground tie

In a shallow indentation mid-polo field, a brood of killdeer. Like me, they belong to a genus of seabirds. Plovers for them, Atlantic sailors for me. We are all a long way from our family waters.

Before mating, Papa bird scraped out a nest in the newly irrigated green stubble. For weeks, both Papa and Mama bird sat on the eggs. A compassionate boarder put orange cones around the wallow. Initially, I assumed the cones were part of an obstacle course, and almost wove through them on my horse.

To alert others, I make a sign—KILLDEER NESTING. DO NOT DISTURB—and bring it to the circle of cones, pony express. I dismount, lead Talula by the reins, tie the sign. Alas, the string is lifted loose; a breeze carries the cardboard up, up and away. Must run and get it before it spooks a horse and causes a rider to fall off! Do I trust Talula to stay ground tied while I do the paper chase? Trust that the Stanford medevac helicopter won't suddenly fly over and cause her to bolt? Trust that I will not be rebuked for a loose horse, however placid, however few the seconds she's on her own?

The killdeer trusted the land and its humans. I trust Talula and drop the reins. I retrieve the blown-away sign. Ta remains steadfast in the Zen of grazing.

The next day, the baby birds have left the nest. I see them scurrying with Mama forty yards down the field from their birthplace. Wikipedia says they rehome in thick brush. Mama must not have read it, or she would be taking her babies into the bushes. Is she instead leading them to the summer pasture on the other side of the fence? Does she sense that the lesson herd will protect them from our abundance of coyotes? Carly Simon's words come to mind:

I'm no prophet and I don't know nature's ways.

The killdeer are also abundant this year. They have been fruitful and multiplied despite predators.

It's 104 degrees. I ride Talula down the line of sprinklers stretching the width of the field, letting her graze under the high arching showers: the water that grew the grass that protected the killdeer who teach me to be more trusting. Hot sun. Cooling spray. Pure delight. Carly's paean to the haiku moment:

Stay right here, 'cause these are the good old days.



Book review

By E. Hiatt

Zen Mind, Zen Horse - *The Science and Spirituality of Working with Horses*

by Allan J. Hamilton, MD

The book is pretty basic for anyone who has *successfully* trained a green horse to become a steady and reliable partner. I use the word *successfully* intentionally, as I come across many "rideable" horses that are, after many years of "training" still basket cases.

If going back to basics is something that interests you, you will find many useful nuggets. If used, they will probably make a noticeable difference with those horses that, behaviorally, seem to consistently fall short of your expectations.

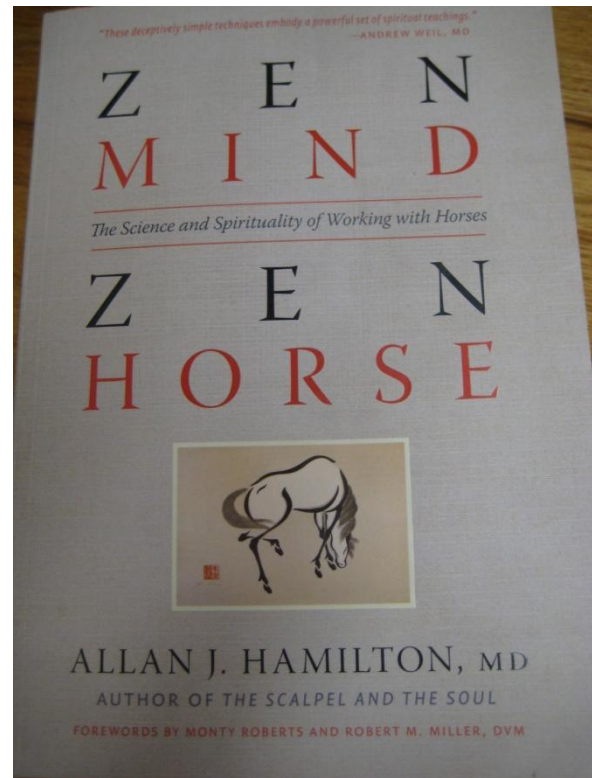
For my taste, there is a little too much "using your energy/chi" to ask the horse to "do something" throughout the book. I translate it to "being aware of my body language" since, as we know, horses are masters at reading it. Once I got past that, I enjoyed reading the chapters and mulling over the information. The author has been heavily influenced by a significant number of well known trainers, such as Ray Hunt, John Lyons, Pat Parelli, Monty Roberts, Mark Deveraux, Dr. Robert Miller and several others. The author seems to have been able to pick some of the best advice from these trainers and has distilled it into a very simple, short and well organized guide on how to properly start a horse.

By far, my favorite part of the book didn't come until the Epilogue... this paragraph was, for me, the true message for the whole book:

"So much of our daily energy is consumed maintaining personal stories, fueling the postures we have convinced ourselves we must sustain. Fictions about being successful. About being envied. About feeling powerful. Looking rich and beautiful. All of these facades collapse in the presence of a horse.

Horses do not see us as our collective stories but simply as we are, standing in front of them. We grasp that recalling the past is meaningless and reaching for the future futile when we are presented with this creature that holds itself so perfectly in the moment, in the now. The horse brings us its uncanny ability to peel our egos back, to strip the layers away like an onion, until we find ourselves awkwardly naked and vulnerable. But the horse also shows us the joy that comes from living with the bare truth of our selves. What a gift that is.

How do you get comfortable with who you truly are? By giving up everything that isn't you. How do you know what isn't you? The horse responds to you while you are not an impostor."



Set In My Way

by Dick Carter

I'll be turning 86 this year, that is physically. My body has come to understand this fact. I'm no longer worried about getting older. I am old. Mentally I'm an infant, especially when it comes to cyberspace and the tools needed to reach the benefits that are available just a mouse tap away. Adjusting to the changes in the newest technology has been difficult for me. I think I understand how the Cowboy felt when he encountered his first car on a buggy trail.

Life has changed considerably since the fifties, and at an accelerated rate. Then people were dying from cigarettes. Now people are dying from texting. Walking off bridges, driving into lakes, even skiing into a tree, is not uncommon. Somewhere along the way I decided I didn't need all the fancy technology gadgets that were flooding the market. What worked in the past was all I needed to run my business. I was the Owner CEO, and General manager of what turned out to be a non-profit construction corporation. I had decided to let others handle the cyber stuff.

I received my first computer two years ago.



Dick and Star on their last 50 together

Retired now, and I am slowly working my way through the mysteries and wonders of the personal laptop computer. After the skiing accident I'm becoming better at texting. I am getting better at using my laptop.

I have heard of people actually falling in love with their computer,

I mean a real love relationship.

That will never happen to me. My computer to whom I have given name Damit has crossed me way too many times for me to ever forgive her.

That brings me to my current situation, I haven't been receiving my paper printout copies of the Quicksilver Quips in the mail for several months. I have owned Damit for a little over two years now. Despite all my attempts I have never had any success connecting with the Quicksilver website. Due to the pandemic and being isolated, news has been skimpy. Fighting off my frustration I decided to try out my newly learned skills to access the Quips once again relying solely on Damit.

Guess what? I did it all by myself and without the help of my granddaughter, just me and Damit. I felt great! and I was pleasantly surprised at how easy it was to accomplish. Damit came through !-
- I love Damit !!

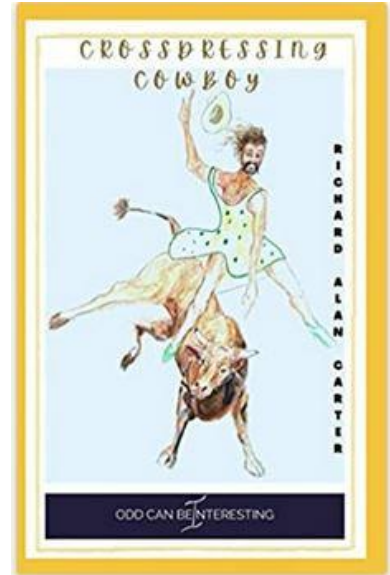
I was impressed at how professional and informative the Quips had evolved. The Quips have always been a source of keeping in touch with the sport I enjoy and the people I know. I am able to learn about, and become familiar with the new members I don't know.

The articles, personal stories, jokes, poems, adds, colored photographs, even the book reviews have elevated the newsletter to another level.

I was surprised and pleased to see Julie's eloquent critique of the booklet that I published on Kindle. I would like to warn you, however, if you were inspired by her enthusiastic and kind review to buy a copy, be assured, you're not going to get your money back.

Dick Carter

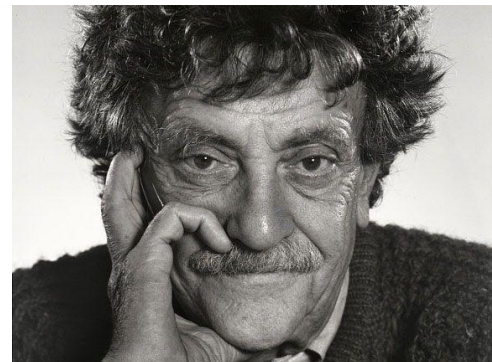
Editor's note: *Based on Julie's recommendation, I ordered Dick's book and read the whole thing in one sitting. I laughed a lot and enjoyed it thoroughly. I gave it to my husband (a very picky reader!) and he also enjoyed it very much. It's short, it's funny, it's moving, it's touching, and it's also a little painful. You won't regret getting a copy. I bought a paper copy, since I know the author and hopefully I can get him to sign it for me one of these days! :-)*



Not horse related, but the lesson is still very much valid...

“When I was 15, I spent a month working on an archeological dig. I was talking to one of the archeologists one day during our lunch break and he asked those kinds of “getting to know you” questions you ask young people: Do you play sports? What’s your favorite subject? And I told him, no I don’t play any sports. I do theater, I’m in choir, I play the violin and piano, I used to take art classes.

And he went WOW. That’s amazing!
And I said, “Oh no, but I’m not any good at ANY of them.”
And he said something then that I will never forget and which absolutely blew my mind because no one had ever said anything like it to me before:



“I don’t think being good at things is the point of doing them. I think you’ve got all these wonderful experiences with different skills, and that all teaches you things and makes you an interesting person, no matter how well you do them.”

And that honestly changed my life. Because I went from a failure, someone who hadn’t been talented enough at anything to excel, **to someone who did things because I enjoyed them.** I had been raised in such an achievement-oriented environment, so inundated with the myth of Talent, that I thought it was only worth doing things if you could “Win” at them.”

- Kurt Vonnegut
American writer

A Quiet Legend

by Michele Roush

Sometimes, you can find a hero in your own backyard.

Pat Browning, of French Corral, CA, is one of those people. An 81 year old native of Nevada County, Pat will attempt Tevis this year on his horse, Charlie, to be the oldest finisher in the books. He will try to unseat the late Jim Steere, DVM, who currently holds the record, having finished Tevis in 2005 at 80 years old.

Pat and his wife of 56 years, Nita, and I recently sat down at their dining room table and talked about this upcoming challenge, which Pat seems to be taking in stride as just another day at work. Here are some excerpts from our conversation:

MR: Tell me about your horse, Charlie.



PB: Charlie is eight or nine years old, and I've had him since he was a yearling. He came to me through a friend, who later broke him to ride for me. He came out of Winnemucca, Nevada, and was originally sold as a Foundation Quarter Horse to some people who then got in a big lawsuit over it when they found out the horse was really an Indian Mustang. I wanted a short horse, and

he is 14 hands high. He was broke to ride by my friend, Lisa Calder, who was entered in the American Horsewoman's Challenge, and had 6 months to train a horse from only halter-broke. Her horse got cut up in wire 3 months into it, so I loaned her Charlie, and she did the whole thing in 3 months with him. They went to Oklahoma for the competition, and they didn't win, but they did place. He gave Lisa a hard time at first, but once she got through to him, he got it!

He put four colts on the ground before I had him marked (editor's note: gelded). They are all taller than him, except for maybe one. Two are out of Thoroughbred mares, and they are spitfires even more than Charlie. The two out of the Quarter Horse/Mustang mares are nice and gentle.

MR: When you say "spitfire," how does that apply to Charlie?

PB: There are times Charlie doesn't like to be caught. If he doesn't want to be caught, I might have to chase him for two hours on the Kubota at 10 mph before he gives it up. Once, he even ran up the teeter-totter on purpose just to laugh at me when I was trying to catch him.

MR: The teeter-totter?

PB: Yes, he will walk over the teeter-totter up three feet in the air, pivot it, go down the other side, turn around, and go back over it. He will also jump over a four foot fence or stack of logs from a

standstill if I lead him up to it and ask him to go over. He will walk down a 12" x 12" timber 14 inches off the ground. He will also occasionally throw everything out of the back of the Kubota if he thinks there might be a snack in the bottom. (editor's note: Pat did not seem to be as fond of this last trick as the others!)

MR: How are you preparing Charlie for the Tevis?

PB: Every day, I lead him out to feed the goats behind the Kubota, two miles at 10 mph. About every other day, we go from there and I ride up the back trails (editor's note: "the back trails" consist of incredibly steep, technical short hills over some pretty rough ground). I am also riding out with a neighbor on longer rides.

MR: How about yourself?

PB: I've lost 20 pounds, and I am working on another 20.

MR: Talk to me about your riding gear. Will you carry water on your saddle on race day?

PB: I never did (Editor's note: Pat has three previous Tevis finishes and a total of 2100 recorded AERC miles).

MR: How about this year?

PB: I don't know

MR: Will you use a headlamp?

PB: I might wear hers (indicates Nita, sitting next to him.)

MR: What do you like to eat when you are at a ride?

PB: Hamburgers. Fries. Milkshake. One year before the Western States Run, they asked me what I wanted for breakfast, and I had pancakes, bacon and eggs.

MR: Have you completed the Western States Run?

PB: No. I tried twice, but I pulled once at No Hands and once at Foresthill. I wasn't tired, but my knees hurt too much. Now I've had both knees replaced.

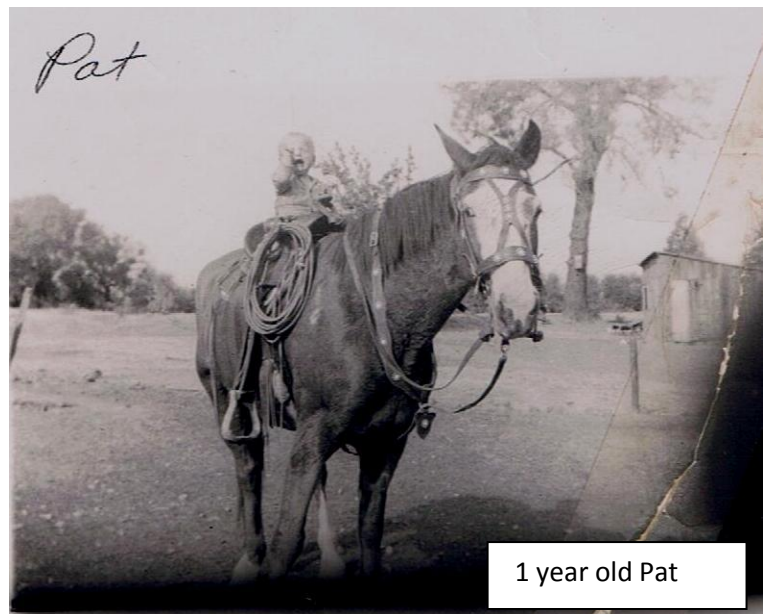
MR: You seem to enjoy the challenge of the 100 mile distance.

PB: Yes, in fact, Warren Hellman and I were the first ones to do a 100 mile Ride & Tie. We did the Swanton Pacific course. I think it was in 1985. I have a picture of Warren on Farmaus dated 1985, and that was the only time he rode that horse.

MR: How many Levi's and World Championship Ride & Ties have you done?

PB: I don't know. 47? I think I started all but two.

MR: What is your favorite part of the Tevis trail?



PB: Good God, I just kinda love it all! Looking back over the mountain from Squaw Peak. I was a junior in high school when I first heard about the Tevis, and I knew right then and there that I wanted to do it.

MR: I know you shoe your own horses. Have you ever used a professional farrier?

PB: Well, one time at Tevis, Farmaus pulled a shoe just before Michigan Bluff, so the ride farrier put the shoe back on, and he hot-nailed the horse so we didn't finish. (Editor's note: I have a photo of Pat and his Ride & Tie partner at the time, Dave Foster, shoeing a horse 30 minutes before the start of a Ride & Tie race because they didn't get around to it before then. The picture shows the horse with two feet in the air, one guy working on each foot! They did diagonal pairs and got the shoes on in time to start the race.)

MR: How many times have you finished Tevis?

PB: Three times. The first time was in 1985, and the boss had told me I would have to work that weekend, so I couldn't do the ride. I loaned my horse to Jeff Windeshausen. Then, Friday morning, I learned I didn't have to work. Since I'd already loaned my horse, I called Nita, and she brought her horse, Josh, that had been out in pasture all winter and hadn't done anything that year. Nita was mad, because she didn't believe it was a good idea, but I said it would be fine, and it was.

MR: Any words of advice for first-timers?

PB: Don't look at the long distance. Look at each 25 miles individually and have fun doing it. Don't over push the horses, especially uphill. Pay attention. The times I've gotten lost, I was talking and not paying attention.

Good advice from a man who has done quite a lot in his lifetime, and isn't planning to stop challenging himself anytime, soon! Give a shout out to Pat when you see him on the Tevis trail this July 24.

#####



Beware of common poisonous foods!!

Avocados, onions, tomatoes and potatoes... each of these plants, if eaten in sufficient quantities, is potentially toxic to horses.

The leaves and fruit of the Guatemalan avocado (not the smooth-skinned Mexican variety) contain a still-unidentified toxin that can cause congestive heart failure and swelling of the lips, mouth, head and neck leading to respiratory distress. Eaters of large quantities of onions might develop Heinz body anemia, the same disorder that affects--and usually kills--horses who feed on red maple leaves. Ingestion of a few wild onions along with pasture grass won't produce this fatal anemia. The leaves of potato and tomato plants contain alkaloids that cause central-nervous-system stimulation followed by depression, weakness and sometimes colic and diarrhea. A ripe potato or tomato won't poison a horse, but green, rotting or sprouted fruits and roots contain those dangerous alkaloids.

Ticks!!!

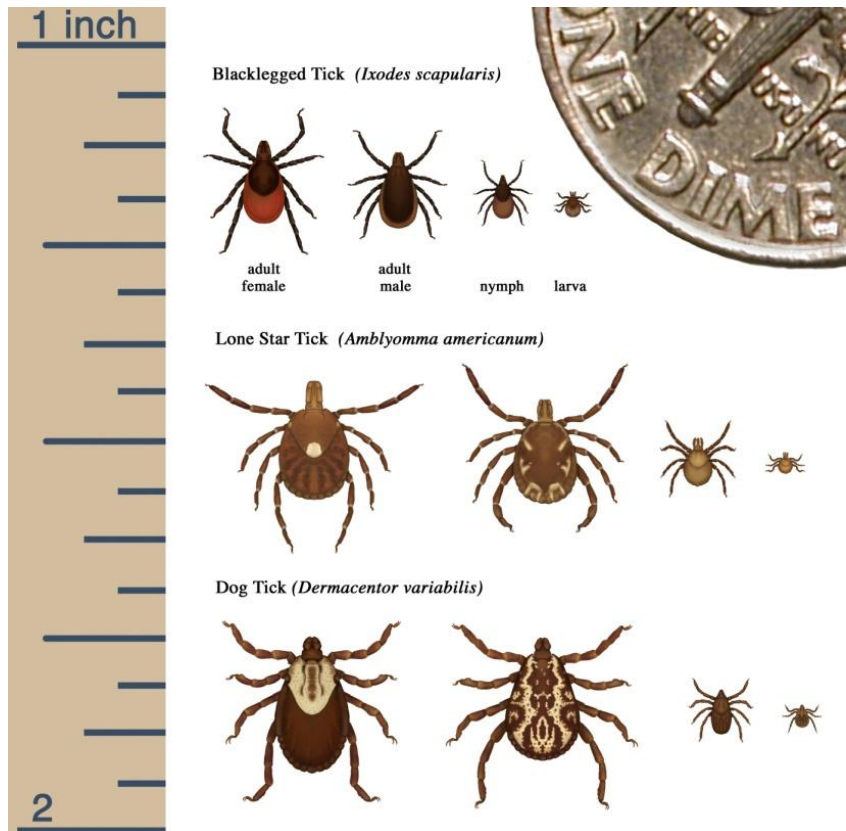
This year summer is expected to be warmer than usual, and the trend will continue into the fall, according to the National Weather Service. Forecasts suggest that some parts of the West region may end up drier than usual, which is likely to provide the same beneficial habitat that it always does for ticks. The warmer summer conditions will extend tick season into late October and early November, so residents need to be on guard much longer than usual.

Disease Threats

Tick-borne diseases include Lyme disease, Rocky Mountain spotted fever, anaplasmosis, babesiosis, and tularemia.

Ticks spread disease by latching on to their hosts: as they remain attached, pathogens that live in the tick's digestive system make their way into the host's body and bloodstream.

Ticks don't fly, they don't jump, and they don't usually crawl on to their hosts from the ground. Instead, ticks reach their hosts by "questing" —having discovered high-traffic areas via scent or heat detection, they climb up on nearby leaves and grass, hold on to their perch using their hind legs, and catch a ride on a host by grabbing with their two front legs. Knowing this, it's easy to see how the following precautions would work:



the following precautions would work:

Repellents and Insecticides

Repellents like DEET and picaridin help prevent ticks from getting on you in the first place. But if they do get on you, they can help to kill the tick. You can spray DEET on your clothes and skin, but Picaridin can only be sprayed on your clothes, and not your skin. Permethrin is also effective against ticks when applied to clothing.

Wear Proper Clothing

Wearing long sleeves, long socks, long pants, and high-ankle shoes/boots can help prevent ticks from latching onto your body. Light color clothing makes it easier to see the ticks.

Avoid Areas Likely to Have Ticks

Ticks most often choose dense, moist locations with plenty of shade such as shrubbery and forested areas.

Look for Ticks and Remove any you Find

Check your scalp and skin after you've had a potential exposure. If by chance you find a tick on you, remove it with tweezers or your fingers. Clean the affected area with hot water and soap. Note the day you removed the tick and watch out for any symptoms of tick-borne diseases.



Birthdays and other announcements



JULY BIRTHDAYS

7/2- Elisabet Hiatt, 7/8- Andrew Reeves, 7/12- Judith Ogus, 7/15-Scott Sansom
7/20- TrilbyPederson

A note on birthdays: I don't have a complete list of Quicksilver member's birth dates. 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! Eeisabet

Always read something that will make you look good if you die in the middle of it.
P.J. O'Rourke

**Quicksilver Endurance Riders (QSER) Club Board Meeting Minutes
NO BOARD MEETING IN JUNE
Carry on!**

Trea\$urer'\$ report:
General Account Balance: **\$10,118.39**
Trails account Balance: **\$1,074.94**

HEAR YE.... HEAR YE.... Important notification for club dues:

**From now on, please send your club membership dues directly to:
Nick Warhol, QSER Treasurer
3664 Old Quarry Road, Hayward CA 94541**

*"Carve your name on hearts, not tombstones. A legacy is etched into the minds of others and the stories they share about you."
Shannon Alder*

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**

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 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**

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

Michelle Herrera is still looking for a few more **ride t-shirts** to complete her quilt... if you have some that are duplicates or... ahem, don't fit you any more, how about letting her have them?

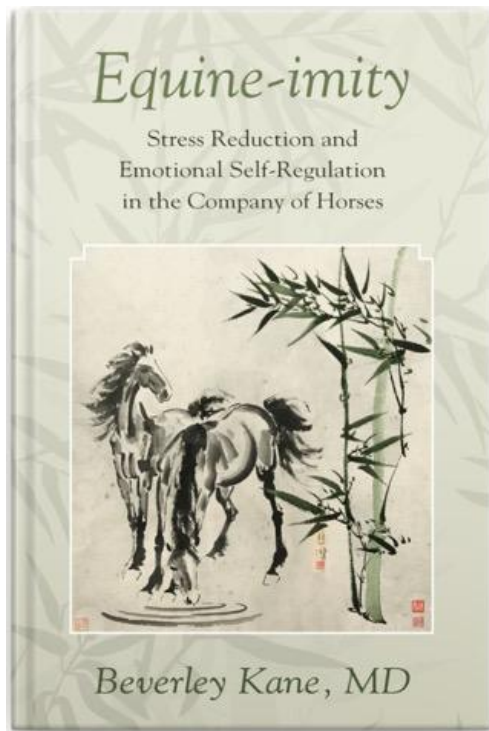
Please contact: Michelle Herrera - 831 427 1533 or by e-mail: montra7003@sbcglobal.net

From Pat McAndrews: Recently I received a nice call from Susan Allison whom I assume you remember. She asked if I could pass the word on through the newsletter that she is looking for a house sitter for when she travels. She lives on a nice ranch near Sedona, which might make a fun trip for someone in our club. Her number is 928 821 6640.

You can't succeed coming to the potluck with just a fork.



**** 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>

Book review:

by Stacy James Ryan

Equine-imity by Beverley Kane, MD

Have you ever felt anxious this past year-and-a-half? Was that anxiety expressed through your body at any time? Did you feel better when you spent time around a horse? If “Yes!” is your resounding response, consider investigating somatic horsemanship as presented in *Equine-imity*, written by Beverley Kane, MD. Somatic horsemanship, according to Beverley, is the “practice of exploring the physical relationship between humans and horses, on the ground and on the horse, in order to promote physical, emotional, mental, and spiritual health in both species.” We could use the help!

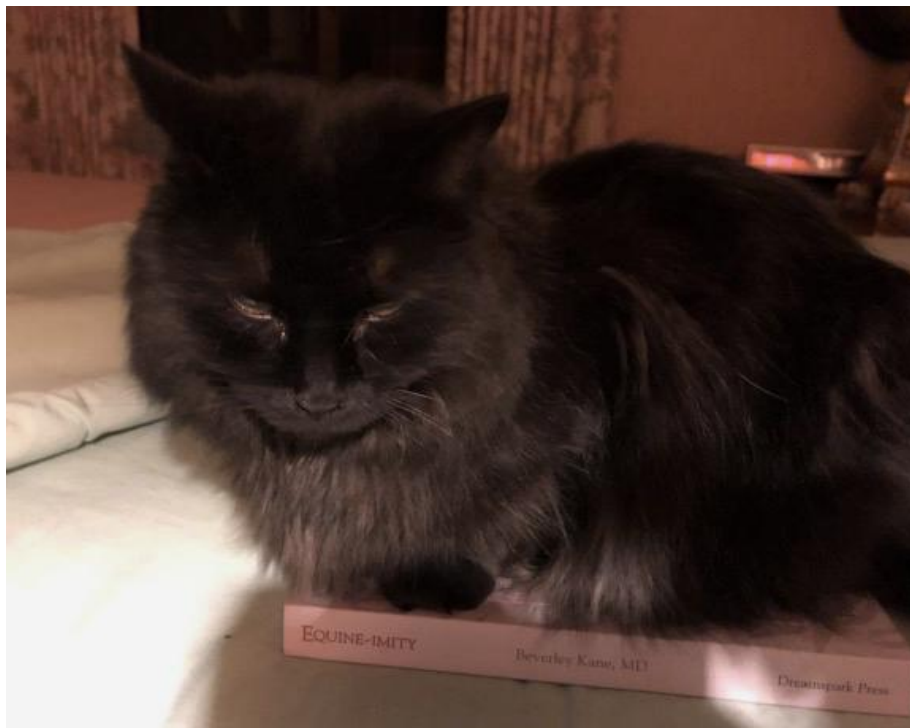
The book is based on the Stanford course, developed by Beverley. The scope of concepts underpinning her approach is broad. Presentation of the developmental foundations for the work may seem, to some, prolonged. She discusses Daoist philosophy and Jungian psychology and archetypes and describes basic mechanisms underlying stress and stress responses. She includes thorough footnotes referring to sourced studies. If all of this sounds too lofty for a Summer read, consider that quotes by Mr. Spock and Louis L’Amour are included!

The purpose of this work, as understood by this reader, is to reduce stress and engage in “emotional self-regulation” in a shared space with horses. The physical doing/being process is grounded in Medical Qigong. This sort of activity is familiar to anyone already practicing a form of yoga or other mindfulness-based practice with a physical branch. The use of moving meditation to create positive experiences (physical and spiritual) and alleviate or modulate stress by tempering our responses is a cornerstone of the program. To engage in moving meditation in the presence of horse(s), this book presents a methodical approach to developing a relationship with a horse (with a skilled mentor, ideally) and is particularly well-suited to those unfamiliar with horses. In fact, Beverley freely integrates aspects of approaches familiar to many of us already experienced with horses. You may recognize approaches and techniques utilized in Centered Riding, “Natural Horsemanship,” and other Equine Assisted Activities and Therapies. Beverley did not reinvent the wheel, but rather put her own spin on it.

This reader did take issue with the inaccurate characterization of the work of Linda Tellington-Jones as "massage."

Beverley utilizes a well-organized approach to guide the reader through her process: an introduction to horses; somatics in philosophy and physiology; principles and practices to engage in the process, and culminates in the presentation of the Stanford Equine-imity Program. The four appendices and glossary are wonderful points of reference. Beverley promises to provide additional support for implementing the Stanford Equine-imity Program by preparing a manual available for download at her website. Look forward to this, as well!

Overall, this reader enjoyed the generosity and graciousness of Beverley's shared personal journey with horses and subsequent gratitude for how they enrich us on a multitude of levels.

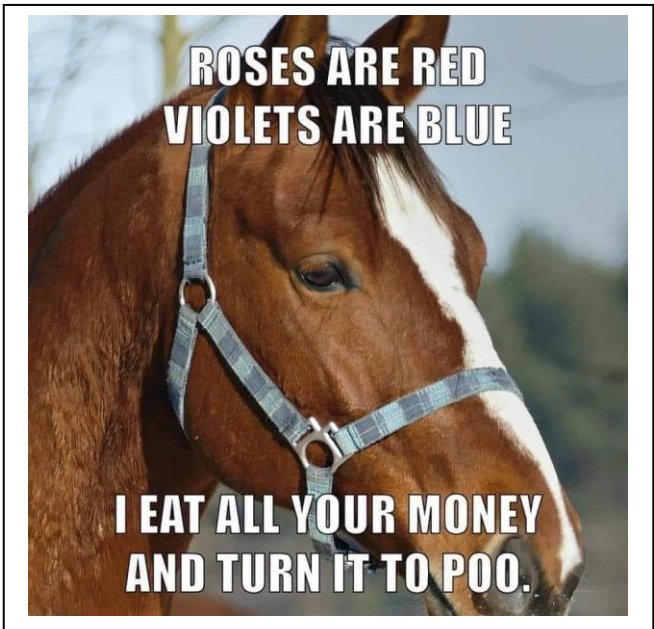


Julie Suhr's kitty, Pepper, seems to approve of Dr. Beverley Kane's Equine-imity book.

When I asked for a review, unfortunately all I received was:

"meow.... meowrr, purr, meow."

Google Translate was not useful, so if anyone out there speaks Cat, please translate! Thanks, Elisabet



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

THANK YOU!!

