



Quicksilver Quips

November 2018

President's Message – November 2018

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Hello Quicksilvers,

October was a busy time for the Club. We had our club-sponsored Quicksilver Endurance Ride which was a success and a lot of fun. A special thanks goes out to Jill and Michael Newburn and Lori Olsen as ride managers, Jayne Perryman, ride secretary, and to all the volunteers who made this ride possible. While I'm on the subject of club rides and activities, the membership should keep in mind that it takes a lot of effort to put on these activities, and the effort involved is usually beyond what two or three people can do comfortably. So I encourage the membership to answer the call for volunteers. Many hands make light work, so nobody gets burned out. I hope you will consider ways that you could use your talents to serve the club. I understand, sometimes life circumstances make it hard to volunteer, so if you cannot volunteer because of circumstances, know that we are still happy to have you as a member.

Our next event is the Christmas Party at Almaden Community Center, December 1st at 5:30.

The membership should also be thinking about who they would like to nominate for the various year-end Club Awards: Eleanor Norton Award, Horse of the Year, Hall of Fame Person, and Hall of Fame Horse.

A happy Thanksgiving to all. Remember, don't eat too much. Your horse will thank you for not packing on the pounds.

Jeanine

Officers

President.....Jeanine McCrary
Vice President.....Katie Webb
Secretary.....Shannon Thomas
Treasurer.....Lori Oleson

Board Members

Maryben Stover
Kathie Brayton
Melissa Broquard

Newsletter Editor

Barbara McCrary
bigcreekranch@wildblue.net

Quicksilver on the Web

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

Quicksilver 2018 Calendar



Upcoming Events and Important Information



The Holiday Party will be December 1st at the Almaden Community Center (21747 Bertram Road, San Jose) starting at 5:30pm. Trilby will cook a turkey and everyone brings a side dish to share. We will have a white elephant gift grab with a \$10-\$20 spending limit. It is a fun evening for everyone.

The Annual Awards Banquet will be February 2nd at Westside Grill in Gilroy. The cost will be \$30 per person for a salmon or steak dinner. No host bar and socializing starts at 5:00pm. Dinner will be served at 5:30pm.

For your important milestones in 2018, please email them to Lori Oleson to be included in the Directory/Yearbook. We also need your pictures. This is an early request, so reminders will be sent out via the QS Yahoo group. The deadline for submitting pictures and milestones will be December 31, 2018.

Members have expressed interest in purchasing the nice Quicksilver shirts that were given out as completion awards at the QS Fall Classic. Since we had a low turn out, we do have a lot of shirts left over. Lori will bring them to the Holiday Party and the Awards Banquet to sell for \$20 each. There are men's and women's sizes available. **Note: Women's sizes run small.**

Linda Tellington-Jones Clinic

November 16-18

Rancho Ruiz, Gilroy

Treasurer's Report

General Account	\$10,057.11
Trails Account	\$ 1,074.61
Swanton Camp-out Expense	
Insurance	\$160.00
Food	\$118.05

Quicksilver meeting at Calero, 10/13/2018

17 in attendance
Called to order at 1:11 PM

Ride wrap-up: Great weather and ride! Total income approx. \$8,000, down approx. 20 riders from previous years, as has been the case for many rides in the area. Approx. cost \$6,800, expected profit approx. \$1,100. We'll look at selling the shirts, but keep in mind the women's shirts run small. Jill and Lori will be retiring as ride managers. Sandy has volunteered to pick it up for this year. Jayne will remain ride secretary.

Bylaw amendments/rewrites, as printed in the October Quips - Pat moved that we approve. Kathy seconded. Approved unanimously by those present.

Awards/banquet budget: Pat moved that we limit to \$1,000, with any extra spent to be handled personally. The yearbook budget will be separate. Lori seconded the motion. Approved unanimously by those present.

Matt Max, a captain with Santa Clara Fire, works with horse rescue for Santa Clara and the surrounding areas. He came to make a request of the club. Animal control does not work weekends, so on the occasions they are called to assist horses on weekends and the owner is not present, they're unable to get the vet out. He is asking for the club to help fund payment for the vet in these specific situations, and request for temporary housing of horses. This would be an "emergency assurance" to ensure the horse can get treated. The club discussed various options, including donating a percentage of income from rides, or contributing towards an insurance policy. Dick will lead the committee to look into this. Sandy moved that we put \$500 into an emergency fund for purposes of paying emergency veterinary expenses for large animal rescue to cover the vets service costs. Pat seconded. Motion passed.

Discussion about the Christmas party; we will ask Trilby to lead this if she's willing.

Website update: Website is currently on an old platform with old code. Melissa would like to get that updated. Melissa moved that the board authorize the expenditure of a sum not to exceed \$20 per month or \$240 per year to pay for website hosting fees to upgrade our website. Jeanine seconded. Motion passed unanimously.

Trails: in Coyote/Almaden Valley, there are development concerns. There is an upcoming meeting this next Tuesday (mid-October) at SCCHA. Please attend if you are able.

Meeting adjourned at 2:21 PM.

Melissa Broquard

Temporary secretary, who apologizes for any errors and welcomes correction; one or two of my notes were not as legible as they should have been.

News Notes

By Mary Anderson

My young horse Rendezvous at 8 yrs. participated in the 2018 Cow Palace Native Arabian Costume Event. I wanted my friend and trainer Todd Azevedo to ride him, and after 1-1/2 years of exposure to many different venues—Western Pleasure, Cows, Play Days, Beach Rides, and Trail, I now have a horse that will do anything we ask of him! The horse had no advanced exposure to the Cow Palace arena, with shouting crowds that judged the best costume, lights, and a mirror ball reflecting lights. It was so amazing what great training and building trust can do.

So lucky to have 2 horses that give their complete trust and 1 mare that trusts no one—hormonal imbalance!

Life is good, my retired endurance horse Beauregard recovered from his laminitis, and I hope, at age 24. we can take short trail rides together once again.



The Equine Spine and Why Bone Alignment is Not Enough

By Tami Elkayam

It's been a while since I have written but when things keep coming up, I feel I need to make a point of expanding peoples awareness.

Some of my clients use the services of a chiropractor in intervals with my services. what I am finding though on a regular basis, regardless of whether they use a chiropractor or not, is that skeletal alignment is not enough to give the horse release and freedom of motion.

It is very important for bones to align, but we must remember that bones are slaves to soft tissue. Therefore by only aligning the bones we are not addressing the fascial restriction and soft tissue adhesions that might be happening along the bones.

I am finding more and more that many spinal misalignment both soft tissue and Osseous (boney) can be released through addressing the Dural Tube.

What is the Dural Tube? The Dural Tube is the outer most membrane surrounding the spinal cord. The Dura is soft and elastic it protects the spinal cord and allows it to move within the spine. It allows the nerve roots to move freely out of the spinal cord into the muscles and organs. When the horse back becomes compromised in any way, so will the Dural Tube.

There are pairs of nerves that leave the spine on either side from each vertebrae. Theses nerves innervate muscles and organs. These nerves can become compressed or over stimulated as a result of the spine being compromised. When we call the chiropractor they address the spine but the Dural Tube that has been subjected to the same tension patterns as the spine is not addressed.

What does this mean? It means that even though the spine is now straight we have not addressed the nerve roots or the tension that's pulling them inside the spinal cord . Meaning that the bones will most likely return to a similar misaligned pattern as before chiropractic treatment. That means that muscle or organ function might still be compromised even though the spine is aligned.

So what to do? Call a good Cranio-Sacral therapist, as they will threat the Dural Tube, the nerve roots, and the spine.

I have included a little visual help. As you can see the Dural Tube starts at the occipital condyle where the spinal cord exists the occiput. It ends at the second Sacral vertebrae .

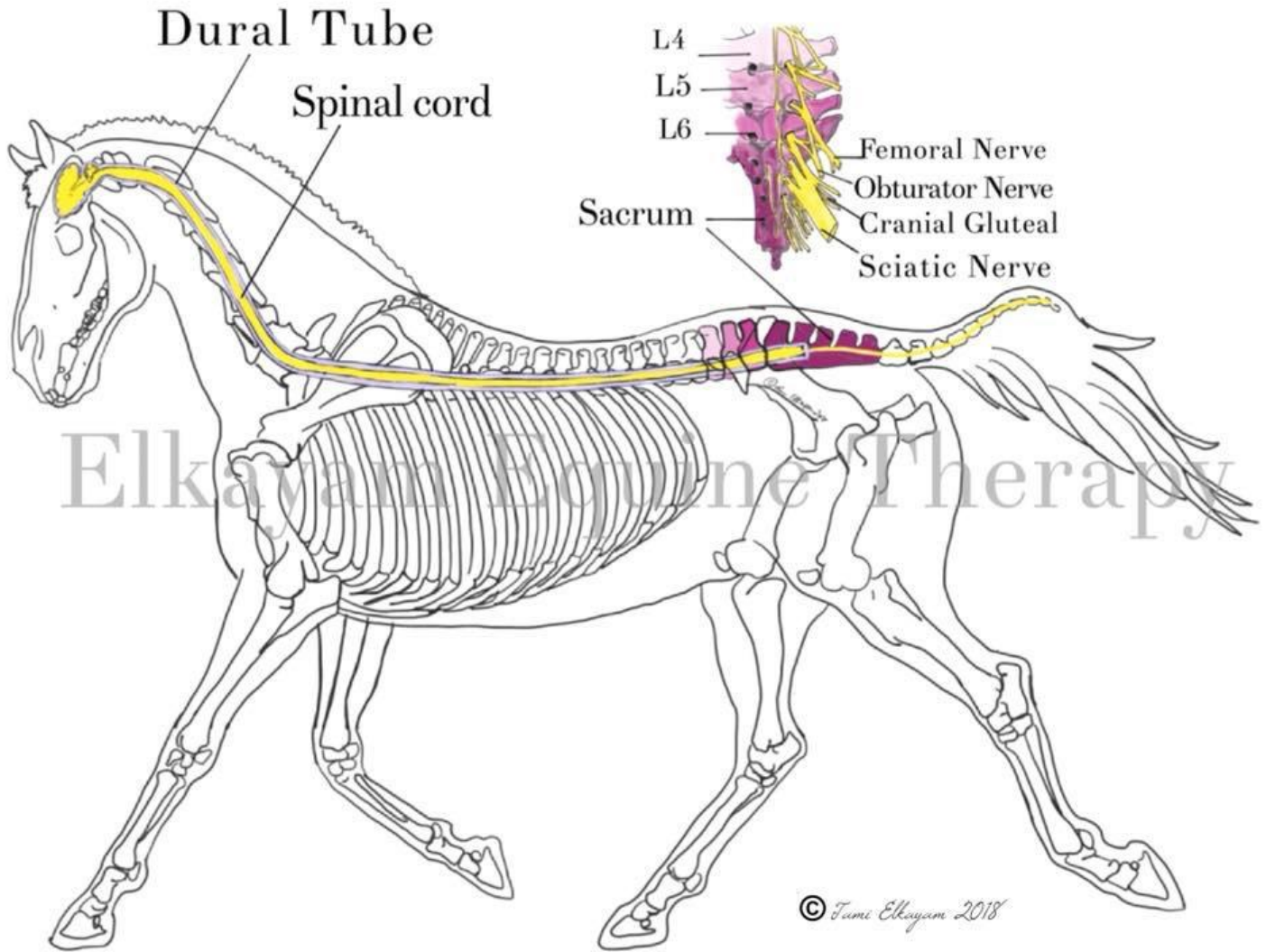
How Many horses are permanently restricted at the poll even after treatment ?

Remember the sacrum is five vertebrae that become fused into one. This means accessing the main nerve supply to hind end locomotion can be tricky.

I'll add as usual, for those sticklers of anatomy, that this post is not comprehensive in its information. The point is to draw awareness and better understanding of our equine partners.

Most important at the end is if you can only get chiropractic help for your horse, please keep doing it!

Continued on Page 6





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Jones**

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www.TTouch.com**

TTouch for You and Your Horse
Rancho Ruiz, Gilroy, CA
November 16-18, 2018



Instructor: Linda Tellington-Jones

Training location:

Rancho Ruiz
Deb Timms
993 Day Road
Gilroy, CA 95020
www.ranchoruiz.com
408-309-0538

Local Coordinator:

Lori Oleson
408-710-5651
lori.oleson@alumni.cpp.edu

Coordinator:

Tellington TTouch Training Inc.
1713 State Road 502 Santa Fe, NM 87506
Phone: 800-854-8326 Fax: 505-455-7233
kirsten@TTouch.com
www.TTouch.com

Schedule:

Day 1: 9:30 AM - 5:30 PM
(Please arrive at 9:15 AM)
Day 2: 9:30 AM - 5:30 PM
Day 3: 9:30 AM - 4:30 PM

Tuition:

Riders with horses: \$645.00 to be paid to the Tellington TTouch Office. Limited to nine riders with horses!

Non-riders without bringing a horse: \$545.00 to be paid to the Tellington TTouch Office.

Lunch is included in the tuition. Breakfast is NOT included. Please bring your own water and a refillable water bottle. We will try to have large jugs of water so you can refill your bottles.

Auditing: one-day auditing cost: \$125.00. (Lunch is included).

A **\$300.00** deposit is due at the time of registration to hold a space in the class. The balance is due 30 days prior to the start of the training. ** Please note, if you pay your deposit with a credit card, any balance due will automatically be charged to the same card thirty days before the class start unless you have already paid the tuition in full, or let us know that you wish to use a different method of payment.*

Class schedule:

Day 1

Morning: Learn "TTouches for You and Your Family."

Afternoon: Work under saddle; dismount and lead the horses through the "TTouch Labyrinth;" remount and observe the changes in the horses.

Participants who wish to learn more about the bodywork or groundwork will be taught by an assistant

teacher.

Day 2

Morning: Ride the horses through the "TTouch Playground for Higher Learning" with regular tack and bridle or while using the Lindell.

If a horse is spooky or hesitant, rider will dismount and lead the horse through the "Playground" while learning some of the leading positions. Then remount and ride the horse and observe changes.

Participants who wish to learn more about the bodywork or groundwork will be taught by an assistant teacher.

Afternoon: TTouces for horses.

Day 3

Morning: Riding with the Balance Rein, Liberty Neck Ring, and/or with the TTouch Rollerbit.

Learn how to use Promise Wrap.

Participants who wish to learn more about the bodywork or groundwork will be taught by an assistant teacher.

Afternoon: Ground Driving.

Three ways to Register:

- Online at www.ttouch.com select *Trainings & Workshops, Register for an Event*
- Mail a check to our office made payable to Tellington TTouch Training and note the course session in the memo line.
- Call our office to pay with your Visa, MasterCard, American Express, or Discover card.

Tellington TTouch Training Cancellation Policy: Tellington TTouch Training reserves the right to cancel a session if necessary because of circumstances beyond our control or when enrollment is deemed insufficient. In this case all deposits, tuitions and the processing fees will be refunded. We recommend that you purchase flight and hotel insurance for each event for which you register.

Tellington TTouch Training Participant Cancellation Policy: For cancellations made more than 30 days in advance of the training, a refund will be given minus a \$100.00 administration fee. No refunds are possible for cancellations less than 30 days prior to the start of the training. If you have to cancel, \$300.00 is nonrefundable, but you may apply the rest of the deposit to another training that must be attended within one year of your cancellation date.

Meals: Coffee and tea and some small snacks will be provided. We will also provide lunches that will include vegetarian choices. If you have any special dietary needs, please bring your own food. Dinner & breakfast will not be provided. Please bring your own water.

If you are traveling to the class:

Airport: San Jose International Airport or San Francisco International Airport

Lodging: <http://www.gilroyvisitor.org/lodging.ph>

Camping:

Your Editor Goes to Washington, D.C.

By Barbara McCrary

My niece Laurel, who lives in Soquel and comes up to our ranch twice a week to ride my Morgan mare, suggested we three—Lud, I, and she—make a trip to Washington, D.C. to explore the Smithsonian. I jumped at the chance, since Lud and I LOVE to explore museums.

Laurel is a very experienced world traveler, having quit a job she wasn't enjoying and took a year to travel around the world—all by herself. She knew several people through her International Girl Scout connections, and her adopted family in New Zealand where she spent her senior year in high school as an exchange student, on their dairy ranch. Laurel made ALL the arrangements, from the plane tickets to the airbnb lodging to the local transportation (mostly Uber, which we found extremely reasonable, satisfactory, and enjoyable.)

We left from San Jose airport on Tuesday, October 16, flew into Denver, and transferred to Ronald Reagan Airport in D.C. The weather was perfect the whole time, although Laurel was mildly disappointed that the foliage had not yet turned color. We had been in D.C. once before during an international ride staged at Front Royal, VA when we had been asked by Jerry Gillespie to be stewards at the ride. I didn't remember much from our visit to the Smithsonian at that time.

We settled into our little apartment and readied ourselves to explore the museum. I can say that four days was nowhere near enough time, and I would go back in a heartbeat.

The first display we NEEDED to see was in the American history section, particularly devoted to transportation. The display was of a 19th century locomotive, the Jupiter, which was owned by a Santa Cruz County entrepreneur, Frederick A. Hihn. He was an immigrant from Germany and he built Camp Capitola as a tourist destination and is now a full-fledged town across the creek from Soquel. Hihn had numerous sawmills and used the Jupiter to haul logs out of the woods to his mills, and lumber to sales sites. One of his mills was located on Aptos Creek, now the site of the Forest of Nisene Marks.

Somewhere along the way, the Jupiter ended up in the hands of Roaring Camp in Felton, and subsequently in the hands of the Smithsonian.

For creating the Jupiter display several years ago, the Smithsonian wanted a small bunch of railroad ties, to attach the rails on which Jupiter was displayed, and extras stacked in a pile. Someone in the Smithsonian contacted Santa Cruz County local historian, Sandy Lydon, with whom we had travelled to China, Japan, Mongolia, and Russia. Could Sandy find someone who could supply the ties? Sandy could, and contacted Lud, who most of you know runs a sawmill and lumber business.

Lud selected some redwood 6x6 timbers, cut them to length, and hewed three sides with an axe to make them look like hand-hewn, as they were made in the 1800s and early 1900s. Then, his quirky sense of humor kicked in and he stamped the ends with our company's metal branding stamp—BCL. The timbers were shipped back to the Smithsonian and there they are today.

We leaned over the pile of ties and found one that had a very clear BCL on it. We were content.

We explored the Air and Space museum, with everything to the Wright Brothers first plane to various space shuttles. We studied American history as related to the Native Americans and how the whites gradually took their land away from them. We studied skeletons and saw how horses were put together and how they were able to move related to how the bones were connected. A full-sized Tyrannosaurus Rex was on display, as well as Triceratops. I was fascinated, as I had planned to study paleontology in college. But then I met Lud and the whole game plan changed.

Two museums we missed were The Holocaust and an art museum. But there will be another time. I want to go back!

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The beautifully restored Jupiter



Ties with BCL stamped on them

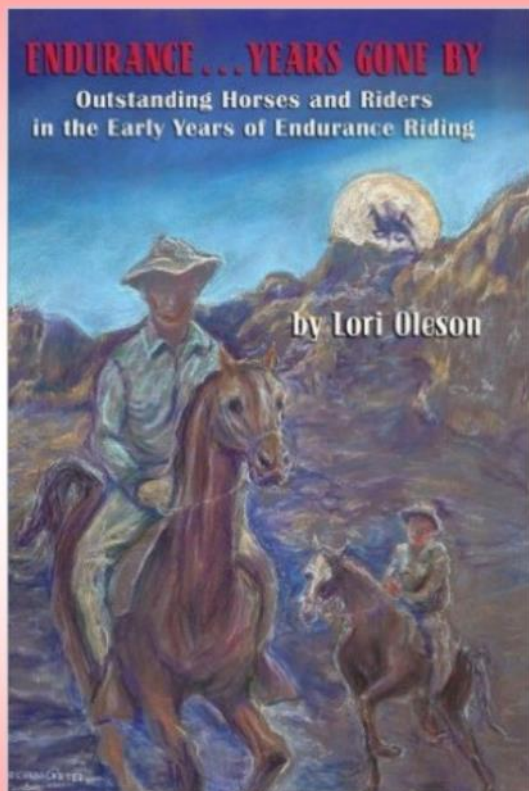


Jupiter on display. Someone had a great sense of humor.



Baldwin Locomotive Works was a famous builder of train engines.

Classifieds and Services



This book is on great horses and riders in the beginning of our sport starting in the 1970's. It has been a fun project and I'm excited to introduce (or re-introduce) those that made endurance riding what it is today.

Dick Carter did the beautiful cover, Susan Garlinghouse wrote the Forward and 5 chapters are about great Quicksilver horses and riders.

A percentage of all sales will be given to the AERC Education Committee.

Lori Oleson

endurancehistory@gmail.com

Cost of book is \$24 + tax/shipping

PRINTING SERVICES

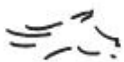
For Quicksilver club ride managers. Our club now has a color duplex printer that is located in the home of Becky and Judith. You can do the printing at the cost of 25¢ per page color and 6¢ per page B&W, if you provide the paper. If you e-mail the printable files to Becky, she will do the printing for you at the cost of 27¢ per page color and 8¢ per page B&W, including the paper.

E-mail **Becky: bghart@garlic.com**

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Classifieds and Services

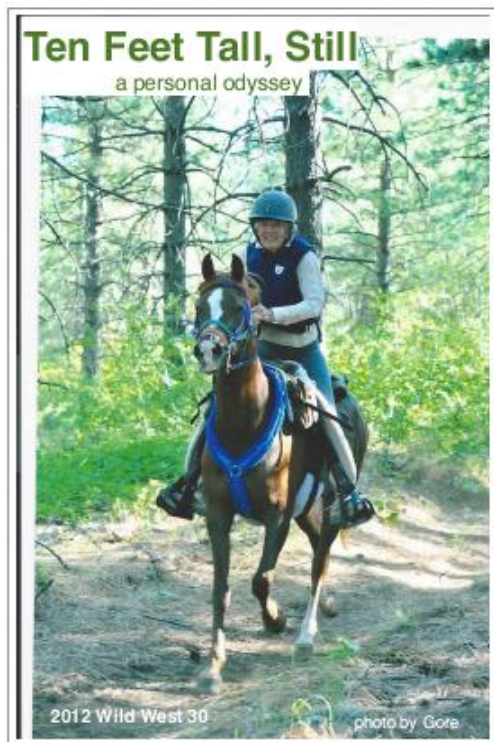


BOOKS ARE THE PERFECT GIFT!



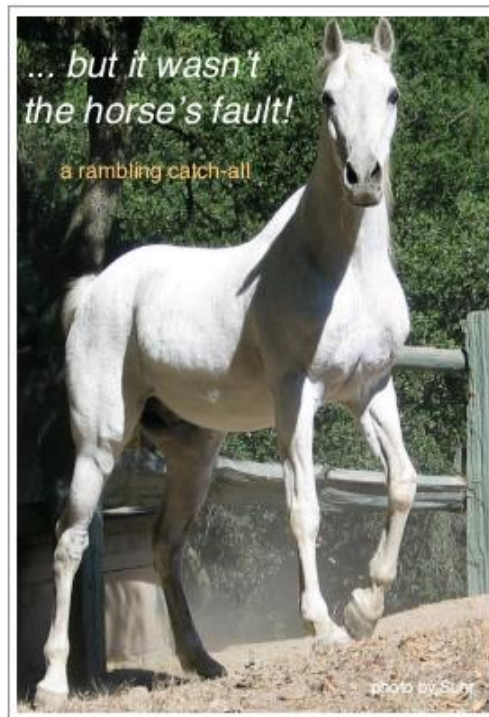
To benefit our trails and our horses, I have written two books. They are entirely different in style.

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



by
Julie Suhr

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



"TEN FEET TALL, STILL"

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

Julie Suhr (831) 335-5933

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Becky Hart

(408) 425-5860

Classifieds



We are simplifying our belongings and are selling some nice things including these hand painted Swedish horses. The largest one and smallest one are antiques, and were bought in Sweden. The smallest one is 2.5" x 2.5", the two medium are 4" x 4" and the largest is 7" x 7". We are asking \$50.00 for all four.

Becky and Judith
Becky—(408) 425-5860
Judith—(408) 425-7873

Classifieds

GYPSY VANNER STALLION FOR SALE

My friend and mentor is a fabulous horsewoman who has been fighting breast cancer and its aftermath for a few years. She can no longer properly train and care for her beautiful Gypsy Vanner stallion and now must find him a new home. Here is his description from her:

It is with great sadness that I am offering my imported TGCA Registered black 6-year-old stallion Brackenhill Durham. Durham is all traditional cob. Good bone, lots of hair, perfect feet, and clean legs. Bred and owned by James Taylor and imported by Custom Chrome in Canada (James Jaworski and Nancy L Brown). His sire, Brackenhill Solo is a Watson-bred cob, owned by Jeanne Schlenk of Aunique Ranch. His dam is the Patch Mare. He is 14H. I have Full Color Panel, and he is PSSM negative. This sale is heartbreaking for me, but unfortunately my health has made it impossible to continue with his training. Looking for a Five Star home. \$15,000.

Contact [Linda Lanzoni at \(530\) 263-6696](mailto:Linda.Lanzoni@MtnEquestrian.com)
REPLY TO: Linda@MtnEquestrian.com



FREE TO GOOD HOME

I have to find a home for a 16-hand bay Arabian gelding that's 21 (maybe 22.) He's very gentle and healthy. I can't ride anymore. I can deliver him, as I live in Grass Valley now. Let me know if you can help. He will be free to the right person.

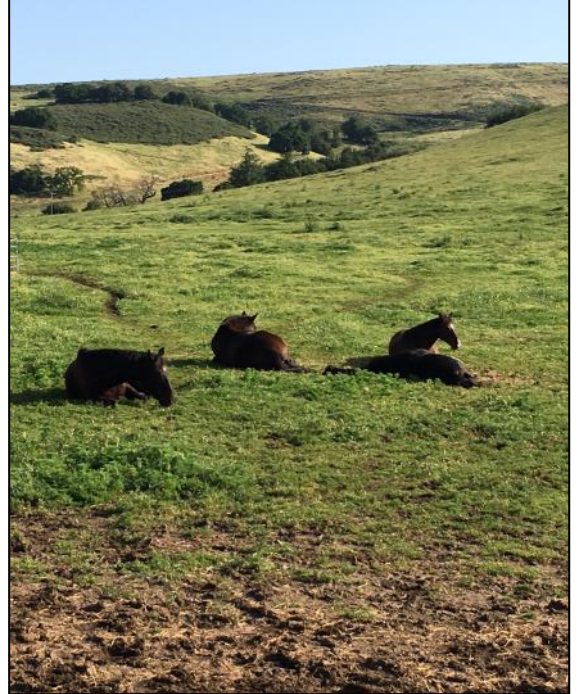
Mary Barger marybarger@yahoo.com

FOR SALE

SAR SMOKEY DEMON 10 yrs. old grey Arabian, 15.3 plus hands, size 2 feet , experienced heavy weight endurance, horse camping, trail riding, nice mover. \$15K

Contact tracy.hofstrand@gmail.com or **(408) 391-8912**

Classifieds



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Rates:

Paddock/Stall: \$ 350.00 Pasture: \$ 310.00 Trailer Parking: \$ 25.00

Call Maryben: (408) 265-0839 or e-mail to merryben@live.com

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20535 Rome Drive, San Jose, California.
Stalls: \$320.00, pasture \$220.00,
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. My place borders Quicksilver Park.

Trilby – (408) 997-7500

Philosophy and Birthdays

In all the hustle and bustle of getting ready for Thanksgiving, take a moment to focus on what being thankful is all about.

Blessings are oftentimes not valued till they are gone. - *Thomas Fuller*

Gratitude is the memory of the heart. - *Massieu*

Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow. *Melody Beattie*

If "thank you" is the only prayer you say, that will be enough. - *Meister Eckhart*

If you never learned the lesson of thankfulness, begin now. Sum up your mercies; see what provision God has made for your happiness, what opportunities for your usefulness, and what advantages for your success. - *Ida S. Taylor*

At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us. - *Albert Schweitzer*

It is impossible to be negative while we are giving thanks. - *Donald Curtis*

There is no better opportunity to receive more than to be thankful for what you already have. Thanksgiving opens the windows of opportunity for ideas to flow your way. - *Jim Rohn*

If a fellow isn't thankful for what he's got, he isn't likely to be thankful for what he's going to get. *Frank A. Clark*

What we're really talking about is a wonderful day set aside on the fourth Thursday of November when no one diets. I mean, why else would they call it Thanksgiving? - *Erma Bombeck*



*Happy November Birthdays
to our Quicksilver Members
and
Endurance Friends*

Katie Webb	7
Vivian Beebe	8
Sandy Holder	13
Melissa Broquard	26
Lori McIntosh	26

IT'S NEVER TOO LATE TO JOIN THE QUICKSILVER RIDERS!!!!

FIRST: We need your name

And then your address

And your phone number, Fax, e-mail

And then we need your money! Senior membership is \$ 30 _____

Junior (under 16 years of age) membership is \$ 20 _____

Family membership is \$ 45 _____

If you want a printed copy of Quips mailed to you (as opposed to PDF file e-mailed) add \$15 _____

Total enclosed \$ _____

Why join the Quicksilver Endurance Riders? You will have the opportunity to participate in poker rides, moonlight rides, endurance rides, trail projects as well as attend monthly meetings, the Christmas party, and the annual awards ceremony; saving the best for last, you will meet the best friends you will ever have!

How are our dues spent? Annual Yearbook/Calendar; monthly Newsletter; a representative voice in local horse politics; trail maintenance and improvement projects; year-end awards and monthly meetings.

Send your dues, checks made out to: Quicksilver Endurance Riders, Inc.

**Mail to Membership Chairperson: Maryben Stover
1299 Sandra Drive
San Jose, CA 95125-3535
(408) 265-0839**

May your and your horse(s) have a wonderful year riding together as Quicksilver Endurance Riders!!!

"Life outside of endurance? I don't think so."

Dave Rabe

"Nothing can stop a man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude."

Thomas Jefferson

Mission Statement of Quicksilver Endurance Riders, Inc.

QSER exists to promote the sport of endurance riding by conducting endurance rides and advocating for equestrian trails. It seeks to provide a model for the highest standards of sportsmanship and horsemanship within the context of this sport. It supports and provides educational events and leadership in each of these areas.

**Quicksilver Endurance Riders, Inc.
P.O. Box 71
New Almaden, CA 95042**

