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# President's Message - March 2017

Rain has been the story for February. Rescuing horses, downed power lines, roads closed, trees down, all around crazy time. With all the storm damage to our roads, I am thinking some of our trails might be damaged as well. Maybe we can have a club work day/picnic potluck on a public trail that needs work. The next meeting will probably be put off until late March or April.

The good news is, spring is coming, with all the glorious flowers to see while riding.

Jeanine

# **Officers**

President......Jeanine McCrary
Vice President......Elisabet Hiatt
Secretary.....Melissa Broquard
Treasurer.....Trilby Pederson

# **Board Members**

Jill Kilty-Newburn Jayne Perryman Katie Webb

# Newsletter Editor

Barbara McCrary bigcreekranch@wildblue.net

# Quicksilver on the Web

http://www.gser.net/

# Quicksilver 2017 Calendar



May TBD—Ice cream social at Trilby's?
Planning for Fireworks ride
Saturday, July 15—Fireworks ride



Saturday, August 26—plan Quicksilver, recap
Fireworks, riding meeting—location TBD—possible camping
Saturday, October 7—Quicksilver Fall Classic ride

December 9 (tentative) - Holiday Party—location TBD

# QSER Board Meeting, February 4, 2017

Board Members Present: Melissa Broquard, Elisabet Hiatt, Jeanine McCrary, Jill Newburn, Jayne Perryman

#### Committee Reports:

**Technical:** (Melissa): no website changes to report. Discussed the possibility of filling out entry forms online for the QS Fall Classic; Melissa will work out further details with Jayne and report back at a later date.

**Trails:** Pat says the water trough on Hicks Road between Quicksilver Park and Mid-Pen has permits approved and is ready to construct in the spring. There is also a new trail in Rancho San Vincente from near Pat's house to Calero.

Membership: the board will discuss outreach ideas.

**Ride Report:** Fireworks: none at this time.

**Ride Report:** Quicksilver: entry is done and posted, and includes a line to join/renew membership with QSER. Ride is sanctioned.

#### **Unfinished Business:**

Job descriptions for committees/officers/chairs. Reassess at next meeting; draft thoughts and begin discussion via email prior if possible.

#### **New Business:**

Endurance 101 clinic with Santa Cruz Horsemen's Association. This will be in the AERC format, a 2-part clinic, with part 1 scheduled in February. Part 2 will be scheduled for either March 18/19 or April 23, with QSER's preference being for April 23 due to weather concerns. There will be a \$35-\$50?? cost for the clinic, with all funds going to SCCHA. Part 1 will be a classroom session; part 2 will be a practical session & trail ride. Horse optional, all welcome! Jill is coordinating this with Heather at SCCHA.

Late February update: SCCHA cancelled their February meeting due to the stormy weather. As of this writing, the secretary is unsure how our E101 clinic will be rescheduled.

M elissa

# List of Plants Poisonous to Equines

This article originally appeared in the November 2010 newsletter and was submitted by Sally Francy.

This is a list of plants which are poisonous to equines. Some may cause mild reactions, such as diarrhea, others can lead to serious problems including horse colic, laminitis, and neurological problems, which, in some circumstances, can be fatal.

- Paterson's Curse has been responsible for the deaths of many horses.
- Crofton weed (Ageratina adenophora) (flowers and leaves).
- The deadly Nerium oleander
- Avocado (Persea americana)
- Black locust (Robinia pseudoacacia)
- Black walnut (Juglans nigra)
- Blue periwinkle or large periwinkle (Vinca major)
- · Bracken fern (Pteridium esculentum)
- Buttercups (Ranunculus)
- Cape tulip (One or two leafed) (Homeria spp.)
- Cape weed (Arctotheca calendula)
- · Castor oil plant (Ricinus communis)
- Catsear (Hypochaeris radicata) Especially draught horses.
- Chokecherry (Prunus virginiana)
- Cocklebur (Xanthium strumarium)
- Common heliotrope (Heliotropium europaeum)
- Cooktown ironwood (Erythrophleum chlorostachys)
- Corkwood tree (Duboisia myoporoides)
- Creeping heliotrope (Heliotropium supinum)
- Crofton weed (Ageratina adenophora) causes Tallebudgera Horse Disease.
- Dandelion (Taraxacum officinale) when infected with a toxic mold that grows on it, has been linked to outbreaks of Australian stringhalt.
- Darling peas (Swainsona)
- Deadly nightshade or belladonna (Atropa belladonna)
- Field woundwort or stagger weed (Stachys arvensis)
- Flatweed or catsear (Hypochaeris radicata), or perhaps a toxic mold that grows on it, has been implicated in causing 'Australian Stringhalt'.
- Foxglove (Digitalis)
- Green Cestrum (Cestrum parqui)
- Groundsel (Senecio cunninghamii)
- Guildford Grass (Onion Grass) (Romulea longifolia)
- Hemlock or Poison Hemlock (Conjum maculatum)
- Horsetail (Equisetum)
- Johnson grass (Sorghum spp.)
- · Lantana camara

- Leafy spurge (Euphorbia esula)
- Locoweed (Astragalus spp. or Oxytropis spp.)
   Also known as: Crazy Weed
- · Lupin
- Mallow (Malva parviflora)
- Mother of millions (Kalanchoe delagoensis)
- Mountain-laurel or Spoonwood (Kalmia latifolia)
- Nardoo (Marsilea drummondi) contains an enzyme which destroys vitamin B1, leading to brain damage in sheep and horses.
- · Oak (Quercus)
- Oleander (Nerium oleander)
- Onion weed (Romulea rosea)
- Paddy melon (Cucumis myriocarpus)
- Paterson's Curse (Echium plantagineum) [9]
- Perennial Rye-grass (Lolium perenne)
- Pheasant's eye (Adonis microcarpa]])
- Pokeweed (Phytolacca)
- Privet (Ligustrum)
- Quince (Cydonia oblonga)
- · Ragwort (Senecio)
- Rattlepods (Crotalaria species)
- Red Maple, also known as Swamp or Soft Maple (Acer rubrum)
- Rhododendron (including Azalea)
- Round billy button or woollyhead (Craspedia chrysantha]])
- Sagebrush (Artemisia tridentata)
- St John's wort (Hypericum perforatum)
- Sneezewort (Achillea ptarmica)
- Solanaceae (including Deadly nightshade and Potato)
- Stinging tree or Gympie stinger (Dendrocnide moroides)
- Sudan grass (Sorghum species)
- Thorn-apple (Datura stramonium)
- Tobacco plants (Nicotiana)
- Variegated thistle (Silyburn marianum) Poisons cattle, sheep and rarely horses.
- Water hemlock (Cicuta virosa)
- White Snakeroot (Ageratina altissima)
- Yellow star thistle or St Barnaby's thistle (Centaurea solstitialis)
- Yew (Taxus sp)

Contact information for Animal Poison Control Center in the United States

Horse Nutrition Bulletin 762-00 Ohio State University

Poisonous Plants and Equine Utah State University

Toxic Plants in Your Hay and Pasture University of California Davis

Horse Pasture Is No Place for Poisonous Plants University of Illinois

Rider's Review/February 2017

Submitted by Pat McAndrews, originally from Summit Riders Horsemen's Assn. newsletter

# Horses can read human facial expressions – and they don't always like what they see.

By Lauren Cassani Davis

Humans have been living and working with horses for more than 5,000 years, since the first domesticated equines had their teeth worn down by primitive bridles in northern Kazakhstan. Hands could not have built modern civilization without the help of hooves—to haul ploughs, pull carriages, march soldiers into battle, and carry messages of love and war across hundreds of otherwise-insurmountable miles.

An unlikely pairing of wily predator and one-ton prey, humans and horses have managed to successfully communicate across the species barrier because we share a language: emotion. Experienced riders and trainers can learn to read the subtle moods of individual horses according to wisdom passed down from one horseman to the next, but also from years of trial-and-error. I suffered many bruised toes and nipped fingers before I could detect a curious swivel of the ears, irritated flick of the tail, or concerned crinkle above a long-lashed eye.

Horses can read human emotions, too, often in uncannily accurate ways; alerting us to our sadness or nervousness, sometimes before we've even consciously registered it. As Herman Melville wrote in Redburn," No philosophers so thoroughly comprehend us as dogs and horses."

Today's domesticated horse, Equus caballus, is a tamer version of the snorting, shaggy beast who once roamed the plains in the Ice Age; selectively bred over generations for agility and a human-friendly temperament. But horses' ability to form complex social relationships stems from an older evolutionary legacy, of living in close-knit bands of five to 10. Within these bands, foals, fillies, stallions, and mares—who were the observant matriarchs, despite the males' eye-catching flashy necks and noisy displays, as Wendy Williams notes in The Horse—all formed close emotional partnerships. Now, humans are part of the herd: Domestic horses respond to the tiniest change in tone of voice, quality of touch, or stiffness of their rider's body.

The equine ability to read human emotion through sound and touch is exquisite. But horses can also read the expression on a person's face—as a Biology Letters paper earlier this month confirmed for the first time. This sophisticated capacity has only ever previously been demonstrated in dogs—and even further disproves the myth (that I believed until now, despite riding for 15 years) that horses have bad eyesight. While horses can't see color, and have a blind spot directly in front of them as a result of eyes positioned on the side of their head,

their vision is actually more acute than domestic cats' or dogs'.

A University of Sussex research team, led by Amy Smith alongside the veteran animal-behavior scientist Karen McComb, showed a group of 28 horses large photographs of man's face making either a positive (smiling) or negative (angry, brows furrowed) emotional expression. The results showed that horses were able to automatically distinguish between the two expressions, and what they meant.

The horses tended to look at the angry faces out of their left eye—a response well-documented in horses and in dogs, indicating that an animal is engaging the right hemisphere of its brain where novel and fear-provoking stimuli are processed. The horses' heart rates also rose more quickly when they were presented with the angry face. Being able to tell a smiling handler from an angry one is a useful skill for a domestic horse—being approached by a frown rarely results in happy consequences.

The authors speculated that horses may simply have been applying an ancestral ability to read the facial expressions of their own species "onto a morphologically different species," in this case, humans. These same University of Sussex scientists found last year that horses have 17 distinct facial expressions—more than dogs' 16, or chimpanzees' 14—many of which are similar to humans' 27 facial movements, like creased brows or eyes widened in fear. (So far, this method of coding facial expressions hasn't been applied to wild animals, and those that aren't part of humans' evolutionary lineage.)

However, since the horses tested in this particular study came from riding schools, where they interact with humans all day every day, their face-reading ability may also have been learned within their lifetime. Previous research has demonstrated that familiarity was a significant factor in dog's ability to recognize human expressions—they performed better when faced with their owners than with a stranger.

While these latest findings probably come as no surprise to those who work with horses on a daily basis, they are one more piece in the increasingly complex picture of the emotional language humans share with other species. Horses' ability to read faces perhaps also refines the explanation for horses' therapeutic and even spiritual effects on humans, documented in our art and stories since the first etchings on cave walls.

They may speak in humming sighs or twitches of whiskered lips instead of words, but it's increasingly clear that horses are highly emotionally attuned—and not all that different from the animals they carry on their backs.

Lauren Cassani Davis is an editorial fellow at The Atlantic.

# RC Fargo's First 50-Mile Ride

I am super proud of my 5 year old Rush Creek Fargo for completing his first 50! We did 4 LDs last year so it was time for this opportunity. He loved it out there on those wide open desert trails. He is an excellent traveler as well. Lori Oleson and I left Thursday so we could arrive in Ridgecrest in the morning on Friday. We spent the night in a KOA campground that had a couple of small corrals. He was a lone horse and didn't mind at all. Gave him water and hay and he settled right in. Hopped in the trailer the next morning, eager to see what that day would bring.

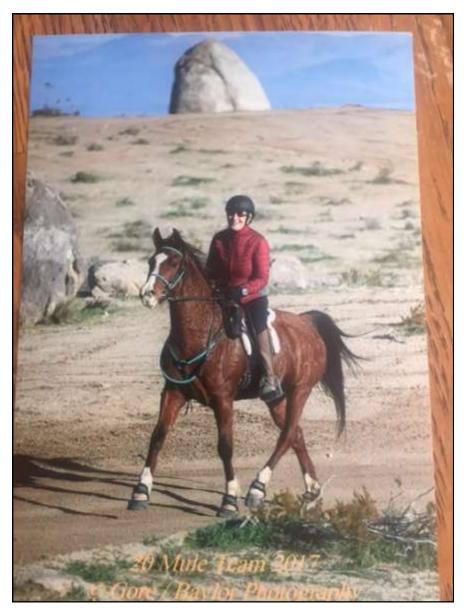
He really likes cruising down the trail, but I learned that if there's horse in front that he can see, it's much more important to Fargo to try to catch up than listen to me when I ask "Could we slow down just a bit"? My shoulders and arms are now recovered, but it took a couple of days using my vascular therapy device (the Bemer) and good old Arnica to stop grimacing! We will be trying out different bits for future rides!!

His recoveries were great. He'd be at 44 before I'd even located my crew bag at the vet checks. I was happy to meet Mike Tomlinson, DVM, as I enjoy the articles he writes for Endurance News. Fargo and I met him at the pre-ride check and then happened to see him through out the ride. Fargo earned all A's except for one B for gut sounds at the 2nd check. I think we finished about 18 out of the 54 starters. We rode with a couple of very nice people and horses so the experience of doing his first 50 was definitely positive.

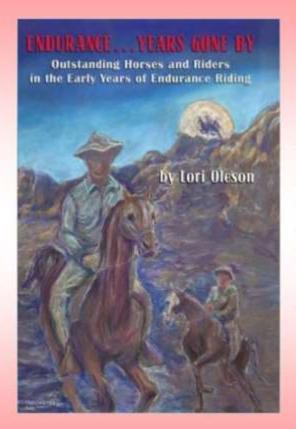
On Sunday we had a 9-hour trip back to the ranch. He came happily out of the trailer, through his pasture gate and trotted over the hill to tell all his herd buddies how cool he was now that he'd done 50 miles of amazing desert trail.

And we both send a huge thank you to Lori O. for sharing her LQ and taking us to the ride.

Kathy Brayton



# 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

#### CRANIOSACRAL THERAPY FOR HORSE AND RIDER

Are you curious about how craniosacral therapy can improve your riding, your horse's gaits and total well being? Craniosacral therapy can enable structural and emotional balance to yourself or your horse by working through and releasing old physical and/or emotional traumas (whether you remembered it or not!) in relaxing non-invasive bodywork sessions.

Are you uncomfortable while riding? I also offer saddle fit and gait evaluations for both you and your horse, unmounted and mounted, to help you identify and trouble shoot sticky spots as a Better Balance Session. I look at all aspects from rider imbalance to hoof imbalance and offer solutions to achieve Better Balance between you and your horse as a whole so that you can go the distance with joy.

We can discuss your issues and curiosities in detail in a free no-obligation telephone or email consultation. Please contact me to schedule a phone conversation or just shoot me an email!

Kathy Mayeda, EBW-CST, CMT (408) 763-0977 klmayeda@gmail.com

# QS Member Janice Frazier Re-homes Kitties

Need a mouser for your farm?

I am working on saving owner surrenders from local shelter that are not friendly enough to pass shelter behavior evaluation and no rescue is stepping up to take them...usually they are so stressed at shelter they are hissing or swatting. They are end up on the euthanasia list since owner surrenders, they can't be just TNRd - they need homes! These cats are back to friendly usually once out of shelter, yet take no crap, so good mousers!

Most have experience with other cats, but will be happy solo as well. And we can deliver! Its best to proper bond them by keeping it/them confined we can lend equipment if needed, or a small room (bathrooms or office spaces are ideal) for a couple of weeks so they know it's its their new home. We give you all kinds of info to help with process, and food and litter to help with acclimation.

Fixed, vaccinated, and microchipped, treated for fleas etc. We just want to help save these cats, they don't deserve to die because of the owners situation... I have 8 to do right now. Get a jump on rodent season!

Email <u>janice.frazier@sbcglobal.net</u> or call (408) 390-1226 for more information. I do this year round now, so even if you don't need them now there'd be some later (sadly.)





More kitties available...



# **Classifieds**



#### BOOKS ARE THE PERFECT GIFT!



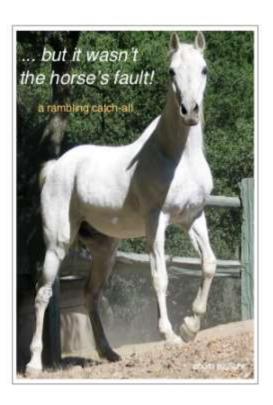
To benefit our trails and our horses, I have written two books. They are entirely different in style.

- 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.
- ...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

#### WANTED

Looking to buy or borrow a pair of basic, old style Easy boots, size 000 or pony size. Contact Elisabet at lazo@ucsc.edu or 831-234-4732

#### **FOR SALE**

7 year-old Arabian gelding, 15 hands, professionally trained for endurance rides. AERC registered. Needs middleweight, intermediate rider. Easy keeper. \$5,500 OBO.

Call owner Jeffrey Luternauer: 831-476-1407
Trainer Kelly Eynon: 831-588-4185
Kelly@KellyEynon.com

## For Rent

I have a house for rent for \$2,300/month. It is one bedroom/one bath modern kitchen, washer, dryer, nice living area and dining area, morning sun, garage and game or office room, two decks, patio area, 3.4 acres, small shed/barn, fenced, lots of room for vegetable or flower garden, private drive, no other houses visible from it. Newly painted inside and outside.

Off of Glenwood Drive in Scotts Valley, CA.

Call Julie Suhr at 831-335-5933 or e-mail marinera@aol.com

## Member Stories

#### Twenty Mule Team 35, 65, 35, and Introductory Rides

I went down last Wednesday to help Brian and Valerie Reeves set up the 20 Mule Team ride. It is mind boggling how much administrative work as well as physical work is required. There were a 100, 65, 35, and an introduction 10 mile fun ride. Then you add the FEI requirements which is in kilometers 110,75,45 (?) and the different hold times wow! Try explaining that to two brand new volunteers working as in and out timers. Riders really need to be patient and articulate their distance and rider numbers as many volunteers may have not done this before. Many volunteers have been working for 6-10-24 hours please remember it takes 2 seconds to say thank you. I know as a rider we tend to get anxious and confused but being rude is not acceptable. I will say it is much easier to ride than to crew or set up a ride! Hats off to ride managers, crew and volunteers as these rides would not exist without your dedication.

The weather was awesome for the most part, I almost put my shorts on. The wind did come up in the afternoons, but Saturday the day of the ride was perfect.

Nick Warhol once again came down early to mark trail with Brian and a few locals on motorcycles, quads and bicycles. Nick as he was riding his 100 mile ride on Saturday, stopped and fixed trail markings that were moved due to a foot race using the same color ribbons. I think he rode an extra 5-10 miles..

Nick, you rock!

The Memorial slideshow for Jackie was wonderful, we will miss her very much. Her legacy as being gracious, kind and generous will be in our hearts as we go down the trail. Jackie trained many great endurance horses over the years and helped many riders become awesome endurance riders.

Mary Anderson

# News Post-Ride—Twenty Mule Team As of March 1st:

Brian is still down there cleaning up, pulling ribbons, etc. Judith And Becky broke down on Tehachapi Pass on the way to the ride and I asked Alexandra North if she would kindly unhook her semi truck and drive to rescue them after the tow truck got them to the shop. Pretty scary.

Mary Anderson

# ~~~ Welcome to The Horseshoe Bend Waystation! ~~~



Whether a vacation stay or just a stopover - we want your visit to be comfortable, convenient and fun! We have full horse facilities available and dogs are welcome!

We are located in "The Bend" ~8mi north-east of Red Bluff, CA. just off I-5. Newly upgraded home available for vacation rental or stopover.

Complete horse facilities (covered paddocks, arena, pasture) and dogs welcome!

You can email us at <u>Horseshoebendwaystation@gmail.com</u> or call 530.526-1167 to reserve your stay. Check out our website (work in progress!): <u>www.horseshoebendwaystation.com</u>

And Facebook "The Horseshoe Bend Waystation"

You can also find us on VRBO.com (search Red Bluff, CA)

Rates start at:

Per night \$150 (max is 5ppl)

Dogs require \$100 cleaning deposit(refundable)/\$25 Horses \$30 per night (you clean) / \$45 per night (i clean!)

Stopover only (no overnight): \$20 unlimited use of paddocks/arena/pasture

15682 Bend Johnson Rd. Red Bluff, CA 96080

# **Classifieds**

#### HORSE BOARDING FACILITY

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



# PERFECT FOR ENDURANCE HORSES HERO RANCH—ALMADEN AREA (photo above)

Huge paddocks with lots of room. Our pastures are real pastures and not crowded -- approximately 2 acres per horse. (See photo above.) We have direct trail access. Rates start at \$325. 1 free trailer parking space per boarder. Top quality grass/alfalfa hay fed. Also riding lessons with three-time world champion. Call

Maryben: 408-265-0839 e-mail to merryben@live.com

# Services

#### **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



#### 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

TAX SERVICES - Specializing in horses

Trilby — (408) 997-7500

# Humor and Birthdays

I changed my car horn to gunshot sounds. People move out of the way much, much faster now.

Everyone has a right to be stupid. Politicians just abuse the privilege.

I decided to change calling the bathroom "the John" and renamed it "the Jim". I feel so much better saying I went to the Jim this morning.





Apparently Mac supports Windows now.

You can tell a lot about a woman's mood just by her hands. If they are holding a gun, she's probably pissed.

You know that tingly little feeling you get when you really like someone you've just met? That's common sense leaving your body.

# Happy March Birthdays to our Quicksilver Members and Endurance Friends



Peggy Davidson	2
Jennifer Perryman	3
Carolyn Tucker	11
Kiki Leuther	11
Jan Jeffers	13
Diane Enderle	13
Jeanine McCrary	14
Skip Lightfoot	20
Jerrod Voight	22
Giulia Orth	23
Janett Van Nuland	24

And then your address	
And your phone number, Fax, e-ma	il
•	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 Quip	s mailed to you (as opposed to PDF file e-mailed) add \$15
	Total enclosed \$
moonlight rides, endurance rides, t and the annual awards ceremony; s have! How are our dues spent? Annual Yo	e Riders? You will have the opportunity to participate in poker rides, rail projects as well as attend monthly meetings, the Christmas party, saving the best for last, you will meet the best friends you will ever earbook/Calendar; monthly Newsletter; a representative voice in local d improvement projects; year-end awards and monthly meetings.
Send your dues, checks made out t	o: Quicksilver Endurance Riders, Inc.
Mail to Membership Chairperson:	Maryben Stover 1299 Sandra Drive San Jose, CA 95125-3535 (408) 265-0839

"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

