



Quicksilver Quips

April 2016

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President's Message – April 2016

Vernal equinox, two moments in the year when the Sun is exactly above the Equator and day and night are of equal length; also, either of the two points in the sky where the ecliptic (the Sun's annual pathway) and the celestial equator intersect. In the Northern Hemisphere the vernal equinox falls about March 20 or 21, as the Sun crosses the celestial equator going north.

If you were looking for signs of spring, they were everywhere on March 19, when club members met at Almaden Quicksilver Park for a meeting and ride! The trees were budding out in dozens of shades of green, wild iris danced near the edge of the trail, little inch worms dropped from the trees, and park users of every shape and style were out in force. My new horse is a really fun little guy, and I am really enjoying my time with him, but he is not too fond of dogs so it was great to have some fellow club members as riding buddies as we ventured out to enjoy the trails and views.

If you did not make it to AQ, I hope that we get to see you at Tony and Alba's on April 20th for our next club meeting. We will gather for dinner at about 6 pm, have a brief meeting at about 6:45, and then Julie Suhr will be sharing a bit about her adventures riding in the Rose Parade. This is always a fun and well attended meeting, and as we have a celebrity club member as a speaker, you may even want to invite a friend to come along.

Happy trails-

Jill

Officers

President.....Jill Kilty-Newburn
Vice President.....Barb Granter
Secretary.....Melissa Broquard
Treasurer.....Trilby Pederson

Board Members

Pete Harper
Jayne Perryman
Pat Verheul

Newsletter Editor

Barbara McCrary
bigcreekranch@wildblue.net

Quicksilver on the Web

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

Quicksilver 2016 Calendar



Quicksilver Club Meeting & Ride—April 20
Ice cream social at Trilby's—May ? (TBD)
Quicksilver Potluck Meeting & Ride—Calero—June 11
BBQ at Newburn's—July 16
Camp-out with SCCHA—combined meeting—August 27
Quicksilver Club Meeting—September 21 (location TBD)
Quicksilver Ride—October 1
Quicksilver Meeting & Ride—October 22 (location TBD)
Quicksilver Meeting (TBD)—Elections
Holiday party—December 3—Almaden Clubhouse

Quicksilver Endurance Riders Treasurer's Report (March)

\$10,541.14 - General Account
\$1,074.28 - Trails Account
\$ 454.38 - Junior Account

April Fools Day!

By Barbara McCrary

In 1951, Lud and I had been married just a few months, he had been recalled into the service, Navy Seabee Battalion 3, and was stationed in the Aleutian Islands. I missed him quite dreadfully.

One day, a letter came from him telling me that he could no longer write to me, as their duty there was top secret. I could continue to write to him, of course, but he could not respond. I was devastated. I continued to read his letter, and then.....at the end of the letter he wrote: **APRIL FOOLS!**

I'm not sure I have quite forgiven him for that even yet - 65 years later. :-)

CALIFORNIA RANGELAND

Dear Jo,

You are among an important group of friends to hear some very relevant news about the future of Varian Arabians Ranch. We hope you will be impassioned by our story and help us to protect this beautiful working Arabian horse ranch on California's Central Coast in Arroyo Grande. Exciting plans are currently underway to achieve this effort, but we wanted to inform you of some essential details as **time is of the essence**.

Over the past sixty years, Varian Arabians Ranch has made significant contributions to the Arabian horse industry with its successful breeding program and internationally acclaimed "V" bloodstock. As a result, this lifelong commitment to produce athletic and willing horses and a profound love of the Arabian breed has garnered many accomplishments in training, showing and sharing this passion with a loyal following of supporters over the years. Varian Arabians is considered a worldwide leader in the history, vision, protection, and achievements of the global Arabian horse. And the ranch is the heart and soul, the epicenter, of those historic moments, visionary sentiments, and global achievements.

The recent loss of the leading sire, Afire Bey V, this past December at 30 years old reminds us of the important partnership established between breeder and owner when this outstanding Varian-bred 3-year-old colt was sold to his devoted owners, Dave and Gail Liniger, in 1989. While under the loving care of Marty and Tim Shea, the stallion went on to *capture the imagination of the Arabian horse industry through his tremendous accomplishments and offspring*. Afire Bey V's legacy and **Varian bloodlines will live on** through the fortunate breeding choices made by those who believed in him.

As illustrated by Afire Bey V, the story of Varian Arabians Ranch is not just about the beautiful horses bred in Arroyo Grande. The story is greater, as it includes a vision over the past decade **to protect the approximately 190-acre ranch that has been home to the horses, wildlife and the dedicated people who work there.** As challenges with battling cancer have now impacted the future, it made sense to put in motion a planned gift and form a strategic partnership with California Rangeland Trust. This far reaching estate plan will place a conservation easement on the entire ranch to prevent the land from being broken apart by any developmental pressures from houses and vineyards in this fast-growth community. True to their commitment to help working ranchers, the Rangeland Trust has wholeheartedly embarked on a fundraising campaign to obtain the funds to permanently protect Varian Arabians Ranch.

Our goal is to raise \$2.5 million from loving friends and supporters, but, we **URGENTLY NEED YOUR HELP** to reach our goal! When the funds are raised, the Rangeland Trust will purchase the ranch's development rights for the appraisal value and permanently preserve the entire 190-acre ranch.

CALIFORNIA RANGELAND

The estate's trust will safeguard current ownership of the ranch and, when the time is right, farm manager and dear friend, Angela Alvarez, will assume operation of the horse ranch to continue the breeding of the "V" bloodlines along with daily farm business. When Angela retires, the ranch and any of the estate's remaining assets will be donated to the Rangeland Trust as part of the planned gift. The Rangeland Trust will then sell the ranch to a conservation buyer. It is the dream of the Rangeland Trust to find a buyer who shares a passion for Arabian horses and who will continue the Varian legacy even after Angela retires. However, a conservation easement in place that runs with the title of the land ensures this historic ranch remains entirely intact forever, no matter what.

Because of the generosity of those like you who understand the importance of working ranches and their historic significance for future generations, the Varian Arabians legacy will be expanded beyond the boundaries of the ranch to protect working ranches across California. The Rangeland Trust plans to use the proceeds from the sale of Varian Arabians Ranch to fund conservation easements on other working ranches. Your donation will not only help us reach our campaign goal to fund the ranch's conservation easement, but your generosity will eventually allow the Varian legacy to have a long-term impact on protecting the ranching lifestyle by conserving more working ranches throughout the state.

To be successful, we need your support immediately! Each passing day, it becomes increasingly more critical that we achieve our goal. Your gift would bring such peace of mind knowing that this iconic ranch will be saved forever. Please help today by making a generous tax-deductible donation to **protect the future of Varian Arabians Ranch.**

With gratitude,



Nita Vail
California Rangeland Trust

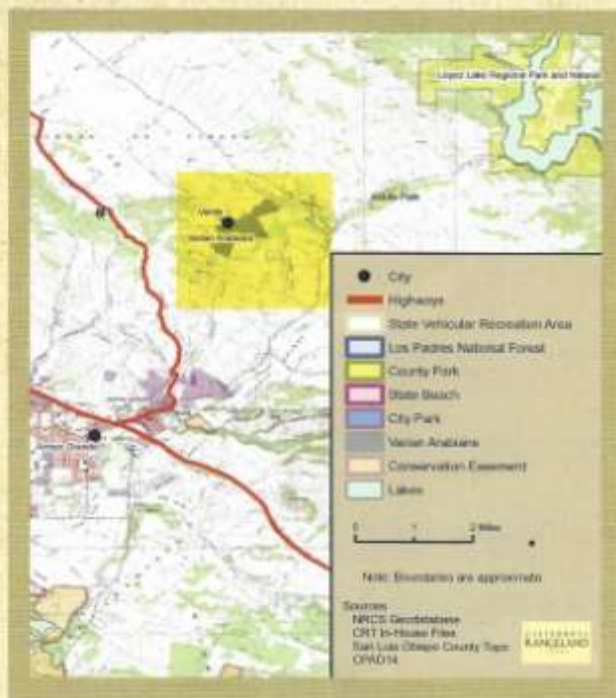


Sheila Varian
Varian Arabians Ranch

Editor's note: The above letter from Rangeland Trust and the following photos were submitted by Jo Barrett, our liaison with various land and trail protection agencies.

A Beautiful Land

Nestled in the hills off of Highway 101 near the town of Arroyo Grande, CA, the 190 acre ranch is home to some of the best Arabian horses in the world. The ranch is located halfway between Los Angeles and San Francisco, on the Central Coast of California - 10 miles south of San Luis Obispo. Because of its location, development pressure is mounting.

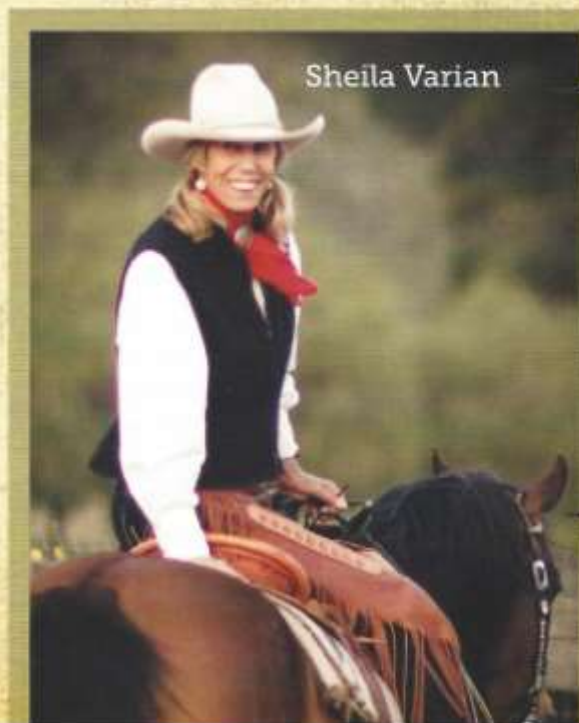


Maclintock V



A Rich, Valuable History

For more than 60 years, nine generations of Varian Arabian horses have been bred on this beautiful land. In fact, 70 percent of all current registered Arabian horses carry the blood of Varian Arabians. Varian Arabians Ranch is a magical place, where the most beautiful and talented Arabian horses have been bred, trained and celebrated. Help us to keep this land working and continue the Varian Arabians legacy of horsemanship, passion and unmatched beauty.



Sheila Varian

Help Protect Sheila Varian's Legacy

"I could not bear the thought of this place being broken up if I was not capable of running it or if I die immediately," Sheila said. "There would be houses all over it and the animals would have no place to go. Now, all the animals that live here would be safe. Angela and the others who work here will be safe, and people will still be safe to visit here. So the California Rangeland Trust is the perfect partner for me. Now I am comfortable and can rest easy knowing that this place will be taken care of."

Sheila Varian



For more than 60 years, the ranch has been home to a rich and exciting history.



Angela ~ Desperado V ~ Sheila

Giving

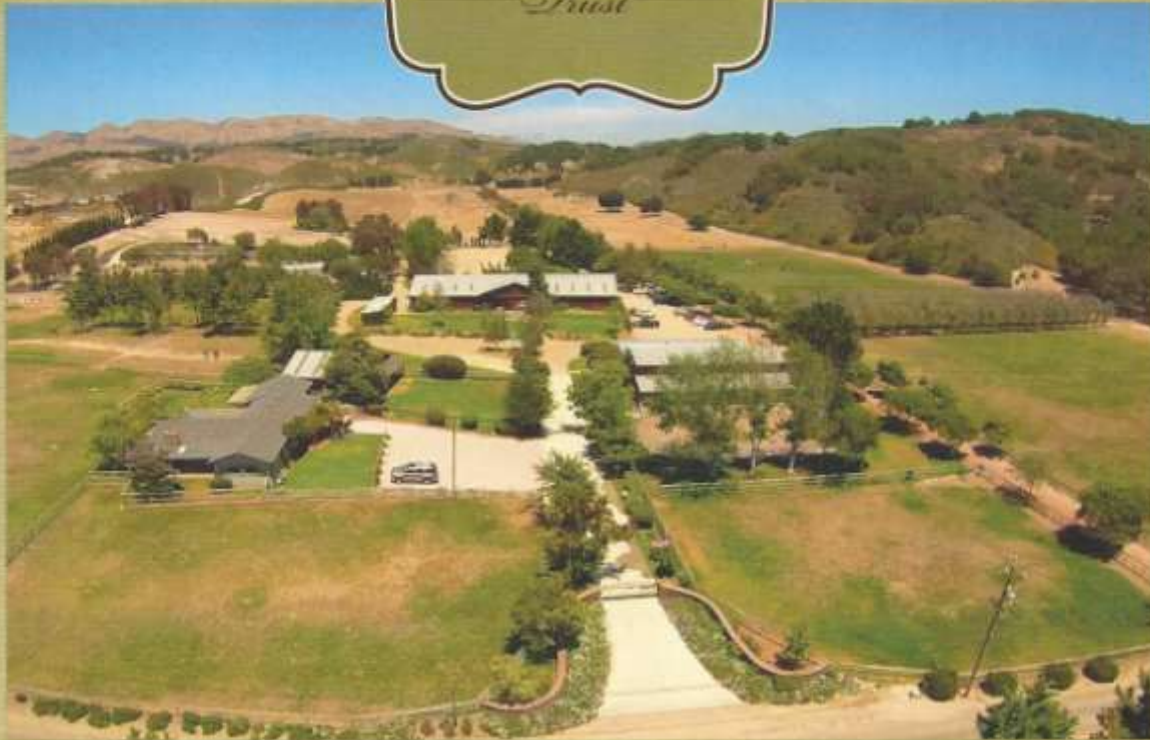
Our campaign goal is to raise \$2.5 million in private tax deductible contributions to purchase the ranch's development rights and permanently conserve the entire property. We hope you will consider a gift to support the **California Rangeland Trust** and Sheila's dream. Your donation will not only help us reach our goal to fund the conservation easement of Varian Arabians Ranch, but your generosity will also eventually allow Sheila's legacy to have a significant impact on protecting the ranching lifestyle by conserving more working ranches throughout California.

www.rangelandtrust.org | 916-444-2096

Arroyo Grande

CALIFORNIA
RANGELAND
Trust

CALIFORNIA
RANGELAND
Trust



Varian Arabians Ranch
Arroyo Grande, California

Mission statement: Our mission is to conserve California's working ranches that provide stewardship, open space and natural habitat for future generations.

The California Rangeland Trust is a 501(c)(3) nonprofit organization,
Federal Tax Identification #31-1631453.

1225 H Street
Sacramento, CA 95814
www.rangelandtrust.org
916-444-2096

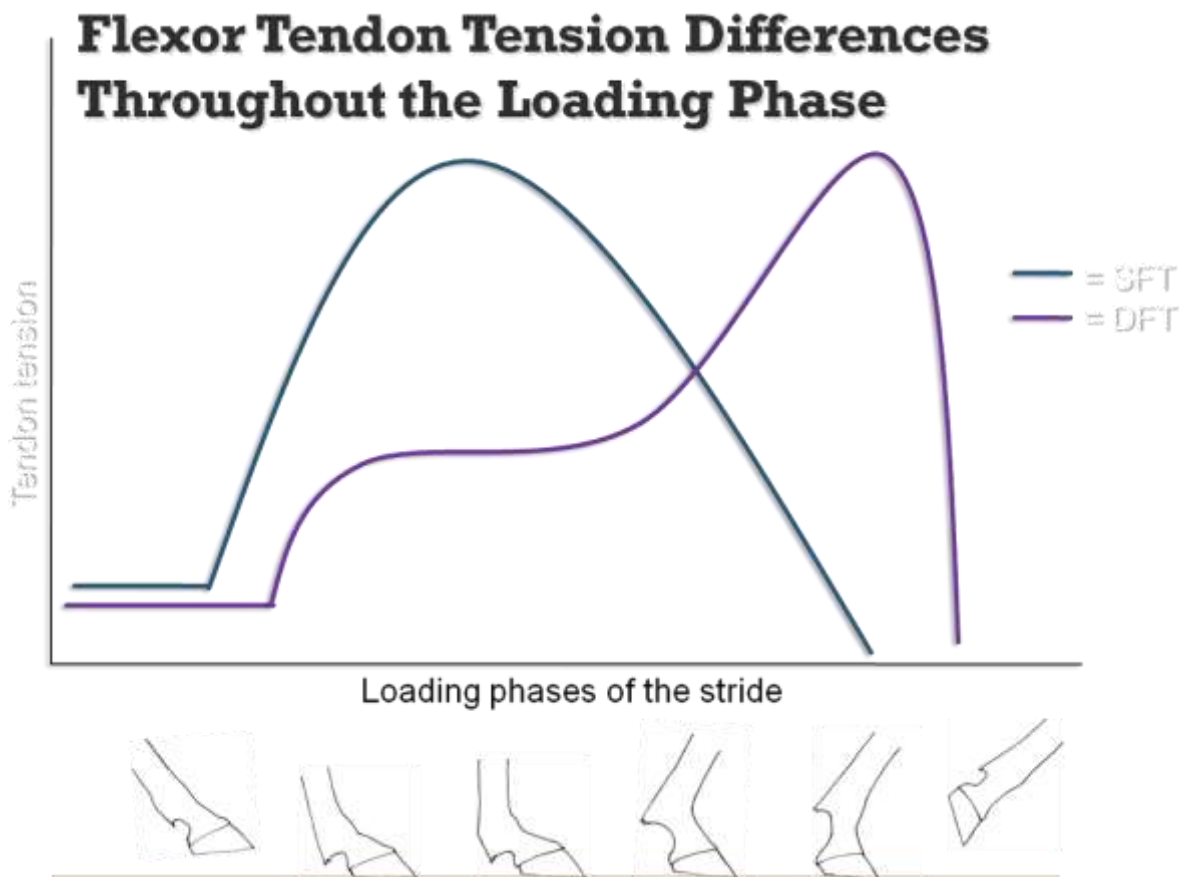
Is Your Horse Compromised By Breakover?

By Cody Hill

There are many things that farriers seem to agree and disagree about, but I would like to focus on the facts that the horse has given us. We all know that every horse has the same bony structure, including (from the knee down): cannon bone, long pastern, short pastern, coffin bone, and behind that, the navicular bone. If any of these bones is removed, the life of the horse is compromised. They are all needed.

The hardest thing to do, in my opinion, is to keep them functioning properly for as long as possible. My focus is on properly supporting the limb to prevent common issues like: navicular, ring bone, side bone, and bony spurs. Most of those are bone issues, but are directly caused by stress on the tendons, relative to the breakover of the foot. Stress on the tendons then leads to stress on the joints, which can cause bone reformation.

We can treat symptoms all over the body, administering anti-inflammatory and pain meds, we can “nerve” them, we can use chiropractic and massage. But as the old saying goes, “No hoof, no horse.” In my opinion, correct heel-to-toe ratio, or breakover, reduces potential stress to the entire body.



Dr. Hillary Clayton's Flexor Tendon Graph.

Here is a breakdown of tendon tension at each phase of loading (front right foot).

Phase #1

As the foot is fully extended in stride, knee-locked, momentum moving forward, the superficial flexor tendon and deep digital flexor tendon are completely unloaded.

Breakover (Continued on page 9)

Phase #2

Once the foot hits the ground, the load on the superficial starts to climb as the foot strikes and slides forward. (It's important to look at each phase as if the whole body was there from the shoulder down. It gives you a great sense of where the horse is in motion, so you can feel it as you are riding.) As the horse's foot is on the ground, both tendons are being loaded, but the superficial more so.

Phase #3

The superficial tension spikes when the shoulder and the foot are vertical. The fetlock is fully loaded and under pressure waiting for the movement forward to spring off. The graph shows that the deep digital is still kind of on autopilot. It's working it's way up, but its tension hasn't spiked yet.

This transition from phase#3 to phase #5 is the most important to note. As the foot goes into phase #4, there is unavoidable major pressure on the entire bony structure. However, toe length determines how much extra pressure is impacting the limb and its properties. The more time spent in phase #4-5, the more pressure-loaded the joints and tendons.

Phase #4

You can see the stress on the deep digital flexor tendon starting to climb in phase #2, as soon as the foot hits the ground, but it doesn't start to load heavily until stage#4 and #5. The more toe that's sticking out in front of the coffin bone, the more pressure being put on the entire capsule. This pressure then puts stress on the navicular bone, short and long pastern, and all the joints and tendons. The faster the foot can get off the ground with each step, the less strain in the long term.

Phase #5

In this phase, the tension on the deep flexor tendon spikes, but immediately unloads as soon as the foot leaves the ground.

Dr. Renate Weller, of the Royal Veterinary College has stated that: (<https://www.facebook.com/promcoastbarefoot/posts/552034194960417>)

"One centimeter of toe length can add 50 kilograms of force to the tendons on the lower leg during a gallop. Tendons can fail as soon as 10,000 cycles and horses can undergo 228 cycles per mile."

Go back and look at the graph. Think of the horse in motion and the pressure over the fetlock and into those tendons. I have found in my practice that correct balance to each individual foot, with proper breakover, reduces the stress on the tendons and bones, allowing the horse to move more comfortably in all gaits.

Any Questions let me know

Cody Hill
831-297-4606

The Linda Tellington-Jones Clinic

By Lori Oleson

If you missed the recent Linda Tellington-Jones clinic in Gilroy last month, you missed a really great educational experience. Linda is 78 years young, bursting with enthusiasm and energy. Her equine experience and knowledge are second to none. We spent 3 days with Linda in both a classroom setting and hands on with the horses. The weather was not cooperating and we did have a lot of rain on Friday and Sunday. Those days we did ground work and on Saturday was riding.

Current and past Quicksilver members in attendance were: Judith Ogus (organizer), Debbie Boscoe with Scarlett, Kathy Brayton with Fargo, Joyce Dorsey with Red, Stacey James-Ryan with Daunte (and Lilly the filly), Kathy Mayeda with Drako, Lori Oleson with Victory, Carolyn Tucker with Kal, Darran Ross, Olivia, Becky Hart and a special appearance by Nancy Elliott on Friday.

Most people were beginners in TTouch, including myself. We learned the basic TTouch circles and how to apply them. The last day, with steady rain, the horses were worked individually and different exercises were demonstrated.

Victory is a busy boy, always moving and looking for something to explore. While other horses were worked, an assistant teacher had Victory so I could watch Linda. While in their care, they applied several exercises to relax him. They were making some progress but when Linda took his lead and put her hands on him, it was amazing...he stopped and completely relaxed. She truly has a gift.

We all walked away having learned something to help us with our horses and even ourselves. TTouch is not limited to horses. I find myself doing TTouch circles to myself when I have a headache. Judith is in the works of arranging another LTJ clinic in July at the same location in Gilroy. If you are able, I recommend you attend. The weather is sure to be much better.



Photo by Susan Stillman

Victory and me on Day 2, with Kathy and Fargo in the background

July 16

Come Run or Walk
and support two
local Non-Profits!

HOOFS AND WOOFs
5K FUN RUN



Harvey Bear County Park



Dogs are welcome but
must be on non-retractable
lead. Dog owners are
responsible for clean up
and safety of their
animals.

Fun for all ages!

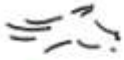
Registration begins at 8am with a pancake breakfast to follow the race.
Registration inclusive of runner packet, medal and pancake breakfast.
Adults ages 12 and up: \$35, Kids ages 12 and under: \$20. Learn more at:
<https://hwFunRun.eventbrite.com>.

All proceeds to benefit Operation Freedom Paws and DreamPower
Horsemanship two local non-profits whose missions help our veterans
and others with disabilities by providing service animal and animal
therapy to their clients.

Learn more at:

www.DreamPowerHorsemanship.com & www.Operationfreedompaws.org

Classifieds



BOOKS ARE THE PERFECT GIFT!



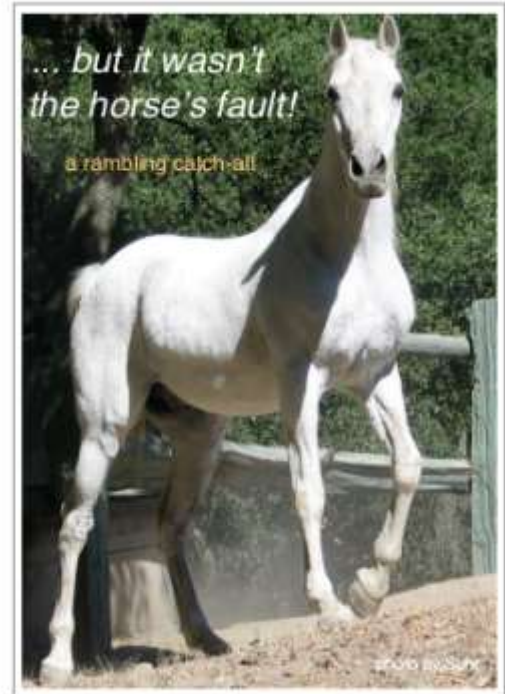
To benefit our trails and our horses, I have written two books. They are entirely different in style.

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

Offered for Sale

Hungarian Shagyas. One is a gelding, age 15, well-trained, a beautiful bay. The other is a pure Shagya mare, age 16, well trained for trail riding, good breeding quality and both sired by the Hungarian Shagya stallion, Oman. Oman has produced both a Tevis winner and Tevis Best Condition horse. A bit more info about the bloodlines of my Hungarian horses for sale...Besides the pure Hungarian bloodlines there are Arabian bloodlines that include Bezatal, Cougar Rock, Gulastra, and other Polish lines.

These horses live in a 300-acre pasture.
Photos can be provided.

Carolyn Tucker, Amara Farms (408) 779-6555.

Classifieds and Services

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

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

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



TAX SERVICES - Specializing in horses

Trilby — (408) 997-7500

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**

Eye Candy



Photos sent by Jo Barrett

Humor and Birthdays



Puns for Educated Minds

Broken pencils are pretty much pointless.

What do you call a dinosaur with an extensive vocabulary? A thesaurus.

I dropped out of the Communism class because of lousy Marx.

All the toilets in New York's police stations have been stolen. As of now, it appears the police have nothing to go on.

I got a job at a bakery because I kneaded the dough.

Velcro - what a rip off !



**Happy A ptil Birthdays
to our Quicksilver Members
and Endurance Friends**

Don Brown	5
Melissa Ribley	8
Kimberly Peterson	9
Kathy Brayton	20
Julie Suhr	21
Katie Alton	21
Jill Kilty Newburn	22
Breanna Chamberlin	27

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 \$ 25 _____

Junior (under 16 years of age) membership is \$ 15 _____

Family membership is \$ 40 _____

If you want a printed copy of Quips mailed to you (as opposed to PDF file e-mailed) add \$10 _____

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**

