



Quicksilver Quips

June 2017

President's Message – June 2017

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June is upon us and we have our first Ride/Potluck/Ice Cream social of the year. We are meeting at Calero Park on Saturday June 3rd.

Ride at 9:00A.M. and potluck at 1:00P.M. A meeting will be held to discuss Fireworks Ride planning and any other outstanding issues.

Speaking of Fireworks, please encourage any friends who might be interested in getting into endurance to either ride or volunteer.

Looking forward to seeing everyone.

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.qser.net/>

QSER Board Meeting, April 19 2017

Called to order at 6:22 PM

Board members present: Elisabet, Jeanine, Katie, Melissa; Jill via phone

Treasurer's Report:

Trails Fund: \$1,074.43

Junior: \$ 454.83

General: \$8,705.54

Committee Reports:

Technical: Melissa looked into online entry forms. Our best option for this year appears to be using a service called Jotform. This will allow us to take online payments if we want to go that route in the future and is not a massive headache to set up the entry form, whereas building our own custom form would take a significant amount of time and effort. Cost for Jotform should be at most \$10 monthly since we are a non-profit. Board unanimously agreed to move forwards with Jotform for this year at that cost.

Membership: Katie suggested setting up packets of information for new members, and will work on reaching out to new members for introductions in future Quips.

The idea of having club mentors in the area of new members was briefly discussed, similar to AERC's mentor program.

The board split up the list of unpaid memberships from last year and will contact them to see if they would like to renew for this year.

Unfinished business: Jill requested that we revisit how we give to nonprofit organizations, specifically setting up more structure in how we vet the organizations we give to. The end goal is to make sure all organizations are valid organizations - perhaps verifying that they have 1099s would be sufficient? Jill will flesh out some suggested standards and we will revisit this for a motion at our next meeting.

New business: Banquet (new location choice needed). Lots was discussed here, including the tangent that we have two wintertime events and we should assess the timing/location of these events to maximize participation. Lots of members get burned out with events and/or travel over the winter. How do we manage that? No conclusions reached, further discussion needed.

Elisabet will look into the restaurant on the Summit. We will revisit this at our next meeting if not sooner.

Upcoming events: Endurance 101 clinic. Should the club pay the \$10 lunch fee for the QSER members who volunteer at the clinic? Board unanimously says yes.

NEXT MEETING:

Saturday, June 3rd at Calero. Ride at 9:00 AM, potluck at 1:00 PM. The club will bring ice cream! We'll have a brief meeting around 1:00 PM, discussing any Fireworks planning and outstanding items on our list.

Meeting adjourned at 6:59 PM.

Melissa Broquard, **Secretary**

Quicksilver 2017 Calendar



Sat., June 3—Potluck, Ride, Ice cream social at Calero
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

News Notes

Dan Barger, son of QS member Mary Barger, will be running his 10th Western States run in June. What an amazing accomplishment!

Quicksilver Board member, Katie Webb, is volunteering to assist with the June Western States Trail Run. She has been conditioning by running the steep trails in Rancho del Oso State Park near her home. Her running companions are her family—mother, father, and brother. Her parents have ridden endurance for many years, and she rode her first 75 miler, Swanton Pacific 75, at the age of 11, sponsored by her mother.

Book Report

By Julie Suhr

I have been reading the book *Mr. Darley's Arabian*. It is interesting but very arduous reading for me. It starts over three hundred years ago (1704) when a man named Darley, after long searching, shipped an Arabian colt from the desert to England in the hold of a ship for four months. Bred to English mares, the Darley Arabian is now in the bloodlines of ninety-five percent of the Thoroughbreds in the world today. That is kind of incredible.

The author, Christopher McGrath, has done a remarkable job of research. I think the reason I found it slow reading was it is difficult to remember all of the people over three centuries that have contributed to the modern day racing Thoroughbred. Mr. McGrath mainly chronicles the history of Thoroughbred racing in England, but there are frequent references to the sport in America as well. It is not without scandalous stories to take the reader away from horses briefly, but the owners, trainers and jockeys and members of the British crown and the aristocracy did not necessarily lead exemplary lives.

Volunteerism: Do what you love and just because you don't get paid doesn't mean you are worthless. It means you are priceless.



**Do you pull a trailer
>10,000 lbs?**

Hauling Horses Safely

presented by

Gavilan Chapter CDS

Saturday, June 10, 2017

10:00am – 12:00pm

San Martin Lion's Club

12415 Murphy Ave

San Martin, Ca 95046

**Do you have a Class "A"
License?
Learn the law
Avoid a ticket**



Agenda:

10 - 11 CHP speaking on legal, license requirement for hauling horses.
You may be required to have a Class A. Come learn and avoid a ticket.

11 - 12 Terry Konkle of Light Star Horse Transportation – Terry owns and operates the largest hauling business in Northern California and has logged in over 2 Million miles safely, transporting horses. Terry will discuss pointers on hauling safely, state requirements, horse pre-travel preparation, feeding and medications, hours of hauling vs resting, road emergencies and more. He will offer how to sign up for his "Getting a Class A license" course with study materials and practice sessions.

\$5 per person at the door. Fundraiser for the Gavilan Chapter CDS

RSVP: Gavilanchaptercnds@outlook.com or Jackie at 408-201-4793



Just for fun...

***Elisabet Hiatt, Tango,
Echo, and Wally, visiting
Julie Suhr***

Mike Maul in Montenegro

**I had to look it up—
where is it?**

The most southern point is located in the mouth of river Bojana in the Adriatic Sea, and the most northern point is found deep in the continental part not far from the junction of the three borders between Bosnia, Serbia, and Montenegro.

Mike does have the most interesting adventures!



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. ◻

(IET EQ CST 1) Equine CranioSacral Therapy 1 Foundation

2 Day Clinic

with Tom Mayes



Cranio-Sacral Therapy is one of the most effective and powerful modalities that exist today. Cranio-Sacral deals with the spine, the central nervous system; and has the ability to correct any physical or emotional pattern in any part of the body.

In this clinic, we learn to evaluate the whole horse, and quickly determine problem areas large or small and address them.

In cranio-sacral therapy, we work with the core energy of the horse, feeling the central base rhythm of the body.

Who Benefits From This Course? For *Horsemen/women* who desire to be extremely effective in evaluating and treating problems with their horses, and develop an exquisitely profound connection with equus.

Suitable for *veterinarians* and *all equine professionals*. Techniques and protocols taught will markedly increase your skill set, and enhance your effectiveness.

Suggested Prerequisite: Integrated Equine Therapies **Foundational Courses** is Suggested but not required.

Required: **Melding With Equus DVD** prior to course.

(IET EQ CST 1) Equine CranioSacral Therapy 1 Foundation

Day 1

- "Assessing the Core" Melding techniques (*See Melding With Equus DVD*)
- CranioSacral System overview and history
- Palpation- Accessing the wisdom of the body
- Paired and unpaired bones
- Listening techniques
- Fascia Connective tissue, interrelationships
- Diaphragm techniques
- Whole body evaluation - Rhythm assessment

Day 2

- Cranial Base Decompression
- Atlas/Axis (C1, C2) mechanics
- TMJ mandible compression/decompression
- Lumbar sacral decompression
- Dura tube, spinal adhesions- rock and glide techniques
- Still point Induction
- Putting it all together
- Whole body evaluation

DATE: Thurs Sept 21 – Fri Sept 22, 2017 9:00 am to 4:00 pm

LOCATION: Rancho Ruiz, 993 Day Road, Gilroy, California__[Google Map Link](#)

HOST: Kathy Mayeda 650-967-2050 Email: klmayeda@gmail.com - **Facility/ Horse Questions**

COST: \$459 (*Combo Course CST 1 & CST 2 @ \$900.00*)

We Accept Visa, Mastercard, Discover, American Express and PayPal

REGISTER: www.TomMayes.net



Tom Mayes is an Equine Practitioner and Clinician with Integrated Equine Therapies who has been servicing horses and teaching his signature methods through Clinics for over a decade. Areas of practice are Osteopathy; CranioSacral; Applied Kinesiology; Acupressure and Reiki. He has clients from all over the world who seek him out for professional and personal development. www.TomMayes.net

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 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 properly 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 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 janice.frazier@sbcglobal.net 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...



Wanted To Buy

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Classifieds



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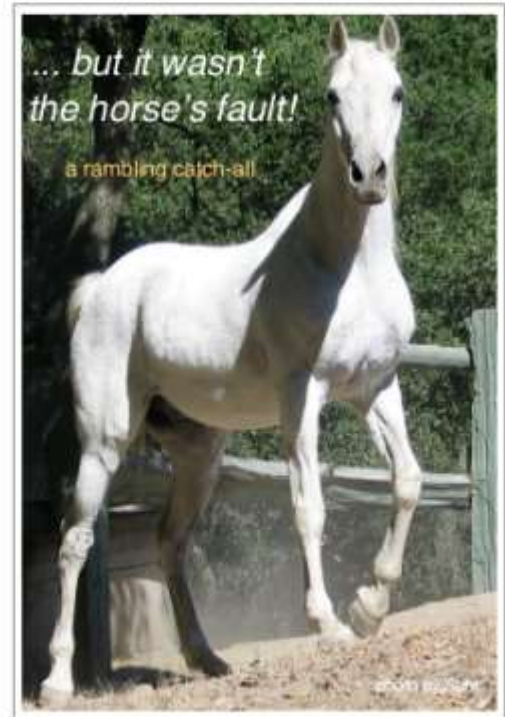
To benefit our trails and our horses, I have written two books. They are entirely different in style.

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

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.

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Trainer **Kelly Eynon: 831-588-4185**

Kelly@KellyEynon.com

~~~ 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 [Horseshoebendwaystation@gmail.com](mailto:Horseshoebendwaystation@gmail.com) or call 530.526-1167 to reserve your stay. Check out our website (work in progress!): [www.horseshoebendwaystation.com](http://www.horseshoebendwaystation.com)

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!)

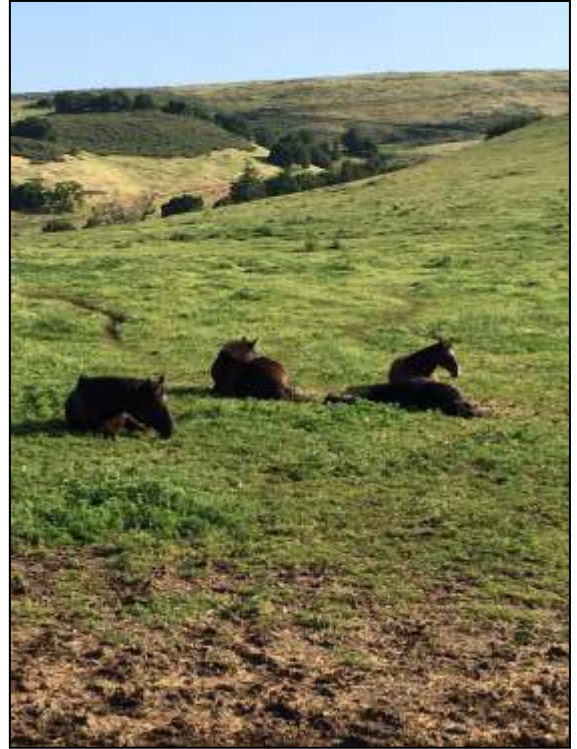
Stopover only {no overnight}: \$20 unlimited use of paddocks/arena/pasture

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# Classifieds



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PERFECT FOR ENDURANCE HORSES  
GREAT FOR RETIREES**

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

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# Services

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Level 3 Centered Riding instructor. Clinics available upon request.

**Becky Hart**

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## 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](mailto:bghart@garlic.com)**

**TAX SERVICES - Specializing in horses**

**Trilby — (408) 997-7500**





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

**FIRST: We need your name**

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**And then your address**

---

**And your phone number, Fax, e-mail**

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**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.**

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

