



Quicksilver Quips

June 2018

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Officers

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

Board Members

Maryben Stover
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Quicksilver on the Web

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

President's Message – June 2018

Hello Quicksilver Club!

We had a great educational meeting with Ann Wimmers, DVM as our guest speaker. She was not only informative, but entertaining, with her take on what the horse's point of view may be. She specializes in equine spinal manipulation and acupuncture. Thanks to Lori Olsen's horse Rosie, who seemed to thoroughly enjoy her role as patient. Ann brought models of a horse skeleton, featuring skull, neck, and front leg. These models helped to understand important concepts.

June 1, 2, and 3, Nick Warhol is managing an Endurance 101 Clinic at Harvey Bear Park. Becky Hart and Julie Suhr will be speaking. If you know of someone who is interested into endurance, this is the event they should not miss. The cost is \$35.00 to participate.

For procrastinators, if you have not renewed your membership, please do, and help the club.

In July, be thinking about volunteering or riding our Club-sponsored Fireworks Ride, July 14th.

I hope your ride season is going well. Smile, have fun, and love your horse.

Jeanine



Quicksilver 2018 Calendar



Hi Quicksilver members,

Have you renewed your membership yet for 2018? We have moved into the 21st century and now have an online payment opportunity for you through our website. Go to the link below and click the **Join Now** button on the upper right corner. It is easy and convenient for you to renew with one of your favorite clubs! ☐



Lori

<http://qser.net/index.php>

Minutes of the QSER Board Meeting May 12, 2018

Called to order at 1:25 PM

Board members present: Jeanine, Maryben, Kathy, Katie, and Melissa.

Treasurer's report:

Checking: \$11,473.23

Savings/Trail: \$1,074.57

New Business:

Jeanine talked to the Santa Cruz Horseman's regarding a possible joint activity in August/September but it did not work out. Jeanine has offered her place for an August/Sept. activity such as camping, BBQing, trail riding. The board discussed dates and that will be determined later.

Maryben has discovered how to do a conference call for board meetings.

Tech: The website now has a Paypal button!!

Trilby suggested a ride from her place into the new San Vicente trail but the number of bikes using it may make that difficult.

Elizabeth Hiatt has requested the club sponsor a non-profit client at Lichen Oaks Adaptive Riding center. The club will update the application process for donations.

Lori researched the club banner and the decision was a 2.5X4 foot banner. (See page 1 for results.)

Maryben was thanked for sending her Janet Ferraro cards.

The next meeting is TBD

Meeting Adjourned at 2:05 PM

Shannon Thomas, Secretary

Endurance Clinic @ Harvey Bear Park June 2 & 3

NWarhol.wixsite.com

2 day Endurance Clinic & Run Rides June 2 & 3, 2018

Harvey Bear Park, San Martin, Ca. (Near San Jose)
Hosted by West Region rider Nick Warhol and Friends

Come attend our all new two day clinic for people who are interested in learning about Endurance riding. Designed for people with no prior endurance experience. Bring a horse or just yourself. 6 hours of lecture, Truck and Trailer sessions, Pot luck ride dinner, ride meeting, camp overnight, and on Sunday- two fun rides- 7 and 15 miles, with vet checks, awards, and experienced Endurance riders as trial guides. When you leave on Sunday you will know all you need to know to enter your first ride!

All proceeds from the clinic after expenses will be donated to the AERC!

For more information, see
NWarhol.wixsite.com

Welcome to the first ever Harvey Bear 2-day Endurance Clinic for beginners! Bring a horse or just yourself. You can take part in the learning and camping experience, or enter one of the two fun rides on Sunday. The whole weekend will be designed to emulate a real, live, endurance ride. This includes arriving the day before, checking in, vetting in, a pot luck dinner, the ride meeting, and the next day there are 2 Introductory rides of different distances, complete with a vet check, the finish, awards, and a real live Best Condition judging. This is not a race; it is a learning experience, so we will draw 3 horses at random from each ride to be judged for Best Condition. When you leave this clinic you will be prepared to enter your first Endurance Ride, as soon as your horse is in shape!

We will be camping in the field near the main entrance of Harvey Bear Park in San Martin, Ca, just south of San Jose. ALL RIDERS MUST WEAR A HELMET WHILE PARTICIPATING IN THE FUN RIDES! Junior riders are welcome, (under age 16) but must be accompanied on the trail by an adult.

On Saturday morning we have a truck and trailering session- a demonstration of different truck, trailer, and camper types. What's the right truck and why? How to hitch up. What to bring- see how experienced riders do it. Horse camping- see different types of horse containment. We have a special session on learning how to back up trailers taught by non-spouses! (Featuring ex-professional truck driver Gretchen Montgomery. She backs up better than me and most people I know!) On Saturday afternoon there will be about 6 hours of lectures on everything endurance related, including special guest speakers. (3-time World endurance champion Becky Hart, and the one and only Grand Duchess of Endurance Julie Suhr) Sessions: what is endurance? How to start. Preparing your horse. Preparing the rider. Saddles and tack. How it all works. (Ride times, vet checks, etc) Getting to your first ride. What to carry. How fast to ride. Setting goals. Hear different perspectives from beginning, experienced, and some of the best riders in the world.

The two fun rides will be held on Sunday June 3rd. (You don't have to camp over on Saturday night, but it is highly recommended to complete the experience!) The 15-mile ride will start at 8am, and the 7 mile will start at 9am. Both rides will be two loops with a real endurance vet check in the middle. There are NO time limits (like there are in a real endurance ride); you can walk the whole 7 mile ride if you like. (We will encourage a mix of about 50/50 trotting/walking on the 15 mile ride). This insures pretty much any horse can do it. There will NOT be a mass start- the riders will go out in smaller groups accompanied by experienced endurance riders on their experienced horses. This will give the riders a safer and more realistic feel for their first real endurance ride. You can expect to ride at a realistic pace that is appropriate for finishing your first endurance ride, although the 7-mile ride may have a little more walking. You will NOT be racing at this ride.

(Continued on page 4)

(Continued from page 3)

Pre-ride vetting for the horses entered will be Saturday afternoon at 5pm, just like a real ride. We will have an AERC head vet (To be announced) overseeing the welfare of the horses. We will have a pot luck dinner Saturday at 6:30 pm, and the ride meeting at 7, just like a real ride. We have completion awards for everyone on the rides, with several other nice prizes for various things. We will also have a Best condition evaluation on Sunday afternoon after the ride, and before the awards. It will be just like a real endurance ride BC judging, but we will be drawing 3 finishing horses at random from each ride for the competition. This is because we are not awarding any finishing placings or top ten awards like in a real endurance ride.

When you sign up you select a rider weight division, just like a real ride. The divisions are based on your (the rider) weight and all the tack (saddle, pad, bridle, halter, breast collar, bags, water, etc) that you will carry on the horse. You don't have to be 100% accurate, just select the division that you fit into the best.

Featherweight up to 160 pounds
Lightweight 161 to 185 pounds
Middleweight 186 to 210 pounds
Heavyweight 211 pounds and over

Camping is now available Friday night. Camping is \$15 per night, Friday and Saturday, horse or no horse. This is a requirement from the park.

Camp is in a fenced grass field next to the main park entrance. We will have a water trough for the horses in camp, but you need to bring your own people water. Porta-potties will be brought in for the event. Participants are responsible for all their other provisions. We need to leave the camp clean, so be prepared to haul off anything that came in with you, hay and manure included. Dogs must be kept on a leash at all times. People without horses are welcome to camp overnight as well. The ride camp is in town, so there are plenty of stores, restaurants, hotels, gas stations, etc within a few miles drive.

Directions: From U.S. Highway 101 in San Martin, take the San Martin Avenue exit. (A RIGHT off of 101 if you are coming from the South, a LEFT back over the freeway if you are coming from the North). Proceed east on San Martin Avenue for 2 miles. The main entrance to the park is about one-quarter mile east of Foothill Avenue. Don't take the main park entrance, continue east for a couple hundred yards where you will turn LEFT off of San Martin Ave into ride camp. There will be signs and ribbon directing you to the camp.

Please make checks payable to Nick Warhol

For the weekend schedule and more info, see:

NWarhol.wixsite.com

Petition to Amend AERC Bylaws to Address Equine Abuse

BACKGROUND

FAQ – PROPOSED BYLAW AMENDMENT

The actual Amendment states: “deliberate participation in an endurance event, or endurance organization, whether domestic or foreign, whose management, organizer, or governing entity has demonstrated to consistently i) allow abuse of an equine and/or ii) fail to enforce rules and regulations to prevent the abuse of equines as defined below. Participation includes, but is not limited to, competing, crewing, acting as a trainer or chef d’equipe. Abuse of an equine includes but is not limited to: beating, striking, excessively whipping, or otherwise inflicting cruelty upon an equine; recklessly overriding an equine or riding in a manner likely to cause harm or injury; failing to provide adequate care or otherwise neglecting an equine; or otherwise participating in conduct towards an equine which is egregiously prejudicial or injurious to the sport of endurance riding. Evidentiary proof is defined as i) credible photographic and/or video evidence, and/or ii) formal penalties assessed against an entity or individual by their official governing organization or a government agency for violation of equine welfare.”

Q: What allows AERC to suspend or terminate Members?

A: *Existing AERC Bylaw 5.11 and its subsets allow for suspension or termination, California Corp Codes 5341 & 5342 grant not for profits the right to suspend or terminate members and memberships*

Q: Are other equine sporting events included?

A: *No. The Amendment limits and specifically states it must be participation in an endurance event or endurance organization*

Q: Are sales or brokering of horses included in the Amendment?

A: *NO. It is not feasible or possible to track sales and brokering, so it is not included in the Amendment.*

Q: Is the Amendment aimed at AERC-I, USEF, or FEI as potential violators of the language of the Amendment?

A: *No. AERC-I is an Important committee under the umbrella of AERC with responsibilities and obligations to represent AERC with USEF, et al. USEF is AERC’s conduit to international competition and is an important asset for AERC Members who wish to compete internationally. FEI is the governing authority for international equine events, not just endurance, and has its own set of rules and regulations, Bylaws, and committees. The key word in the Amendment is “consistently” and neither AERC-I, USEF, or FEI have consistently failed to enforce rules and regulations to prevent the abuse of equines*

Q: Since FEI grants sanctioning to its Endurance Groups, isn’t it guilty if one of the Groups consistently allows abuse of equines? Hasn’t FEI failed to enforce its rules and regulations to prevent abuse of equines?

A: *FEI has excellent rules and regulations related to abuses, cheating, drugging, injuries, and fatalities. It has enforced them and has suspended groups for violations. Unless it completely abdicated its responsibilities, which would cause a huge outcry from more than just AERC, FEI is not a target. It is the event and the event organizer that has the ultimate responsibility*

Q: Who or what is the target of the Amendment?

A: *Endurance events and/or endurance organizations whose management, organizer, or governing entity has demonstrated to consistently i) allow abuse of an equine and/or ii) fail to enforce rules and regulations to prevent the abuse of equines based on evidentiary proof defined in the Bylaw Amendment.*

Q: How will an AERC Member know if an event falls under the language of the Amendment?

A: *If the Amendment passes, AERC with advice from its Legal Committee will develop a means to identify, list, and update venues and organizations to avoid. It is incumbent upon anyone who goes to the time, effort, and expense to participate in an event that isn’t AERC Sanctioned to, at the bare minimum, investigate if the event does or does not fall under the Amendment language. A phone call to the AERC Office, to your director (any director for that matter), or other public resources such as USEF will answer your question.*

Q: Will I have to worry that I will be a target of the Bylaw if I participated in a banned venue prior to the Bylaw being approved?

A: NO

Q: Will veterinarians who work as control judges, treatment vets, or in any other capacity that makes use of their education and skills to judge and protect the welfare of horses have to worry if they work at a venue that is a target of the Bylaw?

A. NO. *Veterinarians primary objective and responsibility is to judge and protect the welfare of the equines. Their presence at targeted events and venues is necessary to the promotion and practice of Equine Welfare .*

Q: What is the Timeline for the Petition and subsequent Amendment Vote?

A: *That depends on when we have enough signatures to send the Petition to AERC. We think that will be in July. After discussion with the AERC Office, we now believe we could put this on a fast track, working with AERC to verify and certify the Petition, get people to write Pro and Con articles, have them published in the Endurance News, provide enough time for members to ask questions, contact AERC and/or their directors, and then print a ballot – the vote time can be from 30 to 60 days. Ballots must be counted and certified. Results published in Endurance News. If it passes then the Amendment must be inserted into the Bylaws and the must be made available to the Membership. In a perfect world this could be accomplished to allow for a vote in November with December 1 being the end date. Seldom do we see a “perfect world”.*

Submitted by Elisabet Hiatt

I'd Like to Be a Centaur . . .

by Judith Ogus

It doesn't matter that I surpassed my 10,000th endurance mile at the Cache Creek Ride in 2017 after 28 years in the sport. I still feel like a beginning rider who struggles for the best position of her feet, hands, and seat, for relaxation and springiness in her knees and ankles, for the most elegant way to post, for a straight back, soft elbows, and for the best way to communicate with my horse in the most polite and effective way. The gestalt goal is to feel like a centaur - truly connected with my horse as though we are one being. It is the way I imagine Ed Johnson looked on Bezatal. Year after year, Dave Nicholson's laudatory descriptions of Ed at XP ride meetings made the rest of us feel like sacks of potatoes.

My pursuit of the centaur began with many years of natural horsemanship training. This helped turn my terrified show filly, Sonja (Fames Excitement), into a bold and happy endurance horse. It improved my courage and confidence on horse back but did not improve my riding per se because the emphasis was on the horse. My next mount, Maggie (Mocha Mirah), was naturally talented and driven, born for endurance - compact and stout with great bone. This was the "lesson shmesson" period of my life and I rode her by the seat of my pants. We did quite well together until she developed a hock spavin. I don't know if we ever looked as elegant as a centaur - maybe more like a grey cannonball with a chunky monkey astride. She had a foal and then was sound enough to carry Emma Orth to several completions before the spavin started bothering her again.

I then bought Mia (Most Adorable), a 15.2 hand ex-race horse whose loose limbed way of going made her feel like a gummy toy. She was a beautiful mover but had mysterious lameness issues when I first started riding her, sometimes in front, sometimes behind. No veterinarian could diagnose the problem so the cure was "6 months off." I also sought regular treatments for her by acupuncturist Nancy Elliot, DVM and Active Release Therapist, Dixie Snyder. Both of these clinicians are geniuses at healing horses, with both superb intuition and technical expertise. Dixie was drawn to Mia the moment she saw her and this attraction began a long-term friendship between Dixie, myself and Mia. Dixie and Nancy both recommended dressage lessons so Mia could figure out her body.

Of course I had to figure out my body as well. I am 66 now and was 58 or 59 when Mia and I started together. Though I want to pursue dressage seriously, it doesn't feel like I have enough time left to learn tempi changes or canter pirouettes, as much fun as that would be. However I have become an ardent supporter of cross training after seeing how much dressage improved Mia's soundness, self confidence, and ability to go down hill. When I first started riding her, she would stop at every descent, flop her ears to the sides like a lop-eared rabbit's and freeze, even when I was off walking next to her. Thanks to several years of dressage lessons with Ellen Eckstein (<https://www.ellenecksteindressage.com/>), she was able to fly up and down the S.O.B.'s at Virginia City like a champ. A Grand Prix dressage rider, Ellen worked with Tom Dorrance, the real father of natural horsemanship, for 30 years. Her methods are both unconventional and effective. She uses a "reach forward" exercise to teach the horse the concept of the connection between the bit and the horse's own hind legs. At first, the rider reaches forward for the inside rein and lifts it up and out (you may have to shorten the rein for this to be effective), leaving the outside rein loose, until the horse steps out with its outside hind leg and in with its inside hind. Eventually the horse understands this so well that all the rider has to do is put a tiny bit of pressure on the inside rein and the horse will drop his head, collect and have forward momentum. Once the horse understands this concept, it can be applied to any type of movement desired. You can do a reach forward with your inside hand as you go around turns on the trail and the horse will bend in a balanced position instead of falling in with its inside shoulder. I used this exercise to teach Mia how to go downhill. We zigzagged down as I asked her to bring her inside hind leg under herself, first the left then the right. She finally got it. A bonus effect of this perfected communication was that once she truly understood my intentions with

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After I sold Mia, Becky and I bought Lacey (Limitlace), another race-bred mare. Very different from light on her feet Mia, Lacey was like a mini-draft horse, a solid ground pounder who felt safe and sturdy beneath me but was opinionated and fierce. She had higher than normal testosterone levels for a mare and felt the need to kick out at horses on the trail, defending her personal space. We solved this thanks to Linda Tellington-Jones who recommended taking a dressage whip with me on rides and stroking her as other horses passed. Miraculously this worked. Out in the pasture Lacey would do airs above the ground just for fun - as though auditioning for the Spanish Riding School. I thought "Wow, if I could harness that energy and learn to ask for some of those moves intentionally, it would be really cool!" So off we went to Ellen. Lacey was smart and learned quickly and within a couple of years she was going beautifully down the trail - using her body efficiently and correctly, which you can see on page 10. Ellen was very excited to see this photo and how much our work with her influenced Lacey's way of going on the endurance trail. I believe the dressage lessons were also responsible for Lacey's willingness to be in front, behind or beside other horses at rides without any anxiety. She became very tractable in this way and the kicking completely disappeared. Unfortunately, I had to retire her from endurance after three years because she had arthritis in a fetlock and a bone spur on her coffin bone. We had made the mistake of buying her without a pre-purchase exam because of her dynamism and powerful conformation. A few post-purchase x-rays revealed not only the arthritis but also the fact that she had considerable side bone on both front feet. I don't regret my experiences with her. She gave me that 10,000th endurance mile and taught me a lot about accepting a horse with a trying personality, about celebrating the positive aspects of her being and not dwelling on the more challenging ones. Again, our dressage training really helped our relationship by improving our means of communication and by helping her organize both her body and mind.

Most recently, last August I bought a 15-hand six-year-old mare, Tess (Thee Sultanas Liberty) who is mostly Egyptian - not a chromosome of French racing lines. I went to Texas to get her and rode her on flat terrain while I was there. I spent a small fortune on a pre-purchase exam this time and noted that she could not hold her leads at the canter in the round pen as the vet lunged her round and round. Otherwise she passed the check with flying colors. I loved her personality, which was sensible and willing with just enough spice to be interesting. She had been started by well known cutting horse trainer, Kim Estes (<http://www.ok-kim-estes-cuttinghorses.com/>). In my experience, great cowboy trainers give horses a good matter of fact and no nonsense foundation. Kim is a friend of Michelle Morgan, who breeds Arabian race horses at Mandolynn Hill Farms (<http://mandolynn.com/index.html>) in Texas, where I got Tess. Michelle has wonderful endurance prospects for sale if any of you are looking.

Nine months have gone by and Tess and I have not done a single endurance ride. I have been balancing riding with work, art and some other endeavors. She has grown to 15.1 or so and filled out and turns out to have only one of Julie Suhr's three S's that a horse for a little old lady should have. She is safe—but not short and not smooth! She has a lot of suspension in her trot and is a determined rope walker on the downhills. When I first saw the latter it looked so discombobulated I regretted buying her. Her canter felt sometimes okay and sometimes like I was riding a cement mixer. The solution? Back to the dressage arena! We have only had about five lessons, but she is already more organized from the dressage techniques I have been able to apply out on the trail (the trail is great because it gives the horses forward momentum which they sometimes lack in the arena). Tess and I are going to Jeff Moore at Osierlea (<http://www.osierlea.com/>), which is just around the corner from our place in San Juan Bautista. We continue to see Ellen when we can. Jeff is very much a proponent of the centaur idea and taught me something I have experienced only fleetingly on my own. He calls it the "Power Position." This is something I would like to pass on to fellow endurance riders because many of us tend to ride in a forward position, particularly when the horse does something silly. If you ride with your iliac crests behind your seat bones, so that your pelvis is tilted back at the top you will feel more connected to your horse's hind end (the iliac crests are the high points of your pelvis on either side; some of us call these hips but the hip really refers to the joint between your pelvis and femur). I do feel like a centaur in this position and much more able to deal with any spookiness or silliness on my horse's part. It is the opposite of the duck tail bottom that riders often have with the seat bones thrust back and top of the pelvis forward.

Erin McChesney wrote an article after winning Tevis in 1991 in which she professed that cross training in dressage gave her horse, Cougars Fete, a big advantage over the other horses in the field. The duo also won in 1996. Her words have stuck with me. I take dressage lessons whenever I can, both because they have helped my endurance horses and because I am insatiably curious about that subtle language that passes between dressage horse and rider, a language that results in such a remarkable Pas de Deux.



Powerful Maggie might not have had that bulging muscle on the underside of her neck if she had had some dressage.



Mia in a nice frame at a dressage lesson with Ellen Eckstein



Lacey in a nice and efficient frame at an endurance ride



Tess going along happily but hasn't learned an efficient frame yet



Ellen Eckstein in the "Power Position"



Rosie

By Lori Oleson

Tribute to a beautiful mare and wonderful trail companion of many years.

Rosie did it! At 19 years old, she is now a 3,000 mile horse. We finished Cache Creek (pictured) and Chalk Rock this month. It's been a long journey with my very athletic and complicated mare.

I've tried to retire her in the recent past but my opinionated girl wanted no part of it. She made it clear to me that she didn't want to stop going down the trail.

Now that she has reached this milestone, she will be switching gears and making a visit to Cheri Briscoe's stallion Thunders Echo.

Re-homing Working Cats

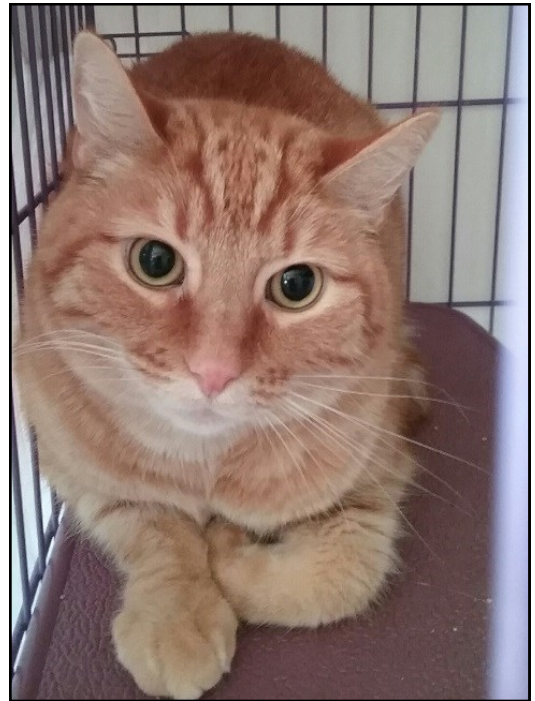
By Janice Frazier

Want a ninja mouser? You may know not every cat enjoys to be cuddled or petted, and some really prefer the outdoors with shelter, and a little less human contact. Please help us give these cats second chance.

Many of these cats are owner-surrender cats, and at local shelter swat or otherwise act antisocial. These cats usually adjust to the new homes very quickly; though we won't promise they will be BFF to you, many have turned out to be very friendly once out of shelter (but still good mousers!).

All cats are spayed/neutered, vaccinated, microchipped, flea treated, and FREE!
Depending on your location, if you need equipment for imprinting we are able to lend you that too.
Happy to say we do have prior QSER adopters that are happy they did!

I have 7 cats to place right now, some pics included.
Contact Janice.Frazier@sbcglobal.net or 408 390-1226



Lichen Oaks Adaptive Riding Center

Is pleased to host

JEC ARISTOTLE BALLOU

For a special demonstration!

Trainer Jec Ballou will be showing us hands on, some of the exercises as described in her recently published book:

55 Corrective Exercises for Horses

On July 7, 2018

At 9115 E. Zayante Rd. Felton, CA.*

Registration: 9:30, Clinic: 10AM-1PM



Pre-registration is required, as space is limited. Please see details below.

General information:

Over time, horses (like people) acquire postural habits, compensate for soreness and injury, and develop poor movement patterns. This limits performance ability, causes unsoundness and health issues, and ultimately undermines the horse's overall well-being.

Jec will demonstrate how we can actively work to improve the horse's posture and movement, whether he is an active performance or pleasure mount, or one being rehabilitated following injury, illness, or lack of conditioning. Applicable for all disciplines, this is an integral new book that will optimize how the horse uses his body and helps ensure he stays sounder and healthier.

Jec will have her new book available for purchase at the clinic.

If you would like to participate, please fill out and send the information below, with your check made payable to "LOARC". If you have specific questions, please contact Elisabet Hiatt: e@loarc.net

There will also be a tack sale at the barn, in case you are looking for something special for your horse!
All proceeds from this event will go to benefit the LOARC Therapy horses.

* For driving directions, please go to: <http://lichenoaksarc.org/contact/>

Name: _____ Phone #: _____ Email: _____

Address: _____

Please check below:

Audit fee: \$25.00 per person

Hands on work with one of our 4 horses: \$50.00 per person (Only 4 horses available, first come, first served)

Please mail form and check to: LOARC, 114 Quail Hollow Rd. Felton, CA 95018 Attn. E. Hiatt

Thank You!



UPCOMING EVENTS AT HENRY COE STATE PARK

**** FOR MORE INFORMATION and a list of spring programs, such as wildflower walks and day and evening programs, GO TO www.coepark.net ****

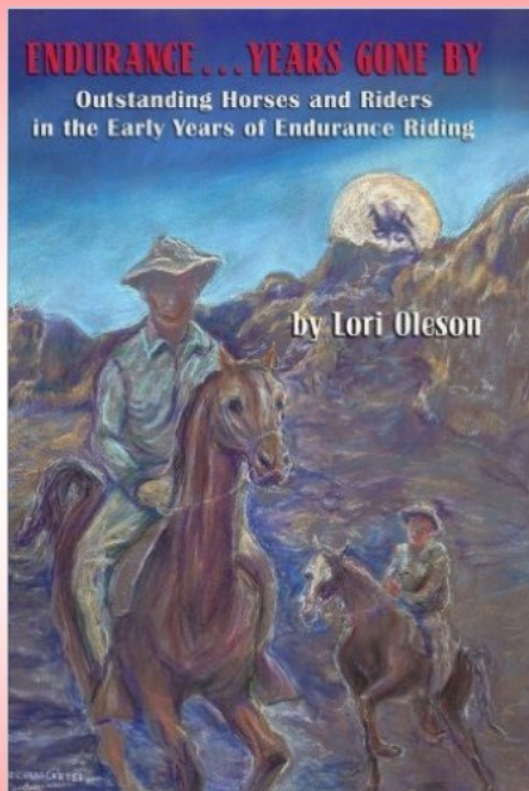
DUE to weather and road conditions, check the website before each event for updates.

Many of these events are limited, so get applications in early.

- ~~April 27-29~~ ~~Coe Backcountry Weekend.~~ Once a year opportunity to drive 11 miles into the park's interior at the south entrance. Come for the day or camp or ^{to ride} backpack to some of the more remote areas. Guided hikes and rides, kids' activities, campfire program. Limited ~~spaces~~ ^{to get yours in early}
- ~~May 13~~ ~~Mothers' Day Breakfast.~~ Gourmet food served outdoors, carnations for mom. Live music. Limited
- ~~May 19~~ ~~Ranch Day (rain date June 2).~~ Learn about ranch life, lots of animals to pet, kids' crafts and activities. Hot dog lunch available.
- ~~May 25-28~~ ~~Coit Camp Campout.~~ Once a year opportunity to drive 3.5 miles into the park's western interior. Guided rides and hikes available. Bring your horse or hike. Meals available. Limited ~~space~~
- June 9 5K/10K Fun Run and Walk. Walk or run along a fairly level course with several creek crossings. Enjoy late spring flowers, maybe spot a bobcat, deer, red tailed hawk or other Coe Park creature.

Henry Coe State Park is not just a network of great trails starting at Hunting Hollow. Volunteers at the park host many fun activities. This a few of them. I've identified the two that would be most interesting for endurance/trail riding people. Back Country Weekend and Coit Campout are the only way to experience the inner trails of the park. Also, it is excellent conditioning and a lot of fun.

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



BOOKS ARE THE PERFECT GIFT!



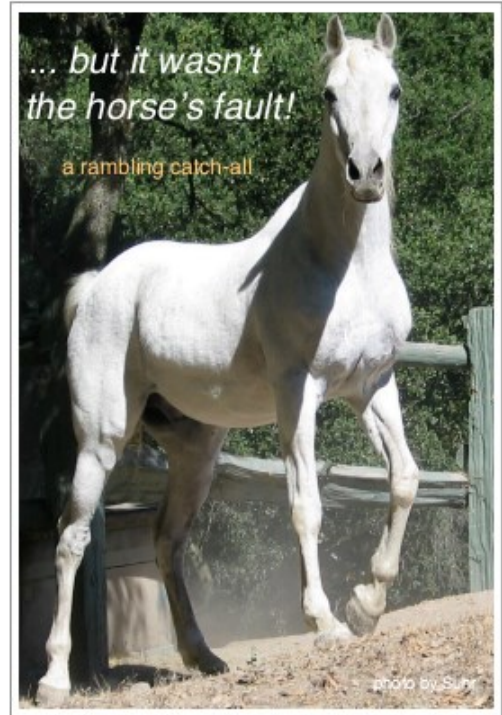
To benefit our trails and our horses, I have written two books. They are entirely different in style.

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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Classifieds



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Trailer Parking: \$ 25.00

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Stalls: \$320.00, pasture \$220.00,
fed twice a day high-quality
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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

Wouldn't it be great if we could put ourselves in the dryer for ten minutes, come out wrinkle-free and three sizes smaller?

Last year I joined a support group for procrastinators. We haven't met yet...

I don't need anger management. I need people to stop ticking me off!

Of course I talk to myself, sometimes I need expert advice.

Old age is coming at a really bad time!

When I was a child I thought Nap Time was a punishment.. now, as a grown up, it just feels like a small vacation!

The biggest lie I tell myself is... "I don't need to write that down, I'll remember it."

I don't have gray hair. I have "wisdom highlights". I'm just very wise.

My people skills are just fine. It's my tolerance to idiots that needs work.

If God wanted me to touch my toes, he would've put them on my knees.

The kids text me "plz" which is shorter than please. I text back "no" which is shorter than "yes".

I'm going to retire and live off of my savings. Not sure what I'll do that second week.

When did it change from "We the people" to "screw the people"

Even duct tape can't fix stupid... but it can muffle the sound!

Why do I have to press one for English when you're just gonna transfer me to someone I can't understand anyway?

At my age "Getting lucky" means walking into a room and remembering what I came in there for.

Chocolate comes from cocoa which is a tree... that makes it a plant which means... chocolate is Salad!



Happy June Birthdays to our Quicksilver Members and Endurance Friends

Michele Roush	4
Jeff Luternauer	6
Michelle Herrera	11
Alex North	26
Susie Hartline	26
Lud McCrary	30

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**

