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### **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/

### President's Message - August 2017

Fireworks Ride was a huge success. Special thanks goes to Jill kilty-Newburn for spearheading resurrecting the ride again, as in 2016 there was no Fireworks Ride. Thanks to all the volunteers from the Quicksilver and Santa Cruz Horseman's Clubs who made this ride possible.

This was a real Cadillac Ride. Great dinner and awards. Trails were in good condition, considering the rain this winter. You could see that there was some real chain sawing going on to make this ride happen. And of course, the Ham Operators to provide ride communications to keep us safe, thank you.

On another note, I would like to recognize Trilby Pederson, member and our treasurer, for running/walking the Santa Cruz Wharf to Wharf run in her 80's.

If she isn't putting miles on her horses, she's putting miles on herself. Way to go, Trilby.

Planning for next year, we will have two openings for the Board. At present, we have two Board members that will term out. Please consider becoming a board member yourself or nominate a member that you think needs more things to do in their life. Especially, those that complain about being bored.

Events coming up:

Campout at Graham Hill Showgrounds, August 26th and 27th, along with board meeting. Overnight fee for non-members of SCCHA is \$25. Everyone bring potluck for dinner.

Quicksilver Ride October 7th at Harvey Bear.

Happy Trails,

Jeanine

## Quicksilver 2017 Calendar



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



## Treasurer's Report-August

Trails Fund: \$1,074.46 Junior: \$ 454.38 General: \$8,706.11

### News Notes

Kathy Brayton and I loaded up Fargo and Brie to ride Hat Creek Hustle up at Mt. Lassen. It is a really beautiful area so we go up there on Thursday to have an extra day to relax and enjoy the area. On Friday, I finalized the purchase of Brie, so she is now officially part of my family.

I rode the 50 and Kathy rode the 25. It was a really hot day. The trails were beautiful and very well marked. Water placement was perfect and so appreciated on a hot day. We squeaked into the top ten with a 10th place and was honored to win BC. We were given this beautiful plate made by Anne York. I can't wait for the next QS potluck so I can use it!

Lori Oleson



### News Notes

#### Liz Kinoshita

New horse and we are 2 for 2 with our LDs ⊕ (happy dance!)

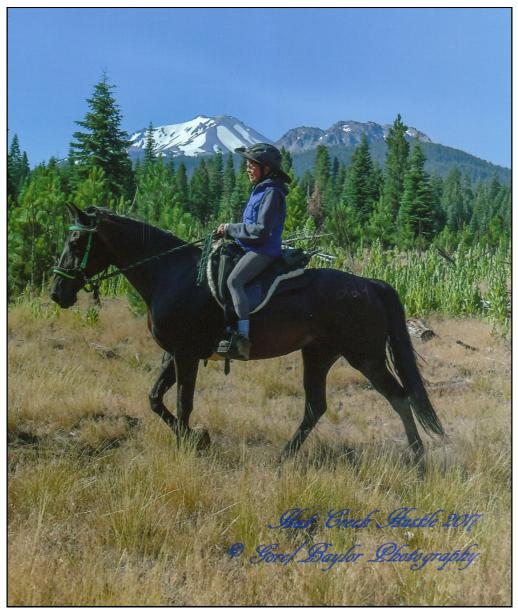
Decided my 20YO SSH, Mocha was not an LD horse...altho' she would hang tough (race brain! ha!)

It was time to rethink this!

Found Bindi - a 12yo Rocky mare looking for a new home! We are still "bonding". but she has proven to me she can finish LDs, no problem! Our first completion was Weaverville Express 25 and just this past weekend, The Hat Creek Hustle 25. She has amazing recoveries (better condition than i). We are working on \*gaiting \* as she prefers to trot/pace (must keep up with those Arabs!)...so we are a work in progress going down the trail ©

Excited to get those completions!

Looking forward to more!



(Photo from Hat Creek Hustle; Gore/Baylor Photography)

### News Notes

The 45th annual Wharf to Wharf Race took place on Sunday, July 23rd. The six-mile race starts at the Santa Cruz wharf and ends at the wharf in Capitola. It draws top runners from all over the world, and the winners are often, perhaps usually, from Africa—Kenya, Ethiopia...

From the Santa Cruz Sentinel newspaper, Julie Suhr spotted this item from a front page article:

"Among the bands was the gleaming brass line of San Jose State University's Spartan Marching Band. Many attendees credited the energetic crowd and diversity of live music as keys to the Wharf to Wharf Race's continued success. "I love it," said Trilby Pederson, 83, of San Jose, who said she has run the race for more than 20 years and intends to keep running it for as long as she is able. "The more music, the better."

Trilby, we didn't know you had this lurking talent. Congratulations!

the **HORSE** 

Each year your bones

to gravity as it sways

closer to the ground. Each year, I know the

Michelle Anderson,

ache a bit more from wear.

and your back gives way

inevitable is closer, too."

**Digital Managing Editor** 

## This I promise you...

You and I, my friend, have known each other a long time. Since you took your first wobbly steps and latched onto your dam. My money and intention helped make you, handsome horse that you turned out to be.

Time has passed since then, and each year your bones ache a bit more from wear, and your

back gives way to gravity as it sways closer to the ground. Each year, I know the inevitable is closer, too.

This I promise you.

I will not conceal your ailments and pass your problems—our problems—onto an unsuspecting new owner or leave you at a rescue that already has enough needs to meet without me adding to its burden. I won't lead you through a noisy auction hall or dump you at a feed lot, pretending to not know your fate while at the same time choosing that horrific fate for you.

I will spend money on you—a lot—as your body ages and you require more care. I won't recoup those costs in riding, but you don't owe me anything. You've carried me over mountain trails and around arenas. Together, we've logged miles and collected ribbons.

You've quietly stood next to me when I've cried tears of disappointment, and you've helped me reach goals only the human mind could create. You have given me much and asked for little.

To be fed. To be safe. To be loved.

Now, I will share you with those who can learn from you while you still have many gifts to give; but I won't make you their responsibility.

In the end, I will make that hardest decision for you. And I will miss you.

Elisabet Hiatt

## THE 2017 FIREWORKS RIDE WAS A SUCCESS!

SCCHA and Quicksilver Endurance Riders hosted 87 Riders and their support crews at the Showgrounds in mid-July for yet another "running" of the Fireworks Endurance Ride. Participants chose a 50-mile or 30-mile course, then had their horses evaluated by our wonderful onsite Vet staff before the ride to get the ok to go!



Once released to start, riders enjoyed the beautiful scenery in Henry Cowell State Park, Pogonip Park, UCSC campus, Wilder Ranch State Park, plus miles of trails on private property. The deep water crossing at the San Lorenzo River was a challenge again this year, with plenty of folks getting splashed and a few who took an unscheduled dip.





Near Twin Gates riders were greeted by an extensive group of volunteers: ham radio operators who tracked progress; vet staff for the horses; and ride staff to get folks checked in/out for the next stage of the ride while providing snacks for riders and horses during a rest period. Next riders were assisted by spotters, many from the local mountain biking community. Spotters helped direct riders through a maze of trails in Wilder, and back to the finish line.

The trail ended at the showgrounds, where once again Vet staff was on hand to ensure the horses were OK after the long ride. Then it was time to party! A grand meal was enjoyed by all, followed by ride results and awards hosted by SCCHA and Quicksilver Endurance Riders.

A SPECIAL THANK YOU TO ALL OUR VOLUNTEERS, EACH OF WHOM IS LISTED ON THE NEXT PAGE

COMPLETE RIDE RESULTS (WINNERS & SUCH) ARE AVAILABLE ON SCCHA'S WEBSITE

## THANK YOU!

# On behalf of SCCHA and QSER, our most sincere gratitude goes out to the following people who made this year's Fireworks Endurance Ride possible

#### Ride Committee

Donna Stidolph (ride Secretary) Susan Coale (trail boss) Melissa Brouquard & Bonnie Stoehn (volunteer coordinators), Val Riegel (kitchen goddess), Karen Bish (equipment), Robin Musitelli (awards), Steve Shupe (logistics), Debbie Bosco (trails), Donna Rodoni (food), Elise Levinson (rescue), Jill Kilty Newburn & Heather Shupe (ride management). While everyone gave too many hours to count, here are a few examples of the wonderful work contributed to the 2017 Fireworks Endurance Ride by volunteers:

<u>Donna Stidolph:</u> Donna managed registration & rider results, migrated information to/from the AERC website, and wrote notes to riders that included critical details with warmth and humor. Donna also kept the committee up to date so we could plan for early arrivals, meals, junior riders, cancellations, and more.

<u>Susan-Debbie Duo:</u> Susan Coale was our trail boss, assisted by Debbie Bosco. The pair rode multiple versions of each ride segment, selecting the safest possible route & ham operator locations for the big event. They collaborated with park staff to remove downed trees, move boulders from the river, clear annoying thistle and low-hanging branches, get muddy patches filled, and flag the trail. The Susan-Debbie duo also worked with the Campbell and Draeger families, adding trails on private property that make our Fireworks Ride truly unique.

Quicksilver Endurance Riders (QSER): Special acknowledgement has to go to QSER, SCCHA's partner for this year's event. Led by Jill Kilty Newburn, Michael Newburn and Melissa Brouquard, Quicksilver staffed volunteer positions alongside SCCHA members at the vet checks, on the trail, and in the kitchen. What a great partnership!

<u>Chuck Kessinger DVM:</u> Dr. Kessinger anchored our vet teams, as he has done for many years. Chuck worked very hard for two days, donating his time and expertise to ensure equine athletes were ready for the ride.

### A big shout-out goes out to ALL our AMAZING VOLUNTEERS!

Amanda Langlais, Andrea Lee, Antionette Jardin, Becky Glaser, Beth Wann, Bill Gore, Carole Kelly, Charles Pham, Christy Hale, Cody Hill, Connie Goddard, Doug Bish, Elaine Elbizri, Emily Chambers, Eve Davidson, Hap Bullard, Hilary Hamm, Jamie Fend, Barbara McCrary, Jeff Luternauer, Joel Steinberg, Jordan McOsker, Joyce Salisbury, Judy Strand, Julie Suhr, Justin Lake, Karina Hoog, Katherine Diamond, Kathy Brayton, Kathy Mayeda, Kathy Rodoni, Ken Coale, Kevin Shannon, Kia & Bella Ghoush, Laura Azzaro, Lindsay Overton, Lillian Coon, Linda Swarbrick, Lisa Ekers, Lori Oleson, Liz Barnes, Margaret Koniniec, Margaret Hastings, Mark Riegel, Mary Sullivan-White, Melinda Kehn, Mountain Bikers of Santa Cruz, Melany Moore, Mick, Monet &, Serena Dudas, Michelle Herrera, Nancy Cole, Nicola Mohr, Olivia Millard, Pat Duran, Pat McAndrews, Pat Verhuel, Patsy Wilkes, PJ Myatt, Robin Davis, Santa Cruz County Amateur Radio Emergency Services, Sharon Heckert, Sheila Kumar, Summit Riders Horseman's Association, Susan Kuwahara, Susan Stillman, Susanna Greco, Tami Elkayam, Tricia Dalton, Zena Moret-Bailly, Vasco Varriale, Wayne Stidolph, plus a few more!

## A Note to the Fireworks Ride Management from Pat Verheul

Thank you for taking the time and making the effort to include both of our grandchildren at the ride. Donna made sure that nine year old Bella felt welcome as an assistant in the office. Eleven year old Kai Ghosh went to the vet check with his mother, Christy, where he was patiently encouraged. Melissa said "yes, we will use him, we want to get kids involved." Jill made him official giving him a vest and stethoscope and suggested that he practice on Giulia's horse Joy, which he did. All the riders were kind to him letting him be involved. In addition to doing P&R's some riders asked him to

hold their horses during lunch. Both children had wonderful experiences

completely outside their regular lives as Seattle residents.

In Kai's words: "As a volunteer for the Fireworks Ride I got to help riders in a way that normally I would not get to do. I think that that experience was one to value and remember. Though it was hard work it was worth it. I met a horse named Revere who only had one eye because he had had melanoma in his eye and so he got it removed. I thought it was important that people still loved him. I got to learn how to do P and R on a horse named Joy. Joy was quite tall and very responsive."

Kai at the vet check





Melissa Broquard's "Confetti" served as a flag-puller after Fireworks



Chuck Kessinger, DVM examines horse for capillary refill





L: Lori and Kathy at Trilby's 83rd birthday celebration

R: Trilby—she just recently ran the Wharf to Wharf race from Santa Cruz to Capitola!

## Trilby's 83rd Birthday Party

By Maryben Stover

Trilby's party was held July 30, although her birthday is actually ten days earlier. We had a great time! There were lots of Quicksilver members there including me, Kathy Brayton, Lori Oleson, Diane Enderle, Marvin and Joyce, along with other friends of Trilby's and some of her grandchildren. There was a bean bag toss, water balloon tossing and egg tossing and of course lots of food and we got to play with Jessica's 8 week old Aussie puppy, Rufus. Trilby had a "taco truck" there and we all had carnitas tacos with all of the fixings. The hibiscus water, strawberry water and lemonade were a big hit cause it was hot. Plus the tacos were soooooo good. As you can see from the pics Trilby has added a nice area with lots of benches, etc., under a big tree so even though it was pretty hot, there was a really nice breeze.

## (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)

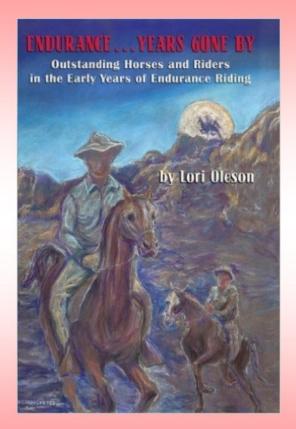
We Accept Visa, Mastercard, Discover, American Express and PayPal

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

### CRANIO-SACRAL THERAPY FOR HORSE AND RIDER

Are you curious about how cranio-sacral therapy can improve your riding, your horse's gaits and total well being? Cranio-sacral 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

### Classifieds



### **BOOKS ARE THE PERFECT GIFT!**



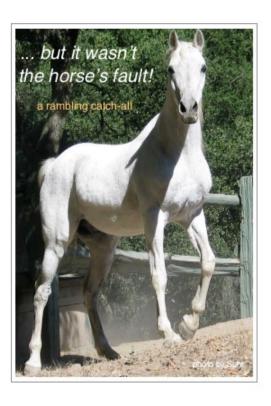
To benefit our trails and our horses, I have written two books. They are entirely different in style.

- 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

# ~~~ 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





### HERO RANCH—ALMADEN AREA

SOMETHING FOR EVERYONE PERFECT FOR ENDURANCE HORSES GREAT FOR RETIREES

Our pastures are real pastures and not crowded (See photo above.) We have trail access to Santa Teresa, Quicksilver and this year the new open space will give us access to Calero and Casa Loma (with just a short ride down McKean). Huge paddocks with lots of room. Rates have been reduced to \$310 for pasture and \$350 for paddocks. New tennants are offered \$50 off of their third month of board. Paddocks vary in size and some have stalls, some have shelters and some are open. We do not charge our boarders for trailer parking. Top quality grass/alfalfa hay fed twice a day. Ring is open to boarders when lessons are not being held. Round pen available anytime. Centered riding lessons are available with three-time world champion.

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



### **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

# An Ode to English Plurals

We'll begin with a box, and the plural is boxes,
But the plural of ox becomes oxen, not oxes.
One fowl is a goose, but two are called geese,
Yet the plural of moose should never be meese.
You may find a lone mouse or a nest full of mice,
Yet the plural of house is houses, not hice.
If the plural of man is always called men,
Why shouldn't the plural of pan be called pen?
If I speak of my foot and show you my feet,
And I give you a boot, would a pair be called beet?
If one is a tooth and a whole set are teeth,
Why shouldn't the plural of booth be called beeth?
Then one may be that, and three would be those,
Yet hat in the plural would never be hose,
And the plural of cat is cats, not cose.
We speak of a brother and also of brethren,
But though we say mother, we never say methren.
Then the masculine pronouns are he, his and him,
But imagine the feminine: she, shis and shim!
Let's face it - English is a crazy language.
There is no egg in eggplant nor ham in hamburger;
neither apple nor pine in pineapple.
English muffins weren't invented in England.

We take English for granted, but if we explore its paradoxes, we find that quicksand can work slowly, boxing rings are square, and a guinea pig is neither from Guinea nor is it a pig.

And why is it that writers write but fingers don't fing,

grocers don't groce and hammers don't ham?

Doesn't it seem crazy that you can make amends but not one amend.

If you have a bunch of odds and ends and get rid of all but one of them, what do you call it? If teachers taught, why didn't preachers praught? If a vegetarian eats vegetables, what does a humanitarian eat?

Sometimes I think all the folks who grew up speak-

ing English should be committed to an asylum for the verbally insane.

In what other language do people recite at a play and play at a recital?

We ship by truck but send cargo by ship.

We have noses that run and feet that smell.

We park in a driveway and drive in a parkway.

And how can a slim chance and a fat chance be the same.

while a wise man and a wise guy are opposites?

You have to marvel at the unique lunacy of a language in which your house can burn up as it burns down,

in which you fill in a form by filling it out, and in which an alarm goes off by going on.

And in closing, if Father is Pop, how come Mother's not Mop?

## Happy August Birthdays to our Anicksilver Members and Endurance Priends

Virl Norton*	1
Heather Reynolds	4
Megan Chamberlin	8
Pat McKendry	14
Barbara White	16
Lori Oleson	16
Annie George	17
Becky Glaser	26
Beverley Kane	27



And then your address		
And your phone number, Fax, e-mail		
And	d 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 r	mailed to you (as opposed to PDF file e-mailed) add \$15	
	Total enclosed \$	
moonlight rides, endurance rides, trail and the annual awards ceremony; sav nave! How are our dues spent? Annual Year	ciders? You will have the opportunity to participate in poker rides, I projects as well as attend monthly meetings, the Christmas party ing the best for last, you will meet the best friends you will ever book/Calendar; monthly Newsletter; a representative voice in local mprovement 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	

"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

