



Quicksilver Quips

September 2017

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President's Message – September 2017

I cannot believe it, September is here. Where did the summer go? It seems like the summer just got burned up with the busyness of life. Fall is just around the corner which means our Club ride, Quicksilver Fall Classic is happening on October 7th. I hope you are looking forward to attending, either as a rider, volunteer, or spectator.

Jill Newburn reported on the results of the Fireworks riders survey. The general opinion was high degree of satisfaction, with a few areas that we can improve on. Learning experience, right?

At the campout at Graham Hill, only a few of QSERs enjoyed the day along with a Gymkhana Club that had a show during the weekend.

Keep enjoying those summer trails.

Officers

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

Jeanine

Board Members

Jill Kilty-Newburn
Jayne Perryman
Katie Webb

Newsletter Editor

Barbara McCrary
bigcreekranch@wildblue.net

Quicksilver on the Web

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

Quicksilver 2017 Calendar



Saturday, October 7—Quicksilver Fall Classic ride
December 9 (tentative) - Holiday Party—location TBD



Quicksilver Riders meeting minutes. August 26, 2017

Call to order: 5:16 PM

Attending Board Members: Jeanine McCrary, Elisabet Hiatt, Jill Newburn, Katie Webb
Also present Shannon Thomas, Diane Enderle and her husband Steve.

Treasurer's Report: Did not receive from Trilby

General Discussion: Next year's board...We need to think about elections for next year and get a new board nomination committee started. The committee should have one board member and 2 other club members. Several individuals were mentioned as possible members that may help.

Website: Our website is not really current and we need to add information about our upcoming ride. We will give Melissa specific information that we want posted.

Trail Updates: We think that the water trough at Almaden park may be installed and dedicated. The grand opening for the Mt. Umunhum trails will be on September 15-16 (VIPs only).

Membership: Maryben is doing a good job with good will.

Ride Report: Jill attended the final Fireworks meeting and had the evaluation forms. There were lots of "exceptional" ratings on the ride. A few complaints were made about the blue loop. Also some suggestions on areas of improvement, such as adding another vet for the finish in the afternoon. Some folks did not appreciate having an inexperienced veterinarian helping at the ride. Fireworks has been sanctioned for next year.

Quicksilver ride: We need entries! Limited to 100 riders. There will be a 10-mile fun ride. Nick Warhol is marking the trails again this year. Tim Alton volunteered to help on Sunday. Juan Bomar will be cooking this year (tacos). We will have a pot luck on Friday. QS club will purchase meat, everyone else bring a side dish. Quicksilver ride has also been sanctioned for next year – first weekend in October.

Donations to non-profits: We should "vet" organizations that ask for donations to make sure they are legitimate before we donate money. A proposal to donate should be made by a board member and seconded by another board member to be approved.

Awards Banquet: Mary Anderson volunteered to head the banquet again. She needs approval from the board for a budget for banquet venue and awards.
Harry's Hoffbrau is no longer an option. She checked with Westside Grill in Gilroy. They want \$250 to reserve the place and \$35 per meal. Beverages are not included.
The Santa Clara County Horsemen's location charges \$400 for their hall.
Other locations were discussed, including a couple in Watsonville. Shannon Thomas volunteered to check costs and feasibility.
Also discussed was calendar and maybe options for something similar, but new.

Christmas party: Discussed several options.
Due to the fact that there was not a quorum of board members, no decisions were made. Adjourned at 6:07 PM.

The Responsibility of Horse Ownership

John Crandall:

Lingering is not a natural state for horses. Wild herds always appear vigorous because nature provides them with an exit on the earliest loss of soundness and vitality. When we remove that element from their existence by holding them in domesticity, we owe them the honor of making our judgments as similar to their nature and ethos as possible. We serve them best by "taking the role of the wolf" when their being a FULLY ACTIVE partner is no longer possible, indeed it should be considered the ultimate term of the partnership.

I want to be able to say that my horses had an average level of happiness in their total lives not much worse than those wild horses. I don't want to string on a lot of melancholy days in the end that only pull that average level of happiness in their lives down. When we take responsibility of horse ownership, we also take on the responsibility of the wolf.

Julie Suhr:

On August 12th, I took John Crandall's' words to heart and played the wolf. CF War Hymn, better know as Buddy, lies beneath the apple tree in my yard. When I wrote John that I had taken his advice, he replied...

John:

...And somewhere at the same moment there is a foal with a bright, wild eye; who bumps into new things, who frolics, and runs like he owns the wind.



I have a new dog from Peace of Mind Dog Rescue. He is a German Shepherds/Lab cross, 7 years old, 68 pounds, very thin. He had been chained up all of his life. He is very sweet, good natured, and goes by the name of Chuck. I feel very lucky to have found him.

Julie

Who Am I?



Age 5 years old. Who is this determined-looking would-be outlaw? Send your guess to the Quips editor, and the winner's name(s) will be published in the October Quips

Moonlit Ride

Moonbeams are draped over the field
like a gown of pure white silk
and the trees cast shadows
of light and dark
but we are untouched by the light
we are a darker shadow
moving along the ground
the dark horse and rider
we listen to our music--
the swish swish swish
of the dried October weeds
brushing against his legs and chest
the even steady rhythm of his unshod hooves muffled in the grass
we push our way swiftly through the cool night air and the ground rushes by us
his hooves barely touching the earth
the wind kissing my face
his breath and mine too
looks like fairy dust that hangs in the air
for just a brief moment before it disappears
we cut a path through the darkness
and leave darkness in our wake
the moon rises higher in the sky
to get a better look at us
the dark horse and rider.

Cyndi Craig
(Mrs. Mike Maul)

"Quicksilver Finishes Tevis 2017"



This is Quicksilver WR (aka Q) - born in my arms out of my daughter's mare (formerly Dick Carter's) and a stallion he picked out (the 72nd one we looked at)! Fabulous mentoring by 3 QSER members (Dick, Barbara White and Pat McAndrews) with many more current and former QSER crew members (Kirsten Berntsen, Katie Holder, Barb Granter, Butch Kittle - Pat's husband) and even some of my crew had crew (grand nephew Landon, brother Bart Canada and Mike Berntsen).

The real issue was an accident at the bottom of the first canyon the result of which Q and I both went down hard and I thought our ride was over. . . only by many prayers and the grace of God did we actually finish.

By Sandy Holder

Classifieds

Anglo Arab Mare: Proven endurance horse. Check out her record at www.aerc.org, BCR Bey Vixen number is H36496. Sound, healthy, consistently ridden, well trained, correct leads, responsive to leg cues. NATRC/Trail /Arena. 15.1 hands 19yrs. Ready for 25's or occasional 50 milers. Intermediate Rider. \$2,000.00 negotiable to the right home. (831) 423-4774 or jmccrary@gmail.com



Editor's Note: BCR stands for Big Creek Ranch. We bred this mare, so she has our prefix. She has the most beautiful, structurally correct legs I've ever seen on a horse. Jeanine bought her from us when Vixie was 3, or maybe 4 years old, and has been her primary rider ever since.

(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*)

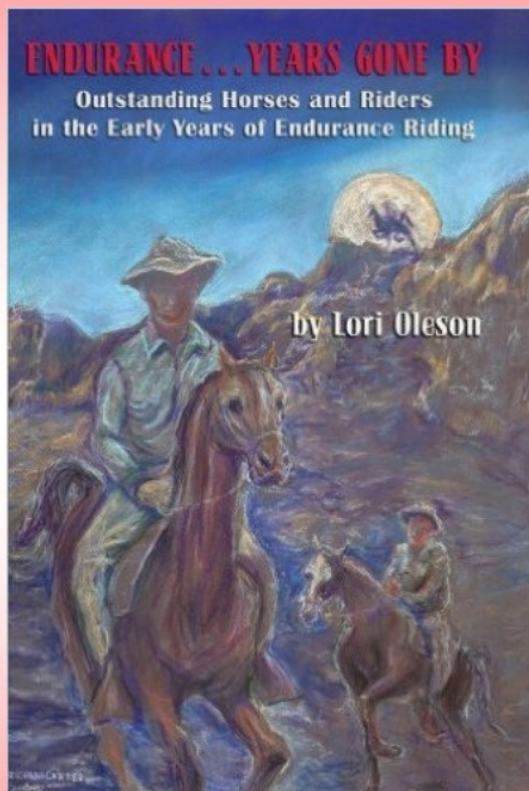
We Accept Visa, Mastercard, Discover, American Express and PayPal

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!



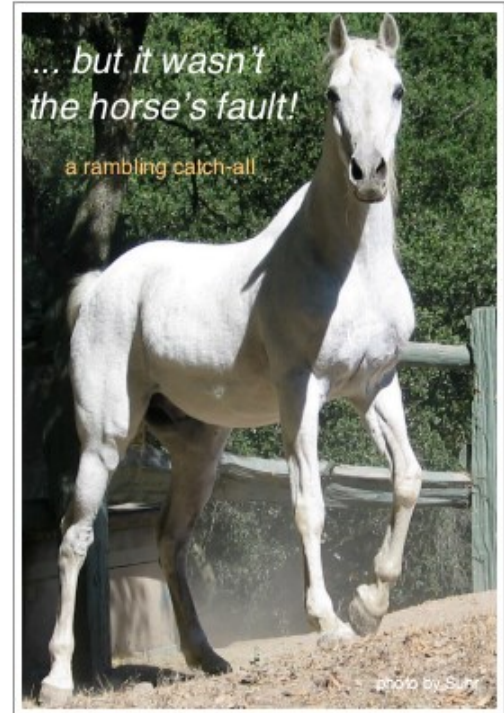
To benefit our trails and our horses, I have written two books. They are entirely different in style.

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

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 tenants 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](tel: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

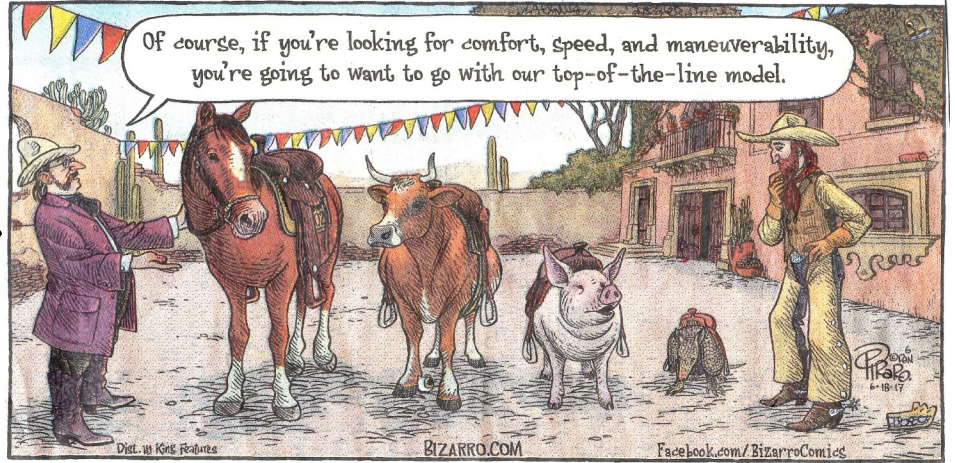
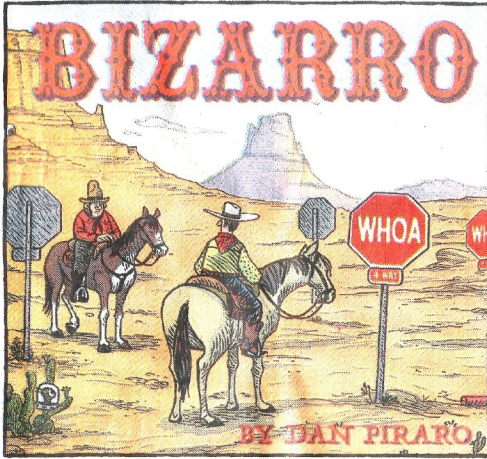
For Quicksilver club ride managers. Our club now has a color duplex printer that is located in the home of Becky and Judith. You can do the printing at the cost of 25¢ per page color and 6¢ per page B&W, if you provide the paper. If you e-mail the printable files to Becky, she will do the printing for 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

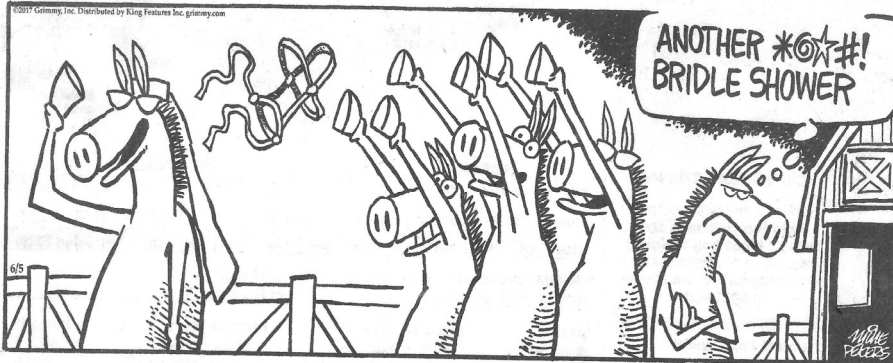
Trilby — (408) 997-7500

Humor and Birthdays



MOTHER GOOSE & GRIMM

Mike Peters



Waves of serener life pass over us from time to time, like flakes of sunlight over fields in cloudy weather.

Henry David Thoreau

Happy September Birthdays to our Quicksilver Members and Endurance Friends



Jackie Bumgardner* (deceased)	2
Becky Hackworth	3
Libby Bass	3
Dave Nicholson	4
Tracy Hofstrand	5
Kathy Mayeda	8
Karen Chaton	10
Miriam Plaggmier* (deceased)	11
Sandie Parker-Jones	11
Pete LeMond	17
Rick Rashid	19
Cathy Kauer	20
Pam Villa	22
Pat Bush* (deceased)	26
Jackie Davidson	26
David De La Rosa	28

Humor Too Good to Leave Until Next Month

GOOD THINGS ABOUT HUSBANDS

1. Husbands are less expensive to shoe than horses
2. Feeding a husband doesn't require anything than even mildly compares with the hassle of putting up hay.
3. A lame husband can still work.
4. A husband with a bellyache doesn't have to be walked.
5. Husbands don't try to scratch their heads on your back.
6. They are better able to understand puns
7. If they are playing hard to catch, you may be able to run them down on foot.
8. They know their name.
9. They usually pay their own bills.
10. They apologize when they step on your toes.
11. No saddle fitting problems.
12. They seldom refuse to get into the vehicle.
13. They don't panic—running and yelling all through the house when you leave them alone (unless you've left the kids with them, too!).
14. For a nominal fee, you can hire someone else to clip them.
15. They don't like the lady next door just as well as you, just because she fed him for 3 days straight.

THE HORSE'S ADVANTAGE

1. If they don't work out, you can sell them.
2. They don't come complete with in-laws.
3. You don't have to worry about your children looking like them.
4. You never have to iron their saddle pads.
5. If you get too fat for one, you can shop for a bigger one.
6. They smell good when they sweat.
7. You can repair their "clothes" with duct tape.
8. It's possible to keep them from "jumping the fence."
9. You can force them to stay in good physical condition with a whip.
10. They don't want their turn at the computer.
11. They may turn white with age, but never go bald.
12. They have never heard of PMS.
13. They learn to accept restraint.
14. They don't care what you look like as long as you have a carrot or an apple.

Contributed by Diane Enderle and husband Steve

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**

