

Marin Horse Council

2014 SPRING EQUINOX NEWSLETTER

ISSUE 118

Marin Horse Council | 171 Bel Marin Keys Blvd. | Novato, CA 94949 | 415.259.5783 | www.MarinHorseCouncil.org

From the Saddle

I'm feeling the rain against my face as I ride up the road. It's helping to wash away some of the anxiety I have been feeling lately about our current drought. However, with hay prices continuing to rise and water bills escalating I can only worry about the fate of many horses, stables and barns as summer approaches. Boarding costs will go up, horse rescue operations will be looking to their donors for more financial relief and those who own their animals on a shoestring budget may be looking to the auction yard. Not a great solution in anyone's book. Let's just hope that we can all hang on and ride this out.

I am proud to say that our equestrian population was well represented at the Marin County Parks and Open Space Commissioners meeting held Jan. 23rd as Linda Dahl and staff made their presentation on the Road and Trail Management Plan (RTMP) to the Commissioners. Director Dahl began her presentation with a slide show depicting the degradation to some Marin County Parks caused by mountain bikers building illegal trails, jumps and obstacles through Roy's Redwoods and near Horse Hill in Mill Valley. The slides were quite disturbing as the illegal building not only destroyed trails but endangered wildlife by ruining habitat. I believe that this presentation was a direct response to the outright demand made by the mountain bike community at the previous MCP meeting for more trail access. I applaud Director Dahl for her efforts to paint the "outlaw" mountain biker community in their true colors. The slide presentation hopefully will show the park commissioners that the attempt by the mountain biking community to gain access will not be rubber stamped. Until they can control their own population, if ever, their quest for more access should be denied.

"Make the Last Place Last"

The presentation went on to propose policy changes to the RTMP. That included an opportunity for the public to tour all of the Marin County preserves as we did at Cascade Canyon. During that tour, Elise Holland of Marin County Open Space District (MCOSD) explained the RTMP process, fielded questions and took comments about the needs and concerns of Cascade Canyon Open Space Preserve. Other proposed changes included the controversial "walk off trail." The plan now recommends that hikers may wander off trail, but not horses or bikers. I addressed that during public comments by saying that horses need to be allowed to rest and water off trail. This is stated in the current version of the RTMP and should be allowed to remain. Other topics of concern were the existence of social trails. Some may be allowed to exist; however, equestrians will not be allowed to ride them. The term Management Zones will replace Visitor Use Zones as the new definition of the preserves and how they will be overseen. Night riding was brought up by some members in the audience and will be considered by the Parks and Open Space Commissioners. However if night riding is to be included in *{continued on page 2}*

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SAVE THE DATE

MHC'S SPRING RIDE WILL BE SUNDAY,
MAY 4TH 2014, AT PRESIDIO RIDING
CLUB. PLEASE REGISTER ONLINE AT
WWW.MARINHORSECOUNCIL.ORG



A Stinging Memory

Some years ago I was riding my horse, Domingo, with a couple of friends from the Golden Gate Dairy Stables down the Redwood Creek Trail in the direction of Muir Woods. We were at a rather tricky drop-off into Redwood Creek when Domingo lost his footing and slid down the bank on his side. Fortunately, I was able to slip off of him just as he started to fall. However, as Domingo slid down the bank into the creek he went through a patch of stinging nettle. It was obvious almost immediately as he began prancing from foot to foot that he was agitated and suffering from his encounter with the stinging nettle. I splashed some cold creek water on his legs hoping to relieve some of the stinging, and we then hurried back to the barn.

Maureen Pinto, manager of Ocean Riders of Marin that is based at the stables, saw my predicament. She ran over to the pony paddocks and got some horsetail, a primitive plant that grows in the area (considered a living fossil, horsetail is one of the oldest plants on the planet). She rubbed it vigorously over the affected areas of Domingo's legs and shoulder. Sure enough, before long he began to calm down and apparently feel relief from the stinging.

What is stinging nettle?

Stinging nettle (*Urtica dioica*) is a perennial broadleaf weed that often grows in colonies. It grows to several feet tall in the summer, dying down to the ground in winter. It is native to North America, including California, and it commonly infests moist uncultivated areas including riverbanks, fence rows and roadsides. The leaves and stems are covered with brittle, hollow silky hairs that contain chemicals that cause a burning feeling and often a painful rash when contacted by humans and other animals. In extreme cases, horses have died after extensive exposure to the plant. It is interesting to note that this pesky and troublesome plant also has a long history of use as a medicine and as a food source.

- Joel Bartlett

the RTMP, it is possible that the entire document must go through the EIR process once again, as it should. Remember the RTMP is a work in progress and we the public have an opportunity to have a say in how it's written.

On a similar note; Bill's Trail in Samuel P Taylor State Park will undergo adaptation into a multi-use trail with work taking place beginning in August and ending next year. The trail will reopen some time in 2015 after California State Parks (CSP) crews re-grade, widen and add pinch points made from large Eucalyptus trunks. Will the added features slow mountain bikers down? Maybe at first, but we all know what has happened to China Camp. Let's not abandon Bill's Trail because we abhor the possible destruction of it by bikes. It is our duty as stewards of our land to ride it, walk it, photograph it, and understand the politics and policies that have created the conversion of this trail as the same fate may befall other trails in the State Park system. The only way we can reverse this CSP decision is by proving that habitat is being destroyed. It is our duty to collect evidence that may work to reverse the CSP decision to make Bill's multi-use. Don't let Bill's go just because we lost round one.

On the brighter side; at Olompali, we will continue our efforts to install a water trough. The plan has been approved by CSP and now we just need to dig the trench for the water line. Anyone got a spare back hoe?

The Marin Horse Council participated in the newly created program, Tails and Tires, that is brought to us by Trail Partners, a partnership between Marin Horse Council, Marin County Bicycle Coalition and Marin Conservation League. The workshop in Novato hosted 20 high school mountain bike team members who came out to learn how equestrians perceive their existence on trails and how they can ride safely to avoid conflict. The 20 kids were joined by parents and mentors who learned that safety is everyone's responsibility, and that they are not the only ones out there. The day was well received by all who attended. We left feeling that at least these mountain bikers will know the safe way to approach and pass horses on the trail--Just slow down and say "Howdy!"

Look for our Spring Ride coming in May. We hope to see you at the Presidio Riding Club for a beautiful community ride, a great lunch, and a time to come together to hash out the trials and tribulations of all of the above mentioned and more!

- Monte Kruger | *President, MHC*

Bronco Billy and the Essanay Film Company in Marin

There was a valley with farmland and cattle ranches. The little nearby towns gave the area a decided western flavor. A stage coach still ran over the "mountains" on a dusty road from San Rafael to Fairfax to Bolinas. And the mountains, Tamalpais to the southwest, Loma Alta the north, and Pine Mountain to the west, protected the area from ocean fog and rain, spreading out the cloud cover and letting in the sunshine. San Rafael, population 5,000 had a lot going for it when Essanay Film Company arrived on May 31st, 1911.

In 1907, Gilbert Anderson and George Spoor founded Essanay Studios ("S and A" for Spoor and Anderson), one of the predominant early movie studios in Chicago. Anderson acted and directed over 400 short films for the studio. Though he played a wide variety of characters, he gained enormous popularity in a series of 148 silent western shorts, becoming the first cowboy star of movies, "Bronco Billy." Originally spelled "Broncho Billy."

OUT ON THE TRAIL

Spoor stayed in Chicago running the company like a factory, while Anderson traveled the western United States to California by train with a film crew to shoot movies. They were shot in small towns with trains running through them. Most famous were: San Rafael, Fairfax, Niles and Santa Barbara.

In 1911 Essanay Film Company rented four houses on Grand Avenue and Palm Avenue and filmed on Irwin Street at 3rd and 4th in Happy Valley, San Rafael. The film lot was at the Eastside Ballpark in San Rafael which took up the whole block across the street from the French Quarter Victorians. There are medical and dental offices there today. The portable stage was sitting outside of right field on the Ball Park. No one told the San Rafael Colts baseball team. Their star player Roland Theroth remembered, "One day we went to practice and Lo and Behold! There was a bunch of Cowboys, Indians and Horses all over the field." Anderson, a baseball fanatic would relax between shots by playing catch with the local kids. Essanay's first film in San Rafael was "The Outlaw Samaritan". It opened with 'Jack Mason the Outlaw' (Anderson) robbing an express train singlehandedly. It was filmed along the train route between San Rafael and Fairfax. In 1911 Fairfax looked like a ready-made western set, the surrounding hills added to the terrific backgrounds. Roland Theroth joined Essanay the next year and became a camera operator. In 1916 he went to Hollywood and became cameraman for Charlie Chaplin. In 1912 Essanay moved from Happy Valley (San Rafael) to Niles, CA a small town in Alameda County near Fremont, CA where the nearby Western Pacific Railroad Route was a perfect location for the filming of westerns. Eventually they moved to Los Angeles as it was becoming the film capital of the world.

Many Bronco Billy westerns were shot in Niles, California, along with "The Tramp" featuring Charlie Chaplin. In Niles they made a picture a week. Anderson recalled in 1968 that he made early westerns "like popcorn". Over 2000 films were produced in the 10 years that Essanay made films. "The Great Train Robbery," in which Anderson played two roles- a robber and a passenger - for 50 cents an hour, was the longest feature film ever made at that time.

Anderson's legacy: Anderson was honored in 1998 with his image on a US Postage Stamp. Bronco Billy. In 2002, he was inducted into the Western Performers Hall of Fame at the National Cowboy & Western Heritage Museum in Oklahoma City, OK. Anderson has a star on the Hollywood Walk of Fame! A Chicago Park near the Chicago Essanay Studio lot was named Bronco Billy Park in his honor. Broncho Billy Anderson lived his last senior years at The Motion Picture & Television Country House and Hospital on Mulholland Drive in Woodland Hills , CA.

Gilbert M. "Broncho Billy" Anderson
(March 21, 1880 – January 20, 1971)

Niles, which is part of Fremont ,CA was the site of the Western Essanay Studios and holds an annual Bronco Billy Silent Film Festival. Niles Essanay Silent Film Museum, is located at 37417 Niles Boulevard, Fremont, CA. It is open noon to 4:00 PM Saturday and Sunday. They show rare silent films with piano music every Saturday night. Every week. Year round.

<http://www.nilesfilmmuseum.org/>

- Constanza Perry



Gilbert "Broncho Billy" Anderson, circa 1913



News From Bay Area Barns & Trails!

Bay Area Barns & Trails (BABT) is excited to announce the relaunch our Grant Program. This program is made possible by a bequest from our founding president Barbara Weitz, who passed away in 2012. For details about the Grant Program visit:

bayareabarnsandtrails.com/programs.html

In honor of Barbara, and in support of the Ridge Trail, BABT is making a donation to the *Ridge to Bridge* event on Saturday, April 26 in the Marin Headlands. Barbara pioneered the precursor event *Ride for the Ridge* in 1989. We hope to have equestrians represented this year, and encourage you to sign up! For details on how to participate, please visit: www.ridgetrail.org

Please keep BABT informed of issues regarding land and trails preservation in your county. We will share your relevant news items on our website. Additionally, we are seeking interested equestrians from each county to expand our Advisory Board.

To send us news, or for information about applying to our Advisory Board, please get in touch with us at babtt@sonic.net

www.bayareabarnsandtrails.com



Wildcat Camp

As you travel on, the view west reveals the rugged coast, Arch Rock and the Farallon Islands on a clear day. To the north, you will see all the way to Point Reyes. The lighthouse is not visible as it is located on the north side of the point, but all the cliffs along Drake's Bay are visible and beautiful. A smaller version of Dover!

Once you start downhill, you will travel about one mile to where the Coast Trail turns north and joins the Bear Valley Trail.

You are riding along the cliff above the ocean (well back from the edge) among turkey vultures, hawks, occasional Ospreys, and the two eagles in residency there. When you intersect with the Bear Valley Trail, you have four miles to return to the starting point. Distance: 12-13 miles. - Sandy Greenblatt

Reporting Information for Public Lands

Mount Tamalpais, China Camp and Olompali State Parks: Ryen Goering, State Park Peace Officer Supervisor (Ranger) (415) 388-2952
E: Ryen.Goering@parks.ca.gov

S.P. Taylor and Tomales Bay State Parks: Rosemary Blackburn, State Park Peace Officer Supervisor (Ranger) (415) 488-0291
E: Rosemary.Blackburn@parks.ca.gov

If there is an ongoing Emergency, the State Parks Dispatch Number is: (916)358-1300. That is the quickest way to report an emergency or crime in progress.

Marin County Open Space District: Ranger Station Line Checked several times each day (415)-473-2816
Charlie Schonwasser
E CSchonwasser@marincounty.org

Non-emergency situations requiring immediate attention (i.e. water leak) call Marin County Sheriff's Office Communications Division at 415-473-2311 and they will contact the appropriate Parks, Open Space, or Landscape Department.

Marin Municipal Water District: Chief Ranger Bill Hogan
Non-emergency (415) 945-1187
Active visitor misconduct (Non emergency) (415) 945-1500
E: bhogan@marinwater.org

Pt. Reyes National Seashore: (415)-464-5137 Follow the prompts Pt Reyes Dispatch, non-emergency, is (415) 464-5170 (this is a recording); Sheriff's dispatch line (noted below) may route you to a live ranger, if appropriate. The Sheriff's Department has a substation in Pt. Reyes Station.

Golden Gate Recreation Area: Park Police Non emergency: (415) 561-5656. Emergency: (415) 561-5656

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Spreading Manure: Good Exercise and Good Sense

Recently, I went out to Five Brooks trailhead at Pt. Reyes National Seashore on several occasions, just to take a walk. In mid-week the parking lot is usually empty and what struck me were the piles of manure (and often shavings and waste hay) where trailers had been parked on the weekend. Just for the exercise, I got the manure fork out of my truck and went around scattering some of those piles of manure so that they would dry out and disappear--as manure does when scattered. It was good exercise but it reminded me how many people seem to think that a trailhead parking lot is some sort of public dump ground. It isn't.

Real purists would say that horsemen should bag all manure and carry it home--as you would from a campground. I don't go that far. I have no problem with leaving the day's horse poop at the trailhead, but only if it is scattered. But I do have a problem with people who allow manure, shavings and spilled hay to accumulate in their trailers until their next trip to a public trailhead, where they clean out their trailers. The trailhead is not a public dump and people who use it that way should be asked not to do it. Just as 'friends don't let friends drive drunk,' friends should not let horse friends clean out their trailers at trailheads. It is not acceptable behavior.

The same principle applies on the trail. As Jim McDermott frequently points out, horses can poop and walk at the same time. But lots of horses have trained their riders to let them stop to poop. This leaves a huge pile in one spot that sits there for weeks, draws clouds of flies, and upsets other trail users. If your horse has trained you to let it stop to poop, reverse the training. If you keep the horse moving--even a little--the manure is spread out and dries and disappears much more quickly.

Before you leave a trailhead, take a minute to scatter any manure left by your horses, and maybe another couple of minutes to scatter manure left by other horsemen who didn't bother to do it. And when you see people cleaning out trailers at trailheads, speak to them about it--nicely, but make the point that treating a trailhead as a public dump ground does not make friends for the horse community.
- Delos Putz

Grounded in Connection – Abby Hill

Abby Hill is a unique horsewoman, combining horse training with a farrier practice. She serves clients at Creekside Equestrian Center and several private barns. I had a chance to catch up with Abby this week to talk about her equine philosophy and unique background.

What is the underlying principle guiding your work with clients and horses? The more we can understand how the horse thinks, the more we can help them fit into our world. It starts from the moment you take the halter off the hook: your initial observations of your horse and what your plans with him are for that day. You have to be willing to adjust your agenda based on what your horse is telling you.

What about the rider's state of mind? A calm presentation is desirable. If I'm calm, then I can be more perceptive to my horse's state of mind and figure out the best plan for him.

So many people want to skip the ground work and just ride. Why do you think ground work is so important? Ground work is essential to get a sense of the horse's mental and physical state and help him start to connect to you. The ground

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Abby Hill, and horse, looking grounded and connected.

work is a tool to enable your horse to start looking to you and even wait on you for the next move. If he's mentally with you, he'll be calm and relaxed, and that allows him to use himself most efficiently.

What do you mean by "efficiently?" What I mean here is that the horse can become supple and therefore not have mental or physical braces. When I'm working on the ground, my goal is to create a shape in his body. I want the horse to push strongest off the hind end, swing through his hips, and supple through his ribs, which, in turn, frees up his back. This relieves his shoulders and reduces counter balancing in his neck. It allows him to think forward, look forward, and move forward more freely.

How do you define bracing? I define it as bottling up the energy in an area. Bracing sets the horse up for an "out" like a bolt or spin. When the horse is supple, his energy is flowing much like a garden hose that doesn't have any kinks that might explode!

When you're riding on the trail, where does the connection come into the picture? Anytime I'm on a horse I'm having a conversation and connecting with him. There's a rapport with your mount that you feel through your legs, seat, reins, and your inner core. You learn to know where and when to show up and support him, when to get out of his way, and at some point, you build an unconscious connection where you respond by feel.

What about an insecure horse – where does connection fit in? Ground work and riding exercises build trust – the more your horse is looking to you for direction, the more he knows he can look to you in an insecure moment. And, it's not just the horse – it's the combination of horse and rider. I like to observe and help riders by giving them feedback on their responses in specific situations. This empowers them to change what may be a habitual response to their horse that, perhaps, is inadvertently hindering the horse's movement and adding to his insecurity. Lots of time we tighten up when we're nervous – and that can make the horse feel trapped. We have to let go of our own bracing and not think of controlling our horse's energy but channeling it instead. We should be striving to garner respect from our horses and not just try to get them to love us. Horses like to know where they're supposed to "be" and what is expected of them – they'll be more relaxed and confident. I've found the same is true for people, too!

In General: The best number if life or property is in immediate danger is always 415-472-0911 which connects you to a Sheriff's dispatch operator. Any non-life threatened situations, call 415-473-2311; if you are in another agency's jurisdiction, the call will be routed appropriately.

Note: 911 from a cell phone goes directly to CHP before being routed to another appropriate dispatch center. Use 472-0911 unless you are reporting highway incident or condition.

Be prepared to say your name, phone number, accurate location, the situation, the resource request, plus any details that are pertinent. In real emergencies, stay on the line until you are told to hang up.

More info: In July, 2012, the County changed its email addresses to reflect the shorter name @marincounty.org, and consolidated multiple telephone prefixes to a single 473- prefix for all county telephone numbers. Simply replace 507- or 499- with the new 473- in all County phone numbers. To find any contact in the County office, the public can dial the automated attendant at 473-7000 Emergency: 911; from cell phone: (415) 472-0911

The Marin Horse Council recommends that you carry these numbers with you when you ride in public lands. You may find yourself in an emergency situation requiring help. Also, be aware of unsafe conditions and unsafe behavior in other public land visitors, and be a good public land partner by reporting these to the proper contact person. It is important that as equestrians, we demonstrate our active participation in supporting these land managers and the important role they play in stewardship of natural resources and the positive management of public behavior. Thank you. - Linda J. Novy

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facebook 

The Marin Horse Council is on Facebook. Check out all of the events and activities we are involved in.

My Barn: Creekside Equestrian Center

We have been at Creekside Equestrian Center for 13 years this June. Prior to that, we had our horses on a private 3-acre property in Mill Valley where we had to arrange all the hay purchases, mucking, feeding, etc. Although it was only 15 minutes from home, we always had to worry about the reliability of other people we were counting on to do some of the feedings. Since we live in Tiburon and trailer out frequently to West Marin to trail ride, we wanted to find a place where we could get in and out easily that wouldn't require a big detour off our direct route. Creekside is right onto Sir Francis Drake Boulevard in Woodacre, exactly midway between our house and Point Reyes. We moved our horses there in 2001 and it was a perfect choice.

Besides easy access when we want to trailer out, there are numerous trails we can ride right from Creekside and most of the boarders besides us ride right from the barn. There are also plenty of arenas, a very large outdoor, an indoor & a dressage court.

Aside from the riding, we really like the management practices at the barn. All the horses are fed three times a day unlike many facilities which only feed breakfast and dinner. Having a third midday meal is really good for the horses' digestive systems, the next best thing to being on pasture with forage available 24/7. The other thing that sets Creekside apart is that they clean the stalls twice a day. It is a very clean facility and we really appreciate that. The owner's son and
{continued on page 7}



SUPPORT THE MHC

MHC T-Shirts, in lots of great colors, \$15 each or 2 for \$25. MHC caps are available too! constanzaperry@hotmail.com

About Abby Hill. Abby grew up in Marin County, learning how to ride at Tinker Pervier's "Dairy," now known as Ocean Riders of Marin. Under Tink's guidance, Abby "lived horses" 12 hours a day for 8 years, and gained an innate respect for them and the environment. In her twenties, she worked at a private ranch in Petaluma helping gentle weanlings and yearlings. Then she bought her first horse, Febe, which lead her to Siri Larssen and Terry Church at Hawkwood Hill Farms. She went on to work for Siri, living at Hawkwood, and learning from both Siri and Terry for over ten years. Terry Church exposed Abby to the teachings of Tom Dorrance, and Abby also had the opportunity to ride in several Ray Hunt and Joe Walter clinics. She gained hunter-jumper experience through training with several horsemen greats: Trudy Exton, Gene Lewis, and George Morris. Abby came with Siri to Dougherty Ranch in 2006, and then several years later, stepped out to start her own practice. Her farrier skills were initiated by watching Bob Ross shoeing horses, then fifteen years ago she met master farrier, John Suttle, who continues to be her mentor. Currently Abby shoes and trims over 40 horses. Abby says: "I've been very lucky to learn from so many equestrian greats. I feel like horses have so much to teach us, and I am thankful for the opportunities every day."

Contact: abbyhh@gmail.com

- Linda J. Novy

Spring Conditioning

When you brush your horse these days, and the ground starts to look like the floor of a hair salon, that is your cue that it is March. Spring means that the riding season is beginning and you probably need to get your horse in shape for the trail rides or shows ahead.

Conditioning means to get in shape physically. That is what we need to do to insure an injury-free season.

First, your horse needs lots of walking with energy. That means your mount walks a little faster than he would choose. Next, add some long, free trot after a few days of walking, (remember, with energy). Take a watch and actually trot for five minutes without stopping, changing directions and posting diagonals every 60 seconds. In the following days, add a minute to the energetic walking and add one minute every other day to the free trot. Using the watch, see if you can work up to walking for 10 minutes. Then see if you can trot, posting, for 15 minutes, in both directions. Remember to change your posting diagonal frequently, as this too, will get your horse's back in balanced strength. If you are really a go-getter, work the canter into the program. Continue to work up to 15 minutes, without stopping, on both leads.

For the trail-only rider, you probably already know that lots of walking up and down hills is the way to go. It is one of the best ways to strengthen your mount's back, neck and legs. There are many wonderful articles on the internet that give ways to condition the trail horse. I could not improve on any of those. So, go do some research and choose a program that feels good for you.

This progression of adding time may sound boring, but it works. Make sure you have a watch to time your efforts. Five minutes is longer than you might imagine. The by-product is that, guess who gets in shape too - that is YOU!!

But, there is more. When you walk your horse, concentrate on how you relax your hips to follow the horse's movement. Are your legs relaxed and under your hip or are you in that chair seat, that you know you should change, to the straight line of shoulder, hips, ankle? I believe that every time we get on a horse, we aim to be

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better as a rider. When you start that trot, do you post as if you had a kitten under your bum or do you pound your rear on the back of the saddle? Are you posting from the strength of your leg, or is it all foot that lifts you up? Gee, is this article a riding lesson or is it on conditioning? The answer is both because practice does not make perfect. Perfect practice is what makes perfect. An Olympic athlete is never allowed to lift weights or run miles without excellent form. The horses that carry us around for miles and hours deserve the most balanced rider, who makes himself a pleasure to carry. Are you a pleasure to carry for miles and hours, anywhere and everywhere?

Spring conditioning means that you work as hard as your horse to get in shape to have an injury-free riding year. It means that your horse looks forward to having you on his back because you made the effort to ride as if you were part of him.

FYI, my horses asked me to send this message out to all of you...:) We don't want any horses dreading the next season of riding.....

- Susan Tomasini

Growing up in Sleepy Hollow

How wonderful it was for me to read Connie Berto's article on the history of Sleepy Hollow! It brought back so many memories of my childhood, growing up on the corner of Sleepy Hollow Dr. and Butterfield road, right in the middle of Sleepy Hollow that I couldn't resist writing something to piggy back it. Mine is a story about growing up on horseback in the 1960s and 70s.

A little more history of Sleepy Hollow:

Sleepy Hollow, at the north-west corner of San Anselmo, is set in a wide valley surrounded by grassland, Eucalyptus, Oak and Poplar trees in the hills and forests. About 650 modern Eichler homes were built starting in the 1950's on a third to half an acre, with many lots over an acre in Sleepy Hollow. The typical, original Sleepy Hollow home is a large California ranch-style house, often with a pool. This was ideal horse riding country and many homes had their own barn. Some home-stables are still there today. The main street into Sleepy Hollow is Butterfield Road. Cowboys at the turn of the century referred to the dirt road as the "Road to Butterfield's Place". Thus, the birth of Butterfield Road. (1) Harvey Butterfield leased the property as a Dairy from the Sais family. We rode Butterfield Road like Cowboys too. It led to the old Hoatling mansion's ruins. Today that is where you will find the rural campus of the San Dominico School for Girls. Anson Hotaling, a wealthy San Franciscan bought the land from Domingo Sais' son Pedro in 1887 and built his mansion at the end of the dirt road. His son Richard

workers live on site so someone is always there to keep an eye on all the horses, which is important to us.

Many years ago, there were some trainers there that dictated access to the arenas. This created problems and the management decided that everyone has equal access to all the arenas and so there is no official house trainer that can dictate when someone may use an arena or not. There are several trainers in different disciplines and some who work specifically with children, but everyone shares the facilities. We believe that good horsemanship is to be able to ride your horse amongst other horses as long as everyone is considerate and courteous and that sharing promotes that.

We and our horses are happy and have a great home at Creekside.

- Duffy & Ron Hurwin, Cazinova, Maggie & Romeo

Insulin Resistance in Horses

Our healthy 14-year-old Morgan, Splash, recently developed laminitis. Three times a week he usually goes out for a three-hour ride up and down the steep hills of the Pt. Reyes area. The rest of the week he plays and runs in the round pens at Dickson Ranch.

Morgans are easy keepers, as everyone tells us, but he is not fat and gets lots of exercise. It turns out he had a few fat deposits on his butt and mane areas. Laminitis is sort of like type 2 diabetes in people with insulin issues. His front hooves became sore and it was clearly very painful for him to walk.

Dr. Vanessa Bradley of Artaurus Veterinary Clinic recommended we add more straw to his stall to make it softer for him to move and to close off the paddock. We also purchased special boots with soft pads inside. He is now on low NSC (non structural carbohydrate) hay. Three weeks later the difference is remarkable. He is walking again and wants to get out of his stall and move! In a month or so, we can begin riding Splash and maybe give him just a piece of a carrot!

- Marina Eisenzimmer



AT THE BARN



Dear Murray

DEAR MURRY:


MY PERSON GETS MAD AT ME WHEN I NEIGH BACK TO MY FRIENDS. SHE SAYS I'M BUDDY SOUR. HOW CAN I EXPLAIN TO HER THAT IGNORING MY FRIENDS WOULD BE SO RUDE.

- SOCIAL BUTTERFLY

DEAR BUTTERFLY:

NEXT TIME YOUR PERSON GIVES YOU A HARD TIME FOR WHINNYING OR RUNNING AROUND LIKE AN IDIOT BECAUSE YOU ARE SEPARATED FROM YOUR FRIENDS AND CAN'T TALK TO THEM, HIDE HER PHONE THEN WATCH HER RUN AROUND LIKE AN IDIOT BECAUSE SHE IS SEPARATED FROM HER FRIENDS AND CANNOT TALK TO THEM. SOMETIMES HUMANS JUST NEED A LITTLE TASTE OF THEIR OWN MEDICINE.

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- Jody Werner



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developed a beautiful estate in a secluded valley and called it "Sleepy Hollow" after 19th Century American author Washington Irving's short stories the Legend of Sleepy Hollow and Rip Van Winkle". Both Anson and Richard loved the theatre. In the mansion the living room had a stage which included a Romeo and Juliet style balcony. They say many plays and bohemian parties were held there. Even the imported Holstein cows from Holland and the prized bulls were given names from the Legend of Sleepy Hollow. (2) Hotaling was of Knickerbocker Dutch stock on his father's side.

The 1906 earthquake and subsequently burning of San Francisco was greeted by a good many clergyman as divine retribution for the city's wicked, wicked ways. The fact that houses of worship were incinerated right along with everything else — while a huge whiskey warehouse was spared — inspired this immediate verse by poet and wit Charles Kellogg Field:

*"If, as they say, God spanked the town
For being over frisky, Why did He burn the churches down
And save Hotaling's whiskey?" (3)*

Many of the neighborhood streets are also named after characters and places in Washington Irving's "Rip Van Winkle and the Legend of Sleepy Hollow:" [Rip] Van Winkle Drive, Ichabod Court, and Crane Drive, after the Schoolmaster Ichabod Crane, Dutch Valley Lane. [Dutch Settlers], Tappan Road [Tappen Zee], and Raven Road [Raven Rock].

Now fast forward to 1963.

My parents moved from Long Island New York to Sleepy Hollow in 1963 with eight children. We lived right in the middle down Butterfield Road. I am the youngest child so as a toddler my first memories are of horses clip clopping down the road as an everyday occurrence. It seemed that every other house in the Hollow had a barn in the back yard. Across the street lived Buckshot, a buckskin and Lemon, a beautiful palomino. My older sisters, Pat and Liz were friends with the Quarre girls and they would take off on trail rides together most days. My bedroom window faced the hill at the top of Sleepy Hollow and Martling Drives. I literally woke up to horses grazing in the hills around me.

On my eighth birthday, in 1970, I approached my mom quite seriously and informed her that I was now old enough to have a horse and would like one for my birthday. At which she laughed uncontrollably. Eight kids and a horse? I can't blame her. Thanks to her, I began lessons at the Horsemen's Association of Sleepy Hollow (HASH) arena located behind Hidden Valley School on a Quarter horse named Tasha. Caroline Donahoe taught me the basics of riding. This was to become my home away from home. The neighborhood hang out. No less than 10 kids on horseback every day after school. It was here that I met Shannon and Sonny. Shannon was busy with plans for college and Sonny needed a sponsor.

After shameless begging, and promises to keep up my grades, I became Sonny's sponsor. I was 10 years old when Shannon left for college and she generously offered to give my Sonny. This took even greater cajoling on my part with my argument being..." But dad, he's free!!!" You always say that nothing is free!!!" I can still hear his laughter 40 years later. Every day, after a quick change of clothes, I'd hop on my bike and ride to the barn where Sonny lived, then a bareback race to the top of the hill overlooking the Hollow. Quiet time for the kids. This was our sanctuary, our hidden fort. The only sound was Sonny munching on grass. I'd kick back, rest my head on his rump and look at the sky, or maybe the fog rolling in around Mt. Tam for ages. Then we would head on down

AT THE BARN

to the "ring" to catch up with the gang. You had to hurry, if the 5 o'clock whistle from the San Anselmo Fire Department blew it meant it was time to gallop home for dinner.

The HASH arena was our social media. It was our club house. Built and maintained by the Horsemen's Association of Sleepy Hollow sometime after the Sleepy Hollow stables closed. It had easy access from Fawn Drive, Hidden Valley Lane and Green Valley Court. The Association arranged vaccination clinics and sponsored schooling horse shows at the arena. They also represented the horse community in our Sleepy Hollow 4th of July Parade as well as coordinating events with Marin Mounted 4H. It was a great way to educate the kids about horses and provide supervised activities. We'd plan our week-end rides to San Dominico School and climb the stairs at the old mansion site [Hotaling's mansion] or riding to the top of Fawn Drive and Fox Lane which we called "Jumping Lane." A grove of Eucalyptus trees provided the perfect cross country venue. Long, thin pole like branches to set up amongst the tall trees for jumping. On a more adventurous ride we'd head right down the hill to the Northgate mall. A summer favorite was to ride to Red Hill Shopping Center for ice cream at Swensons. We did full moon dinner rides. And we often rode our horses through the Drive-Thru at Jack in the Box on Sir Francis Drake Blvd just to see the looks on the cashier's face. My favorite trick was stopping by my house for a visit with Sonny. Our house was not a horse property but had a fenced yard with a lawn in front and a pool in back. We'd enter through the gate and walk through a breezeway that took you to the backyard. Hooves echoing into the house! (A Breezeway is an outdoor hallway that connects the house to the garage with a roof on it). A left turn and we were standing at the sliding glass door to the kitchen. My mom would greet us with carrots and a snack. One day she turned to get more treats and Sonny walked right in the kitchen! He stood right next to the kitchen table munching on carrots. Thank goodness he never spooked. We loved to show off to unsuspecting visitors sitting at the table. This was always a good laugh. On hot Summer days we would let the horse graze on the front lawn while we jumped in the pool to cool off.

Most of the gang belonged to the "Mounted 4H Club of Sleepy Hollow". This kept us learning about the horses and engaged in activities and shows. One summer they arranged an overnight ride from Sleepy Hollow to Stewart Ranch Horse Camp in Olema. Participants needed a vet's approval for older horses and ponies. We had our work cut out for us. You see, Sonny was 25 years old and Lori DeMartini had a feisty little Pony of the Americas named Honey. We needed help. Barrie Ongaros' horse Misty, a 10-year-old Morgan-Arab cross was the perfect training partner. We were on a mission to condition! After months of riding and extra feed we all got the green light. Honey and Sonny arrived at the meadow with a whinny and tails held high. Two nights of camping and a beautiful day ride to Wildcat Beach in the Pt. Reye's Headlands. Our parents arrived Sat night for a BBQ dinner and visit our campsite. A week-end we still talk about today.

Sleepy Hollow provided a place for kids to grow and learn independence and responsibility under the watchful eyes of all the neighbors. Kids were expected to



Peggy and "Sonny" on her front yard.

Why Kids In 4-H Like the 4-H Horses Group and Why They Like Horses

Sina, Age 11: I like 4-H because before I just rode horses but now I'm learning more about the horse.

Athena, Age 10: I've always liked horses, even when I was very little I knew how to ride, I mostly just walked and trotted, but when I joined 4-H I learned a lot more, like how to jump, canter, all the parts of the horse, and how to groom.

Sydney, Age 9: I became interested in horses when my friend Athena told me how fun they are to ride so I decided to do 4-H with her.

Maya, Age 11: I joined 4-H because I wanted to connect to horses and understand them in a deeper way.

Kyan, Age 11: I came to 4-H because I was excited to learn more about horses.

Kacia, Age 7: I like horses because you can ride them on nature trails. I joined 4-H horses because I wanted to learn more about horses.

Olivia, Age 16: I'm so happy I joined 4-H. I'm learning so many new things about horses. During our meetings, people always know something I don't.

Charlotte, Age 12: I'm so glad I joined 4-H. It is a great experience and I learn so many things I never knew. Horses are such amazing creatures and I can't wait to learn more about them. They are gentle but fierce creatures.

Everyone: During 4-H horses we learn things like the body parts of a horse, the parts of a saddle, the parts of a bridle (also how to take them apart and put back together), and showmanship.
- Pat Duffy



Farm Day: 4-H Barn Yard with miniature donkeys.

AT THE BARN

Horse Shows & Events

DICKSON RANCH, WOODACRE

May 10: Old Fashioned Play Days!

May 17: Schooling Dressage Show

June 7: English/Western Schooling Show

June 23-27: Summer Horse Camp

Contact: Grace Tolson 415 488 0454

MIWOK STABLES, MILL VALLEY

May 24: Schooling Show

Contact: liveryoffice@miwokstables

TOMASINI TRAINING CENTER

April 12: Cowboy Dressage "Language of Lightness" Diamond Hills Equestrian Center, Livermore

May 31-June 1:

Cowboy Dressage "Language of Lightness" Novato Horsemen Arena, Novato

Contact: susan@tomasinitrainingcenter.com

WOODBIDGE FARM

April 26, May 31, and June 28:

Schooling Show Series

Contact: dawn@woodbridgefarmdressage.com

feed and care for their horses. We babysat to earn money for entry fees and new tack. The community embraced the equine community as their own. A great example was my brother Jim's Marin IJ paper route. I would fill in for him if he had a baseball game or in Fresno visiting our sister Rosemary. Rather than give up riding, I threw the bags full of folded papers over Sonny's bareback and he and I rode the paper route tossing newspapers at front doors. My aim was not nearly as good as Jim's but the folks forgave easily, just to see the freckled-faced papergirl, on a swaybacked sorrel, trotting down Butterfield road. Today the fire trails we rode are protected for forever as Marin County Open Space at the Sleepy Hollow/ Terra Linda Divide and you can ride or hike for hours and hours. When you listen to the short stories of Washington Irving you can see us cantering through the eucalyptus groves over hill and dale like the headless horseman. Miraculously we are all still friends today.

"About two hundred yards from the tree a small brook crossed the road, and ran into a marshy and thickly-wooded glen, known by the name of Wiley's Swamp. A few rough logs, laid side by side, served for a bridge over this stream... It was at this identical spot that the unfortunate André was captured, and under the covert of those chestnuts and vines were the sturdy yeomen concealed who surprised him. ...In the dark shadow of the grove, on the margin of the brook, [Ichabod] beheld something huge, misshapen and towering. It stirred not, but seemed gathered up in the gloom, like some gigantic monster ready to spring upon the traveler... He appeared to be a horseman of large dimensions, and mounted on a black horse of powerful frame." - The Legend of Sleepy Hollow

- Peggy Murrin

Footnotes: (1) quote from Sleepy Hollow Homes Association, History. (2) quote from Sleepy Hollow Homes Association, History. (3) Anson Hotaling of San Fran: God, Whiskey and Fire.



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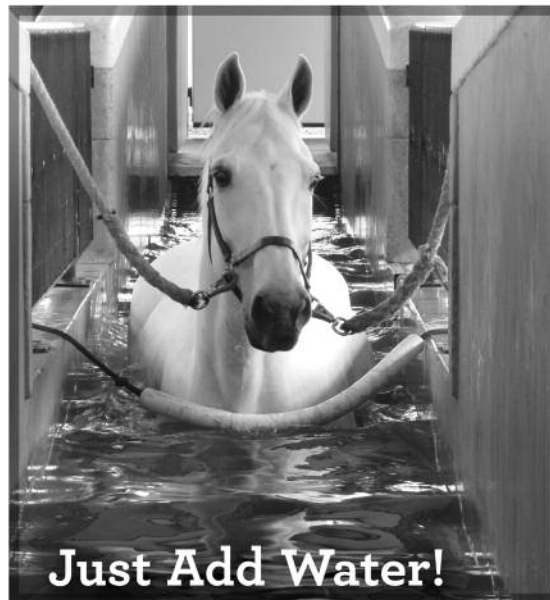
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Your interests: English Western Trail Riding Endurance Show Jumping Dressage
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- MHC needs volunteers! Please indicate if you can help us with:** Finance, Communication, Membership, Barn Liaisons,
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Your membership in the Marin Horse Council helps support the Council's many activities on behalf of Marin's equestrians and equines. Donations are also welcome. Fees and donations are tax deductible to the extent allowed by law.

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