

# Marin Horse Council

2014 SUMMER EQUINOX NEWSLETTER

ISSUE 119

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Young Riders having fun! Novato Horsemen Rope & Rein in their arena.

## From the Saddle

I spend a lot of time writing and talking about trail issues in Marin, but it's time to focus on the barns and stables we are so fortunate to have in our County. The opportunities for horse enthusiasts are great and right here in our backyard. Even if you have never owned your own horse but wish to be involved with horses there are plenty of programs available and professionals willing and able to provide a wealth of knowledge about the diverse list of equine related opportunities.

In Southern Marin, from their location at the Golden Gate Dairy in Muir Beach, Ocean Riders offers public outreach programs like equine and nature guided learning with an emphasis on local history and culture to help connect people to the GGNRA and to horses. The Presidio Riding Club also located in the GGNRA at Rodeo Valley Stables offers a horse hotel where you can overnight your horse for \$25/night and ride on some of Marin's most scenic trails. Miwok Livery located on Tennessee Valley Road in Mill Valley has lesson horses available for beginner to advanced riders who are looking for riding lessons plus guided trail riding if you're horseless and want to experience Marin's Headlands on horseback.

Central and West Marin offer a hugely diverse array of barns and stables for anyone interested in boarding, lessons, summer camps for kids, therapeutic riding or equine guided education. Dickson Ranch in Woodacre has been owned and operated by the same family for 6 generations. Dickson is a family oriented stable with lessons, summer camps and entry level show opportunities. Creekside Equestrian also in Woodacre offers EAGALA, equine assisted psychotherapy and learning, along with jumping, dressage, trail training. Baywood Canyon in Fairfax has a very professional look and offers a training program for all levels, general equitation and lease options for people seeking to better their skills without actually owning a horse. Kilham Farms in Nicasio offers all levels of riding for anyone from child to adult. Plus for the serious competitor, training for the A-circuit rider. Dougherty Arabians, owned by Bob and Dianna Dougherty and nestled in Nicasio Valley offers lessons and training for the dressage rider to the trail rider. Meadowbrook also on Nicasio Valley Road offers their equestrian facility as a wedding and party location while offering Dressage training, western riding and natural horsemanship or lessons in three-day eventing. Marin Stables in Fairfax is one of the oldest stables in Marin. Jim McDermott offers educational and therapeutic programs, partners with MMWD for trail maintenance and creek restoration. Five Brooks {continued on page 2}

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 **SAVE THE DATE**   
**FALL RIDE: October 5th at Novato Horsemen**  
**MORE INFO at [www.marinhorsecouncil.org](http://www.marinhorsecouncil.org) or our facebook page**



# OUT ON THE TRAIL



## *MHC Spring Ride*

There were 40 or so riders that dusted off their trail gear and set out for the MHC Spring Ride. It was held at the Presidio Riding Club stables this year. It's a favorite for many of us.

The PRC did an incredible job hosting us. They spent a day getting the stable ready, cleaning and looking in top shape for a fun day of riding and socializing. We also had 13+ volunteers from the PRC that made our experience so great. They did everything for us from leading rides to cleaning up after us.

Thank you to Christy Kieffer for organizing everyone and everything. Ken Horsziny, Rachael Unger, and Brook Weinstien for leading the rides and getting everyone back safely. Ann Burke for bringing the morning goodies and coffee. Ann Burke, Kim Stodford and Lynn Keller for check in and greeting us all with a smile. Brad Silen and

*{continued on page 3}*

Stables in Olema is one of the last remaining guided trail riding outfits. Accessing Point Reyes National Seashore from horseback is an exceptional way to be immersed in the Park. A perfect outing for guests or for a first time horse experience. Halleck Creek in Nicasio is a therapeutic riding stable that caters to kids with disabilities. They rely on many volunteers and offer a great way to earn community service hours or just a special way to give back to our community. Medicine Horse Ranch in Tomales is a training camp for healers looking to include horses in their work or where you can find sessions geared to guide you through life's struggles.

In Northern Marin, Morning Star Farms is known for its great summer camp program for all ages, birthday parties, riding lessons and Carolyn Conner's Morning Star Vaulters where kids and adults do gymnastics on horseback. Morning Star Vaulters has a competitive team while also supporting beginning vaulting classes.

Willow Tree Stables is tucked behind Stafford Lake in Novato and has direct access to Marin County Open Space trails, offers beginning riding lessons, horse sponsorships and also supports Equine Insight an equine therapeutic program.

I know I've overlooked some of our barns and stables, like Rock Rose Ranch in Nicasio who asked the MHC to give them a rundown of our Equine Evacuation Plan which they purchased and have implemented. Thank you RRR! But for the most part those mentioned above represent most of the barns and stables we are so fortunate to have in Marin. They all provide an important part of keeping Marin's economy alive. In fact according to a 2001 census, funded by the MHC, the total annual contribution to Marin's economy is \$155 million. Many of the barns' patrons partner with open space land managers in maintaining trails and creek restoration projects to keep our lands healthy. Our community of horse enthusiasts spend a lot of time giving back to the community and the land we love to ride. But more than that, look at the incredible opportunity available for anyone interested in bringing horses into their lives. We know how important our equine friends are to us, let's spread the word and help others understand how easy it is to include horses in their lives or the lives of their children.

- Monte Kruger | *President, MHC*

## Honoring Gayle Murphy

*[This profile is part of an occasional series featuring people who have made notable contributions to the equestrian community in Marin County. It is the Horse Council's effort to say "thank you" and to acknowledge the time, energy, expertise and effort that these noteworthy horsewomen and horsemen have expended on behalf of all of us.]*

Gayle Richardson Murphy has been an active and valued member of the Marin equestrian community since she moved to Marin in 1954. An accomplished horsewoman since her youth, Gayle has been involved in teaching riding and managing horse facilities for most of her adult life. She headed the equestrian program at San Domenico School for 14 years. Gayle has been a member of the Marin Horse Council since it was formed in 1981, served as its Secretary in its early years, and assisted with writing and producing the MHC Newsletter for many years. (She also had a brief flirtation, after college, with the CIA. Read on.)

In June 1973, Gayle founded the Marin Horse News, a predecessor of this Newsletter. She was the publisher, editor, chief reporter and also recruited advertisers and often wrote the ad copy. The initial issue had a picture of Connie Berto on the front page and a story about the Drake's Bay Endurance Ride. Gail turned over publishing responsibility after a few years, but continued to write for Horse



# OUT ON THE TRAIL



Gayle Murphy taking a green horse over a jump at Skidmore College, circa 1952

News until it ceased publication in 1981. The 12-page first issue is reproduced on the MHC website at [www.marinhorsecouncil.org/news](http://www.marinhorsecouncil.org/news). It is a reminder of how different things were 40 years ago.<sup>1</sup>

Gayle has an interesting personal history. She was born in 1930 in Berlin, Germany, where her father, George Richardson, Jr., was on temporary assignment for his employer, the J. Walter Thompson Company, a major New York advertising agency. When Gayle was about two years old, the family returned to their home in Short Hills, N.J. At age 10, she began taking riding lessons at nearby Watchung Stables, a County-owned riding facility located on a 2000-acre forest preserve with 26 miles of riding trails. The riding program was headed by two former cavalry officers who gave it a strong military aspect. Students were required to wear jodhpurs and were organized in "troops" according to age and assigned to "squads" according to riding ability. Each student was given a different horse each week to get them accustomed to horses of different sizes and dispositions. According to the Watchung website, these traditions continue today. <http://ucnj.org/community/watchung-stable/>

Gayle's father entered the Navy in World War II and Gayle and her mother, Elizabeth Morgan Richardson, moved from their home in Short Hills to an apartment in New York City. In eighth grade, Gayle went to the Gardner School for Girls in Manhattan, took riding lessons at the Claremont Riding Academy located on West 89th Street, and rode in Central Park. When her father returned from the Navy after WWII, the family moved to Detroit, Michigan, where Gayle finished high school. In 1948, she entered Skidmore College, then a women's college, in Saratoga Springs, New York, in the heart of New York State's horse country. Gayle continued riding at Skidmore, taking lessons from a German dressage instructor for four years.

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<sup>1</sup> It was mailed with an 8 cent postage stamp with the image of former President Dwight D. Eisenhower. There are ads for chaps and tack repair from two leather shops, and ads from two saddle shops, all four in San Rafael, plus an ad from Offut's English Tack & Wear in Petaluma. A 475 acre parcel adjacent to MMWD land is offered for \$475,000 and 20 acres in Somoma with a 4000 sq. ft. home on a private lake for \$225,000.

Kendra Hartnett for guiding the trailers to a safe parking spot. Christy Kieffer, Kam Shadan, Rosella Blanding, Jennifer Ross and Sarah Kissinger for helping with lunch prep and cleaning up after us. Pat Duffy for bringing some 4H kids to help out and Monte Kruger, our wonderful President, for being our head chef and making sure we all left with a belly full of delicious food.

It was a fantastic day for all of us. The weather was perfect. The trails are amazing giving us those beautiful vistas of or wonderful GGNRA Marin headlands. It was a great day to meet new friends and gather with old friends. I am looking forward to the Fall Ride, place and date to be coming soon.

It is always great to see that special connection we have with our horses and each other.

- Ride Honcho, Michael Willin



## Green Gulch Closure

Green Gulch Farm will begin a restoration project along lower Green Gulch Creek that limit the public's recreational access to Green Gulch Farm and Middle Green Gulch Trail. Construction will begin mid-August and will take place from 7:00 AM until 4:30 PM Monday through Friday. The project is anticipated to be completed by October.

During construction, heavy equipment will be used to remove vegetation along the creek, a new channel will be excavated, and the small wooden bridge will be replaced with a wider, longer horse friendly bridge. Access to Tennessee Valley from Pacific Way in Muir Beach is limited to evenings and weekends. Trail connections between Tennessee Valley to Dias Ridge Trail via Miwok. Middle Green Gulch or Coastal Trail will only be possible on weekends or after 5:00 PM.

Redwood Creek Trail is open but Natural Resource staff request we don't let horses play in the water at crossings, but ride them quietly through. The salmon run did end up being moderately successful despite the late rains and drought.

Any questions, feel free to contact Maureen Pinto: [oceanriders@prodigy.net](mailto:oceanriders@prodigy.net)

## Trail Manners

Be polite and helpful when meeting livestock, backpackers and other users of the trail.

Always yield the trail to faster hikers and riders. Move aside as soon as you can and let them go on ahead.

Common sense and courtesy should prevail in matters of right – of – way on the trail. Those traveling uphill have the right of way over those going down-hill.

Remove obstacles from the trail whenever possible rather than going off trail around them.

Stay on the trail. Cutting switchbacks creates erosion.

Explain to those not accustomed to stock that it is safest to step to the down-hill side of the trail and to stay in sight. Be sure the person feels safe before you pass.

Explain to others that it would be helpful to speak in a calm voice to the animals as they pass.

### Equine First Aid. Plan and Prepare

Depending on where you are riding or packing, in the event of an equine emergency, it may take several hours or longer for your stock to be treated by a veterinarian. You should plan and prepare to be on your own in caring for your injured stock.

If you are traveling away from home, create and take with you a list of several local large animal veterinary hospitals that could treat your stock, in the event of an emergency. Include the hospital names, addresses and phone numbers and directions.

Prepare a complete equine first aid kit for your trailer and saddlebag. You will need the supplies necessary to stabilize your stock in the event of an emergency.

Normal Horse Vital Signs:

- Temp: 99 – 101F
- Pulse: 30 – 42 BPM
- Respiration: 12 – 20 breaths per minute
- Capillary Refill (gums) 2 seconds

*{continued on page 5}*

After graduating from Skidmore in 1952, Gayle (who had majored in French) was recruited to join the Central Intelligence Agency. She moved to Washington, D.C., but soon decided the CIA was not her cup of tea and returned to New York, where she worked in the textbook division of Macmillan Publishing Co. About a year later, through friends, she was offered a position teaching French and heading the equestrian program at the Orme School, a well-known college preparatory school located on the historic Orme Ranch near Mayer, Arizona, about 70 miles north of Phoenix. Many people in the Hollywood movie industry sent their children there—to give them a taste of the cowboy west, and to get them away from the temptations of Hollywood. Gayle discovered that she was expected to teach western riding, something she had never done, but horses are horses and she quickly adjusted. In addition to teaching riding, she took the kids on horse-camping trips in the nearby Prescott National Forest.

In 1954, Gayle married Gilbert Murphy, an architect, and moved to California, settling in Sausalito. Even while living in Sausalito, Gayle managed to find people with ponies and start her oldest daughter, Lisa, riding. In 1960, they bought a property with room for horses on Bolinas Road above Fairfax. Gayle has lived there ever since. Gayle raised her three children there, and taught all of them to ride. They kept three equines at home, a horse for Gayle and two ponies for the kids, and rode the trails in the MMWD lands on Mt. Tamalpais. Gayle was an early member of the Tamalpais Trail Riders.

Over the years, Gayle was involved in managing a number of Marin boarding stables, including Sleepy Hollow Stable (long gone), Circle V Ranch (now Baywood Canyon), Forest Farm Camp in Forest Knolls (long gone), and Marin Stables. She directed the equestrian program at San Domenico School for 14 years. Until recently, she worked part-time at Creekside Equestrian Center.

Family history: Gayle is a direct descendant of Edwin Dennison Morgan (1811-1883) who was Governor of New York from 1859 to 1862 and a U.S. Senator from 1863-1869. - Delos Putz

## Road and Trail Management Plan

The Road and Trail Management Plan became a challenging game for those who participated in an exercise facilitated by MCP and sponsored by the MHC and MCBC. A mock open space preserve and 9 different management scenarios were presented by Carl Somers of MCP back in May. Carl and crew asked participants of the mock planning session, held at the Novato Horseman's Clubhouse, to become open space planners for the evening and engage in the process of redesigning an open space preserve. The challenge for the attendees was to reconfigure the preserve to provide a good multi-user user experience by decreasing user impact while enhancing the preserve's habitat.

The 25 or so attendees, were asked to break up into small groups of 3 or 4. Each group was comprised of different open space users, equestrians, mountain bikers and hikers. We were then given a map of a mock preserve with a configuration of trails drawn in. We were also given a blank map of the same preserve so we could plot our own trail plan on unmarked land. The development of our own plan was guided by reading 9 possible trail scenarios which had the potential to decrease the number of points our preserve would score. We started with an environmental score based on the RTMP matrix and our job was to adjust trails to see if we could meet all of the criteria while lowering the environmental score. The group with the lowest score wins.

# NEWS & UPDATES

The debates began among each group as to which trails would be decommissioned or re-commissioned. Since we were charged with lowering the overall environmental score while creating a good multi-use trail experience we knew we had to decommission some trails, make some tough decisions regarding multi-use trails and loops that might connect other parks to our preserve and make sure creeks were not being silted with over use. We wanted to also consider how emergency responders could access users and interesting loops were considered rather than up and back trails. The task was very challenging, yet in the end, after all of the groups displayed their hard work, we were amazed to see that basically each group came to the same or very similar decisions. All in all a very good exercise in just how the RTMP will be used to assess and score all of our Marin County Parks. We will be better equipped to speak intelligently when it comes time to chime in on which trails will be decommissioned and which trails will be converted to multi-use. Each preserve will be assessed using the RTMP and we will have an opportunity for public input regarding each trail in each preserve. It's important that we pay attention because in the end we need to score big for the trail riders. If you are interested in this process the MHC can organize another mock preserve experience or what I call Carl's great exercise.

- Monte Kruger

## Ticks and Lyme Disease

The Best Defense Against Ticks and Lyme Disease is YOU! Lyme disease is transmitted by the bite of an infected tick, specifically the western black-legged tick (*Ixodes pacificus*). These ticks are most often found in grassy, brushy, or wooded areas, especially along the sides of trails. Ticks do not fly, jump, or fall out of trees. Adult ticks wait on the tips of vegetation for a host to pass by, while the much smaller nymphs, which can also transmit Lyme disease, are commonly found in leaf litter or on logs and branches. After a tick grasps onto a host, it will crawl in search of a suitable location to attach to the skin and begin feeding.

District officials stress the importance of taking personal protection measures prior to, during and after being in tick habitat. Personal protection measures include:

- Wear light-colored clothing with long sleeves and long pants.
- Apply repellent containing DEET (at least 20% concentration) on exposed skin.
- Stay on designated trails.
- Periodically check yourself for ticks while in nature.
- Shower after being in tick habitat to help detect ticks. Continue to periodically check your body for several days after you have been in tick habitat. Pay close attention to the hairline, waistline, armpits, and other places where clothing is constricted. Carefully examine children and pets as well.
- Remove ticks promptly and correctly. Do not squish, burn, smother or twist ticks.
- Ideally, use tweezers to grasp the head of the tick as close to the skin as possible, and pull it straight out.
- Wash your hands and the bite site with soap and water after tick removal.

Symptoms of Lyme disease may include an expanding "bull's-eye" rash usually accompanied by flu-like symptoms, such as body aches and fever. If you become ill after being bitten by a tick, consult your physician.

If Lyme disease is left untreated, the infection may spread to other parts of the body, with many patients experiencing severe pain and swelling associated with arthritis. Untreated patients may also develop cardiac or chronic neurological problems, such as numbness or tingling in the hands or feet and short term memory loss.

- Marin/Sonoma Mosquito & Vector Control District

- Skin pinch test (hydration) should snap back immediately
- Mucous membranes of gums: should be pink (not pale/white or blue/purple)

Learn the "normal" vital signs for each of your animals. Record the normal vital signs for each of your stock animals at rest and include this list in each first aid kit. Learn how to take your horse's vital signs.

### Equine First Aid:

- Trail Kit
- Betadine solution
- Betadine Scrub
- Electrolytes
- Neosporin
- Saline solution
- Acetylpromazine (know the proper dose and how to administer all drugs)
- Banamine
- Dexamethasone
- Hydrogen peroxide
- Topical eye ointment
- Emergency blanket
- Flashlight / light sticks
- Stethoscope
- Bandage scissors
- Standing wraps
- Rolls of sheet cotton
- Easy Boot
- Vet wrap
- Hoof pick
- Duct tape
- Sharp knife
- Sterile gauze pads
- Gauze rolls
- Latex gloves
- Cell phone (carry it on your body not on your horse)
- ¾ to 1" hose to keep nostrils open in a snake bite
- Equine rectal thermometer
- Sanitary napkins to stop bleeding
- Fly repellent
- Water

- Back Country Horsemen of California



### Sydney Frank running for “Miss Folsom Rodeo 2014”

18-year-old Sydney Frank from Novato is running to become Miss Folsom Rodeo this Sunday. She has competed on her Quarter Horse mare Totty successfully in High School Rodeo and local gymkhanas. Sydney has been riding horses since she was 6 years old. I asked Sydney what she had to do to become a contestant for Miss Folsom Rodeo.

Sydney: Running for Rodeo Queen is a really fun experience. I've made and met so many wonderful people who have helped me choose the proper clothing, how to present myself, what to study. My new friend Ashley has been such a great mentor. She was last year's Queen and has this awesome video of being bucked off during the contest, getting up and waving to the crowd like nothing ever happened. She taught me first hand what it is to be a good sport. Smile no matter what! There are many tests to becoming a Rodeo Queen. It's not just a beauty contest. First, there is a personal interview where you are asked questions about rodeo, the equine world and questions on equine science. You must also be well versed in current local and global issues. Next, there is a riding test where you show how skilled you are on your horse by loping a pattern. Plus the judges want to see how you partner with your horse. Then there is a speech you give in front of an audience. *{continued on page 7}*



Beauty in Motion - Susan Tomasini and her horses.

## Expectations and Telephones

I love taking the time to write to you all. My great wish is that you take the time to read and consider what I have to say.

Eventually, you may come to recognize that good horsemanship is fundamentally what WE do with our horses; from the time we pick up the halter at the start of our time with them. Many of you do not have the luxury of endless hours next to your horse. So, what you do with the time you have is of the utmost importance to be effective and, to enjoy doing it. That is why we have articles, and books, and clinics attending to all of the details of owning and working with horses.

In my experiences with riders during my clinics and lesson, I see the following occur from time to time. Riders are frustrated in getting new maneuvers accomplished and perfected with their horses. They try doing the same cues, expecting the desired result. The maneuver is new for both horse and rider. Thus, both feel like the right thing is never going to come into reality. But, if the rider continues to ask for the movement, asking the 34th time with the same patience and kindness as he did the first time, the horse just might get it. The thing that sabotages finally getting to that successful outcome is often this -

Expectations.

Expectations are what gets most relationships in trouble. Some think husbands (boyfriends) should know what the wife (girlfriend) wants – do the dishes, buy that style hat, say “X” at a particular time. But, as we all know, it doesn't work that way. Husbands and boyfriends are forever wondering what the right thing to do for Tuesday and what the right thing to do is for Saturday. We girls know that the rules change at random.

When on the horse's back, heading towards the trail or the show ring or the practice arena, we expect our horse to perform because he did it well yesterday. When the cues don't produce the desired result, we kick or yank or yell and call the horse names we shouldn't. Expecting the horse to understand what we are asking for will get us into disappointment, then frustration and despair. So, what is the alternative?

**SUPPORT THE MHC**  
MHC T-Shirts, in lots of great colors, \$15 each. MHC caps are available too at \$20!  
[swag@marinhorsecouncil.org](mailto:swag@marinhorsecouncil.org)

# AT THE BARN

The alternative is communication. Like the husband or boyfriend who asks, "How can I bless you today?" He REALLY needs a specific answer. If the wife or girlfriend's response is, "You should know if you really cared," then, defenses rise up, both parties feel hurt and a great relationship moment is lost.

So with the horse – communication via asking with our leg cues, using our weight in the saddle as if it were a verb, then, getting enough tension in the reins so that the horse can put together all the cues as if words to a sentence, so that he has a clue of what we might be asking of him.

If the desired response is not there, it is most probably because we have not taught the horse to respond to the leg cues in the first place. If the desired response is not happening, it is most probably because we have not taught the horse how to understand what different weight placements in our seat means. If the desired response is not forth coming, it is most likely that we have not sent receivable messages through the reins to the bit. Think of it this way – the leg cues are the dialing of the phone number. The weight in the seat is the ringing tone and the rein contact is the "hello". Now a conversation can begin with a positive outcome. Remember, the horse has to put all these elements together and then try to get the right answer back to you. If he tries, but gives the wrong answer, don't kick or yank or yell. Just ask again, with the same kindness and clarity you used the first time you asked. Then, reward the tries he gives back that are going in the right direction.

The horse is not "wrong" when the desired response doesn't arrive right away. He most certainly is still trying to figure out what you want. When he starts moving as we wish, he will try harder as we reward his "try." Learning involves trying answers that are not correct. Understanding comes when the effort is happening to try to get what is desired.

Reward the slightest try. Remember that and practice it. Your horse will connect and answer the phone.  
- Susan Tomasini

## A Look at Laminitis:

The coffin bone (the third or distal phalanx if you want to get technical) is the bone that resides in the hoof, hidden away from the human eye. This bone is truly encased in the hoof capsule, seemingly in a "coffin" and therefore the bone gained its odd title. Along the inside of the hoof wall are lamina, a soft tissue structure that unites and suspends the coffin bone to the actual hoof wall of the hoof which we see externally. Laminitis is a general term for "inflammation of the lamina". This general term can umbrella over a range clinical presentation from "just a little sore footd' doc" across the spectrum to complete destruction of this critical attachment, subsequent movement of the coffin bone away and down from the hoof wall "rotation and sinking", and loss of the ability to stand and move. Horses are tremendous animals that ultimately rely on a very small and delicate balance of bone and soft tissue health in a space with frustratingly limited access.

In the past decade we have made huge strides in the understanding of laminar health and triggers for inflammation of the lamina and subsequent destruction. Much like the advancing research in people, focus on endocrine health, sugar metabolism, genetic predispositions, and diet have come to the forefront on the conversation. Although laminitis has plagued horses for centuries, the triggers have been endlessly varied. Less now do we see "road founder" of the ribby cart pony from pounding on the cobblestone (although still a possible modern cause) and more often are we faced with "grass founder" or horses {continued on page 8}



**Q: What are you judged on?**

**Sydney:** "You are judged on your poise, personality, congeniality. You are also asked to model dresses and western attire and are judged on how well you carry yourself."

**Q: What is your speech about?**

**Sydney:** My speech is a response to whether the NFR (National Finals Rodeo) should be moved to Orlando Florida. I argue that it should stay in Las Vegas which has been the traditional home of the NFR.

**Q: Do you think you stand a good chance of winning the title of Miss Folsom Rodeo Queen?**

**Sydney:** "It doesn't matter if I win or lose, because either way I win." I win because I have made lifelong friends along the way and that's more important than winning a title."

You're a winner in my book Sydney! Good luck!

- Monte Kruger

## Going Green – Our Newsletter

Great News! The Marin Horse Council is going "Green"! We will be sending out our quarterly Newsletters via e-mail. In doing this we are conscience of our responsibility to the environment and financially we will be saving money that can be put towards supporting our equestrian presence in Marin County. However, if you must have a hard copy of the MHC Newsletter mailed (USPS) to you, please contact me at 415 488 0950 or email: [pr@marinhorsecouncil.org](mailto:pr@marinhorsecouncil.org)



## AT THE BARN



### *Dear Murray*

DEAR MURRAY,

I SPENT \$40 EACH ON HEATED WATER BUCKETS FOR MY FIVE HORSES. MY APPY "AL" KICKED AND BUSTED HIS. I HAVE REPLACED IT FIVE TIMES AND CAN'T AFFORD ANOTHER. WHY DOES HE KEEP RUINING THE NICE THINGS I PROVIDE HIM?  
-VERY VERY FRUSTRATED

DEAR AMANDA,

REMEMBER HOW YOU FELT WHEN YOU WERE A KID AND YOUR PARENTS GOT YOU CLOTHES FOR CHRISTMAS, WHEN ALL YOU REALLY WANTED WAS TOYS? IT IS LIKE THAT. HORSES ARE BIG KIDS. ALL WE WANT IS STUFF WE CAN EAT. AND WE ARE NOT PICKY. WE WILL HAPPY EAT WHATEVER YOU GIVE US WHETHER THAT IS A JAR OF COOKIES OR A \$500 CUSTOM BLANKET. IT IS TOTALLY UP TO YOU! AS FOR OUR ISSUES WITH HEATED BUCKETS...WELL, BEER JUST PLAIN TASTES BETTER COLD.

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[www.cafepress.com/JLWdesigns/8499502](http://www.cafepress.com/JLWdesigns/8499502)  
- Jody Werner

that "easily keeps" and then becomes victim to their own butterball tendencies and genetics.

A horse with a robust or curvy figure, unfortunately may be carrying fat deposits over their body that are associated with the development of Insulin Resistance (IR) and/or Equine Metabolic Syndrome (EMS). In these cases the horse's body no longer responds appropriately to the insulin hormone as it cascades valiantly about the bloodstream. These fatty deposits, we are now learning in people and in horses, are not simply just unsightly lumps or pads. In fact these fats cells are yielding a variety of hormones and mediators of inflammation along with triggering insulin resistance. Now we find the plump pony in a state of constant low grade inflammation notably more vulnerable to new stressors and transient causes of inflammation. Suddenly the hooves and beloved lamina are also now more vulnerable to swings in systemic inflammation and therefore laminitis. Fat is simply not a lazy tissue! Fat works hard and carries a lot of potential, but sadly fat unbridled works against the horse that is no longer searching for his next meal out on the plains. Fat also tells the body how well to respond to insulin, and when in excess fat tells the body to ignore or resist insulin's requests. Insulin is the hormone central in telling the body's cells to take-up glucose from the blood for subsequent use or storage. Fat in excess will over-regulate making the body more resistant to insulin, but alas we still have glucose unchaperoned in the blood to manage! Quickly a vicious metabolic cycle is born. As resistance develops the body reacts by making more insulin, and therefore we test these suspect horses for inappropriate elevations in insulin and glucose levels. The only way to reduce obesity and the menacing adipose collections is reduction in caloric intake, caloric type, and exercise if appropriate.

The laminitis associated with IR/EMS can be extremely varied and presents from mild and chronic, to acute, severe and devastating. The veterinarian relies on blood testing, physical examination, and serial radiographic evaluation to determine the cause, severity, and progress of a laminitic episode. Like people, each horse is an individual and each horse can manifest a disease as an individual. No two cases are perfectly alike. Management of a laminitic IR/EMS horse is often focused around diet modification, environmental modification, and hoof support.

Although we are gaining ground on the understanding of laminitis associated with excess dietary density, laminitis can rear its ugly head under many other circumstances. For example Barbaro with his support limb laminitis (too much weight and burden on a good leg during the recovery of the opposite leg), toxic insult (plant or septic infectious toxic burden), or Cushings Syndrome (an endocrine imbalance and excess in the geriatric horse) are a few among many other suspected causes. The American Association of Equine Practitioners is actively promoting a push for research of laminitis globally, right now, as we read.

<http://www.aaep.org/info/laminitis-research-project>

Feel free to snoop around their website for information and donate to the cause! Veterinarians are still actively and ever learning about the causes and management of laminitis in the horse. The understanding of laminitis is still opaque however new trends found in lifestyle, diet, and genetics are helping gain ground in management and prevention. The more our horse loving community rallies around the support of research, the more our local equine community will gain from the knowledge on the micro and macro level. I know your veterinarian looks forward to teaming up with you to learn more about weight, diet, grass exposure, and exercise management to keep your prized pony as healthy as a horse! And as always, in the end, a ounce of prevention is worth a pound of cure!

- Dr. Vanessa G.B. Rood, Artaurus Veterinary Clinic





Ann getting big hello from Seamus.



## My Barn – Presidio Riding Club

Why do I love The Presidio Riding Club? Let me count the ways!

I love the history it represents. It was built by the military for their horses. The importance of the horse to the military is unparalleled. The very freedom we enjoy today was originally won on the back of a horse galloping into battle for his human rider, even lying down to give cover to his human partner while under fire. All this from an animal that is wired to run away at the inkling of danger in nature.

Today a horse and rider roam the trails of the GGNRA experiencing the magnificence of nature. The views are breathtaking and the wildlife adds to the richness of every ride. It is wonderful to ride this land as it has been done for hundreds of years. The people you meet on the trails are not only from Marin or the Bay Area but from around the world. I am certain meeting a horse on the trail conjures up the myths and legends of the American cowboys and cowgirls that are loved and admired around the world. Horses and nature go together like peas and carrots!

The barn itself is not only the home to our horses but at times serves as a visiting center for the area. So many people stop at the stables to be around the horses. Everyone at the barn will take the time to explain the history of the stable, provide a tour of the stable and give direction to all the jewels of the GGNRA such as The Marine Mammal Center, Rodeo Beach, The Hostel and, of course, recommend a bite to eat at our Park Partner, Cavallo Point, to visitors from around the world. It is so great to be able to be a sort of ambassador not only of GGNRA but our country! When I visit Europe the things to see are the museums, churches and old cities. In America our greatest gifts we give to visitors are our Parks. The high value Americans put on preserving nature and the history of our Parks is world renowned. Knowing that The Presidio Riding Club contributes to this experience for so many people adds to my love of it.

We have done a pilot program in Community Outreach with a Veterans Group. It was very successful and we are hoping to be able to provide services to many other groups. The horse has always served man. I have not figured out why as we are the top predator but am very thankful for us. I have witnessed the miracles that occur within therapy done with horses. Programs working with cancer survivors, giving them life skills to cope, and with physically disabled children who are able to feel freedom of movement on the back of a horse are examples. The confidence, hope and sheer joy these programs provide the participants are miracles performed by horses! We are very excited that in the future we {continued on page 10}

## Marin's Pioneering Therapeutic Riding Program Celebrates 37 Years

Halleck Creek Ranch (HCR) is celebrating 37th fabulous year in operation. Beginning with just a handful of hearty riders in 1977, the organization has grown to more than 100 participants each week. Halleck Creek is the only program we know to offer authentic trail rides into 258 acres of wild landscapes surrounding our ranch. Our state-of-the-art facilities include a 120' by 80' covered arena, mounting ramps, indoor restrooms, and picnic areas. Much like our early days we strive to provide healthy, adventurous and fun equine assisted activities and therapies for youth and adults with physical or developmental challenges. All of our instructors are certified to teach therapeutic riding by the Professional Association of Therapeutic Horsemanship International (PATH).

Lesson tuition only covers 1/3rd of our costs, the remainder is raised from generous individuals and foundations. So mark your calendars! Our signature fundraising dinner and auction is being held November 14, 2014 at Rancho Nicasio Restaurant and you all are invited. This year we are proud to honor local hero Dr. Michael Pritchard who has dedicated his life to helping youth and educating all of us on the power of compassion and understanding. Featured in the documentary "HAPPY," Michael has influenced a generation of young people. Dinner, music, cool silent and live auction items and a good time promised for all who attend. If you'd like to be a sponsor, or donate an auction item or service, please call Barbara Hill at 415-662-2488.

For more information please visit our website [www.halleckcreekranch.org](http://www.halleckcreekranch.org)



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# AT THE BARN

## Horse Shows & Events

### DICKSON RANCH, WOODACRE

7-12 English/Western Schooling Show

8-2 Valley Toys & Joys Fundraiser

8-9 English/Western Schooling Show

9-6 Country Fun Day/Playday

9-13 Dressage Schooling Show

Contact: Grace Tolson 415 488 0454

### GIANT STEPS, PETALUMA

7-29- 8-3 Charity Classic Horse Show & Gala

Contact: info@giantsteps.org or 707 769 8900

### HALLECK CREEK RANCH

7-12 HCR's 37th Anniversary & Volunteer Appreciation Celebration BBQ, 12:30pm

Contact: mscannell@halleckcreekranch.org

### MARIN STABLES

8-16 Marin Stables Fiesta Fundraiser

Contact: www.marinstablesandtrails.org

or Ann Burke 415.794.1075

### TOMASINI TRAINING CENTER

7-13: Cowboy Dressage. at Petaluma Riding

Contact: Tomasinitraingcenter.com

or call 707.486.8050

### WOODBIDGE FARM

7-26, 8-30, 9-27: Schooling Show Series

Contact: dawn@woodbridgefarmdressage.com

will be able to provide therapeutic and educational programs at The Presidio Riding Club. Let us know if you have an interest in volunteering in programs or the maintenance of PRC as members maintain the stables through work days. We are a fun group!

Please come with or without a horse for a visit. We have a horse hotel and GGNRA has a hostel where you can stay. Contact us through our webpage for information and to make a reservation for your horse.

Happy Trails! - Ann Burke

**Hot FUN in the summertime at  
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AUGUST 16**

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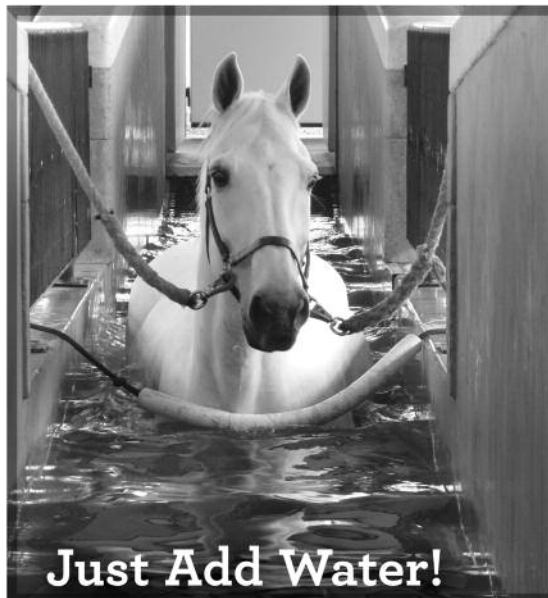
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Help MHC to better serve you -- tell us about yourself. The MHC never shares or sells its members' information.

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- Own a horse?**  Yes       No  
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- MHC needs volunteers! Please indicate if you can help us with:**  Finance,  Communication,  Membership,  Barn Liaisons,  
 Government Affairs,  Horse Course,  Eq Evac,  Events committee,  Marin County Fair,  Volunteer Co-coordinating

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.

Thanks for joining! Mail your check to Marin Horse Council | 171 Bel Marin Keyes Blvd. | Novato, CA 94949-6183

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