SCCHA Newsletter December 2023

From: Santa Cruz County Horsemen's Association (sccha@wildapricot.org)

To: lindsayao@yahoo.com

Date: Wednesday, December 6, 2023 at 08:27 AM PST

Is your newsletter too small to read easily on your computer? Try this:

Hold down the CTRL key (on a PC) or the CMD key (on a Mac) while you hit the + key until the pages are large enough. If you want to revert to the original size, hold down CTRL or CMD and hit zero.

You can also enlarge the newsletter in the website archives https://sccha.wildapricot.org/Newsletter-Archives

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President's message:

Calendars are not in my skill set. Ask my old boss—or, please, don't. At any rate, apologies for the calendar chaos around the Holiday Potluck Party. The bouncing date has finally landed: Saturday, December 16, from 4 to 7 p.m. Please bring side dishes and dessert. We'll provide turkey, ham, faux meat, and soft drinks.

We're filling in the 2024 calendar (people more skilled than I am, that is.) Working Equitation has a full set of playdays and a clinic with Ali Kermeen. Obstacle challenges also populate the calendar with a SCCHA-sponsored clinic followed by two two-day competitions. The three events are designed to support SCCHA members who may want to compete in state championships in October, which we hope to host at the Showgrounds.

We had an intriguing membership meeting with Animal Communicator Jocelyn Whidden, a prelude to a one-day beginner's course on February 10 on how to communicate with our horses and other animals. Signups are available on the SCCHA website.

Our December membership meeting is the Holiday Party. (Once again, December 16.) For January's membership meeting, we've lined up Kevin Foster, the handsome cowboy known in San Lorenzo Valley for his cowboy etiquette and willingness to lend a hand to his neighbors and injured wildlife. We're hoping Kevin can bring one or two of his predator birds.



And then there's the Fireworks 30/50 ride, currently on the calendar (ugh, that word again) for July. Some of us have been enjoying bush-whacking explorations for a river crossing that will make it possible to hold the ride. Our traditional crossing was wiped out last winter, and the former step into the San Lorenzo River now rivals the bank scene in The Man from Snowy River. We have a few possible new crossings in the works, thanks to some intrepid riders/explorers (shout outs to Laurel Harlamoff, Debbie Boscoe, Lindsay Overton, and some really nice folks in Paradise Park.) Stay posted. I am confident that we'll be able to get across the river.

with a beach ride and friends Carolyn T and Karen B!

Happy Holidays and Happy Trails,

—Robin Musitelli

Don't forget to check the SCCHA website for more events and for archived photos of past events: https://sccha.wildapricot.org/

and our FB page: https://www.facebook.com/people/Santa-Cruz-County-Horsemens/100057818433171/

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At last month's member meeting, Jocelyn Whidden explained how telepathic communication can enhance our relationship with horses. Click the link below to listen to a recording of the meeting.

Register now for Jocelyn's

Beginning Horse Communication Class Saturday February 10

12:00-2:00 p.m. at the Showgrounds

Offered to SCCHA members at a reduced rate of \$120. Participants will learn to use focus and Animal Communication to share information with their animals. The class will be open to the first 12 members who sign up. Use the link below to register and pay.





DECEMBER 16th

San Martin Horsemen's will host in December at Harvey Bear Park: Harvey Bear Ranch entrance at E. San Martin Avenue & New Avenue, San Martin, CA 95046. Ride, lead or join without a horse along a flat, paved 2 mile loop and jingle all the way with bells on the horses! A great time spreading holiday cheer interacting with children and families along the route. Event begins at 12noon. RSVP or questions: toni.whedon@cbnorcal.com.





Join the Felton Horse & Hound Caroling Parade

Sunday, December 17

5:00 pm, Felton Post Office

Santa Joe is back on the keyboard, and Ladd's Towing is providing his sleigh. Festive steeds will lead the parade, and Sara, our trusty flatbed driver, will carry singing Santa and his crew. Neighbors, friends, and their families and dogs will safely follow. Behind them, Chris, our loyal street cleaner.

Riders: The horse decorating pre-party starts early in the Rite Aid parking lot, so we are all mounted by 5 pm. Only parade-safe horses are invited,. Be sure your horse can handle lights, sounds, and crowds.

For more info: gfmccreary@gmail.com

ICYMI, you can listen to a recording of the Zoom meeting with Jocelyn here:

https://sccha.wildapricot.org/event-5467938

To register for the Beginning Horse Communication Class, click here:

https://sccha.wildapricot.org/event-5467945

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Many of you have commented on the tough and could-bedangerous broken culvert on Graham Hill Trail. Thanks: it is now fixed. Our State Park

trail partners did their usual thoughtful and well-engineered job covering up the broken pipe.

Next up, and hopefully this month, is some repair to the steps from the Observation Deck down to Pipeline. These have been fixed in the past but continue to get eroded. Last winter was especially, well, you know. The sandy part of the steps is easier to fix than the root part as there is a clear (State Park) limitation on what size roots can be cut. But they will do their best.

There are some trees blocking the top of Big Rock trail—they are on the list but for now, intrepid horses and riders can get around (or so I hear).

Finally, the river crossing on Rincon continues to bedevil us. Between the change in the river's course, the scouring of the banks, and all the debris and rock the winter storms deposited, we are struggling. Laurel Harlamoff spoke about some work she has done so that she has been able to get over the river close to the old crossing, but the drop-off is significant and it is rocky. We will, with her help, do more exploration soon. My goal is to have a crossing that many can use, and that might be appropriate for our Fireworks ride. Still, we are due for another big winter so I'm not sure we will solve this anytime soon.

Thank you for the reports on trail issues. And thanks for your patience in getting things fixed. Our State Park trail crews are wonderful, and they are stretched, still working on CZU recovery, as well as new problems from the big winter. Thank them when you see them! Happy Trails.

Debbie Boscoe, SCCHA Trail Advocate



Ongoing WE Practice Sessions

Thursdays and Saturdays 11:00 am–1:00 pm, unless a cancellation is posted on the BAWE Facebook page.

Upcoming Ali Kermeen Events at SCCHA

2024 will include many exciting activities with Ali, including clinics, playdays, a camp, and schooling shows. In addition, the Bay Area WE will hold a Super Clinic. Here are some of the dates to save for next year:

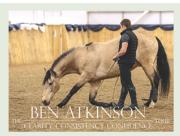
May 11: Garrocha clinic June 19: WE obstacles June 20: WE dressage

Watch for more details!



Peppermints and sugar cubes contain sucrose, a simple sugar that is quickly absorbed in the horse's small intestine as glucose, which causes a release of insulin. For horses with laminitis, insulin resistance, metabolic syndrome, PSSM, obesity, and gastric ulcers, any unnecessary release of extra insulin puts them at risk.

Even small intakes of sugar are absorbed more rapidly than the nonstructural carbs found in hay, so it's best to skip sugary treats for all horses. Every calorie counts, and it's better that those calories come from nutritious food.



"No horse is stupid, stubborn or lazy.

They just need more help to gain confidence in the meanings of the signals you offer them.

Think of every signal we have to communicate with our horses as a word in a language we are creating together.

The more words in the language, the more complete the conversation we can have.

Your horse isn't ignorant. They just need help understanding some of the 'new words' you're teaching them."
—Ben Atkinson

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Hey Obstacle Fans!

SCCHA has some TERRIFIC events planned for the Club in 2024! Save these dates NOW, so you can enjoy the fun in Santa Cruz!

Spring Tune-Up Clinic April 6–7 A great way to connect with your horse after winter weather, this 2-day clinic is designed for all riding levels and ages! Learn basic maneuvers needed to navigate obstacles, including coaching, practice, feedback, and a mock competition. Tips for working in-hand is an added bonus for those days when you just want something cool to do with your

Memorial Day Weekend Obstacle Challenge Camp-out and show on the first long weekend of the summer! Join us for a potluck and raffle, share stories by the fire pit, and enjoy a 2-day obstacle competition with classes for all rider levels. Saturday we will use the SCCHA Trail Course. Sunday you'll find the show in the arena. Optional guided trail ride on Monday to celebrate Memorial Day.

May 25-27

Summer in Santa Cruz Obstacle Challenge 2-day Obstacle Challenge, with a raffle and dinner in the Clubhouse. Classes for kids, novice, intermediate, and advanced. Obstacle Challenge is open to all riding levels and all equines. We love it when we have ponies, mules, draft horses, and everything in between!

Aug 3–4

CSHA State Obstacle Challenge Championship

@ SCCHA

Oct 19-20

2-day Statewide Championship at SCCHA! Yup, Santa Cruz may be selected to host another state-wide competition at our beautiful facility.

An invitation-only event. Folks can qualify via the two shows listed above in May and August! How cool is that? Join us as a competitor or volunteer. This will be a terrific way to finish the riding season with good friends and great horses!

More details and online registration will be posted on SCCHA's event page after the holidays.

Hope to see you at these terrific events next year!



New Jumps at the Showghrounds

The SCCHA Board is considering purchasing new jumps for use in our large arena, and is inviting members to be part of this initiative. If you're interested in helping put together a playday or schooling show, or donating towards new jumps, please contact Shannon: Shanfinn2000@yahoo.com or 831 234 4328. Looking forward to a new chapter at SCCHA!

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Lyn and her beloved Whisky

Thank you all for a wonderful ride. I was incredibly fortunate to be raised by loving parents in the days when kids played outside until called in for dinner and were able to safely walk to school. I came of age in the late 60's in So. Cal. and moved to Santa Cruz in 1978 where I had a career at Cabrillo spanning 36 years spent helping students to choose career paths and find employment. The staff, faculty and students were a joy to work with. I got to live out my childhood fantasy by owning two wonderful horses and many well-loved dogs, cats and one amazing love bird, and to live in my cottage by the ocean and play in the redwoods.

I have been surrounded by smart, kind and wonderful friends and family who have held me in their hearts both before and while I have been living with a terminal cancer diagnosis. I don't have a bucket list, because if I really wanted to do something, I somehow managed to do it. I am not religious, but I have been blessed. If you judge a person's worth by the quality of their friends, I have been rich beyond measure. Thank you all.

My favorite quotes:

"She never changed the stars from their courses, but she loved good men and she rode great horses." -Anonymous

"She was not quite what you would call refined. She was not quite what you would call unrefined. She was the kind of person that keeps a parrot." -Mark Twain

SCCHA is Looking for BOARD MEMBER NOMINEES



Our Nominating Committee for next year's Board election is gearing up and ready to hear from you!

All positions will be on the ballot and nominees announced to membership 60 days in advance of the election in accordance with SCCHA Bylaws.

Our current Treasurer, Steve Shupe, will be stepping down from that position so we are particularly focused on talking to anyone who may be interested in serving the club in that position

You can contact Committee members Bonnie Stoehn, bonnies@cruzio.com and Peggy Hughes, peggy.mph@gmail.com with any questions, to find out more about what is involved and to nominate yourself or someone you think would be a good fit!

ALERT: Stay Safe This Season

We wish everyone joy, cheer, and an extra measure of safety and security. Thefts have been reported at some stables in our County, so take precautions to keep your valuables safe, out of sight, and in a locked vehicle. And don't forget: When parking at the Showgrounds, keep your member number in sight!



Aptly named, Destiny (Jane B's lovely Arabian mare) appears to be contemplating what lies ahead as she views the sunset on Monterey Bay.

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What Your Horse Really Wants for Christmas



Friends

Horses are social animals. Without consistent interactions with other horses, they can become shut-down, unhappy, and unhealthy. Living next to another horse is helpful, but being able to touch, play, eat, and explore with one another is optimal.



Forage

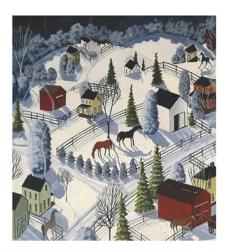
With a stomach that is constantly producing acid and susceptible to ulcers, horses are designed to forage nearly 24 hours a day. Anymore than 4 hours without forage causes discomfort, anxiety, stress, and contributes to resource guarding and more. Put a slow net or feeder in your horse's stocking this year!



Freedom

Stalls are a man-made invention. Horses should be able to choose when to access shelter, feed, and water, with plenty of room in between. Creating "activity stations" encourages movement and satisfies curiosity as well as basic needs. Read up on equine enrichment!





..SLOOOOOW DOWN!

SLOW your walking down to 1 step per second with and without your horse next to you.

SLOW your hand movements down as you touch or do things.

SLOW your talking down.

SLOW your breathing down.

SLOW your pulls and pushes down on the leadrope.

SLOW to FLOW!

Humans are WAAAAY too fast for horses and this is one of the leading causes of reactivity and opposition reflex in horses. SPEED = STRESS.

Let me teach you what speed does...When the brain perceives a threat, it causes the body to release the stress response hormone cortisol. Cortisol levels and speed go hand-in-hand. Cortisol provides the body with the fuel it needs to flee a scary situation or fight against it.

The thing with the mind-body relationship is that the brain feels an emotion such as fear, which creates a physical response in the body, but the body can also move at a certain speed or in a particular way and create an emotion in the brain. It can be reverse engineered. This is how special the intimate relationship is between the brain and body.

The other thing to remember is that, collectively as a social animal, when speed is noticed by another mammal (no matter the species), it alerts the unconscious brain to threat. Speed is an alarm system in a social system (consciously and unconsciously).

If you walked down a road and everyone started running, you'd find it hard not to run even if you didn't know what the cause was. You are noticing that others are running and in a direction, so you mirror them to increase your chances of survival. You don't need the reasoning part of your brain for this. You just activated your primal (survival) part of the brain

One other thing to remember: HORSES CAN SMELL CORTISOL. So not only does your speed act as a visual alarm system to your horse, it also acts as an olfactory one!

Would you want to interact with someone who caused you to feel constantly on alert? These little things are the beginnings of what ripples into chronic stress in both humans and horses. You spend enough time around someone who is fast in their movement, your nervous system will condition itself to being on high alert.

HELLO CHRONIC STRESS!!!

Slow your movement down = slow your thoughts down.

Slow your movement down = lower your cortisol. Slow your movement down = feel connected with yourself, the world and others in it.

Slow your movement down = slow your alarm systems down and eventually they'll turn off.
Slow down so much that it is uncomfortable. It won't be uncomfortable for long, I promise.
Happy brain training.

-Charlotte Moore, CM-Training.com

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From Snaffle to Hackamore Part 2

by Bonnie Stoehn, SCCHA Board Director, Recording Secretary

I'll share with you some things my teachers told me regarding the pursuit of fine riding and progressing from snaffle to hackamore.

Tom Dorrance summed up the process by saying, "The horse must learn to say no before he can say yes." He was not referring to resistance that finally becomes submission.

Try this: Shake your head no. That movement from side to side is lateral flexion. Lateral flexion is what you'll be helping your horse understand while in the snaffle.

Now nod your head yes. Tilting your chin down and in is longitudinal flexion.

Once the horse understands giving to one rein at a time (lateral flexion = saying no) he is prepared for being introduced to giving softly to both reins (longitudinal flexion = saying yes).

Good preparation is everything. Without it you'll have a horse that is braced and pulls.

These flexions are not confined to the head and neck. They ultimately need to be expressed throughout the horse's body. In movement, all flexion (bend) that occurs behind the neck is determined by placement of the feet.

That is one important reason why understanding how the horse moves, having the ability to direct each foot, and knowing when the foot is available for direction is essential to having a light and willing partner.

Ray Hunt's often and adamant advice was, "You need to know where the feet are." The first time I rode with him and heard that I thought, "Okay yeah, they're right down there. Now let's get riding!"

Over time it dawned on me he meant I needed to know what each foot was doing at any moment in time. I couldn't believe it. Would that even be possible?



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Buck Brannaman on 4 yr. old Guapo Gato using both flexions in the snaffle.

He wasn't just talking about knowing that the 'leading leg' does not initiate the canter or that backing up is not walking in reverse. He meant only directing when the foot is between break-over and at the apex of its flight. Attempting to direct a foot that is on its way to the ground or bearing weight puts a brace in the horse. Like dancing with someone who pushes you to move at the wrong moment. You brace up to preserve your balance. And so does the horse under the same circumstances. Just the opposite of lightness. And if it continues willingness will soon be lost as well.

The hackamore's reins are used virtually exclusively for longitudinal flexion. Speeding up, slowing down, turning and stopping are communicated through legs, seat, weight and life (energy) in the rider's body. All working in harmony like musical instruments in a symphony.

Buck Brannaman's advice for advancing to the hackamore includes the ability to ride accurate figure eights at walk and trot without reins. When you consider that turning is initiated by a hind leg reaching forward and under, using our legs to guide makes sense.

Pulling on a rein to turn sends the horse on his forehand. It also tends to make the hindquarters swing to the outside. Not pulling on the face to turn reserves the reins for longitudinal flexion/collection. And it allows holding them in one hand while guiding accurately.

In the Vaquero tradition, moving the horse to the hackamore signals that the days of plow reining are past and new possibilities of lightness for both horse and rider open up. Great respect in this community is reserved for those who are genuinely working at all of the above.

I'll close with a quote from Martin Black that I quite like, "If it was easy, anyone could do it."

Back for more next month!

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4 Star Aluminum 🗙 3-Horse LQ for Sale

8' wide x 7'6" tall; WERM flooring Air Ride; drop down windows at head, stock windows at rear; mangers; stud wall; escape door; roof vents; collapsible rear tack with 3 saddle racks, blanket bars,

lots of hooks. 3 S-ring-tie hi ties. Electric jack; roof rack, 4 fresh water tanks (135 gal); solar panels; deep marine batteries.9' short wall, custom built interior; queen bed with10 cabinets; bench bed; full fridge/freezer; 2-burner stove with cover; microwave; extra big deep sink; heat; ceiling skylights with fans;





18' electric awning; full bath with shower, sink, large cabinets; LED lighting and luxury vinyl floors thruout; generator; day/night shades. Low-mileage radial tires, 2 spares. Very clean, bright, roomy. All well and lovingly maintained. \$49,,000 Lots more details and photos available. debbieboscoe@gmail.com





















2007 Circle J Riata

One owner. \$15,500 OBO (sorry no trades)

- Mid tack includes: swing-out saddle rack, tiered swinging blanket bar, water tank
- ► Large dressing area with custom retractable screen door, twin bed/bench, with extra storage underneath, medicine cabinet, boot box, clothes rod
- ► Front stall has escape door, 2 & 3 stalls have mangers, all have drop-down windows, travel grills, sliding bus windows on curbside, padded dividers, and mats on all walls & floor
- ▶ 2 cargo storage bins
- ► Box 22' overall length 28'2" ,1st stall 96", 2nd & 3rd stall 76" (measured on slant from manager to back wall), 2nd & 3rd stall 64"
- ► Stored under cover
- ► Tires new as of 6/20/23 (30 miles) E Rated
- ► Price reduced 10/8/23. Small portion of window, (in red circle in photo) was broken.

Contact: Valerie Vagg 530-476-2800 (H) (916) 812-4587 (C)

For Sale:

Contact:

laurelharlamoff@ hotmail.com



17 1/2 " Stubben Siegfried \$200



2001 Brenderup Solo, only 1300 lbs. \$5000



17" Specialized ultralight sheepskin seat and stirrup leather covers \$2000



Epic saddle 18" \$200



17 " wintec saddle \$250

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Friends, Forage, and Freedom! Photo taken this week at Moon Valley Ranch by Herdleader Jane Brown.



Sabra and friend: Two works of art at the Showgrounds: Photo by Heather Shupe.











You have a gym membership?
That's cute.
I have horses.

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Upcoming Events For more details, see SCCHA FB and website Events page.

12/16	SCCHA Holiday Party 🛊	https://sccha.wildapricot.org/event-5470717
12/8	San Martin Horsemen's Open House	toni.whedon@cbnorcal.com
2/10/24	Beginning Horse Communication Class	https://sccha.wildapricot.org/event-5467945
5/11/24	Bay Area WE Super Clinic @ Showgrounds	https://sccha.wildapricot.org/events
6/19/24	Ali Kermeen WE Clinic	https://sccha.wildapricot.org/event-5470720
6/29/24	SCCHA Kids Playday	https://sccha.wildapricot.org/event-5470721



Looking for a gelding for sale. Arab, Quarter (or mix), for trail and some arena work, with the following qualities: 9–19 yrs old, 14.2–15h, good ground manners, family friendly, versatile Western or English, sound and up-to-date worming, vaccinations, and hoof care. Contact Susan 12ejsa@comcast.net, 831-426-9313 (land), 831-234-5208 (cell).

Need a pasture buddy? Sweet retired 32-yr-old Morgan gelding, just lost his BFF. He lives in Hollister and we want him closer to us, anywhere in Santa Cruz county. Ideal home would be pasture with shelter. Please contact Stephanie @ 831-332-5659. Thank you!!

Exiss CX-300 gooseneck, 3-horse slant, 2002, stock combo trailer with large tack room. \$13,500. Aluminum, good condition. Call 707-245-7896.

In search of a small barrel-racing saddle. We need a 13-inch seat & narrow tree (6.5-6.75 inch gullet). Rider is petite but her horse is tall, so must be light enough for a small person to get the saddle up onto her horse! Treeless ok, but must have a structured seat with tall cantle for long trail rides. Please contact us via shrkshupe@duck.com if you can help! Thanks

Room available mid-July near Summit Woods/Store with its own bathroom. We share kitchen, dining room, extensive deck/yard, outdoor cooking facilities, parking. We have 2 horses and are open to the possibility of a third horse...The people and the horses need to be compatible, so we're looking for a good match. For the room, \$1400 includes utilities, wifi, DISH TV, etc plus our charming company. First/last, no lease. No smoking, drugs, no pets. Drop us a line with some information about yourself and your phone number and we'll give you a call. Suwanda@surfnetc.com. 415 519 8031. Thanks!

COAST ROAD STABLES Boarding Available. Choice of large paddocks with cover and storage. Several arenas and turnout areas, wash racks, trailer parking. Reliable cleaning and feeding available. Adjacent to Wilder Ranch State Park. Message Ben 831-247-0543 or Amy 707-477-4720.

TRAIL RIDER'S DREAM: ~ 4.5 miles above UCSC bordering Wilder Ranch. 100 +acres, hours of trail riding. Our access to Wilder may be the best in the area. Small, full-service stable. We provide:

- 12'x12' matted stall w/ a 12'x24' paddock.
- AM/PM alfalfa & alfalfa-grass mix. We accommodate most diets.
- · Daily cleaning and shavings
- Large turnouts (for an additional fee)
- · Heated, well-appointed tack room.
- 3 matted & lighted washing/tacking stalls.
- · Arena w/ mirrors & lights.

Caretaker is communicative and conscientious. Owner lives on-site, adding security, supervision and extra horse love. \$550/month. Call 714-272-4618 or 831-426-7692 to inquire. Happy trails!



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SCCHA News Submissions:

DEADLINE is the last Tuesday of eachmonth for the following month's issue.

Stories and Articles

Members, please share your horse interests and experiences with us!

Articles from other publications accepted with reprint permissions. Email copy to editor in these formats; doc, docx, pdf

Images:

jpg, png formats, 72 dpi minimum

Trading Post Ads:

Must be non-commercial and horse-related. Free to members; \$10 for non-members. Include item, price, name, and contact info. Renew by email each month ad is to be run.

Business Ads:

Must be "camera ready." Email images and/or copy to editor. Ads must be paid in advance to SCCHA. Send payment to: SCCHA, 1251 Graham Hill Rd, Santa Cruz, CA 95060

Business Ad Rates:

Business card \$20/mo \$50/3 months 1/4 page \$40/mo \$400/year 1/2 page \$80/mo \$800/year

EDITOR: Karen Morgan

palmviewfarm@comcast.net

Thank You to our Board and all our Volunteers! 2023-2024 Board of Directors

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