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



President's message:



2023 Predictions from a Gifted Seer of Phophesy (me)

Like Nostradamus, I have had many prophetic visions of the upcoming year that I feel compelled to share and you, my dear friends, are the beneficiaries.

Here are a few:

- Covid will continue to follow us into the year but more will be more like that crazy uncle who acts out occasionally instead of the living room sofa.
- Gophers and ground squirrels will move from the Showgrounds to ...well, I'm not really sure where.
- The arenas won't need water.
- I will become wiser, taller, have better discernment in men and won't need any major dental work. Also, I will solve every Wordle puzzle.
- The Buckeye Trail in Henry Cowell won't be scary.
- Technology and I will become friends. My TV remote will figure out what I want to watch.
- The new mulberry trees at the arenas will grow 10 feet.
- New horses and friends will come into our lives; old ones will pass.
- Poison oak will move away from the trails; ticks will vanish.
- Many, many will gather at the club's campfire and there will be much laughter.
- I foresee an abundance of children and horses at the Showgrounds and an abundance of horse camping in many new places.
- I foresee, too, a great many wonderful SCCHA members and their horses, being respectful, kind, and having wonderful companionship.

Happy 2023 and Happy Trails!

~Robin Musitelli

*Hope Everyone is
High, Dry, & Safe!*



Important News:

All arenas, obstacles, round pens, camping, etc. are closed at the Showgrounds until footing improves.

**1/14: Free Fitness Class:
Get ready for riding weather!**

**1/17: SCCHA Member Meeting:
Stay tuned for the agenda...**

For more info, click the link to the SCCHA website below:

Don't forget to check the SCCHA website for more events:
<https://sccha.wildapricot.org/>

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

Here's to a Fresh, Healthy Start for 2023!

For the Horse:



It's RAINING again!
Riding isn't an option when footing is too wet and muddy. But horses can't stay healthy without daily movement. What to do? Consult the equine fitness guru, Jec Ballou!

Jec has many inspirational videos on her YouTube channel. Look at her *Groundwork Exercises for Fitness*, and learn the correct way to help your horse feel better when the weather keeps him off the trail or out of the arena. These exercises include serpentines, step-ups, turns, and pole straddles.

For more rainy-day fun, pick up one of Jec's training books to keep in your tack room and break it out when you're stuck in the barn aisle:
<https://www.jecballou.com/store>

For the Rider:

New Year: New YOU!

Kick off your New Year's resolutions to a great start!

Free fitness class

offered by personal trainer,
Ashley LaMorte

**Saturday, January 14th,
9:30am**

Outdoors at the Showgrounds

All fitness levels welcome.

Aches/pains/injuries can be worked around (or improved!). Bring a mat if you have one.

**Please reach out to Ashley at
408-209-9695 to RSVP
or if you have any questions**



SCCHA Board of Directors Election

by this year's nominating committee: Peggy Hughes and Bonnie Stoehn

As we gallop into the new year, it's time to think about the SCCHA Board of Directors election, March 21, 2023. As per the club's bylaws, all members must be made aware of candidates for positions on the Board 60 days in advance.

We are taking nominations starting now!

We'll be sending an email blast to members on Jan 20 with a list of those running/nominated. That will include most of our current Board members and all new nominations.

The Club is in great shape, which means 2023 is an excellent time to join the Board!

1. SCCHA is well positioned financially.
2. Maintenance and improvements on our physical infrastructure (clubhouse, water system, etc.) are up to date.
3. We have the equipment necessary to take good care of our showgrounds.
4. Karen Morgan's conscientious commitment as editor of the newsletter keeps us well informed.
5. Lindsay Overton does a stellar job of taking care of the Club's online presence.
6. We have great caretakers, Becky and Wayne, who are committed to being good stewards of the grounds and friendly faces when interacting with us all.

Given all of the above allows the Board to move into 2023 with a focus on organizing and offering FUN events for our members. Yea!

The Board meets on the last Tuesday of every month except December, either at the Clubhouse or on Zoom during Covid concerns. Meetings have been running about 1 1/2 hrs.

Traditionally, a Board member's first year is both a learning experience and a hands-on commitment. Heading a committee would not be expected, but participating in any areas of interest is most welcome.

Candidates must have been members in good standing for the previous year. All positions (including president, secretary, etc.) are open for candidates.

The successful operation of the Showgrounds, being responsive to member's interests and positioning the Club to head into the future viable and strong requires, most of all, people who can make good, thoughtful, informed decisions. Is that you? Someone you know?

Contact either of us to nominate someone or throw your hat in the ring! Nominations will also be taken at any membership meeting. We welcome any questions you may have. Peggy Hughes: peggy.mph@gmail.com

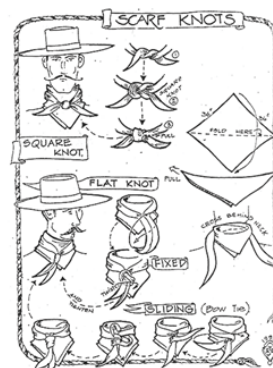
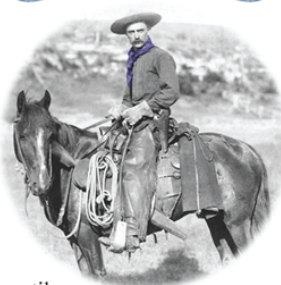
Bonnie Stoehn: bonnies@cruzio.com



How did a simple piece of cloth become an American icon? Wild rags were originally squares cut from flour sacks and tied around a cowboy's neck for protection from dust, sun, wind, heat, and cold...and sometimes to conceal an outlaw's identity. By the mid-1800s, silk became the fabric of choice because silk wicks better, stays warmer, wears better, and (like many cowboys and girls) gets softer with age.

Wild rags quickly became the most versatile part of a rancher's wardrobe. In a pinch, a wild rag served as a potholder, water strainer, race flag, horse blinders, emergency tack, arm sling or tourniquet, dish towel, gun cleaning rag, and more.

Larger than a small cotton bandana, traditional silk wild rags were between 30 and 40 inches square. The choice of colors, patterns, knots, and slides allowed a cowboy to individualize this essential item.



Today you will see wild rags worn by anyone wanting to preserve the tradition of the American West, or to enjoy the many benefits of this colorful piece of history.

How do you wear your wild rag?

Reminder: **Don't Ride Muddy Trails!**

Wet, muddy trails can get wrecked by holes made from horse hooves, which makes them unrideable when dry weather returns. Until this wet season is over, the best place to ride is on one of our beaches where horses are allowed and conditions are safe.

Small gap closed, Big trail miles connected!

A new segment has been completed on the Bay Area Ridge Trail, which now stretches from Los Alamitos Creek to Almaden Quicksilver. Put this on your trail riding list for 2023!



Buck **CLINIC 2023** *Brannaman*

April 20-23

Santa Cruz County Fairgrounds
2601 East Lake Avenue,
Watsonville, CA 95076

Mark your new 2023 calendar now!

Buck will be back for Colt Starting and Horsemanship 1 Classes April 20-23! The classes are full, but I am accepting \$100 deposits for the wait list. That \$ will be refunded if you don't end up riding.

Auditors most welcome! No pre-registration. Just pay upon arrival. Gate opens at 8:00 am. Please read flier below for further details. And feel free to post, make copies for your barn and friends to let everyone know. Here's link for info on signing up:

<https://www.thinkinghorsemanship.com/>

Buck-Sign-up-Page.php

Buck says he looks forward to seeing old friends and new in 2023! Hope you'll join us.

Warmest wishes for the New Year—*Bonnie Stoeck*



A Neurobiological Miracle

"Like it or not, we are the horse's evolutionary enemy . . . no where else in nature do we see such intense and intimate collaboration between two such disparate minds."

Janet Jones believes that more people should understand the vital neural activities needed for a successful partnership between a horse and a human, whether in extreme athletic performance or everyday life. As prey animals, horses' brains evolved primarily to survive predators, while human brains evolved for predation. We simply don't perceive the world in the same way.

Fortunately for us, horses have unique nervous systems that make them capable of partnering with humans. Brain researchers interested in this odd partnership were first able to see a clear MRI of a horse's brain in 2019. Since then, the revolution of brain-based horsemanship has begun.

Janet applies brain research to training horses and riders. After a PhD from UCLA in cognitive science, she taught the neuroscience of perception, language, memory, and thought. She trained horses at a large stable early in her career, and later ran a successful training business of her own, with the goal of deciphering brain function in the horse-human team. Her most recent book, *Horse Brain, Human Brain* (2020), is currently being translated into seven languages.

Having worn both a lab coat and breeches, Janet is able to explain how horse/human "brain-to-brain" communication allows us to form a partnership like no

other. Both humans and horses are able to communicate neurally, without spoken language, but we have to learn to give and receive the most subtle cues. We also have to respect and appreciate our innate differences.

Horses are exquisitely more sensitive than humans. They communicate with very subtle body language that many humans miss. They excel at learning and remembering, remaining vigilant, and perceiving nuances in their environment.

Humans don't need to notice and react to every stimulus as though it were a predator. We are better at concentrating and making executive decisions, like setting goals, planning, and evaluating outcomes.

When we understand how and why the horse's brain works, we're better able to stay present, and to sense and acknowledge his subtle cues. If he's worried, we can calm him with our own subtle cues. This sharing of neural information forms trust and allows for a more willing, equal partnership.

Together a horse-human team can experience richer experiences than either can achieve alone. Ironically this is not because our two brains are so similar, but because they are so different.

For more information:

<https://aeon.co/essays/horse-human-cooperation-is-a-neurobiological-miracle?>

How to Speak to a Horse? First Find Your *Inner Zero*



Sharon Wiltse, author of *Horse Speak*, says horses don't thrive on stress and excitement. They strive for a steady state of calm that allows them to be more aware of their environment. They prefer to whisper with body language. If they need to "turn up" the volume, they are experts at quickly turning it back down..

To ensure safety in the wild, horses need to stay quiet and not call the attention of predators. If a horse asks another for space, he may simply swish his tail. If necessary, he may kick or bite, but as soon as the other horse moves, everything goes back to "Zero" on the outside as well as the inside.

If we are "quiet inside" we can learn the subtleties of equine language. Sharon calls the state of being present, aware, and calm, your *Inner Zero*. Finding and staying in this happy place is the first step toward a meaningful conversation with your horse.

No matter what a horse is doing, you can neutralize any negative emotions with controlled breathing and thoughts. If we are more aware, more confident, and less judgmental, horses will more inclined to speak to and interact with us.

To learn more: <https://equusmagazine.com/horse-world/listen-horse-54180/>

Trading Post

Family horse looking for good home. Missy, 12-yr-old grade TB mare, 15.3 h. Neck reins, has cow work exp. (sorting and roping), started on the barrel pattern, wonderful on trails. Missy will ride through rivers, to town, and is great on roads. She can be ridden without a bit, and is very willing to please. No medical issues, clean bill of health, clean legs, UTD on shots and feet. For photos and more info: katrina_ramey@yahoo.com

Part-time riding instructor for children with disabilities needed. Westwind Riding Institute, a therapeutic riding program in Los Altos Hills seeks a Riding Instructor to join our team. The candidate will have excellent horsemanship skills, strong leadership capabilities, and arena/trail experience. Position requires safe, fun, creative instruction and training/working with volunteers. Classes meet Mon & Fri from 4-5 pm for three 10-week sessions. There is a 2-hour (Mon) summer evening session for 6 weeks. Experience working with children with disabilities is ideal. Please email, Westwindriding@gmail.com

Westwind Riding Institute is looking for a few good horses. Long-term lease wanted on gentle, healthy horses for our therapeutic riding program. The easy pace is the perfect second career for an older or outgrown horse, and a great way to make use of their life experiences. We have both pasture and stall boarding available in Los Altos Hills. We give excellent care and lots of love to our program horses. Contact Deb at Westwindriding@gmail.com

Felton: 800 SF 2/1 cottage w/ corral/shelter option. 10 min to Santa Cruz, 2 min to Felton. Meadow view, oaks, madrone, fruit surrounding, yet house gets plenty of light. 2 large decks, full kitchen, elec. range, fridge, full-size shower/tub, w/d hookups. Tile floors thruout, many windows, gas heat. Responsible for minimal upkeep for approx 1/2 acre fenced. Room for garden; horse corral/shelter avail at add. cost. Avail. 4/15. Dog(s) ok with refs. 2nd house on 6 acres, distanced from main house. Quiet, non-smoking. Rent: \$2,800. Sec/cleaning dep: \$2,800. Water/garbage incl. Tenant pays PG&E/propane. Contact Jeannette: 831.818-8013 or 335-8133, jennamorettil8@gmail.com.

Grade gelding for sale. Approx. 11 years old. Has been ridden English and western. Some working equitation and private lessons. In pasture since August. \$4,500 or best offer. Serious inquiries only. 831.818.6735, ask for Kim.

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.



SMALL RENTAL WANTED:

My good friend, Julie Carpenter, is a well-known local horseman and trainer who has been living up north and is now looking to find a place in Santa Cruz County.

Needed: small studio or a place with own bedroom and bath, can share a kitchen. Julie plans to live in Santa Cruz full-time during winter months, but only sporadically the rest of the year because she has a busy clinic schedule all over the West. She will happily pay rent here year-round as she would like to have a home base in Santa Cruz. Her price range is \$14-\$1600/month; prefer a location in SLV, but not critical. She has a very friendly, extremely well-trained dog.

I have known Julie well, both personally and professionally for several decades, and can strongly recommend her as a low-key, kind, and highly responsible person!

If you have any rental possibilities for Julie, please contact her directly via phone or text: 831-818-3129

Posted by Renee Shepherd, SCCHA Lifetime Member

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

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

Farriers & Vets love it.

- An arena w/ mirrors and lights.

Caretaker is communicative and conscientious, and can accommodate individual feed needs: grain, meds, etc. The Owner lives on-site, adding security, supervision and extra horse love. We charge \$550/month. Come see us! Please call 714-272-4618 or 831-426-7692 to inquire. Happy trails!

Upcoming Events 2023

1/14	Free Fitness Class!	for more info: Ashley 408-209-9695
1/17	SCCHA Member Meeting	stay tuned for agenda info

For more details, see SCCHA FB and website.

SCCHA News Submissions:

DEADLINE is the last Tuesday of each month 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!
★ **2022-2023 Board of Directors**

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Karen Bish, <i>Past President, Event Contracts, Camping Reservations</i>	kbish@kanddbish.me

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