



EQUESTRIAN TRAILBLAZER

Spring 2024



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President's Message Hello Members!

Spring is here and we are rolling! Our clinic at the Brown Ranch on "Trail Riding First Aid Essentials" was informative and well attended. Dr. Kris Valerio, from Pioneer Hospital, talked about vital signs, first aid for your horse, and helped us find the equine pulse. It was a beautiful day and wonderful to see so many of you there!

Our first trail ride of the year is on March 30 at Sycamore Grove followed by a ride in shady Pine Canyon on April 27. Watch for the emails with details. I hope to see you there.

Our first of three camping trips is May 24-27 at Del Valle, which is close enough for our horseless members to join us for dinner on Saturday.

We are excited to resume our Breakfast Ride at Diablo Ranch in June. This event is popular with both riders and non-riders, so save the date of June 22. The ride up is beautiful, the venue so very special, the food is delicious, and the people all like horses, which makes for delightful company. I can't wait!

I received a delightful surprise last week from Bob Cooper. He put all the photos and information that he has of SRVHA, going back to the clubs formation in 1960 on a flash drive. This was a monumental task and a great treat to review. Looking at the early members and history of our club reminded me of, as Bob wrote, "the excitement of the

Alternate Board Members

- Larry Sterling
- Danielle Coburn
- Deborah Johnston



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- Email Us:
SRVHAride@gmail.com

Horse Camping Coordinator:

- Deborah Johnston:
johnston2bit@gmail.com



ancient and profound bond between humans and horses". You can look forward to a slide show at one of our future events.

I love being outdoors in nature and am grateful to the people who had the foresight to preserve the parks and open spaces we have access to. Whether on horseback or hiking, I hope to see you soon.

If you have comments or questions, feel free to email me at e_hudson@comcast.net. Just make sure you start with "SRVHA" in the subject line so that I pay attention.

Elizabeth Hudson ~ SRVHA President



SRVHA is offering a number of exciting trail rides and horse camp outings this year with expert guides to assist novice and advanced riders. Come join the fun!



To see all upcoming club rides and events on our calendar click [here](#).

Trail Riding in the East Bay

There is a lot of trail riding in the East Bay of San Francisco. Some the trailheads are easy to find. Others are not. This site contains driving instructions to trailheads. Some trailheads listed are not in the East Bay.

-Bob Cooper

Scroll down to find the Trailhead you want to drive to.



To find the Trailhead you want to drive to and Equestrian Camp Sites click [here](#).

Photos and more about our SRVHA hosted event: "Trail Riding First Aid Essentials."



Our March 2024 guest speakers were Dr. Kris Valerio and Amy Weispenning from Pioneer Hospital. Dr. Valerio spoke about possible injuries during trail riding and first aid tools needed to bring with us on rides. Amy gave us an overview of Pioneer Hospital's services as well as a plethora of materials to use in care of our horses and also provided first aid kits for purchase.

We would like to give a big shout out to Dr. Kris and Amy for all their invaluable information and time spent with us, as well as to Joy Qin for making available, the perfect venue at Brown Ranch.

Lastly, kudos to Pepper and Roany for being very patient horses, allowing the attendees to practice what they learned. Everyone came away with more knowledge and a greater understanding of the topics covered; what a great event!



Spring Conditioning: Get Your Horse Fit



There are many reasons for a horse to have some time off, such as resting up after a strenuous competition season or the realities of life getting in the way. Injuries can also sideline a horse for months at a time. But by far the most common reason for an extended period of time off is winter: The weather is cold, the footing unpredictable, and the days are short. But as spring arrives, it is time to think about spring conditioning for your horse.

Loss of Fitness

We've all felt the uncomfortable effects of trying to get back into physical shape after even a brief two-week layoff. As you start back into your daily workouts, it seems as if your muscles never had any strength before, and you may feel winded with a moderate amount of exertion.

It's true that humans lose condition very quickly in just a few short weeks. However, the good news for your horses is that they don't "detrain" as rapidly. A four- to six-week layoff shouldn't pose an obstacle for bringing a horse rapidly back to his previous level of condition, assuming he was fit to begin with. Metabolic muscle adaptations are maintained for at least five to six weeks.

That said, a horse that has been completely idle for several months requires a sensible strategy for spring conditioning, as tendons and ligaments take the longest to get fit for exercise, and you certainly don't want to cause an injury by





doing too much too soon—this will put you right back to square one with another long layoff and complete loss of fitness.

Read the full article [here](#).

THE **HORSE**
YOUR GUIDE TO EQUINE HEALTH CARE

Equine Vaccination Do's and Don'ts

Determining exactly which vaccines a horse needs can be confusing. Here are some basic do's and don'ts to make sure you're providing the disease protection your horse needs.



Work with your vet to develop a vaccination program individualized to each horse on your property. | Photo: Alexandra Beckstett/The Horse

Best Practices for making sure your horse gets the disease protection he needs

Do I need to vaccinate my horse against leptospirosis? Does my retiree need the same shots as my performance horse? What happens if they miss a round of vaccines? Determining exactly which vaccines a horse needs can be confusing. Reviewing the guidelines set forth by the American Association of Equine Practitioners (AAEP) is a good place to begin your research, and talking with your veterinarian can help you make the best decision based on your horse's lifestyle, age, and geographic location. In the meantime, we've distilled the topic down into some basic do's and don'ts to make sure you're providing the disease protection your horse needs.



Core Vaccines

DO have your horse vaccinated with all core vaccines, which are those the American Veterinary Medical Association and AAEP recommend for all horses, every year, regardless of location, gender, or age.

“There are no instances where horses should not be vaccinated with AAEP-recommended core vaccines,” says - Elizabeth Davis, DVM, PhD, Dipl. ACVIM, professor and head of the department of clinical sciences at Kansas State University’s College of Veterinary Medicine, in Manhattan. “The one exception is the situation where a horse has demonstrated a severe adverse reaction to a vaccine. This is a rare occurrence, but it can happen. When this happens, it is important to work with a veterinarian to determine the ideal course of action.”

The AAEP core vaccination list consists of rabies, Eastern and Western equine encephalomyelitis (EEE/WEE), tetanus, and West Nile virus (WNV). Establishing immunity against the pathogens that cause these diseases requires an initial priming series of vaccine doses, followed by an annual booster to maintain immunity.

Read the full article. [here.](#)



20+ Common Dental Issues in Horses [Signs of Problems & Treatment]



Horses can experience a number of different dental issues over their lifetime, impacting their ability to chew and digest their feed.



Unaddressed dental issues can affect your horse's health, condition, behavior and performance. This is why it's important to have your horse's teeth checked by an experienced veterinarian or equine dentist on a regular basis.

Dental problems are the **third most common medical problem** seen in large animal practices in the U.S.

Unfortunately, postmortem studies show high levels of clinically significant, undiagnosed dental disorders in horses. ^[1] This means that many horses are not getting the dental care they need.

In this article, we will discuss some of the common dental issues facing horses as well as signs of teeth problems and their treatment.

Equine Dental Care

Equine dental publications exist from as early as 600 BC. By 330 BC, it was common practice to age horses by looking at their teeth.

Also around this period, the effects of periodontal disease were noted and treatments were recommended.

Since that time, equine dental knowledge has progressed slowly. It wasn't until the 1600s that the technique to remove sharp overgrowths on the lateral edges of the upper cheek teeth became prevalent.

To this day, published research on the prevalence of equine dental disease remains limited, but diagnostic techniques have been developed in recent years.

As a result, equine dental disease has steadily gained recognition as a widespread problem with a significant impact on the welfare of horses.

Read the full article [here](#).



Teach Your Horse to Stand Still While Mounting



Before fully mounting, stand in the left stirrup to see if your horse is going to stand still while you teach him. Photo courtesy Jason Irwin

If your horse is eager to move off while you're mounting, teach him to keep still with these easy tips.

Just because many horses move off when their riders try to mount, it doesn't mean that the issue isn't a serious one. It can range from inconvenient to downright dangerous if your horse takes off when you're halfway on. For safety's sake, instead of just getting by and trying to keep the problem from getting worse, dedicate a little time to teach your horse to stand still while mounting. Here's how.

Before Teaching to Stand Still While Mounting

Your goal shouldn't be to hold your horse still; he must learn to stand still on his own without relying on you to hold him there. The more you try to hold your horse still, the more most horses will want to start moving. If nothing else, you'll accidentally teach your horse that when you're not holding him, that's his cue to start moving.

Read the full article [here](#).

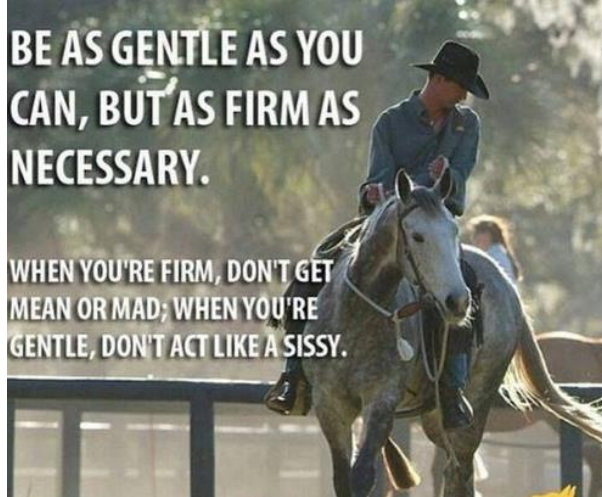
**Take a deep breath, think positive, enjoy the moment
and seize the day!**

Happy Trails Everyone!



**BE AS GENTLE AS YOU
CAN, BUT AS FIRM AS
NECESSARY.**

**WHEN YOU'RE FIRM, DON'T GET
MEAN OR MAD; WHEN YOU'RE
GENTLE, DON'T ACT LIKE A SISSY.**



You allow a horse to make mistakes,
the horse will learn from mistakes no
different than the human.
But you can't get him to where he dreads
making mistakes for fear of what's going
to happen after he does.
~ Buck Brannaman ~



**Horsemanship should be fun. By
learning how to control your horse in any
situation, your confidence will greatly
increase. When you're confident, you
can relax and enjoy your partnership.**

Clinton Anderson

