



EQUESTRIAN TRAILBLAZER

Summer 2023

SRVHA Web Page Links:

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President's Message – Elizabeth Hudson Greetings SRVHA Friends!

Spring sprang beautifully with weeks of flowers, and summer is already halfway over. I hope everyone is getting to enjoy the awesome Bay Area we call home.

Sixteen riders were surprised by a little drizzle at our annual Jack Brook Camping trip in July. The trails were as beautiful, the company as wonderful and the food as delicious as ever. Thank you to Deborah Johnston for coordinating this year after year, Larry Sterling for cooking the perfect tri-tip for dinner, and all the attendees for making it another wonderful friend and horse filled 4 days. *We've got reservations for next year on July 25-29, 2024*, so mark your calendar and join the fun!

We also had a very pleasant and cool trail ride at Pt. Pinole in early August. After 6 miles on easy flat trails we sat in the shade and shared wisdoms, practical tips and laughs as we ate our lunch. This group and ride put a smile on my face all week.

We've got more rides and a horseless social coming up:

2023 Board Members:

Officers

- President – Elizabeth Hudson
- VP – Bonnie Kohleriter
- Secretary – Danielle Coburn
- Treasurer – Pam Roberts
- Memberships – Sheree Peterson
- Correspondence – Denise Boucher
- Insurance – Victor Dequin
- Outreach– Lisa Brereton & Joyce Wells
- Website – Joy Qin
- At-Large – Larry Sterling
- Newsletter – Sheraden Nicholau

Horse Camping Coordinator:

- Deb Johnston:
johnston2bit@gmail.com



Just pull it on up, get on and let's go!

- September 9 **TBD**. Garin Park is closed so watch for the flyer with details.
- October 7 we'll be riding in **Pine Canyon**.
- October 15 join us for a Fall Fest picnic at **Sycamore Valley Park** in Danville (no horses for this event--leave your horses at home).
- November 18 is our **Turkey Ride** with Concord Mt. Diablo Trail Riding Association at their wonderful facility on **Mt. Diablo**.
- December 2 we'll be in **Sycamore Grove**

Flyers will be emailed with details for each event.

Other SRVHA business:

We will be adding Zelle as a payment option for next year's membership and events. Of course checks and cash still work with us.

Fall is when we start thinking about board members for next year. The well thought out ideas and energy from board members has kept SRVHA going for 50 years. All of you have talents, skills, and ideas. If this is the year you'd like to join the board, let any one of us know! We'd be delighted to have you join us.

Other Equestrian Business:

On August 14 I spoke on behalf of SRVHA at the Walnut Creek Parks, Recreation and Open Space Commission meeting about the need for enforcement on the trails in the Open Space.



We need voices, emails, and petitions from equestrians emphasizing that our rides on the trails be safe and the rules followed. A petition is in the works, so stay tuned.

If you enjoy catered camping, different trails and supporting good causes, check out the East Bay Hills Ride at: <https://ridgetrail.org/east-bay-hills-thru-hike-and-ride/>. 100% volunteer run, new trails every day, good food and friendly people. I've done this for years and have signed up again for this year.



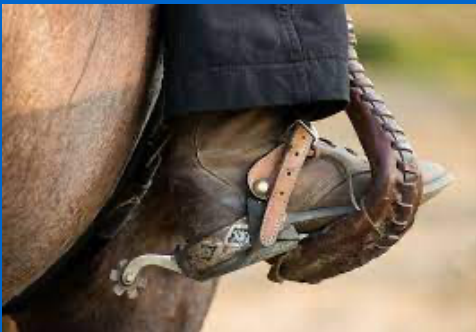
If you have comments or questions, feel free to email me at e_hudson@comcast.net. Just make sure you start with "SRVHA" in the subject line so that I pay attention.

Elizabeth Hudson ~ SRVHA President



Have you read a fascinating article lately, seen an excellent video, or listened to a great podcast?

Send any of your favorites to Sheraden @ snicholau@gmail.com so they can be featured in upcoming issues of the SRVHA newsletter!



A View from the Top: Advanced Imaging of the Equine Head

By Amy Young, Center for Equine Health Horse Report,
School of Veterinary Medicine, UC Davis

Read the full article at:

<https://cehhorsereport.vetmed.ucdavis.edu/news/view-top>

A horse's head can account for up to 10% of its total body weight. It is a complex structure composed of 34 different bones and houses the brain, eyes, nose, and mouth. Unfortunately, the large size and complicated anatomy can

make diagnosing conditions of the equine head challenging.



Injury and illness related to the equine head are often identified through diagnostic imaging. Due to the complex nature of the equine head, advanced technologies such as advanced ultrasound, computed tomography (CT), and magnetic resonance imaging (MRI) can provide information that is more detailed than conventional X-rays...The best approach depends on factors such as what is being imaged, whether the injury or illness is recent or ongoing, as well as time, logistic and financial considerations.

Advanced Ultrasound

...Ultrasound can be performed in the standing horse and is more affordable than CT or MRI. In some cases, ultrasound findings are sufficient for diagnosis and treatment planning. In others, it may indicate the need for further imaging such as CT or MRI.

Computed Tomography (CT)

...Although commonly the method of choice for bone, CT can also evaluate soft tissue structures. It is very useful to evaluate the equine head, particularly structures such as the teeth, sinuses, hyoid apparatus, and tongue...





In comparison to other imaging modalities, CT is fairly rapid; a full head scan only takes a couple of minutes. It is also often more readily available and affordable than MRI...

Magnetic Resonance Imaging (MRI)

Whereas CT is particularly useful for imaging bone, MRI is the gold standard for imaging soft tissues. By measuring differing magnetic properties, MRI is able to provide not only anatomic information (size and shape of structures), but also physiologic information (early changes before alteration of size and shape).

In comparison to CT, MRI scans take longer at 40-50 minutes. The increased time and higher cost of the instrument itself make MRI a more costly approach....

While there are pros and cons to each modality, these approaches should be considered complimentary to one another. They are all capable of performing detailed examinations of the equine head. In fact, more than one approach may be utilized depending on the nature of the case.

Read the full article [here](#).



Photo via Center for Equine Health Horse Report, School of Veterinary Medicine, UC Davis



Alfalfa: Potential Natural Antacid for Horses Suffering Glandular Gastric Disease

By Kentucky Equine Research Staff

Read the full article at:
<https://ker.com/equinews/alfalfa-potential-natural-antacid-for-horses-suffering-glandular-gastric-disease/>

Are you stuck in a seemingly never-ending battle with glandular gastric disease? Feeding alfalfa is an effective way to help reduce the



occurrence of gastric ulcers in the glandular region of the stomach, presumably due to its natural antacid properties.

There are two distinct forms of equine gastric ulcer syndrome (EGUS): squamous disease affecting the upper portion of the stomach and glandular disease affecting the lower part of the stomach. Each disease has its own risk factors and treatment success.

“Some reports suggest that feeding horses extremely high levels of starch may contribute to the development of glandular disease,” explained Ashley Fowler, Ph.D., a Kentucky Equine Research nutritionist.

In terms of treatment, the goal is to decrease the acidity of the horse’s stomach. Omeprazole is a proton pump inhibitor that decreases acid production. While it is effective for ulcers in the squamous region of the stomach, omeprazole is far less effective for glandular lesions. Thus, identifying other ways of manipulating gastric pH are needed.

“Alfalfa has significant buffering capacity, mainly due to its high concentration of protein and calcium, which can help maintain a higher (and therefore less acidic) stomach pH. Thus, replacing some of the dietary starch

sources with alfalfa may support ulcer healing in horses with glandular disease,” she said.

Read the full article [here](#).



Two Words, a Set of Reins, and a Therapy Horse Transform the Lives of Disabled Children and Adults

Blue Shield CA News Center

Read the full article at:

<https://news.blueshieldca.com/2023/06/27/two-words-a-set-of-reins-and-a-therapy-horse-transform-lives-of-disabled-children-and-adults>.



What powerful, gentle, and astute animal gives mentally and physically disabled children and adults the ability each week to control a small part of their daily life, which is often filled with nonstop challenges? The answer is a loving, trained therapy-horse, who responds to the guidance of its reins and the words “walk on” from its rider to begin its healing role in strengthening that rider’s body, mind, and heart.

This magic happens at the [Xenophon Therapeutic Riding Center](#) in Orinda...

With a staff of seven certified equine instructors, four licensed occupational and physical therapists, more than 150 volunteers, and seven remarkable therapeutic horses, this 30-year-old nonprofit offers transformative equine-assisted activities and therapies to its students. It serves 60 children a week, ages 2 to 18, who have disabilities such as

autism, Down Syndrome, cerebral palsy, and other diagnosed cognitive and physical issues...

Each child's 30-minute lesson is customized to meet individual therapy needs and goals, established collaboratively with parents, teachers, and other healthcare specialists. The horse's multi-dimensional, repetitive movements positively impact the physical, psychological, and behavior functions of the students.

Xenophon also offers equine therapy programs for veterans with Post-Traumatic Stress Disorder (PTSD) , and for individuals with early-stage dementia and their caregiver.



Photo via Blue Shield CA News Center

Read the full article [here](#).

"The beauty of horseback riding is that you need to learn how to be in complete control while, at the same time, in complete surrender.

It's a condition that you cannot explain until you have climbed onto the back of a horse and hold the reins in your hand."

--via obsessionreflection

