



EQUESTRIAN TRAILBLAZER

Winter 2023-24

SRVHA Web Page Links:

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President's Message – Elizabeth Hudson

Greetings SRVHA Friends!

I hope you had a thank filled Thanksgiving and joyful December holidays.

We had an excellent Turkey Ride in November with our sister club, Concord Mt. Diablo Trail Riding Association. The rain gods smiled on the daring riders who saddled up in spite of the drizzle and predicted rain. The clouds parted, the sun came out, the vegetation glistened, the air was fresh, and the trail footing perfect. Happy horses and riders headed out for a beautiful ride. This delightful ride concluded with rain clouds driving everyone inside to join the rest of the crowd for the scrumptious, bountiful turkey, ham and all-the-fixins dinner in the warm CMDTRA clubhouse. This is an annual event for riders and non-riders. Make sure to join us next November.

We have a wonderful slate of board members for next year, including veteran board members as well as several new members with a fresh perspective.

We'll be developing our Calendar of Events so **now is the time to tell us** what you are interested in; speakers or clinicians you'd like us to contact, camping places you'd like to go, trails to ride, social

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!

events and any other ideas you have. This is your club so speak up!

If you haven't renewed your membership for 2024 now is the time. Forms are on the website at <https://srvha.weebly.com/membership.html>

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

Now get ready for a bright new year and ride those trails!

I wish you a new year that brings you peace, joy and the wealth of benefits of having horses in your life.

Elizabeth Hudson ~ SRVHA President



**Candidates for the
2024 SRVHA Board:**

- Lisa Brereton
- Denise Boucher
- Danielle Coburn
(alternate)
- Victor Dequin
- Elizabeth Hudson
- Deborah Johnston
(alternate)
- Bonnie Kohleriter
- Sheraden Nicholau
- Sheree Peterson
- Joy Quin
- Pam Roberts
- Larry Sterling
(alternate)
- Kathy Wachowski
- Joyce Wells

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!



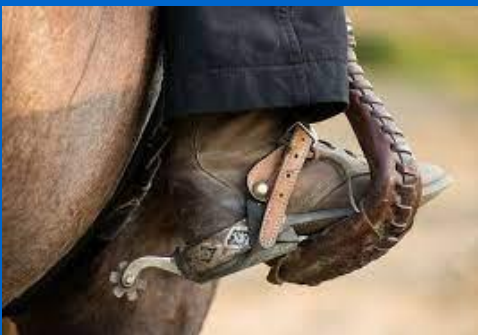
San Ramon Valley Horsemen's Association Honors Tom Brumleve



SRVHA board member, Denise Boucher, had the honor of presenting this belt buckle to Dan Brumleve, son of Diablo Ranch owner, Tom Brumleve.

The SRVHA Board of Directors had this buckle custom made for Tom Brumleve as a "thank you" for the many years he graciously invited us to hold our Breakfast Rides and Moonlight Rides at his stunning Diablo Ranch. The tradition spanned for decades.

Sadly, Tom passed away just before the buckle was completed. The beautiful sterling silver buckle is inscribed with DIABLO RANCH, the ranch brand, and Tom's initials.



Though it saddens us that Tom is not here to accept this gift of honor, we are pleased that Tom's son Dan will wear and cherish the buckle in memory of his beloved Father. And one day he will pass it on to his children as a tribute to their Diablo Ranch heritage and to memorialize this wonderful man and our friend — Tom Brumleve.



--SRVHA Board Member, Denise Boucher, presenting a custom-made belt buckle to Dan Brumleve, son of Diablo Ranch owner, Tom Brumleve.

Aging and the Equine Immune System

By Amy Young

For Center for Equine Health, Horse Report, School of Veterinary Medicine, University of CA, Davis

Read the full article at:

<https://cehhorereport.vetmed.ucdavis.edu/news/aging-and-equine-immune-system>

...Research into the specific causes of age-related immune function decline in horses is



difficult for several reasons. Among these is the arbitrary definition of “old” or “aged”, which may be 15 years of age in one study and 20 in another, for example, making comparisons across studies challenging. Many older horses also have subclinical diseases with no obvious clinical signs, such as metabolic abnormalities, that can complicate results. Additional confounding factors can include diet (including supplements), exercise, medication, and environment.

Inflammation

The process of inflammation is essential to the body’s ability to heal. White blood cells travel to the site in the body affected by infection or injury. Chronic inflammation occurs when those inflammatory cells overstay their welcome. Chronic inflammatory stimulation related to aging is termed inflamm-aging.

This low-level systemic inflammation is characterized by increased cytokine production. Cytokines are chemical messengers that point immune cells to the site of infection or injury. Research has shown that aging and obesity can result in increased cytokine production, and consequently increased inflammation. In horses, inflamm-aging contributes to conditions such as degenerative joint disease and reactive airway disease...



Infectious Diseases

Although it is widely assumed that geriatric horses as a group are more broadly susceptible to infectious disease, that is actually not the case. It is true, however, that certain pathogens, such as West Nile virus (WNV) and equine herpes virus 1 (EHV-1), tend to cause more serious problems for older horses. Older horses that are infected with WNV tend to exhibit more severe disease than younger adults. Previously unexposed older horses in particular have a higher case fatality rate. Aged horses are also more susceptible to developing neurological signs (i.e., equine herpes virus myeloencephalopathy or EHM) due to EHV-1 infection (Zarski et al., 2021). In fact, with recent EHV-1 outbreaks, EHM cases have occurred in older horses at home barns that became infected by younger, healthy horses returning from shows.

Vaccines

...Immunosenescence in people is characterized by reduced antibody response to vaccinations. This is also true in horses but appears to be milder than what is observed in people. A reduced response to influenza vaccination has been reported in older humans and horses. Interestingly, despite this altered immune response, a higher number of naturally-occurring influenza cases in older horses have



not been reported. In contrast, the response to a rabies vaccine administered to naïve horses did not differ between young and aged horses. More research is needed...

With this in mind, it is important to work with your veterinarian to determine the best vaccination protocol for your older horse(s). Vaccination strategies should be based on general health, body condition score, and presence of endocrine diseases like equine metabolic syndrome (EMS) and pituitary pars intermedia dysfunction (PPID).

Read the full article [here](#).

Rehabilitating Joint Injuries in Horses

By Christa Leste-Lasserre, MA

For The Horse, Your Guide to Equine Health Care

Read the full article at:

<https://thehorse.com/1124172/rehabilitating-joint-injuries-in-horses/?lid=xo8gofohuobz>

It's a joint. Quite literally, that means it's a place in the horse's body that's *joining* together a variety of structures—namely bones, ligaments, tendons, synovial membranes, and even skin.



For this reason, joint injuries in horses can be among the most complex sites to rehabilitate, because they involve so many kinds of structures.

So, once your horse has sustained a joint injury, where do you start the process of getting back to good joint health?

Get an Accurate Diagnosis

First things first, good joint healing requires an accurate diagnosis, says Janine Wilson, DVM, Dipl. ACVSM, a rehabilitation resident, sports medicine veterinarian, and official veterinarian for the Fédération Equestre Internationale (FEI) at Oregon Equine, in Damascus...

Recognize that Horse's Different Joint Structures Have Different Healing Times

Wilson says skin takes a full year to reach 70% of its original strength. This is especially true over limb joints, where skin is notoriously slow to heal due to increased motion and tension on the healing tissue. "The skin over the joint is the initial protective barrier for the joint," she says. "Wounds over a joint, even partial-thickness skin scrapes, can result in a joint infection or joint injury and need to be evaluated by a veterinarian." ...

Collaborate with a Vet to Make a Custom Rehab Program for Your Horse



Due to all the components of a joint injury—healing phases, healing times, different tissues—it’s critical to get expert help developing a customized rehabilitation program based on his or her training and knowledge.

“There is no standard recipe, and it is wrong to always use the same protocol for all horses with joint damage,” says Raquel Baccarin, DVM, PhD, FEI veterinarian, professor, and head of the Equine Internal Medicine Service at the Veterinary Hospital of the University of São Paulo’s School of Veterinary Medicine and Animal Science, in Brazil...

Adhere to Strict Stall Rest (the Toughest Part)

Our sources agree the hardest part of joint injury rehab—for owners and horses alike—is the initial stall rest.

As a species that evolved to move up to 50 kilometers (about 30 miles) per day and stay near their herdmates, horses struggle with confinement alone in a stall. That can be a struggle for owners, too, says Wilson.

By resisting the temptation to simply let the horse run free in the pasture, owners can improve “natural” joint healing...

Read the full article [here](#).



“I can make
a General in
five minutes,
but a good
horse is hard
to replace”

Abraham Lincoln

HORSE&HOUND

--via Horse & Hound UK

