



# EQUESTRIAN TRAILBLAZER

## WINTER 2020/2021

### READ MORE -

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- [Sugars and Peppermints: Not Safe Treats for All Horses](#)
- [Horse Blanketing FAQs](#)
- [Keeping Your Horse Fit Through Winter](#)

#### SRVHA Web Page Links:

- [Home Page](#)
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- [Contact Us](#)
- Email Us: [SRVHAride@gmail.com](mailto:SRVHAride@gmail.com)

#### 2021 Board Members:

##### Officers

- President – Danielle Coburn
- VP – Deborah Johnston
- Secretary – Elizabeth Hudson
- Treasurer – Pam Roberts

### President's Message - Danielle Coburn



#### **Season's Greetings SRVHA Members~**

It is on a cool and drizzly day that I am writing to you; it is finally beginning to feel like Winter in Northern California.

As a long and trying year draws to a close, I would like to send my warmest Holiday Wishes to you and your families! It is my sincere hope that you each have stayed well and healthy. I imagine your horse, like mine, was a huge comfort during the tumultuous months in 2020.

So, as we wrap up 2020, I look forward to the New Year and all that 2021 may bring! Certainly healthier days- hopefully "mask free" and able to once again gather together with family, friends and as a Club.

Please enjoy the inciteful articles in this Winter Edition of the SRVHA Equestrian Trailblazer Newsletter. You will find on page four a new section entitled, "**Members Corral**" where we will feature throughout the year SRVHA Club members and their horse(s). Also, if you come across an informative equine article to be considered for our newsletter, please be sure to email [elycia2004@yahoo.com](mailto:elycia2004@yahoo.com) and the **subject line SRVHA Article**.

**Happy Holidays!**

Danielle & Dandelion 🐾

### Reminder!

Web links to articles in this issue, in their entirety, are located on the left-hand side of the first page under "**Read More.**" Furthermore, be sure to check out our website often for up-to-date information by clicking onto any of the links under "**SRVHA Web Page Links.**"

## 2021 Committee Chairs:

- Memberships – Sheree Peterson
- Correspondence – Denise Boucher
- Insurance – Victor Dequin
- Bar – Mary Mahin, Larry Sterling
- Event Liaison – Chris Barnhart
- Events – Bonnie Kohleriter
- Website – Joy Qin
- Newsletter – Elycia Fontaine

## Horse Camping - Jack Brooks

- Coordinator – Deb Johnston
- RSVP to Deborah at
- 925-838-1116 or email johnston2bit@gmail.com

## Weekend Rides

- Coordinator – Sheree Peterson

## Sugars and Peppermints: Not Safe Treats for All Horses



Horses with certain health conditions should skip sweet treats. | Photo: iStock

Horses with certain health conditions should skip sweet treats.

Find out if your horse is one.

**Q:** Is it okay to feed my horse peppermints and sugar cubes? I'm concerned about the amount of sugar they contain. If it is okay, how many is too many?

**A:** Simple sugars, such as the sucrose found in peppermints and sugar cubes, are absorbed by the horse's small intestine as glucose and fructose. Glucose causes release of insulin to facilitate the entry of glucose into cells. Fructose (not to be confused with fructans) is metabolized differently. Only metabolized in the liver, fructose is more lipogenic than glucose, meaning that it's more likely to lead to production of fat.

## Horse Blanketing FAQs



### Your horse blanketing questions answered

Wondering about fit, materials, construction or other horse blanket features? Here are some commonsense answers to all your blanketing questions.

**I**t's strange how the everyday practice of blanketing horses causes so much uncertainty in conscientious owners. Stranger still is the degree of passion blanketing arouses among horse caretakers. Some people scoff at the idea of clothing any animal, much less a horse; others are equivocal, pulling out the sheets and rugs occasionally for special circumstances; and still others fastidiously bundle up their horses from late fall to midspring as they would dress their children headed out into a snowstorm. Is one faction right and the others wrong? Is blanketing a boon or a bane to the horses themselves? What are the facts and truths about this wintertime ritual?

## Keeping Your Horse Fit Through Winter



Kristen Pierce explains why being a “fair weather rider” may not be fair to your horse.

**W**inter has rolled in once again and many riders are struggling with keeping their horses in shape. Freezing temperatures and frozen ground may make riding impossible at this time of year, but should you really give your horse a winter vacation?

Horses who are not exercised or given ample turnout time during the winter months tend to become stiff, stubborn and seemingly “forget” how to use themselves properly under saddle when they get back into a routine come springtime. Keeping your horses physically fit through the winter is one of the hardest challenges of winter horse care. However, keeping your horse in shape does not solely require physical fitness. They need to be mentally fit as well.

When you don’t have access to an indoor arena, be prepared to be cold. Your horse needs *you* in order to keep him thinking and moving, especially if they are stalled or even in a small turnout. If the ground is too frozen to ride, walk your horse. Walk around the property, around the riding arena, or on nearby trails. However, it is important to not just go for a stroll. Power walk and encourage your horse to move briskly so that their gait will be able to naturally stretch their legs, neck and back. Keeping their muscles working through winter will reduce any stiffness in the spring when you’re able to get back into more of a routine.

Don’t have an area that is safe to walk on? Don’t worry! Snow and ice may prevent you from safely being able to walk your horse but, you can still work their muscles and help them stretch. Center aisle barns, shed row barns, large run in sheds and (if your horse is calm enough) stalls will work for this next exercise. So, everyone should be able to do *something* with their horse this winter. Groundwork is key to keeping a mentally fit horse.

# Members Corral



**Lisha Ruud**







One of the things Dominga and I love about California is the diversity of areas to explore. One of our favorites is to spend the summer at Tahoe Donner with 5,018 acres of multi-use trails. This year we set a goal of completing the Virtual Tevis Challenge while there. 100 miles in 100 days, a good challenge for 87 years of combined riding experience! A majority of our Tevis miles was doing the seven-mile loop through Euer Valley, in addition to Hawks Peak and The Aspen Grove. If you are interested in exploring Tahoe Donner's trails, I can't say enough about the wonderful boarding Equestrian Stables there. <https://www.tahoedonner.com/amenities/amenities/equestrian/>



**Your Name Here**

Each Quarter our Newsletter will feature as many members that email us their information. We would love to hear from you! Email your information with the subject line "**Members Corral**" to [elycia2004@yahoo.com](mailto:elycia2004@yahoo.com)

-  Include a photo of you and your horse
-  Your name and your horses name
-  Where you ride and what you most like to do with your horse
-  Anything horse related



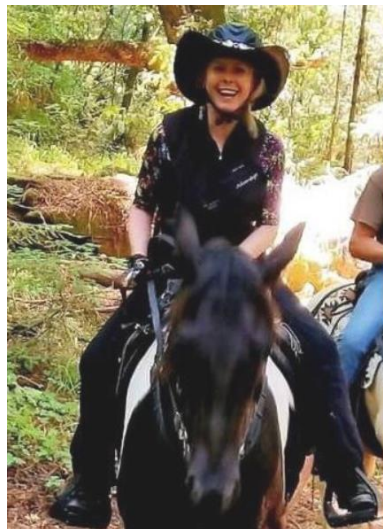
**Elycia Fontaine**



I purchased my dream horse Bryce, a Spotted Saddle Horse in 2018 from a ranch in Tennessee. He's not just beautiful he's smart and has a charming personality. I primarily trail ride, but don't own a trailer, so boarding Bryce at Las Trampas Stables is perfect because it's located within the regional park. The trails are endless with exceptionally beautiful views of Mr. Diablo, Walnut Creek, Concord and the Bay Area from the San Mateo Bridge to San Francisco. When not out on the trail I work with Bryce in the arena using the Clinton Anderson Method.



**Deborah Johnston**



This is 2nd Chance (2nd because he was a rescue) he is 14.3h Spotted Saddle Horse. I have been riding for about 50 years and still learning, but I am getting older so I'm also forgetting! We love the trails and camping with friends and their horses. Although this year has been a bust on all accounts, I've been lucky enough to ride every weekend with my daughter Sheraden. I usually plan the Jack Brooks horse camping, which will be this June 25-29, 2021, fingers crossed. And I hope to add another camp out or two so please join us! We live across the street from Las Trampas Regional Wilderness, so if anyone wants to join us for a ride please reach out.



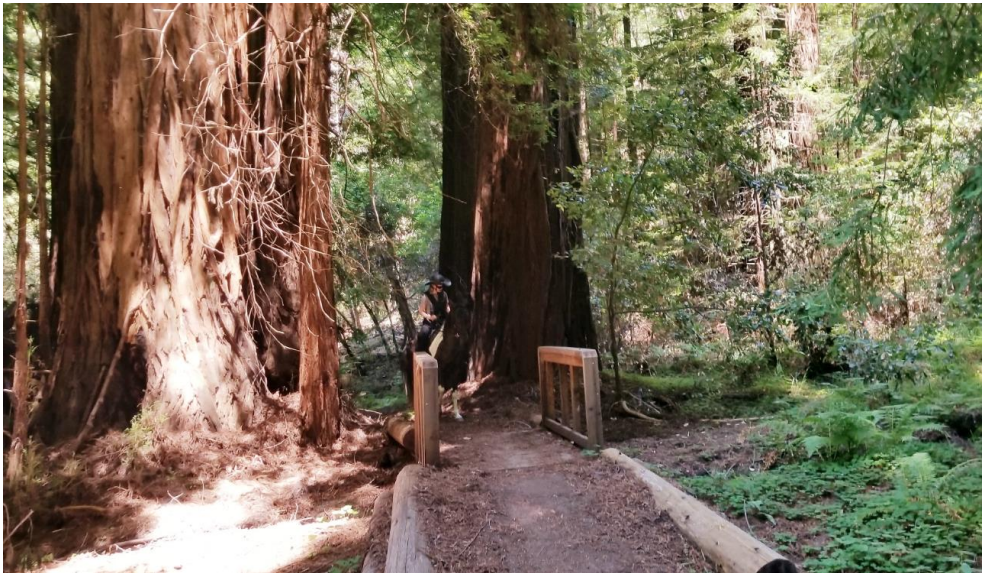
**Save the date!**

*Horse Camping at  
Jack Brook*

*June 25-29, 2021*

*Please join us and  
bring a family  
member or friend!*





# SADDLE UP AND JOIN US..... BECOME AN SRVHA MEMBER



## **Annual Membership Dues:**

\$40 - Adult person and juniors

\$55- Adult couple and juniors

**To join complete the Membership and Liability forms below and mail to:**

**San Ramon Valley Horsemen's Association  
P. O. Box 403  
Danville, CA 94526**

Email your questions to: [SRVHAride@gmail.com](mailto:SRVHAride@gmail.com)

Your SRVHA membership also enrolls you as an associate member of California State Horsemen's Association (CSHA) Region 5.

***THAT'S TWO MEMBERSHIPS FOR ONE!!!***

For more information about CSHA Region 5 visit:

[http://www.californiastatehorsemen.com/Region\\_05/region05.htm/](http://www.californiastatehorsemen.com/Region_05/region05.htm/)



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