
State Park, Henry Coe Trail Days & More

by Chere Bargar

April 10- Wildflower Ride in Coe Park. With all the rain, the flowers will be out in full force. Ride down the Hunting Hollow. If, like most of the rest of us, you horse hasn't been ridden much this rainy season, or ride in the hills for about a 7 mile ride to Wilson Camp. Brian you lunch and water. Be prepared to have a good time on this leisurely ride and learn a few interesting tibbits about our gorgeous wild flowers. Clarkia, Blue-eyed grass, Wild Ranuculus, Lupine, Butter'n Eggs, Baby Blue Eyes, and California Poppies, just to name a few.

May 22, Poker in the Park. Poker ride in Hunting Hollow. Horses, Hikers and Bikers (separate route). More info coming in next newsletter!

Sept Labor day NATRC ride to benefit the Terry Davis Patene riding camp for disadvantage kids. SMHA member Lon Davis founded this camp in the memory of his daughter, Terry, who loved working with children. This is a great cause and alot of fun!

Safety Services Info for Horse Folks

SCC Parks Hotline for closure information 408 355-2200

Bear Ranch press #7 #2.

USRider, Equestrian Motor Plan.

A tow service for horse folks. www.usrider.org (800)844-1402

CalStar

CalStar is a membership program that pays for medically required air lift requested by 911. www.calstar.org 1-888-207-5433

April 16-18 2010 BLM Mustang Days

Sponsored by SCCHA, you can learn more about it through Ohlone riders, at ohloneiders.com/calendar.html

Repeat As Necessary

by Christine Amber

During my time with the Newsletter, I have tried to be a good journalist and not be too self-promoting or indulgent. I have steered away from serious training articles, but this month I have changed my mind. I am going to promote the most serious and favorite aspect of my own business. Riding Safely.

I have been a teacher and trainer for many years. I have and continue to keep my education current. I am employed as an expert consultant for several law suits. I have insurance medical claims experience. I really hate it when I or anyone gets seriously hurt or killed.

Horseback riding is fun. Horses make us happy. Horses can be a great way to get exercise. Horses, unlike yachts and airplanes, can be used for legitimate therapy. Who wouldn't want to ride or be around horses?

Lets be real. Horseback riding is a dangerous activity. It is like riding a motorcycle with it's own mind. It is a physical relationship between large powerful prey and small, slower reacting predators. Sometimes it is a relationship between young, fit, fat and sassy prey and older, naive, unfit and retired predators. Animals have use of their muscles in a way that we don't, they have full action potential of their muscles at all times. That is how a teensy little dog can be so fast, or a small cat so strong. We only have full action potential when we have a full-on adrenaline rush allowing us to lift cars off of smashed people with our bare hands. Different animals.

I've been riding since I was seven, the same age I realized I didn't want to grow up. I learned old school, where they taught you to pinch with your knees and had an assistant on the ground running with the horse on the first trot. When I was 11, I started helping with a rental string until the business owner adopted me. Then I began showing, helping with the babies, and riding for hours by myself and swimming the horses in the reservoir. Those were the good old days.

What has that got to do with anything? Learning to ride young, a persons body develops the muscle memory to stay on successfully. We are so tiny in comparison to the horse, that we must learn how to use balance and leverage. If we don't learn it at that young age, we are usually smart enough to not like riding anymore!

Many of my clients over the years have been adult beginners, now having the income to fulfill that childhood dream of being rocked into oblivion on the back of a gallant steed. It is my job to keep them safe until they learn if that dream, once fulfilled, is as good as they hoped.

Okay, I wrote all this above to say this: Balance - Butt off the horses back-Strength in the lower leg to Re-Balance. That's it. That's all there is. That is what will up your odds

of being in the right place if something goes wrong riding a horse-- a spook, a buck, a bolt.

Here is an exercise to save you all those precious dollars you have been wanting to invest in lessons:

With the horse quietly standing still, stand up in your stirrups, flex your knees and ankles just a bit while keeping your butt off the horses back. NO HANDS. You want to be able to do this, stand and flex without using your hands. If you can not, get your leg aligned under your hip bone and try again. If you need your hands, use them until you can stand up without your hands. When you can stand, flex and remain with your butt off of the horses back, you are balanced. Sit STRAIGHT down, not back on your pockets. There is a triangle of bones we should sit upon, the back part of the pubic bones (sorry guys...) and the two seat bones (ishial tuberosity). Sit down and repeat without hands. When you can do this, stand, flex, sit down and repeat, you will have the lower leg position and strength to re balance while the horse stands still. Now, add physics, force and gravity:

- Repeat the exercise while walking
- Repeat the exercise while trotting
- Repeat the exercise while cantering or loping

Make this a habit, and it will increase your success at staying on the horse when it moves unexpectedly.



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Contact editorSMHA.news@gmail.com, 408.888.8703.

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www.sonrisastables.com at TMF in San Martin. SMHA's Karen Topping teaches english and western (bareback and groundwork too). Monthly lesson packages; students are encouraged to spend time at the barn (for free) helping out or to work with the horses. Contact **Karen at 408-644-5867**

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SAN MARTIN HORSEMEN'S ASSOCIATION
Board Meeting --March 10, 2010

PRESIDENTS REPORT:

there were 16 riders at Play Day and that all the kids had fun. Event will be held in November next time as in prior years and will be on a Saturday instead of Sunday.

TREASURERS REPORT:

The CHSA Certificate number for SMHA is 512-10.

Denise brought several trail and horse related mailings received at the Post Office Box. Christine volunteered to put together a binder for display at the General Meetings.

MEMBERSHIP:

There are 33 individual and 31 family renewal memberships. We have 3 honorary and 12 lifetime memberships.

NEWSLETTER:

Several of the Board members did not receive the March Newsletter. After discussion we realized all had signed up for email distribution. Christine will contact Mary to see if she has the database for emails.

JACK BROOKS:

A copy of the Articles of Incorporation are needed by San Mateo County. Greg and Joan to attend the Sam Mateo Parks and Rec meeting.

EQUIPMENT:

Some equipment has been housed by or on loan to different members of the Club. Once we have a listing of equipment not housed in the barn, we can then inventory all equipment and discard unnecessary items stored in the barn.

TRAIL TRIALS/POKER RIDE:

In the process of turning in permits.

The process for using County volunteer hours in lieu of permit fees:each volunteer should write to the volunteer coordinator (John George) requesting that hours volunteered at County parks be allowed to deflect permit fees for SMHA events. Sharon will write to the Acting Director (Jim OConnor) and Volunteer Coordinator (John George) requesting to use the volunteers hours for SMHA events.

CLUB 52 RIDES:

Checking on insurance coverage for these rides.

OTHER:

PHONETREE

All agreed that most members appreciate receiving a personal phone call as a reminder.

September 4 and 5 NATRC ride at Bear

**Isn't Shopping Fun?
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the Club whenever you enter the care code: **SMHA**



SMHA Sale Barn

Gifts from SMHA



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more info:(408)779-5456**

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- Hats & Visors - \$6 to 9.00
- Buckles- - - - - \$5.00
- Zipper pull - - - - \$5.00
- Money clip - - - - \$5.00
- Boxed pins - - - - \$5.00
- Bolo Slides - - - - \$5.00
- SMHA decals - - - \$3.00
- Tie Tacks / Hat Pins \$2.00
- Hoof Picks - - - - \$2.00
- Keychains - - - - \$1.00
- Bumper Sticker - - \$1.00
- Patches -2 sizes - - - \$.50

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Vice President	Paul & Dera Oldofredi	408-683-4624	Publicity Co chair/	Phil Atwood	408-779-9594
Secretary	Pat Scharfe	408-776-1621	Sales	Susan Edes	408-779-5456
Treasurer	Denise Roberts	408-848-3728	Social	Becky Dolan	
Membership	Heidi Linden	408-607-9465	Sunshine	Sandy Voechting	408-848-4169
Newsletter	Christine Amber	408-888-8703	Webmaster	Phil Atwood	408-779-9594
Phone Tree	Kitty Swindle	408-842-6215	Trails Development:co chair	Chere Bargar	408-683-2247
Pleasure Trails	Maureen Olson	408-842-2619	Trails Development:co chair	Kitty Swindle	408-842-6215
Historian	Mary Atwood	408-779-9594	Jack Brooks Camping	Joan Throgmorton	408-842-5570
Poker Ride & Trail Trials/Chair Co-chair (defacto)	Sharon Hensley Joan Throgmorton	408-316-2706 408-842-5570	Pebble Beach Ride	Maureen Olson	408-842-2619
			4-H Fun Day Fund-raiser	Greg Linden	

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