

# Hoofbeats

October 2023

P.O. Box 1326, Twain Harte, CA 95383



## The Prez Sez



October at last! I look forward to this month every year.

I rode to Camp Lake recently and the colors were amazing.

The days are warm and the evenings are cool. Perfect riding weather!

Two big things coming up! The Christmas Dinner and installation of 2024 officers and board members is December 15.

You may have already received a call inquiring whether you want to serve on the board. It's a good time to get involved! All will commence at the dinner. More on that coming soon.

The other is the Columbia Christmas Parade on December 10th. This was one of the things that Sandee loved to organize. We will be carrying on the tradition.

This Saturday, October 21, we will be "closing" Center Camp. We will be tarping the containers/trailers, stopping water supply, etc. We will also be cleaning the footings (ditch) for the containers, and the debris needs to be cleaned out... BRING SHOVELS!

Starts at 9:00, work till done. Many hands make light work!

You can still use the arena and trails, we are just getting ready for winter. There will be no water after Saturday.

Stay tuned for more information on these and other events!

See you on the trail (or at the next meeting)

Linda Post  
THH President

**Next Monthly Meeting**  
Tuesday, November 7 @ 6:30 pm.

**Location change:**  
Mounted Posse Grounds  
19130 Rawhide Road, Jamestown

Visit our Twain Harte Horsemen website at:  
[twainhartehorsemen.org](http://twainhartehorsemen.org)

## Officers

### President:

Linda Post  
209.206.8375

### Vice President:

Lance LaMons  
209.770.1407

### Secretary:

Kris Jordan  
209.768.9419

### Treasurer:

Helga Zuber  
209.581.1798

### Past President:

Janine Smith  
209.591.3054

## Directors

### Nancy Sheldon

209.206.0296

### Myron McCoy

209.206.4043

### Chris Mason

209.768.4090

## Committee Chairs

### Hoofbeats Newsletter:

Colleen Combes  
650.387.5423  
ccombes@pacbell.net

### Membership:

Nancy Sheldon  
ncysheldon@gmail.com  
209.206.0296

### Scholarship:

Patty McEwen

### THH Website:

Diana Moreci  
209-533-8511  
diana@SFRCsonora.com

## Past Events

### Drill Team Play Day

Using a combination of several basic patterns, nine riders and their horses learned a new drill at Center Camp on October 15th.

After a few practice runs everything jelled and the drill became a beautiful example of team work and good horsemanship.

There will be more Drill Team Play Days scheduled next year so don't miss the chance to spend the day with your horse improving your riding and also socializing with other THH members.

Nancy Broce



## Upcoming Events

### Peoria Fall Ride

Diana Moreci will lead a 3-hour ride at Peoria on Saturday, **October 28**. Start time is 9 am.

The ride will stage from Shell Road off of Rawhide Road. Parking is limited.

RSVP by text or call to Diane at: 209.533.8511 for more instructions and to confirm.



### November Ride

***Fahey Cabin, Long Barn***  
**November 11**

A pleasant and easy 2- to 3-hour ride along forest service roads with lunch at Hull creek.

**9 am start time.**  
Limited parking

We will be gathering at the pullout across from the gate to Lyons Lake on 108. Just above Sierra Village near the defunct weigh station. If there are more than five rigs we will ask members to double up in other rigs. We will then caravan to the parking site. Please RSVP by text or phone to Colleen at 650.387.5423.



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# Upcoming Events

## OBSTACLE CHALLENGES

By Nancy Broce

The Cradle K Ranch Obstacle Course offers a relaxed venue to test how much your horse trusts you and how well you can direct your horse. I began the course by schooling in-hand to get my horse used to the 'scary' new things, then rode around a bit so he could look at things again before trying some of the easier obstacles under saddle. There is a bridge, a balance board, a water crossing, a 'covered wagon' to ride through, a large tire platform, a noodle squeeze, mattress, in-ground barrel jumps, a dummy calf to rope and much more. With so many objects to try, riders are sure to find success with some and have other challenges to work on. I've been twice this year and I'm happy to say we were able to do more obstacles on our second visit! The staff is friendly and supportive and are adding more parking space.



Dave B. and his horse Lucky.

They are usually open at least one Saturday a month and occasionally on a weekday. It is about an hour to the ranch at 12850 Hibbard Rd in Lodi.

After an hour and a half my horse had had enough but I could've stayed longer as there was no pressure from staff to hurry through the course. The cost is \$25.00 per horse, \$5.00 for a second horse. Call or text Velda at 209-200-6770 or Susan at 209-327-5002 to find out about their next open day and book your spot.



### October Birthdays!

Jan Zukal  
Colleen Combes



### Beef raffle

Please help us sell beef raffle tickets.

There are still some left, but not many, so dig in and help us sell them all so a winner can be chosen.

Helga is donating 20 lbs of beef to the winner of the raffle.

Contact Kris Jordan at 209.768.9419 if you want to purchase raffle tickets.

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## Columbia Equestrian Christmas Parade

It may only be October, but it is also time to get in the Christmas spirit! The Columbia annual Equestrian Christmas Parade will be held this year on December 10 at 11 am. BCHA is hosting. Twain Harte Horsemen want to be a presence again, so we are rallying members to participate. For more information about the parade, contact Linda Post 209.206.8375 or Barbara J Savery at [bjsavery@att.net](mailto:bjsavery@att.net)



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## Vet Corner

### 4 Signs Your Horse Might Be Vitamin E Deficient

Being one of two vitamins that horses cannot produce with their own bodies, vitamin E is a vital part of a horse's diet. It is paramount for nerve and muscle functions, immune response, and antioxidant action in horses. A deficiency of vitamin E causes muscular dystrophy; or weak muscles that aren't receiving enough oxygen. It also leads to further complications, such as Tie-up, Polysaccharide storage problems, liver problems, eye disorders, and immunity issues. Because of this, vitamin E in dietary supplementation is a necessity for any horse owner. While horses generally receive their vitamin E from grass, studies have shown that grass in most parts of the country has contained zero vitamin E since mid-October. Here are a few ways to identify if your horse has a vitamin E deficiency.

#### Dry/Damaged Coat

Detecting a deficiency is difficult, but a clear sign of a vitamin E deficiency is a dry or damaged coat or skin. Characterized by patchy, dry, and inflamed fur, skin, or mane, these symptoms are signs that your horse needs more vitamin E in their diet.

#### Eye Problems

A great indicator of vitamin E deficiency in your horse is damage to the horse's eyes. If you see brown pigment in their pupils, it is a warning sign of vitamin deficiency. Additionally, this damage worsens in horses if left untreated.


#### Muscle Issues

If your horse seems to be experiencing muscle pain, stiffness, or soreness, it is a warning sign that there is not enough oxygen is being introduced into the muscles. This is due to a lack of vitamin E, which is the horse's defense system against harmful free radicals, which attack the horse's immune system and hinder oxygen uptake.

#### Neurological Problems

A dead giveaway that your horse is vitamin deficient is if it is having trouble balancing. When a horse cannot stand or hop on 3 legs or has trouble remaining upright, especially on its hind legs, it may be experiencing neurological disorders. One example is Equine Motor Neuron Disease, which will cause trembling, recumbency, low head carriage and shifting weight between legs. Another condition is Equine degenerative myeloencephalopathy; which affects a horse's brain stem and leads to the necessitation of euthanization. These problems are avoidable entirely with high amounts of vitamin E in your horse's diet.

Health-E contains numerous benefits for your horse and is the most tested and highest potency vitamin E supplement on the American market. It beats the price of the other products on the market at only 0.84 cents a day. Health-E is also the only horse vitamin in the USA that is tested low in sugar and carbs, so it is safe in Cushing's and Insulin resistant horses. It also still holds the world record for the highest Vitamin-E levels found in a horse after uptake, which were five times over the baseline.



#### Vitamin E in Hay

- Vitamin E declines quickly from stored hay
- Vitamin E deficiency can lead to neurological disorders like:
  - equine degenerative myeloencephalopathy (EDM)
  - equine motor neuron disease (EMND)
- Horses on a hay diet should receive vitamin and minerals in a concentrate, ration balancer, or supplement that meets their daily requirements

# Sunshine

## Let It Be

Twain Harte Horsemen members Joy LaMons and Colleen Combes traveled to the Bay Area to participate in the annual Woodside Day of the Horse event October 14. This year's theme was *Let it Be in 23...* a tribute to the 1960s and 1970s.

Joy and Colleen decked their equids in costumes for the fun progressive ride. There were many smiles and laughs from passerby watching our riders and horses ride through Woodside. Joy and Sarge were classic hippies. They wore

wearing matching bell bottom jeans, complete with a doobie in Sarge's mouth. Colleen's mule Jasmine ended up as the Beatle's yellow submarine. At the after-ride party, Joy was awarded first place for her beautifully designed and sewn costume, and Colleen and Jazz came in third out of about 130 participants. More information about this annual event can be found at: <https://www.facebook.com/WoodsideHorse/> or [www.whoa94062.org](http://www.whoa94062.org).



## Twain Harte Horsemen 2023 Events\*

Date	Event	Event Chair	Participation
October 21	Center Camp Closing	Lance LaMons	Members Only
October 28	Peoria Ride	Diana Moreci	Members Only
November 11	Fahey Cabin Ride	Colleen Combes	Members Only
December 10	BCHC Columbia Parade	TBD	Public
December 15	Christmas Dinner	TBD	Members Only



### RIDING LESSONS

*Emphasizing safety, communication,  
and progression of skills.*

Youth and Adult / Beginning and tune-ups

Lesson horse available

Nancy Broce 831-818-5558



### BEEF FOR SALE

Hamburger and other cuts by the package.

Hamburger, 1 lb packages – \$7 each.

Other cuts range from \$6 to \$18 (approx. 1 lb each)

Contact Helga

209.581.1798

helga2853@gmail.com



**Cow Skulls  
available.**

**FREE**

**Contact Helga @  
209.581.1798**