



Hoofbeats

Dec 2023 — Jan 2024

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



The Prez Sez



Well, the year is just about over. It's been a roller coaster for some, and smooth sailing for others.

Wherever you might fall, here's to 2024!

In 2023 we said goodbye to Sandy Watts. She left a big hole in all of our hearts, and her legacy and imprint on the club will last forever.

We had some new events in 2023 like the Ranch Agility put on by Chris Mason and Amanda Betzler, and multiple trail rides hosted by Diana Moreci.

The annual Top Hand Ride in Peoria was particularly beautiful because of the amazing spring blooms. We participated in the Motherlode Rodeo Parade, held another successful High Ride, helped spread cheer in the Columbia All-Equestrian Christmas Parade, and had fun in drill practices with Nancy Broce.

We are ever thankful to all of the people who put on these events. A special thank you to all the people who helped behind-the-scenes, and to the board and officers. We appreciate all you do.

I am looking forward to quiet downtime as winter sets in. But I'll still be riding when the weather allows it. Hit me up if you want to join me!

Happy 2024!

Linda Post
THH President

Visit our Twain Harte
Horsemen website at:
twainhartehorsemen.org

Next Monthly Meeting
Tuesday, January 2 @ 6:30 pm.

Location:
Mounted Posse Grounds
19130 Rawhide Road, Jamestown

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

Myron McCoy (Y3)
209.206.4043

Chris Mason (Y2)
209.768,4090

Karen Rosasco (Y1 2024)
209.743.1788

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

Columbia Christmas Parade

December 10

It was great fun at the Columbia All-Equestrian Christmas Parade. Nine THH members rode in the parade: Helga, Vicki, Kathy (flag bearers), Roy, Janine, Sheryl, Linda, Cyndie, and Dennise rode for THH.

Sunny weather brought out lots of spectators and 22 entries in the parade.

Barbara Savery, BCH and THH member, was the event liaison and instrumental in producing the parade this year, she is much appreciated for keeping this event going.



Twain Harte Horsemen Membership!

It's that time of year again! Please join or renew your membership in our wonderful equestrian organization so we can continue to offer the annual High Ride at Eagle Meadow, fun and educational arena events, and other activities to the public and to our members.

For further membership information and the mandatory Release of Liability, scroll to the last two pages of this newsletter.

The 2024 Events Calendar will be organized soon and will appear in the February 2024 Hoofbeats issue.

THH Christmas Dinner

December 15



From left: Lance L., Linda P., and Joy L.

Terry Lewallen's made-from-scratch Lasagna was a hit at our annual Christmas gathering. An abundance of side dishes from members quickly disappeared. About 43 members and guests attended. The executives and board were sworn in by installation MC, Colleen, including newest board member, Karen Rosasco; followed by the gift exchange. Linda showed off her horn cap, received from the club for her year as 2023 president. It was a cozy and warm affair at the posse grounds club house that set the stage for the rest of the holiday season. Many thanks to the crew that put this on: Kris Jordan, Nancy Broce, Nancy Sheldon, Linda Post, and Terry Lewallen. The gift exchange was MC'd by Judy Kavanaugh.



December Birthdays!

Chris Mason
Amanda Betzler
Richard Reitz
Stephanie Stott
Kris Watts Jordan
Janine Smith
Cyndie Wilson Collins



From left: Nancy S., Diana M. and Nancy B.



Kris and Helga

January 2024 Birthdays!

Neal Lewallen
Maggie Whitman
John Watts
Linda Post
Karen Rosasco

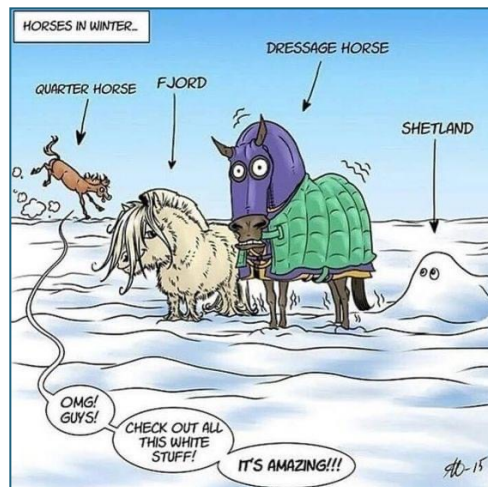


Carol Hensel and Patti Kelly



2024 THH Officers Installation—Some of the officers installed, from left: Karen R., Chris M., Myron, Helga, and Kris J.

Let It Snow!



Vet Corner

Aging and the Equine Immune System

By Amy Young November 6, 2023, UC Davis Veterinary Hospital

Across species, aging has significant effects on many of the body's prominent biological systems. In particular, advancing age weakens the immune system and makes it slower to react to threats. Overall, horses show similar, but milder, age-related changes in immune function than those observed in humans.

Immune dysfunction due to age is known as immuno-senescence. It results in reduced immunity and increased inflammation. In elderly people, this contributes to chronic health conditions such as cancer, heart disease, and neurodegeneration. Interestingly, horses do not have many of the same risks for these age-related diseases. Although the reason for this is currently unknown, diet, genetics, physiology, exercise, and the absence of negative lifestyle habits are likely involved.

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. The overall causes are largely unknown.

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

Since older horses likely experience less travel and fewer interactions with horses outside of their home barn, there is a perception of reduced disease risk. Owners may also assume that older horses that have had years of vaccinations have lasting immunity. As a result, many older horses are not up-to-date on core vaccinations. One study reported that with every year in increased age, older horses are 40% less likely to receive a regular [tetanus](#) vaccination (McGowan et al., 2010). Research has shown that, although aged horses have some pre-existing immune responses, they are generally insufficient to counter challenge by infectious agents in the absence of continued regular vaccination.

Membership Dues Reminder

It's that time of year again! Please join or renew your membership so we can continue to offer our annual High Ride at Eagle Meadow, and other fun events for both our membership and the equestrian community.

Your dues go toward our liability insurance and a membership in CSHA that we are required to have for our events.

Membership Dues are to be paid by January 31, 2024. Dues are \$30.00 per adult member and \$15.00 per junior member, 17 and under, with a paid adult membership.

Make checks payable to T.H.H. and mail payment with a *signed Release of Liability Form* to: **P.O. Box 1326, Twain Harte, CA 95383.**

A release form needs to be signed by each adult member, husbands, wives and families may use the same form.

On the release form, included at the end of this newsletter, please add any change of address, phone number or email address. Our Insurance Company requires that we have a new, signed release form on file every year, for each of our members.

To keep our club vibrant and effective we need to have ACTIVE members. So, remember, to maintain your ACTIVE MEMBERSHIP and to realize benefits like discounts to the high ride and other activities. For Active Membership status a member must attend at least three meetings and a combination of five workdays or functions every year.

If you wish, you can take advantage of our AFFILIATE MEMBERSHIP. You will pay the same dues, and are still covered by insurance and CSHA with no requirements of attendance. However there are also no discounts. Please let us know if you wish to change your membership designation.

Release of Liability is on the following page. Please sign and return with membership payment.

RELEASE OF LIABILITY

PARTICIPANT: _____ **TELEPHONE:** _____

ADDRESS: _____ **CITY:** _____ **ZIP:** _____

EMAIL ADDRESS: _____

I acknowledge that horseback riding is a sport, which carries inherent risks of injury and damage to horse, my property and myself. *I knowingly assume all risk, whether known or unknown, of horseback riding.*

I hereby release the TWAIN HARTE HORSEMEN, (hereinafter referred to as THH), and the California State Horsemen's Association (hereinafter referred to as CSHA), various entities of US Government, California State Government, Counties and municipalities within the State of California and any private land owners, from all liability for any act of negligence or want of ordinary care on the part of the aforementioned or any of its agents. In consideration of my participation in events organized or sponsored by the THH and CSHA, I waive, release and discharge the THH, CSHA, the US Government, California State Government, Counties and municipalities or property owners or any of their agents, their directors, officers and members, their representatives, heirs, executors and assigns from any and all claims of liability for injury or damage to myself, my animals, or my property arising out of my participation. This agreement is binding upon my executors, heirs and assigns.

I expressly waive any rights I may have under California Civil Code 1542, which states: "A general release does not extend to claims which the creditor does not know or suspect to exist in his favor at the time of executing the release, which if known by him might have materially affected his settlement with the debtor."

I agree that I will indemnify and hold harmless THH, CSHA and the U.S. Government, California State Government, Counties and municipalities, their officers, directors, members and agents against all claims, demands, and causes of action, including court costs and actual attorney fees, arising from any proceeding or lawsuits brought by or prosecuted for any benefit in which this release is upheld. THH, their agents or employees shall not be liable for any damage, which may accrue from any cause or as a result of fire or natural disaster, theft, running away, state of health, injury to person, horse or property.

Every rider is responsible for their horse's behavior and must be able to control their horse. THH Board of Directors, it's officers and ride chairs reserve the right to dismiss any rider if the rider &/or horse demonstrates lack of control or unsafe behavior.

I acknowledge that I have read this Release of Liability and know and understand its contents.

Signature _____ *Date:* ____ / ____ / ____

Signature _____ *Date:* ____ / ____ / ____

Parent or Legal Guardian must sign for minor children:

I, the undersigned parent or guardian of _____, in consideration of my child's participation in the event, agree that the terms and conditions of this Release of Liability shall be binding as to damage or injury to my minor, and his/her property arising out of his/her participation in events. Helmets are personal safety equipment that should be used for all minor riders. I acknowledge that I have read this Release of Liability and know and understand *its contents*.

Signature _____ *Date:* _____