



# LOS PADRES TRAIL RIDERS NEWSLETTER

**JUNE 2014**

## BOARD OF DIRECTORS

### PRESIDENT

Anita Klinger  
967-6667  
anita@lpnr.org

### VICE PRESIDENT

Pamela Webber  
967-8105  
pwebber@sbhotels.com

### SECRETARY

Karen Wheeler  
452-9240  
karenwhee@aol.com

### TREASURER

Barbara Underwood  
705-6193  
Underwood.steveandbarbara@  
gmail.com

### DIRECTORS-AT-LARGE

Maureen Peatross (Membership)  
692-0724  
hazizaffirohome@aol.com  
Barbara Wolf (Parades)  
455-4113  
sbremington@gmail.com  
Lou Dartanner (Newsletter)  
967-4859  
boomerlou56@verizon.net  
Barbara Hinman (Rides)  
682-9966  
tillymule@yahoo.com  
Otis Calef  
963-2779  
otis33@cox.net

## GENERAL MEETINGS

LPTR meets on the third Thursday of every odd-numbered month at the Santa Barbara Humane Society's Education Center on Overpass Road (enter at the rear, around the curve from the main entrance). If you'd like to join us for the potluck at 6:30 p.m., bring something to share, place setting and drink for yourself. The meeting at 7:00 p.m. and guests always welcome.

## LPTR PLAYDAY

**Saturday, June 7th**

A great success! Lots of fun and companionship!



Judge Karen Jenkins gives some pointers on how to navigate the trail course obstacles before the practice run begins.



Tony Urquidez on Hank prepares to start the course by opening and going through the rope gate.



KC Kemp gives Gidget a “good girl!” pat for successfully going through the gate.



Lisa Walter’s Sabbath calmly steps through the water box.



Natalie Hodges on Woodie prepare to put the clip back on the stanchion to close the gate.



Goose checks out the water box while Colleen Beall urges him forward.



Esperanza waits patiently while Colleen Beall checks the mail box.



Terri Jo Ortega has Sierra calmly using her reverse gears to negotiate the turn.



Ariana Arcenas-Utley on Calista checks to see if she has any mail in the box.



Floyd really doesn’t like to do things one way but turn him around and he’ll do fine!

## PRESIDENT'S MESSAGE



Mindy Smith has Willow step over the obstacle.



Pistol was able to push the ball through the pylons for Julie Urquidez.



Cindy Young has Grace pulling the log.



Moon is not sure he likes the little log, but Sally Cushman convinced him he could do it.

Our first PlayDay was a wonderful and fun event, thanks to the hard work and cooperation of volunteers as well as to the attendees for their participation.

Thank you to our judge Karen Jenkins who provided helpful comments on ways riders and their horses/mules could better negotiate some of the obstacles, as well as scoring the riders in detail.

Our top three scorers were Lisa Walter on Sabbath, Julie Urquidez on Pistol, and Colleen Beall on Goose. Everyone was pretty close in scores; the idea wasn't the competition but rather introducing horses to a new place and new obstacles. Prizes were carrots, provided by Barbara Wolf.

Thank you to Karen Wheeler and Athena Foley for providing many of the obstacles and to Karen, Otis Calef, Barbara Hinman, and Barbara Wolf for setting up the obstacles. (This was hard work and these people deserve a double applause.)

Thank you to the Modoc Riding Ring Association for providing such a serene setting for our event, as well as for allowing us to use some of their equipment.

Thank you, Lou Dartanner, for the work of processing entries, membership applications, as well as stepping up to the plate as photographer.

Thank you Barbara Wolf for the refreshments and Carolyn Geiger for helping at the culinary table. In the future we are hoping to have an event with a barbecue if enough participants are in favor of that.

This is your club and LPTR appreciates your suggestions and participation.

Be sure your email will accept flyers and reminders from [lptr.org](http://lptr.org), as several people had not seen some of the information that had been sent out online.

**More PlayDay photos on page 5.**

Mark your calendars for the July 17<sup>th</sup> LPTR potluck and meeting! Bev McCurdy and friends will talk about the Sage Hens – the experiences and good times they've had with the group. You don't know what the Sage Hens are? Come find out about this ladies-only riding group.

## POISONOUS PLANTS

By Dr. Bob Saunders, DVM

Lecture at July 19, 2012, LPTR Meeting

First off, there is a general consensus that it's all in the dose. Like aspirin, you might take a couple of aspirin and be OK, but if you take 20 or 30 of them you will have a problem. So it is in poisonous plants. Very often it is the dose, but not always. If a horse reaches out and grabs a myoporum or little oleander or something like that, they can get away a bite or two. But there are some things that they can't get away with a bite or two. Some poisonings can come from yard waste thrown into a corral, so know what your horse is eating!

The most common poisonous plant you see in Santa Barbara County is the **avocado**. It's not usually a deadly poison but I have seen animals die from it. The most likely thing the horse will eat is the leaves, even the dried ones. It's very serious for nursing mares, as they will get a mastitis and it dries the udder up, that's it, never to milk again—not just that lactation, but any lactation in the future. Avocado meat is OK, pit has some toxins and the main problem with avocado is a very strong antacid.

**Oleander, purple foxglove, digitalis, lily of the valley, dogbane, monkshood, larkspur.**



Commonly a digitalis-like heart stimulant, they have cardiac glycosides in them. Oleander is the one

we see and hear the most about. The initial call to the vet is usually for colic. With oleander the glycosides of oleander do two things: they'll create tremendous hemorrhagic enteritis, and cardiac irregularity. The enteritis is the thing that you wind up treating the most, and 30 or 40 liters at a time are put into the horse just to replace the fluids they've lost. The typical heart abnormalities with these kinds of things is the loss of electrical conductivity to the point where the heart may be even slowed down. There can be any type of cardiac irregularity – no set pattern – with oleander. So it can be slow, it can be a heart block, it can just stop. If you have foxglove in your garden be very careful. If you have oleander, be especially careful – get it out of there. The toxic dose is about 50 mg per pound of body weight, which is about 2 ounces. Poisonings can also occur if someone throws a bunch of garden waste with a little oleander in it into your corral. You may also find oleander clippings in mulch used on trails.

**Castor bean** (right) has a peculiar protein coagulating chemical in it called ricin. Ricin may be as toxic as botulism toxin and is one of most toxic things on the planet. It coagulates proteins and causes hemorrhagic enteritis, heart abnormalities, etc.



All parts are toxic, but especially the seeds; 0.01% of body weight can be lethal.

**Black locust** is a similar protein coagulant. The only thing you can do is to flush out the gut and replace the blood of these animals.

**Myoporum** (right) causes liver damage. Commonly seen as hedges. There are two types of liver damages from poisonous plants. One type of poisonous plant will give you an acute hepatitis and cirrhosis of the liver



with scar tissue. These are the **pittisporum, fiddle neck, tarweed**, etc., alkaloid things grow at the end of summer. The horse would have to eat lot over period of time but the damage is permanent. **Myoporum** is acute cellular hepatitis, as opposed to cirrhosis of the liver, and causes an acute cellular hepatitis but not replaced by scar tissue. Myoporum can be a nutritious feed in small amounts, but if a horse spends all day munching on it, it is toxic (usually takes several pounds).

**Yellow star thistle**. You can find lots of it in cattle pastures and along fence lines, especially in Santa Ynez Valley. It's a small thistle head with a little spray of thorns. The toxin liquefies and makes hole in the brain. You might see tongue paralysis as a symptom. To be toxic, the horse needs to eat a lot over long period of time. It's a hot, dry weather plant.



**Oaks and acorns**. Most horses won't eat acorns but can tolerate a little at a time. Tannic acid can be a problem, causing gut upset and kidney damage. The amount of acorns needed to be toxic depends on what else they have in their stomachs and how much they've eaten. Goats are only animal that can detoxify tannins in oaks. It's a strong tannic acid.

**Alfalfa** (lucerne) is alkaline. If you look at pH, a pH of 7 is base, above that is alkaline and below that is acid. Low acid in the diet allows stone development; Alfalfa brings the pH up and is high in protein and should be less than 25% of the total diet. If you look at alfalfa Vs grass hay. Alfalfa has 14-18% protein; grass 8%. Alfalfa 6x the amount of calcium as grass, and about the same amount of phosphorus. Adding bran to the diet with alfalfa will increase stone development. The stones are "struvite" crystals: magnesium, ammonium, phosphate. Bran brings in extra phosphorous and high protein.

**Rhubarb, spinach, beets, kale, mustard** -- green leafy things that grow up on stalks. The oxalate binds to calcium and makes crystals. Rhubarb is the only one that is seriously toxic. Oxalic acid binds insolubly to calcium so you wind up with calcium oxalate (spiky) crystals. All calcium in the body binds with it and is no longer available to body. The crystals go straight to kidney. Fortunately, horses don't normally eat these things, but be careful of feeding kitchen scraps.



If horses are in large, untended pastures, you're liable to find noxious weeds like **tar weeds** (left) and **fiddlenecks**. They don't cause acute hepatitis but it's like overdoing it on alcohol for years; the liver just ups and quits from the alkaloids.

More of a problem especially in pastures that dry out in summer.

**Mallow, cheese weed, malba.** Does have a little toxin that can cause trembles if the horse eats enough, but they seem to be able to eat quite a bit without a problem.

**False dandelion, stringhalt dandelion, flat weed,** can cause stringhalt (hind leg spasms). This plant has long stem with no leaves on it and yellow flower on end, with the leaves flat on the ground. Damages nerve in hind leg; can be relieved by incising the tendon. Unknown how much horse has to ingest to be toxic; problem not commonly seen here. Fairly common in lawns.



**Queen Ann's Lace, wild carrots** look like hemlock, which is highly toxic and there is no treatment for it. They are alkaloids and produce neuromuscular blockage. Since they look like hemlock, stay away from them just in case.

**Allium,** onion family, damage red blood cells, causing very serious anemia.

**Ornamental red maple** bright red, same type of problem. Changes red blood cells and hemoglobin in it. You're likely to find these as landscape plants. Dr. Bob Wright or Ontario has long article at: <https://sites.google.com/site/horsenewsandviews/SeminarsAndCourses/poisonous>

**Black walnut.** Be careful of shavings with any black walnut in it. It can cause founder if the horse stands in it.

**Yew** doesn't grow here very much but is an alkaloid and very toxic and can cause sudden death if as little as 6-8 oz is ingested. It's sometimes used in Christmas wreaths.

**Mustard and nightshade.** Horses will eat mustard, but it has a relatively toxic seed and oil. Cyanide accumulator.

[Reprinted from the August 2012 LPTR Newsletter.]



KC Kemp on Gidget and Terri Jo Ortega on Sierra wait patiently for the action to start.



Riders wait for their turns at the course.



Floyd looks at the course and tells Otis he's never seen anything like *that* on a *real* trail!

## LPTR Parades

By Barbara Wolf, Parade Chair

We will be doing the Santa Ynez Days Parade on Saturday, June 14<sup>th</sup>. Then on a new note, looking into doing a couple of parades in Carpinteria. They do their 4<sup>th</sup> of July Parade on Saturday, June 28<sup>th</sup> (if you have an interest in this, let me know). Would also do the Christmas Parade in Carpinteria, then we have the 4<sup>th</sup> of July Parade in Santa Barbara on Friday the 4<sup>th</sup>.

### LPTR PARADE OUTFIT LIST

- **BOOTS**
- **DARK BLUE JEANS**
- **DARK BLUE DENIM VEST**
- **WHITE LONG-SLEEVE SHIRT WITH CLUB PATCH ON LEFT SLEEVE**
- **RED BANDANA TIED AROUND NECK**
- **NEUTRAL COLORED FELT OR STRAW HAT OR HELMET**
- **RED, BLUE, OR WHITE FELT MATERIAL TO COVER SADDLE BLANKET**
- **SADDLE, BRIDLE (BRING A SPARE)**
- **FLOWERS OR DECORATIONS BASED ON EACH PARADE**
- **PLEASE CLEAN TACK AND WASH AND GROOM YOUR HORSE**

### LPTR MISSION STATEMENT

To advance recreational trails and trail use and to encourage horseback riding, trail riding, and other horse-related activities in Santa Barbara County.

To foster good horsemanship and fellowship.

To promote mutual helpfulness between horse owners and property owners near trails and riding areas.

To initiate, sponsor, promote, and carry out plans, policies, and activities that will tend to further the use, acquisition, preservation, development, and maintenance of riding and hiking trails, especially in the County of Santa Barbara.

To provide educational events to the equestrian community.

## EQUINE-RELATED NON-PROFITS

**Hearts Therapeutic Equestrian Center.** Equine-assisted therapy. Call 964-1519 for information on lessons, volunteering, or to make donations or visit their website at [www.heartsriding.org](http://www.heartsriding.org). Volunteers Orientation held monthly (see web site). Open house monthly; see web site for dates. The Tack Shack sells gently used tack and togs and is open Tuesdays 2 – 4 p.m. and Saturdays 12 – 4 p.m. [www.HeartsRiding.org](http://www.HeartsRiding.org).

**Santa Barbara Equine Assistance and Evacuation Team.** Help keep Equine Evac going! Members and volunteers greatly needed to keep EVAC going. For information, contact Equine EVAC at 892-4484. In emergency, Call 9-1-1 to activate.

**The Santa Barbara Emergency Response Team** works through the Santa Barbara County Animal Services during a disaster. See [www.sbcphd.org/as](http://www.sbcphd.org/as). **The Santa Barbara Humane Society** offers site assessments for disaster planning. Call Tim Collins at 964-4777 ext. 18.

**Emergency Animal Hotline: 681-4332** channels calls to the right agency. It is active only during an emergency.

If you would like your non-profit equine-related organization listed here, send information to the Newsletter Editor.

### US Equestrian Team Foundation

The US Equestrian Team Foundation, Santa Barbara-Area Team Mobilization is soliciting contributions to send our US Teams to Normandy for the Alltech FEI World Equestrian Games in Normandy, France from August 23 to September 7. You can designate your gift to Show Jumping, Dressage, Eventing, or Driving. Visit their web site at [www.uset.org](http://www.uset.org) or call 908-234-1251 to donate and for more information.

**LOS PADRES TRAIL RIDERS  
MEMBERSHIP APPLICATION**

***PLEASE BE SURE TO SIGN THE GENERAL RELEASE AT THE BOTTOM.***

The purpose of the Los Padres Trail Riders (LPTR) is to promote individual and family trail riding, to preserve and maintain County trails, to hold social events for the local horse community, and to present educational meetings and seminars, and to conduct fundraisers for local equine-related non-profits. You do not have to be a trail rider or even to be a horse owner to be a member of LPTR.

**PLEASE PRINT CLEARLY**

Name (last) \_\_\_\_\_ (first) \_\_\_\_\_ Spouse (family membership) \_\_\_\_\_  
Street Address \_\_\_\_\_ City \_\_\_\_\_ ZIP \_\_\_\_\_  
Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ Email \_\_\_\_\_

**NOTIFY IN EMERGENCY:** Name: \_\_\_\_\_ Phone: \_\_\_\_\_

TYPE OF MEMBERSHIP (circle one):    NEW                      RENEWAL  
\$25.00 Adult Membership (Individual 18 & over)                      \$35.00 Family Membership (Spouse and/or children)  
\$20.00 Junior Membership (17 & under if joining alone)                      \$300.00 Lifetime Membership

If Family Membership, please list name(s) of children under 17 years of age:  
1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

We may contact our membership as a reminder of our and community events. Would you like to be contacted by (circle one):

PHONE                      E-MAIL                      NO CONTACT

**GENERAL RELEASE**

I, the undersigned member of Los Padres Trail Riders (the "Club"), acknowledges that horseback riding and related activities, including being a spectator at horse events, involves certain risks of injury to me personally, to my minor child(ren), damage to my personal property, and injury or death to my horse caused by my own negligence or the negligence of others. Knowing these facts, I nevertheless waive, release, and discharge the Club, its Board of Directors collectively and individually, officers, employees, and all individual members of the Club, their representatives, heirs, executors, administrators and assigns from any kind or nature that might occur as a result of or arising from my participation, including as a spectator, as a member of the Club, including but not limited to, participation at a Club meeting, Club horse show, Club trail ride, Club equine demonstration lecture, or any other event sponsored or managed by the Club or a member thereof on behalf of the Club. This General Release is being given in consideration of the Club enrolling me and /or members of my family as a member of the Club. I further agree that I will defend, indemnify and hold harmless the Club, its Board of Directors, both collectively and individually, its officers and employees and all individual members of the Club, their representatives, heirs, executors, administrators and assigns from any and all claims, demands, causes of action or other proceedings brought by, or prosecuted for my benefit, alleging arising out of the negligence of the Club, its Board of Directors, collectively and individually, its officers and employees and all individual members of the Club. I expressly waive any benefits I may have under Section 1542 of the California Civil Code relating to the release of unknown claims. That section provides as follows: CERTAIN CLAIMS NOT AFFECTED BY GENERAL RELEASE – 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 must have materially affected his settlement with the debtor," are hereby expressly waived.

Executed this \_\_\_\_\_ day of \_\_\_\_\_, 20 \_\_\_\_ at \_\_\_\_\_, California.

\_\_\_\_\_  
Signature on behalf of themselves and minor child(ren)

\_\_\_\_\_  
Signature of Spouse (if applicable)

Please make checks payable to LPTR and send to  
LPTR Membership, PO Box 323, Santa Barbara, CA 93102  
If you have questions, call Maureen Peatross, 692-0724

**LOS PADRES TRAIL RIDERS  
P.O. BOX 323  
SANTA BARBARA, CA 93102**

Pass this Newsletter along to your "horsey" friends; invite them to a meeting or activity (must be a member to go on LPTR trail rides) or post the Newsletter at your barn.

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### **LPTR COMING EVENTS**

**June 14:** Santa Ynez Valley Parade. See page 3

**June 28:** Carpinteria 4<sup>th</sup> of July Parade (tentative). See page 6

**July 4:** Santa Barbara 4<sup>th</sup> of July Parade. See page 6

**July 7:** Board Meeting, 5546 Cathedral Oaks Rd., 6:00 p.m.

**July 9:** Deadline for the July issue of the LPTR Newsletter

**July 17:** LPTR General Meeting, 6:30 p.m. potluck, 7:00 meeting, Humane Society Classroom. **Bev McCurdy and friends will share their experiences with the Sage Hens**

**August 4:** Board Meeting, 5546 Cathedral Oaks Rd., 6:00 p.m.

**August 11:** Deadline for the August issue of the LPTR Newsletter

**September 1:** Board Meeting, 5546 Cathedral Oaks Rd., 6:00 p.m.

**September 8:** Deadline for the September issue of the LPTR Newsletter

**September 18:** LPTR General Meeting, 6:30 p.m. potluck, 7:00 meeting, Humane Society Classroom

### **COMMUNITY COMING EVENTS**

June 16-20: Hearts Therapeutic Riding Summer Camp #1, Hearts Facility

June 23-27: Hearts Therapeutic Riding Summer Camp #2, Hearts Facility

June 29: Qualifying Dressage Show, Modoc Riding Ring

July 3-5: SB National Horse Show Multi-Breed, Earl Warren

July 7-11: Hearts Therapeutic Riding Summer Camp #3, Hearts Facility

July 9-13: SB National Horse Show Hunter Jumper, Earl Warren

July 14 – 18: Hearts Therapeutic Riding Summer Camp #4, Hearts Facility

July 25-27: Calif. Paint Horse Assn Summer Sizzle, Earl Warren

July 28-Aug. 3: Hearts Therapeutic Riding Summer Camp #5, Hearts Facility

August 4-8: Hearts Therapeutic Riding Summer Camp #6, Hearts Facility

September 6-7: SBCRC Back To School Show, Earl Warren

September 12-14: SB National Western Horse Show AQHA Reining & Pleasure, Earl Warren

October 5: Championship Dressage Show, Modoc Riding Ring

October 25-26: SBCRC Fall Show & Medal Finals, Earl Warren

If you would like your equine-related activity listed here, contact the Newsletter Editor at boomerlou56@verizon.net.