

## A sanctuary with a healing view

SHARON REGAN of Sea Star Horse Sanctuary recalled her first encounter with Carmel Valley's Ray Berta, a master horseman. She met him at a conference put on by Buck Brannaman, who works with horses and riders in the vaquero tradition of understanding and respecting the nature of the animal.

As Regan and Berta worked together, she said she felt a strong connection to the horse and to Berta, with his kind eyes and calm voice and demeanor. She explained that he fosters a relationship between horses and people that allows them to move and act together, almost as one. After working with him for more than 30 years, Regan, too, has mastered the art of natural horsemanship, particularly for those — horses and people — in need of healing.

"I still remember the first time Ray had

haul a load, or perform for show.

Regan didn't grow up riding horses, yet she had been living on a ranch and rescuing them for some 30 years before she established Sea Star (named after a horse she adopted from the SPCA) in 2017 on 8.5 acres on the former Riley Ranch. Regan and the devoted volunteers at her nonprofit are dedicated to the rescue, rehabilitation and provision of lifetime sanctuary to horses that are old, injured or abandoned and left at risk of slaughter.

### Overcoming fear

Some of the horses are related by birth, others by circumstance, but all seem to find family somewhere in the herd. The first thing Regan does when assimilating a horse into the sanctuary is give him or her a new name, a symbol and reminder of their renewed life and, as she said, "to rid them of any bad juju they may carry with them."

"I really felt I wanted — needed, actually — to create this sanctuary," Regan said.

"Having rescued horses for a long time, I wanted to establish a place where they could live the rest of their lives, never to be abandoned again. I wanted to give them love and the best care possible. I wanted to share them with others to enhance people's lives, as well."

Regan remembers the first time an autistic boy came to the sanctuary, accompanied by his father and grandmother. He stood there, silent, his body quaking. He was unwilling to look a horse in the face, touching her only from an arm's length when encouraged.

"Yet, within two hours, the boy suddenly hugged the horse and began walking alongside her," said Regan. "Then he sat down quietly as the horse grazed beside him, ultimately pressing himself into the arch of her neck. There wasn't a dry eye

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## Great Lives

By LISA CRAWFORD WATSON

me get on one of my rescue horses with no saddle and no reins to hold and had us trotting around the pasture," said Regan. "He had me close my eyes and feel our connection. I was the horse, and the horse was me. I just broke down and started wailing. And Ray said, 'Now you've got it.' And I've never lost it."

### A pretty picture

These days, due east of Point Lobos State Natural Reserve, on a verdant rise of pastureland overlooking a cerulean sea, there's a small herd of horses. The bucolic scene, framed by Monterey pines, cypress, and chaparral, inspires folks to pause and, perhaps, sense peace.

The panorama belies the cruelty, abandonment, abuse or neglect these horses have endured before finding their forever home at Regan's Sea Star Horse Sanctuary, where they will never again bear a saddle,



PHOTO/COURTESY SHARON REGAN

Sharon Regan, who founded Sea Star Horse Sanctuary and serves as its president and CEO, loves seeing horses and humans find healing together. The sanctuary is just south of town, near Point Lobos.

Don't miss "Scenic Views" by Jerry Gervase  
— every week in the Real Estate Section.

## Godzilla, Fisher-Price and Clooney — creative reflections from 2023

*Creative people famously tend to be quirky, eclectic and eccentric: Here are some random things we learned about our talented local artists in 2023, Part 1. The publication date of the full artist profile in The Pine Cone is in parentheses.*

**Carolyn Kleefeld** (Aug. 11, 2023), prolific painter and author in Big Sur, has enjoyed a circle of friends that included Timothy Leary, Laura Huxley, Dr. John Lilly, Alan Ginsberg, Leonard Cohen, Wayne Dyer and the DiCaprio family.

Dorothy, watching tornadoes blow past her house. Oddly, her dog (a Labradoodle) is named Waldo, not Toto.

**Paul Ventura** (April 28, 2023), known for the glowing, whimsical cityscapes he shows at Old Masters Gallery, is a former Hollywood casting agent who frequently hired George Clooney to do voiceovers, Brad Pitt for commercials, and helped convince a model named Cameron Diaz to try acting.

**Martha Casanave** (Nov. 3, 2023), one of the Peninsula's best-known photographers, claims she "never really liked cameras much." Her 2023 show at Monterey Museum of Art was photographed entirely with a 4-by-5-inch pinhole camera.

## Carmel's Artists

By DENNIS TAYLOR

Carmel Art Association member **Jerry Van Megert** (Nov. 10, 2023) was 6 when he began painting in Salem, Oregon, but established a comfortable career with commissioned landscapes and seascapes in Pebble Beach, where, at 85, he's still behind the easel.

### No coincidence

**Sofanya White** (April 21, 2023) creates her surrealistic paintings in a 2,340-square-foot geodesic home that is locally famous as The Dome House. It's halfway between Carmel and Big Sur amid 10 acres of towering redwoods, where she frequently hosts art workshops and retreats.

Plein-air specialist **Victoria Galitzine** (Oct. 6, 2023), a native of East Sussex, England, was 4 years old when she created a series of cartoon drawings of Fisher-Price's Little People characters — renderings that won a contest sponsored by the toy company. Her prize was a full set of Fisher-Price children's books.

Fine-art photographer **Scott Campbell** (Jan. 6, 2023) specializes in underwater photography — no surprise, considering he spent 15 years as a member of the U.S. Freediving Team and once held the U.S. record in a category called static apnea: 6 minutes, 47 seconds, holding his breath underwater while floating on the surface.

Venture Gallery painter **Sarah Leonard** (July 14, 2023) grew up on a bleak landscape in Kansas with a mother named

The weird and colorful renderings of Marina artist **Linda Lay** (July 21, 2023) began as a child, when cartoons and her father's obsession with horror movies inspired her to start drawing the monsters that are her specialty today. A highlight of her life was meeting Haruo Nakajima, the actor who wore the monster costume in the "Godzilla" movies.

Carmel painter **Kirstine Reiner Hansen** (June 16, 2023), a native of Denmark, saw changes in her art after spending 2011 to 2014 exploring New York City's vibrantly competitive art scene, where she met artists doing enormous, imaginative pieces in high-ceiling lofts and "every gallery seemed like a museum," she said.

### Career change

Big Sur sculptor/painter **Greg Hawthorne** (Aug. 18, 2023) earned a pre-med degree, then abruptly changed course, painting 16 hours a day, seven days a week, producing 200-300 paintings in a year to launch the art career that paid for the world-famous gallery he owns today.

After a long career in engineering, abstract artist **Jim Wagoner** (Sept. 29, 2023) recently fell in love with what he calls "fluid art," using his science background to chemically alter the viscosity and opacity of the paint he pours onto his canvas.

**Jessica Bovert** (July 7, 2023), a fine-art

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PHOTO/COURTESY OF MONTEREY BAY PLEIN AIR PAINTERS ASSOCIATION

On a Peninsula populated with outstanding fine-art painters, photographers and artists of virtually every medium, the breathtaking landscape is always the biggest star.



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# LIVES

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among us adults. This brings such joy to me.”

The boy has since returned every other week to groom and spend time with the horses, each of whom he knows by name. His teachers report that he is now getting up and speaking in class, sharing his equine experiences with other students.

## Healing arts

Sea Star Horse Sanctuary regularly welcomes other human guests, among them artists, writers, musicians and healers seeking inspiration. Others come to work with the horses, promoting trust and healing through medical qigong, equine massage, healing touch, applied herbs and oils.

Zoo pharmacognosy is another interesting form of animal treatment used at the sanctuary. It's a process through which animals self-medicate by selecting and eating or inhaling soothing natural elements. It's been studied by scientists who hope to find treatments for human ailments, too, but at Sea Star, it's all about the horses.

For example, purebred Polish Arabians Caroline No and Strawberry Fields had been warmly greeted by friendly tourists parading by their pasture along Sycamore Canyon Road en route to Pfeiffer State Beach for 22 years. That was until summer 2020, when an attacker purposely splashed them with a caustic mix of chemicals. Caroline No was euthanized, but her sister was remanded to Sea Star, where she was renamed Starberry and found her way back to health, largely through zoo

pharmacognosy, Regan said.

Regan grew up in a military family, following her father's Air Force career around the world. Yet she has since spent some 60 years on the Monterey Peninsula, now on those 8.5 acres she acquired through hard work and, she said, the kindness of friends she considers family.

“There is a peacefulness and sense of purpose among my chosen family out on the ranch as there is among the horses,” she said.

“People recognize that when they visit us, always telling me they experience a shift in their being as they come through the gate, feeling an energetic peacefulness. There seems to be a healing vortex here, and everyone finds their own space in it.”

Similarly, from the moment a horse arrives at the sanctuary, said Regan, the Sea Star staff work with the whole horse — mind, body, heart and soul — to allow and help each animal find its true essence. And it is different for each one.

## Purpose, calm

“I am not better than nor less than, but equal to these magnificent beings, our trust and best teachers,” Regan said. “They don't manipulate. They have clear boundaries and give their love freely. By understanding this, we know where we fit into their world at that moment. When we are present with a horse, they tell us exactly what they want, letting us know in advance what they're thinking and what they're going to do. Spending time with horses every day brings purpose, calmness, and peace to my life, our lives.”

For more information about Sea Star Horse Sanctuary, visit [seastarhorsesanctuary.org](http://seastarhorsesanctuary.org).

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## Old World Design Stands the Test of Time

By Susana DeFatima Silva, MA, Co-Founder/Proprietor/Managing Partner Test of Tyme, LLC, #1022805 and Wendy Brickman, MA/MBA, Brickman Marketing

Exploring the grandeur of Pebble Beach and Carmel's beautiful estates reveals a popular trend—the incorporation of custom-built “Old World Design” elements that grace every corner of many of these luxurious abodes. From kitchens to wine cellars, the meticulous infusion of Old World-inspired features imbues these residences with a timeless allure and a unique livability seldom found in other decor styles. These sprawling homes, often serving as venues for sophisticated gatherings

and cherished family moments, reflect a commitment to a superior quality of living.

Don Whitaker, a partner at Test of Tyme, a renowned Pacific Grove-based firm specializing in estate transformations in Pebble Beach and Carmel, underscores the enduring appeal of Old World design. He notes, “We truly appreciate the high quality of Old World design, and so do our clients. We meet with them to craft distinctive, enduring items meant to be cherished for generations to come.”

But what defines “Old World Design”? According to HGTV, it embraces a comfortable, weathered aesthetic, celebrating the patina of use. Textured walls, hand-rawled windows, and tumbled marble epitomize this style, favoring distressed, matte, and honed finishes over glossy surfaces. Colors typically seen in an Old World room include burgundy, navy, forest green, ocher and cream.

Fabrics play a pivotal role,

featuring damasks with oversized scrolls, intricate tapestry designs, and muted hues of lustrous silks. Architecture in Old World homes embraces rough-hewn beams, arched doorways, and windows, striking a balance between sophistication and rusticity.

Old World Woodworking, characterized by distressed wood and antique-style furniture, creates an atmosphere reminiscent of a bygone era. Kitchens, a focal point, feature arches, hidden appliances, and bold, oversized hardware, contributing to the overall rustic appeal.

In essence, Old World Design transcends mere aesthetics; it is a commitment to enduring elegance that grows more attractive with time. So, when contemplating a home remodel, consider infusing the timeless allure of Old World design elements—watch your home evolve into a sanctuary that only gets better with age. Embrace the charm of the past while living in the lap of comfortable luxury!

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