

Loomis Basin Horsemen's Association

P.O. Box 2326 Loomis CA 95650

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April 2011

Newsletter

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PRESIDENTS MESSAGE by Denise Howell

Won't even mention the weather because we're all sick of all of our conversations starting that way. How about those Kings? Or is that just as bad?

It's been rough so far and I sincerely hope that your homes, trees and animals have survived the water this year. I find it hard to complain with Japan dealing with their problems on the other side of the world. Ours are so minute in comparison.

Soon we'll be dealing with flies and bugs and snakes (thought we'd have crocodiles by now) and we'll be complaining about that so onward.

We desperately need a chair person for our horse shows held in October. I think they fall on the 8th and 9th this year. There are two horse shows. One Western and one, English and we need judges for both if anyone knows of someone capable and experienced to judge our shows.

We're gearing up for Horse Expo and again will have a booth. Donna Kelly and Linda Tarrico, bless their hearts have volunteered to chair that committee and are in need of volunteers as well. Volunteers will get discounted 3 day passes and parking passes. We all know how fun, entertaining and educational the Horse Expo is and for you shoppers, no holds barred. Donna's phone number is (916) 956-6248. Linda's phone number is (916) 645-2461.

There were a couple of prizes left over from the horse shows last year and we'll be raffling them off at this month's meeting. Raffle tickets will be one dollar. We also have some Clint Anderson tickets!

You've had plenty of time to check your tack and make sure all is safe so I think it's time to "hit the trails."



Denise Howell
Latte' & Beethoven

SUPPORTING LBHA HELPS SAVE AND MAINTAIN OUR TRAILS, THE ARENA AT THE PARK , TRAYLOR RANCH AND THE RURAL LIFESTYLE

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TRAYLOR RANCH NATURE RESERVE

March has really hammered us with enough rain, I think the drought has to be over. It is OK to stop now!

We had to cancel our first of the year work day on March 26th due to bad weather and muddy trails. We can expect an extreme amount of grass and blackberries growing now in April as the temperatures increase. This means our April 23 work day is going to need as much help as we can get.

Especially anyone who can bring their weed-wackers to trim around the signs, rocks, trees and other areas.

We need some new helpers to come out, whatever your abilities. Bring gloves, water. For tools if you have some clippers or pruning shears it would be helpful to trim back the blackberries. Any amount of time you could contribute is appreciated. We will be meeting in the central picnic area at 8 am and the workday ends when you've had enough or 12 noon, whichever comes first.

Many of you use Traylor Ranch. Now is an opportunity for you give back a little bit. It is a very special place so let's keep it that way.

If anyone has any questions, please don't hesitate dropping me a note at my email address.

Dave Faoro

TRNR Committee Chariman

dave_lbha@faoro.us (916) 663-3437

“A good rider can hear his horse speak to him. A great rider can hear his horse whisper.” Author Unknown

Box Fan Recall Could Affect Horse Owners

by: Erica Larson, News Editor

March 24 2011, Article # 17985

Lasko Products Inc., manufacturer of home appliances such as fans and heaters, is recalling approximately 4.8 million box fans (similar to those frequently used in barns by horse owners) after an electrical problem in the fan's motor has caused some of these fans to catch fire, reportedly causing several house fires and a barn fire.

According to a statement on the company's website, affected fans were manufactured between July 31, 2002, and July 31, 2004, and "sold at major retail stores, home improvement centers, hardware stores, and other retailers nationwide between late 2002 and as late as 2005."

The models affected by this recall are Lasko model numbers 3720, 3723, and 3733 and Galaxy box fans model number 4733. These fans will have "2002-03" or "2003-04" printed on the bottom of the frame.

Lasko requests that anyone currently using one of the recalled fans discontinue use immediately and register their recalled product online or call 800/233-0268. Those affected will be provided with a fan protection cord adapter, which is designed to "protect against a potential hazard resulting from

Rainy Day Poem

Downpour

I am raining in your living room
 staining your Oriental rug
 I am flooding your piano
 and floating out the couch and chairs

I am overflowing darkness
 and everything is wet
 I am falling in your bedroom
 swimming in the carpet

Are you drowning in the ocean
 I am spilling onto you
 cascading through your life vest
 and sinking past this room?

I am raining through the walls
 pouring into your house
 drenching, smearing you
 and washing it all out



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Please check the following link to see if you need to pay your dues to LBHA. .

Go to <http://www.garlic.com/~lbha/NeedToRenewJun10Dec10.pdf> . to find the list. This link is also posted on the LBHA main page under the President's message. Remember to send in an LBHA membership form and a signed LBHA liability form with your dues. A BIG THANK YOU to all of you that choose to renew your membership and support LBHA.

"The horse. Here is nobility without conceit, friendship without envy, beauty without vanity. A willing servant, yet never a slave." Ronald Duncan

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Loomis Basin Horsemen's Association Minutes—March 2011

3-16-2011 Loomis, CA – Round Table Pizza

The meeting was called to order at 6:56pm by President Denise Howell.

There was a brief discussion about designs for T-shirts.

Kathy Dombrowski reminded the membership that a volunteer chairman is needed for Horse Expo.

Flo Faoro reminded the group that March 26 from 8 to 12 is the first workday of this year at Traylor Ranch.

A number of months this year still do not have activities scheduled for the club meetings. Tim Thomas is again doing cow clinics at the park, check the website for dates. Kathy has been working on the directory and expects to have it out early in April.

Our speaker for the evening was Clair Thunes, an independent consultant with a PhD in nutrition and 25 years experience with horses. She owns Summit Equine Nutrition, formerly Equilibrate Equine Consulting. Her emphasis is on balanced diet plans, independent advice and personalized services. According to Dr. Thunes - A balanced diet is crucial to maintaining top health and performance. Additionally, a correct diet may also save money by eliminating excessive feed and supplements and improving your horse's health, ultimately requiring fewer vet visits.

Just a few of the points she discussed –

- Why loose salt is preferable to blocks

- Toxic levels of supplements

- Why balance is critical in nutritional components

- The difference between minimum requirements and normal

- The danger of spring grass and laminitis

- Normal foraging versus twice daily feedings

- Ulcers, causes and treatments

- Physiology of digestion

- Enteroliths

- Soil chemistry and its effects on feed

- Different fatty acids and their effects

- Vitamin E and selenium

- Why old horses should be tested for Cushings (before abnormal hair appears)

- Herbal therapy

- Low carb feeds

- Soaking hay in water

- Electrolyte formulas

- Insulin resistance in horses

The group thanked Dr. Thunes for a very informative presentation.

The meeting was adjourned.

Respectfully submitted,
Shirley Koch, Secretary

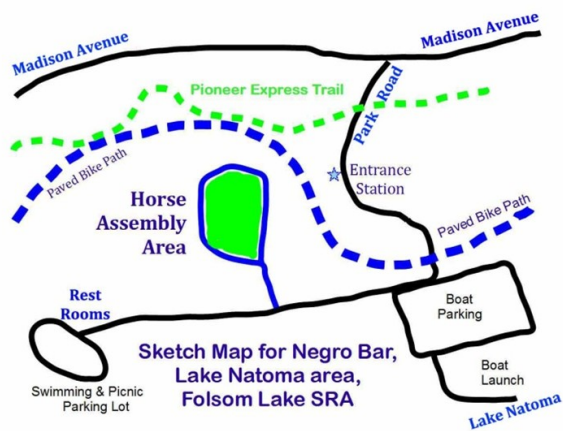
Equestrian Assembly Area at Lake Natoma — Negro Bar

near Milepost 27.3 along the historic Pioneer Express Trail Folsom Lake State Recreation Area

by Robert H. Sydnor, M-AERC, LBHA Trails Committee April 2011

Introduction

The equestrian assembly area at Lake Natoma — Negro Bar is within the Folsom Lake State Recreation Area, eastern Sacramento County. Horse truck and trailer access is from Madison Avenue, just half-mile west of Auburn-Folsom Road. The annual "Poppy Pass" can be used here, otherwise there is a gate-fee to use the horse assembly area. The main venue for Lake Natoma — Negro Bar is the boat-launch facility for canoes, kayaks, and fishermen, with secondary uses for rowing (=crew) and family picnics. Lake Natoma is a narrow but long reservoir with quiet water that is highly prized for rowing (=crew). Lake Natoma functions as the after-bay for Folsom Dam and it has a near-constant water-level that is carefully regulated by the Bureau of Reclamation. While it is not a principal venue for equestrians, it is likely that more riders would use this horse assembly area if it were better known. That is the purpose of this brief report.



Horse Assembly Area

From the main entrance sign, proceed on the main paved road through the entrance station (pay daily fee or show Poppy Pass), then turn right (=west) onto the park road. The horse assembly area is not marked with proper signage, but is an open field on the north side of the road. This parking area can accommodate about 30 or 40 horse trailers. There are no facilities, other than one hitching post, one water-trough, and one restroom. This horse-trailer parking area is heavily used each April for the AERC American River Classic, a 50-mile endurance ride up the North Fork of the American River to Auburn.



Cont'd from Page 6



Horses should stay in the assembly area and not use the adjacent soccer field. The restroom is about 150 yards west of the horse assembly area.

Pioneer Express Trail near Milepost 27



The Pioneer Express Trail is routed up-and-over the unstable cliffs along Lake Natoma. Do not ride horses down the paved bike path; the photograph clearly shows that there is no lateral-escape for the horse (cliff on one side and lake on the other) with head-on traffic from fast-paced bicycles. The Mehrten Formation has loose cobbles and significant vertical joints that could result in falling blocks of sedimentary rock. The California Department of Parks and Recreation has recently (January 2011) installed a protective block wall along the paved bike trail which is heavily used on a daily basis by hundreds of cyclists. The horse trail proceeding westward (towards Sacramento) is routed above the cliffs. Most equestrians ride northward towards Granite Bay and Auburn.

History of Negro Bar

Joseph L. Folsom purchased 35,521 acres from William Leidesdorff in 1848 in this area. By 1849 it was a bustling village of placer miners, mostly African-Americans, hence the place-name. By 1851, about 700 placer miners were living and working here. Placer dredges on floating barges were extensively used in the late 1800's and early 1900's. Huge mounds of cobbles can be seen along Auburn-Folsom Road. A complete history of this area is posted at the historic Folsom Powerhouse, across Lake Natoma, with lots of photographs of the history of Folsom. Lake Natoma was created in the early 1950's as a reservoir that serves as an afterbay for Folsom Dam.



Rain Scald

By Katherine Blocksdorf, About.com Guide

What does Rain Scald or Rain Rot look like?:

An indication that your horse may be getting rain rot is the presence of fine grey dander when you brush its coat. Rain scald appears as scurfy patches on a horse's or pony's back, shoulders and haunches. The hair may be 'staring' or matted in small areas. The hair grows through the patches at first and the scald may not be apparent until you feel the rises on the skin. Pull away the hair and the scurf will lift. The skin beneath will appear raw and oozing. If left untreated infection can set in.

What Causes Rain Scald?:

Rain scald occurs when horses (who are often, but not necessarily in poor condition) are exposed to wet weather and muddy conditions. If the horse's or pony's skin stays damp and dirty for long periods of time it becomes infected by bacterium. Sometimes, within a herd managed in exactly the same manner, some horses will be affected and some not. The same conditions and bacteria cause grease heel.

How Can I Avoid Rain Scald?:

Keeping your horse clean and dry will help prevent rain scald. During wet weather make sure that your horse has shelter, or is wearing a rainproof (and breathable) sheet or blanket. Some horses will not use a run-in shed and need to be brought in to dry out completely.

How Can I Heal Rain Scald?:

Gently brush away and clip loose and long hair. (Sterilize your scissors or clippers before and after use.) Wash the affected areas with a mild antiseptic like betadine soap. Apply a topical such as a zinc oxide cream or antiseptic ointment. There are several topical lotions, liquids and creams available at tack shops.

During treatment the horse will have to be kept in dry, clean conditions. It could take several weeks for the skin to heal.

If the skin is infected, does not respond to home treatment within a few days, or is badly cracked, consult your veterinarian. Continue to keep the horse dry and clean to prevent a recurrence.

Any brushes or equipment used on a horse with rain scald should be sterilized before use on another horse. It may be easier to keep a separate set of brushes for each horse being treated to prevent cross-contamination.



Keeping Yourself Safe when Riding

by: Marie Rosenthal, MS

Horseback riding is more dangerous than motorcycle racing, according to Heather S. Havlik, MD, director of the sports medicine program at Charlotte Medical Clinic in North Carolina.

"Never take for granted the fact that your partner in equestrian sports is much larger and much less predictable than in any other sport out there, and that situation requires constant awareness to help prevent injury," she said.

Havlik reviewed published studies done across a three-year period. She found the risk of injury was greater among equestrians than for motorcycle or automobile racing participants. One in five horseback riders suffers serious injuries, most often head and neck trauma, as well as upper extremity fractures.

"Having grown up showing horses, I had a pretty good idea of the risk of injury, particularly head injuries," she said.

"However, seeing the risk related to motorcycle and automobile racing was a bit startling."

Yet, most physicians do not recognize the injuries experienced among horseback riders. "There are certain injury types or patterns that physicians automatically think of in association with certain sports, such as football, basketball, or gymnastics; however, most physicians have little awareness of what injuries they should be most concerned about among riders, which makes it more likely for less severe injuries to go undiagnosed and untreated."

"Riding greener horses, jumping higher or more complicated combinations, riding at faster speeds--these all put the more experienced rider at higher risk for a more severe injury," she said.

Havlik offered these tips to avoid injury:

Be aware of the risk.

Know your horse, your surroundings, and your limitations.

Always wear an approved helmet, even when just hacking or training at home.

Wear an approved vest when jumping.

Wear proper footgear and gloves.



In addition, if the horse is inexperienced or nervous, take the time to warm him up or longe him first, or show him his surroundings when possible. "The unique factor in equestrian sports is the unpredictability of the horse--minimizing the risk of shying or refusals is key in fall prevention for the rider," she said.

Havlik supports mandatory helmet laws. "Having seen the severity of head injuries and spinal cord injuries that can occur in riding, I think mandating helmet use would go a long way in further reducing head injuries in riders."



LBHA T-SHIRTS

LBHA is holding a little contest to see who can come up with the best idea for a new LBHA T-shirt. We need your help with ideas. We are looking for t-shirt with only one or up to 4 colors in the design. . Also would like to keep the color choices down to one or two. LBHA would like to have the t-shirt designs by the next meeting, April 16th, that way we will have plenty of time to put the design out for a vote and get it to the printer. You may send your design to lbha@vfr.net or bring it to the April LBHA meeting.

COW CLINICS BACK

Tim Thomas has said he would like to put on several cow clinics this spring. He has picked 4 dates, two in April and 2 in May. As he may have a conflict with one date, he will keep us posted. At the moment the dates selected are April 23rd and the 30th and May 21st and 28th. Please let LBHA know if you are interested in participating in any of these clinics so we have an idea of the number of people that want to come. Contact Kathy at lbha@vfr.net. **You must be a paid up member of LBHA to ride in any of these clinics.** So the clinic is open to anyone, but they must join to ride.

MEMBERSHIP FORM
LOOMIS BASIN HORSEMEN'S ASSOCIATION

The Loomis Basin Horsemen's Association, founded in 1984, is a non-profit, informational and awareness organization dedicated to the Arena at the Loomis Basin Community Park, Loomis Basin Trails, Traylor Ranch, and the preservation of the Rural Lifestyle

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LOOMIS BASIN HORSEMEN'S ASSOCIATION

RELEASE AND HOLD HARMLESS AGREEMENT

The Undersigned assumes the unavoidable risks inherent in all horse-related activities, including but not limited to bodily injury and physical harm to horse, rider and spectator. The Undersigned acknowledges that horse-related activities are dangerous and that horses themselves have unpredictable temperaments which can sometimes cause injury. The Undersigned acknowledges that even the most experienced horse event sponsor, participant or horse owner cannot predict how each individual horse will react in a variety of situations and cannot guarantee my safety. THEREFORE, BY SIGNING BELOW, I KNOWINGLY ASSUME THE UNAVOIDABLE RISKS INHERENT IN ALL HORSE-RELATED ACTIVITIES, WHETHER KNOWN OR UNKNOWN, INCLUDING BUT NOT LIMITED TO BODILY INJURY AND PHYSICAL HARM TO HORSE, RIDER AND SPECTATOR, AND AGREE TO THE FOLLOWING ON BEHALF OF MYSELF AND MY SPOUSE, IF ANY:

1. I HEREBY RELEASE AND DISCHARGE LOOMIS BASIN HORSEMEN'S ASSOCIATION ("LBHA"), THE LBHA BOARD OF DIRECTORS, ALL LBHA OFFICERS AND INDIVIDUAL CLUB MEMBERS AND THEIR AGENTS, EMPLOYEES, OR REPRESENTATIVES, AS WELL AS PLACER COUNTY, (HEREINAFTER COLLECTIVELY KNOWN AS "RELEASEES") FROM ALL ACTIONS, CLAIMS OR DEMANDS I MAY NOW OR HEREAFTER HAVE FROM INJURY, DEATH OR DAMAGE RESULTING FROM MY PARTICIPATION IN ANY HORSE-RELATED ACTIVITIES SPONSORED BY LBHA, AT LOOMIS BASIN HORSEMEN'S ARENA OR AT ANY OTHER LOCATION.

2. I also 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 must have materially affected his settlement with the debtor."

5. I agree that I will DEFEND, INDEMNIFY AND HOLD HARMLESS Releasees against all claims, demands, and causes of action, including court costs and actual attorney's fees, arising from any proceeding or lawsuit brought against them due to any act done by me, or brought by me or for my benefit.

I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT CAREFULLY AND COMPLETELY, AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND RELEASEES, AND I SIGN IT OF MY OWN FREE WILL. I FURTHER AGREE THAT NO ORAL REPRESENTATIONS, STATEMENTS OR INDUCEMENTS APART FROM THE FOREGOING WRITTEN AGREEMENT HAVE BEEN MADE, AND THAT I RELY ON NONE. THIS AGREEMENT SHALL REMAIN IN EFFECT UNTIL REVOKED IN WRITING BY ME.

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Next Meeting

APRIL LBHA MEETING - April 20 at 6:30 pm Eat - 7pm eat Our speaker for April will be Langdon Fielding, DVM of Loomis Basin Large Animal Clinic. He will be talking about "field emergencies" and what to do until the vet arrives. You won't want to miss it!

MAY LBHA MEETING - May 18 To be Determined- Possibly an arena meeting and ride.




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Happy Easter

From the Loomis Basin Horsemen's Association



Renew your membership.

<http://www.garlic.com/~lbha/NeedToRenewJun10Dec10.pdf> .

ABOUT LBHA

The Loomis Basin Horsemen's Association founded in 1984 is a non-profit 501 (C) 3 information and awareness organization dedicated to the South Placer County Trails, Traylor Ranch, the Arena at the Loomis Basin Community Park and the Preservation of the Rural Lifestyle.



Loomis Basin Horsemen's
Association

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