

# Loomis Basin Horsemen's Association

P.O. Box 2326 Loomis CA 95650

Volume 28 Issue 2

February 2012

## Newsletter

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## PRESIDENTS MESSAGE by Denise Howell



Howdy All,

Our new year has gotten off to a beautiful start with a mix of weather and yet it's still dry enough to enjoy our equine friends.

We've had so many requests for advertising both on our Website and in our Newsletter so we've decided to post the fees in both places. Being a member certainly has its perks so spread the word if you have horsey pals that have not yet renewed or joined. We count on your memberships to help run our non -profit organization.

Our long time member in GREAT standing, Shirley Koch is having a huge tack sale in February. She has some beautiful show equipment as well as everyday work tack so if you're looking for the show season, don't miss this sale. She is also selling ranch and barn items like stall mats, breeding chutes and other various items. Please see her ad in our Newsletter.

We've planned some informative meetings for the year you won't want to miss. We have Cal Star coming to talk about "Life Flight Insurance" for our trail riding members. What a deal this is!

We've got member Debbie Murphy coming to talk about trail riding vacations. We're planning a nature hike in June and just so much more.

Hope to see you all at our upcoming meetings.

*Happy Valentine's Day!*



Tally Whoa...

*Denise Howell*  
*Latte' & Beethoven*

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

## 2012 OFFICERS AND BOARD MEMBERS

### COMMITTEE HEADS

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**VICE PRES:** Linda Tarrico 916-645-2461  
**TREASURER:** Donna Kelly 916-956-6248  
**SECRETARY:** Nancy Steuck 916-645-9659

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 Bob Sydnor 916-335-1441  
 Janis Rau 916-652-0894  
 Maureen Henderson 916-663-9362  
 Debbie Murphy 916-719-6265

### COMMITTEE HEADS

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 Traylor Ranch NR Dave Faoro 916-663-3437  
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 Newsletter Denise Howell 916-207-2543  
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### PLACER COUNTY AG COMMISSIONER

Joshua Huntsinger 530 889-7326

### CALIFORNIA STATE PARKS – Gold Fields District

Scott Nakagi 916 988-0205 ext 226  
 Brian Moses (trails) 916 240-7198  
 State Parks Dispatch 916 358-1300  
 (Call above number for incidents in State Parks)



### TRAYLOR RANCH NATURE RESERVE

With the dry weather we have had, the trails at TRNR are in excellent shape. Now that it has started to rain again, we expect the grasses to shoot up.

As a reminder our monthly work days start in March and end about October. They are always on the 4th Saturday of the month which makes our first day this year Saturday March 24th, 8am - noon.

We are looking for helpers with pruning and hedge shears to prune back the berries, weed wackers to trim around the signs and anyone willing to drive a wheel barrow to fill in gopher holes.

If you have any questions please don't hesitate to give me a call. We will have some extra tools. Just bring some gloves, drinking water and a fun spirit.

Dave Faoro  
 TRNR Committee Chairman  
 916.803.5654 - Mobile  
[dave\\_lbha@faoro.us](mailto:dave_lbha@faoro.us)

*Dave Faoro*  
 TRNR Committee Chariman  
[dave\\_lbha@faoro.us](mailto:dave_lbha@faoro.us) (916) 663-3437



*Horse sense is the thing a horse has  
 which keeps it from betting on  
 people. ~W.C. Fields*

**Loomis Basin Horsemen's Association Minutes— January 2012****LBHA Minutes January 18, 2012  
Round Table Pizza Meeting Room, Loomis**

The meeting was called to order at 6:45 by President Denise Howell

Report on Traylor Ranch was given by Dave Faoro

Traylor Ranch remains in good shape. No rain. No growth or mud.

Tractor was recently serviced.

Dave is making a list of equipment needed to purchase for volunteers to use when they come out to help on work days.

Donna Kelly gave treasurers report (can be found on our website)

A short discussion was held regarding the amount of monies LBHA has in reserves.

Suggestions were made on an LBHA membership outreach program to enhance income for trail and arena maintenance.

Discussion on future participation of LBHA at Loomis Eggplant Festival

Bob Sydor gave his trail report.

He presented an up date on Cache Creek Ridge.

Met with Richard Preston, Superintendent in charge of Folsom Lake Recreational area. They discussed the addition of future signs at Rattle Snake Bar to address horse trailer turn around issues and the possibility of placing of a picnic table at Long Bar. In addition, Bob discussed with Richard the future of coordinating Boy Scout Projects within the Placer County area.

A suggestion was made regarding updating and adjusting the LBHA bylaws this year.

2012 Calendar Presentation

Suggestions were made for possible events and speakers for future meetings. All members who have ideas for speakers or demonstrations are welcome.

Loomis Basin Vet Hospital is building a new treatment center. This could be a future field trip for the members.

The meeting was adjourned at 7:46 PM

Nancy Steuck, Secretary

**STERLING POINTE STAGING AREA & ARENA MANURE DROPPINGS**

There have been numerous complaints to LBHA from other members and riders at Sterling Pointe Staging area concerning Manure Pick up. These staging areas are used, not only by horsemen, but by hikers and others. Neighbors from Sterling Pointe walk thru the area. It has been noted that even though there are signs stating that manure must be picked up, riders are just cleaning out their trailers and leaving piles. Riders, please keep the area tidy. Help keep Sterling Pointe a pleasant place to Stage and use the trails we all love.

The same is true for the Trailer Parking Area for the Arena at the Park. If manure falls out when your horse is backed out of the trailer, either take it home with you or make sure it is spread and not left in piles. The Park is for everyone.



## MEMBERSHIP

There are many of you that have DEC 11 expiration dates for your membership and a few that had memberships that expired JUN 11. Would love for all to renew so they can keep the club strong. The list of those that need to renew for DEC 11 and those that have expired memberships from JUN 11 can be found at:

[http://www.garlic.com/~lbha/NeedToRenewJune\\_December11.pdf](http://www.garlic.com/~lbha/NeedToRenewJune_December11.pdf).

This link is found on the main LBHA Page throughout the year. So if you are not sure, check out the list. There is also a list of those that did not renew in DEC 10. If you are not getting e-mails from LBHA, we may not have the correct e-mail or you are blocking LBHA. The Newsletter goes on line the first week of each month, so if you do not get a notice, just check the webpage and then get the correct e-mail to LBHA.

Being an LBHA Member is a great way to give back to our community. We thank you in advance. Thank you.

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**Rick D'Ambrosio**

### AD FEES For LBHA Members

(Non-Members add \$10 to below fees)

**NEWSLETTER ADS** Deadline is the 25<sup>th</sup> of the month

½ page: 1year \$60 Includes Business card on Website.

½ page: 6mos \$30

Business Card Ad per issue: \$10 / issue

Business Card Ad/year: \$40/year includes card on Website

**DIRECTORY ADS** Deadline for Directory ads is March 1

Full Page Ad: \$25

½ Page Ad: \$15

Business Card Ad: \$10 - Free for **LBHA Business Members**

### WEB ADS

Business Card Ad – one year Members \$40

Classified Ads- Free to Members

**NOTE** add \$10 to fee for Non-LBHA members



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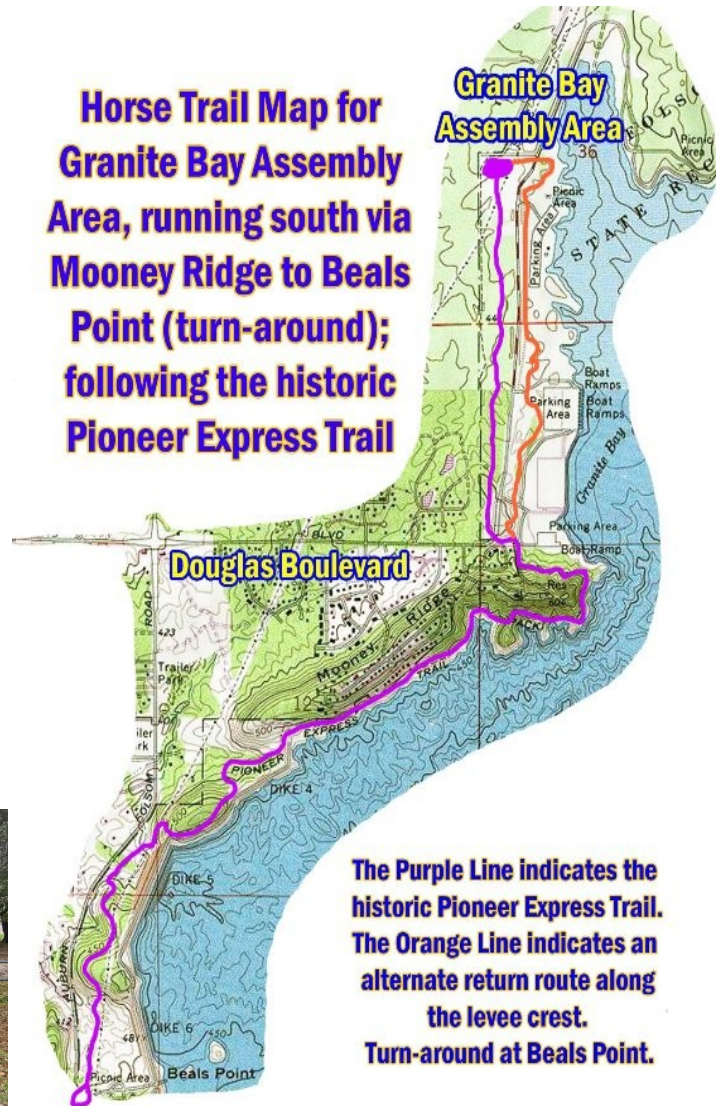


**Granite Bay Equestrian Assembly Area to Beals Point**  
**on the Historic Pioneer Express Trail within Folsom Lake State Recreation Area**  
 by Robert H. Sydnor, *AERC Trail Master*      February 2012 LBHA Newsletter

During the wintertime, with short daylight and uncertain weather, most equestrians from Loomis Basin Horsemen's Association prefer to ride locally at lower elevations. But our horses need exercise year-around to stay in shape. An expedient workout is a simple out-and-back ride on the historic Pioneer Express Trail using the convenient staging facilities at Granite Bay Equestrian Assembly Area. The ride is roughly 8 to 9 miles total (depending on the route variations), so that this short ride can be completed in less than two hours.

From the eastern terminus of Douglas Boulevard, pass through the pay-station at Granite Bay (use your annual Poppy Pass), then proceed north to the Granite Bay Assembly Area. There are hitching posts, picnic tables, wash-racks, a round-pen, a vault toilet, water faucets, and one watering trough.

**Horse Trail Map for Granite Bay Assembly Area, running south via Mooney Ridge to Beals Point (turn-around); following the historic Pioneer Express Trail**



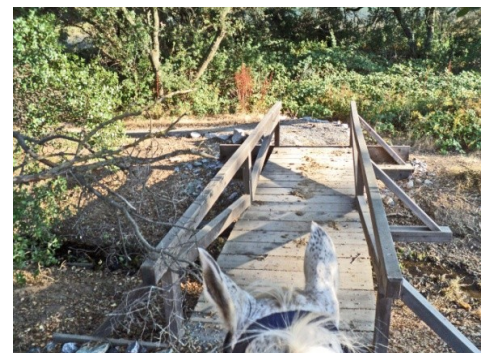
**The Purple Line indicates the historic Pioneer Express Trail. The Orange Line indicates an alternate return route along the levee crest. Turn-around at Beals Point.**



At left, the historic Pioneer Express Trail skirts the east side of Mooney Ridge. The trail bed at this locality is a full-width fire road, and is heavily used by joggers, bicyclists, and horsemen. At right, a new timber bridge was constructed in 2009 when a one-mile section of the Pioneer Express Trail was rerouted west of Dike #5 by the Bureau of Reclamation.



This was necessary because of remedial earthwork to seismically strengthen several of the high embankments on the west shore of Folsom Lake. This timber bridge is about one mile north of Beals Point. We dismounted here to clear-away the fallen dead branch which my horse is apprehensively looking at.



**Folsom Lake at 97% capacity August 1, 2011**

**Horses on Pioneer Express Trail alongside Mooney Ridge**



Cont' from Pg 5



The brass Registered Historical Landmark #585 placed on May 5, 1957 commemorates the Pioneer Express Trail.

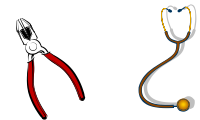
At Beals Point, we turn-around and head back to the equestrian staging area at Granite Bay. *At right*, an alternate route in Granite Bay follows the crest of an interior levee. Refer to map with this trail marked in orange.



**Recipe for an Equine First Aid Kit**

Thermometers For Large Animals  
Easy Boots  
Adhesive Compression Bandages  
Adhesive Elastic Bandage

Bandage Scissors  
Bee Medications  
Gauze Pads  
Gauze Wraps  
Medications For Spider Bites  
Stethoscopes



Pliers  
Wire Cutters  
Flash light  
providine soap (scrub), antibiotics, wound ointment and pet ear cleaners



- 1 Get a bucket with a lid or other container you can seal and clearly label it "Equine First Aid" on all sides.
  - 2 Include a 3-inch vet wrap, nonstick absorbent pads (telfa), 4-inch elastic gauze, gauze sponges, a bandaging cotton roll and cotton sheets.
  - 3 Add elastic adhesive tape and 2- to 3-inch porous tape.
  - 4 Keep in the kit a pair of bandage scissors for cutting gauze, as well as pliers and wire cutters for removing foreign objects and cutting away fences your horse may have gotten caught on.
  - 5 Include providine solution, providine scrub (soap), antibiotics and wound ointment.
  - 6 Add a stethoscope and a thermometer for large animals.
  - 7 Throw in a plastic easy boot to protect an injured foot.
  - 8 Include eye wash, eye ointments and anti-inflammatory medications provided by your veterinarian.
  - 9 Add a flashlight and extra fresh batteries.
  - 10 Add a bottle of sterile water, latex gloves and a humane twitch.
  - 11 Keep medication for bee stings and spider bites, as prescribed by your veterinarian.
  - 12 Include phenylbutazone and flunixin meglumine, as prescribed by your veterinarian.
  - 13 Consult a veterinarian about other specific medications you should keep in your first aid kit, including antibiotics and anti-inflammatory drugs.
  - 14 Store your kit at a moderate temperature; drugs may become ineffective if they are stored at very hot or cold temperatures.
- Store the kit where it is in good view and easily accessible.**

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# TACK SWAP

February 26, 2012

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**SWAP 10:30 AM - 2:30 PM**

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## Going Out of Business Sale

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*Loomis Basin Equestrian Center*

Directions: from I-80 take the Penryn Exit  
Go south on Penryn Road one block to a  
T intersection.

Turn right (west) on King Road

Turn left (south) on Ong Place

7050 King Road  
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elts@garlic.com  
<http://www.garlic.com~elts/>  
916 652-6842

## Cold Weather Colic

by: [Scott Leibsle, DVM](#) January 01 2012, Article # 19407

**Well here we are again ... winter! The average horse owner is likely well-acquainted with his or her horse's colic risk regardless of the season, but with cold weather come complicating factors that all owners should prepare for.**

**The** No. 1 cause of colic during winter is a lack of fresh, unfrozen water. Horses must drink 10-12 gallons of fresh water every day and can dehydrate quickly if water is unavailable. Horses that aren't getting enough water are at a greater risk for conditions such as simple indigestion or impaction. A frozen water trough is the usual dehydration culprit, but occasionally horses choose to not drink water simply because it is so cold. Heaters for your troughs and buckets are therefore an absolute "must" to ensure continual access to water in the winter. Keep in mind that electrolyte supplements are not a suitable water substitute and do not mitigate the risk of dehydration. There is nothing wrong with adding (appropriate amounts of) electrolytes to your horse's diet, but offer them in a separate container, leaving the main water supply clean and fresh.

**The** treatment for a case of dehydration is fairly obvious: fluid replacement. On the farm, your veterinarian will most likely pass a stomach tube through the horse's nose and administer oral fluids as well as an intestinal lubricant such as mineral oil. In cases of moderate or severe dehydration, intravenous fluids can be administered via catheter for a much quicker delivery route, but most veterinarians will choose to administer these types of treatments in a more controlled clinic setting. Use of oral or injectable anti-inflammatories such as flunixin meglumine (Banamine) and phenylbutazone (Bute) is also commonplace.

**The** second colic risk factor associated with winter is exposure to cold temperatures. A horse with a full hair coat should have no trouble staying warm on the coldest of winter days, even without a blanket, as long as he remains dry and has access to shelter. Blankets are useful for horses that have been body-clipped because they have lost the added layer of insulation the hair provides, but blankets must be applied responsibly. Always replace or remove a soaked blanket immediately because the moisture will freeze, trapping the cold and causing the horse to lose precious body heat. If your horse wears a blanket, there should be at least two or three on hand so a soaked article can be traded out for a dry one.

**Increasing** the forage in a horse's diet will help prevent impactions and will also reduce the risk of hypothermia (low body temperature). Horses require more calories in the winter just to stay warm, and the body's fermentation process for digesting hay and roughage also generates heat that helps maintain body temperature. The best colic prevention in this situation is to allow a horse 24-hour forage access so the fermentation process never slows or stops. Adding grain and sweet feed supplements (if warranted). Shelter is equally important, even to those horses that are accustomed to being outside all the time. A permanent structure built to withstand the force of strong winds is ideal, but temporary structures such as canvas or vinyl canopies with steel frames will also work if secured properly.

**If** you observe your horse experiencing mild hypothermia (a body temperature lower than 99.5°F, signs of lethargy, and a reluctance to move), remove him from the elements; the sooner he gets out of the cold, the better. You can also use warm water baths and blankets to speed up the warming process.

**Nothing** seems to function quite as well when it's really cold, and horses are no exception. Hypothermia or dehydration-induced colic episodes are common occurrences for horses living in winter climates. The good news is that with a few management and husbandry changes, these episodes should occur to a lesser degree and with far less frequency.





## Top 5 Horse Health Resolutions to Keep in 2012

by: [Stacey Oke, DVM, MSc](#) January 01 2012, Article # 19359

With another holiday season in the bag, wrapped up with the turkey gibles and excessive toy packaging, we can now turn and face the impending New Year. After the ball drops approximately 50% of us will yet again vow to make some important changes in our lives, but will we actually follow through?

Experts say that one reason many of us fail to keep our resolutions is because our goals aren't defined well enough. To combat this challenge, TheHorse.com has compiled five specific New Year's resolutions to help horse owners either maintain or improve their horses' health and longevity in 2012.

### ***Resolution #1: Resolve to respect your horse's breathing zone.***

The breathing zone is the two-foot sphere around your horse's nose from where he draws his breath. According to N. Edward Robinson, BVetMed, PhD, MRCVS, Matilda R. Wilson Chair in Large Animal Clinical Sciences at Michigan State University, horse owners often forget about preventing chronic disease such as heaves, inflammatory airway disease, and low-grade cough.

"These are all due to life-long dust inhalation and can be prevented by respecting the 'breathing zone,'" Robinson advised. "Aim to give your horse a dust-free 'breathing zone.' Provide as much pasture time as possible, remove the horse from its stable during clean out, use low dust bedding, and most importantly, use feeds with the least dust, such as pasture, leafy new hay, or pelleted complete feed."

### ***Resolution #2: Resolve to discuss appropriate vaccination and deworming strategies with your veterinarian.***

The number of infections and medical problems that can be either minimized or avoided entirely by appropriate basic horse health care is astounding. For example, in 2011 there were at least 125 cases of West Nile virus (WNV) and 43 cases of Eastern equine encephalitis (EEE) in the United States, according to the USDA Animal and Plant Health Inspection Service. Both WNV and EEE are almost 100% preventable by vaccinating at-risk horses.

The American Association of Equine Practitioners' list of core vaccines should be on every owner's mind as he or she decides which inoculation a horse will receive. Additionally, talk with your veterinarian to see which--if any--additional at-risk vaccines he or she recommends, such as botulism, Potomac horse fever, or strangles vaccines. Also consult a veterinarian about which deworming regimen he or she recommends for specific horses. For example, a horse in a closed herd that does not leave the farm will likely have slightly different deworming requirements than a show horse that travels the nation or the world. Resolve to ensure the ideal deworming protocol is used for each individual horse.

### ***Resolution #3: Resolve to create and maintain a proper first aid kit. (see page 6)***

A proper first aid kit cannot--and should not--be created in an emergency. In addition to the medical supplies, knowledge of how to use your first aid kit's contents (do you know how to measure pulse and respiratory rate?) and important and up-to-date information such as age, breed, use of horse, and vaccination status are also needed in emergencies and can be copied and included in the kit.

### ***Resolution #4: Resolve to manage your horse's weight.***

As if that resolution isn't challenging enough, Nicholas Frank, DVM, PhD, Dipl. ACVIM, professor and department chair of clinical sciences at Tufts University's Cummings School of Veterinary Medicine, challenges horse owners to take this task one step further. Frank suggests the resolution should actually be, "To better understand how my horse's diet affects his or health; how diseases such as developmental orthopedic disease and laminitis can be prevented by recognizing relationships between genetics and diet."

### ***Resolution #5: Resolve to recognize all aspects of the equine community.***

Consider donating some time or money to the many horse rescue organizations or to facilities that offer equine-related services (equine therapy) to disabled children, for example. If you prefer, you can donate instead to organizations that support research or educate veterinarians, students, or owners. There are also organizations in need of donations to help horses in developing countries where vaccines and medications are not widely available.

Finally, remember to spend lots of quality time with your four-legged family members in the New Year. As Sir Winston Churchill once said, "***There is something about the outside of a horse that is good for the inside of a man.***"



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

INDIVIDUAL (\$15) FAMILY (\$20) BUSINESS (\$25)  
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Please submit business card for Roster

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- Arena  Membership  Trail Riding
- Trail  Phone  Western Horseshows
- Publicity  County Liaison  English Horseshows
- Newsletter  Traylor Ranch  Endurance
- Horseshow  Anywhere  Dressage
- Work Days  Roping/Cutting
- Other

I would like to contribute \_\_\_\_\_ to the Equestrian Fund or \_\_\_\_\_ to the Traylor Ranch Fund. Contributions to either Fund are Tax Deductible and will be used for construction and maintenance of the Arena at the Loomis Basin Community Park, and for Maintenance of Basin Trails OR for Maintenance and upkeep of the Traylor Ranch Nature Reserve.

TRAILER PARKING KEYS: Keys are available to members at \$5.00 and \$10 to non-LBHA members. Check here if you need a Key \_\_\_\_\_

KEY NUMBER \_\_\_\_\_ to be filled in by LBHA)

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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.

Signature(s) \_\_\_\_\_

Name (s) \_\_\_\_\_ Age, if minor \_\_\_\_\_

If minor, Parent or Guardian must sign \_\_\_\_\_

Name of Parent or Guardian: \_\_\_\_\_



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**taxranch@yahoo.com**

## Next Meeting

**FEBRUARY LBHA MEETING - FEBRUARY 15** Round Table Pizza 6:30 eat. 7:00 Meet. Riding vacations at V-6 Ranch presented by member, Debbie Murphy.

**MARCH LBHA MEETING - MARCH 21** Round Table Pizza 6:30 Eat. 7:00 Meet Cal Star to present LBHA Member Insurance on Canyon Life Flight. (Tentative)

**APRIL LBHA MEETING - APRIL 18** Round Table Pizza 6:30 Eat. 7:00 Meet Guest will be Saddle Maker and Repair (Tentative)

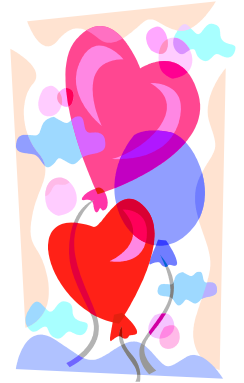


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*From the Loomis Basin Horsemen's Association*

**Renew your membership.**

[http://www.garlic.com/~lbha/NeedToRenewJune\\_December11.pdf](http://www.garlic.com/~lbha/NeedToRenewJune_December11.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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We're on the Web!

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- Trails
- The Arena at the Park
- Meetings
- Clinics
- Traylor Ranch
- LBHA Horseshow

