

# Loomis Basin Horsemen's Association

P.O. Box 2326 Loomis CA 95650

Volume 30 Issue 3

MARCH 2014

## Newsletter

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## PRESIDENTS MESSAGE by Denise Howell

*Howdi Everyone!*

It sure is pouring down rain now! There may be a few more dogs and cats in my pasture...you know...raining cats and dogs? Never mind. To all you die hard trail riders, please be careful. The trails are slippery.

Our March meeting is going to be fantastic. Dr. Fielding is having us to the new clinic to talk about equine arthritis and most of us have or have had or will have an older horse with joint problems. This should be informative. Try not to miss it. Langdon always does a good job.

I'm starting to see more activity at the arena and lots more horse trailers going down the road. Show season is upon us. Give your smile away at the arena and you may make a new riding friend. There is plenty of room. Be sure to check the arena schedule before going out there just in case there is an event scheduled.

If you're thinking about being on the Board of LBHA next year, now is the time to start coming to the meetings and meeting the people. We're a fun group and this is a good way to give back to the community.

A few people have asked me where they can find out about new or new to them trails. My answer is "in our Newsletter." Bob Sydnor picks a trail every month and does a detailed report including from where to park to where to water your horse or take a lunch break. All our Newsletters are archived and you can find them on our website so if you're bored with the same trails, let Bob give you some new ideas.

Keep doing your rain dance.

*Tally Whoa*

*Denise Howell  
& Beethoven*



Email to LBHA has been changed!  
LBHA@garlic.com

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

## 2014 OFFICERS AND BOARD MEMBERS

### COMMITTEE HEADS

<b>PRESIDENT:</b>	Denise Howell	916-207-2543
<b>VICE PRES:</b>	Maureen Henderson	916-663-9362
<b>TREASURER:</b>	Donna Kelly	916-956-6248
<b>SECRETARY:</b>	Nancy Steuck	916-645-9659

### BOARD OF DIRECTORS

Dave Faoro	916-663-3437
Bob Sydnor	916-335-1441
Janis Rau	916-652-0894
Kathy Dombrowski	916-652-5204
Debbie Murphy	916-719-6265

### COMMITTEE HEADS

Trail Info.	Robert Sydnor	916 335-1441
Trail Maint.	Open	
Historian	Donna Kelly	916 956-6248
Publicity-	Open	
Horseshow	Janis Rau	916-652-0894
Traylor Ranch NR	Dave Faoro	916-663-3437
County Liaison-Trails	Debbie Murphy	916-719-6265
Newsletter	Denise Howell	916-207-2543
Arena	Kathy Dombrowski	916 652-5204
Membership	Kathy Dombrowski	916 652-5204

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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)

*The difference between friends and pets is that friends we allow into our company, pets we allow into our solitude.*

*~Robert Brault,*



### TRAYLOR RANCH NATURE RESERVE

Our first workday of 2014 is on March 22. As a reminder our Traylor Ranch work days are the 4th Saturday of the month.

Just a couple of weeks ago everything was brown and not growing. My how a couple of storms has changed things. The grass is growing like crazy.

I expect we'll be needing to mow and fill holes in the trails. We could use a couple of teams with wheel barrows and shovels to fill the rodent holes.

We also could use two or three people with weed wackers.

Watch your email for any updates the week before in case there are any specific requests.

If anyone has any questions on TRNR, please don't hesitate to drop me a note.

*Dave Faoro*

TRNR Committee Chairman  
[dave\\_lbha@faoro.us](mailto:dave_lbha@faoro.us)

## Minutes

Loomis Basin Horseman's Association Minutes February 19, 2014  
Round Table Pizza Meeting Room

The meeting was called to order by Vice President Maureen Henderson at 7:00PM

Attending members introduced themselves.

Linda Potter handed out coupons for free ranch calls from Loomis Basin Equine Vet Clinic and Debbie Murphy announced that LBEVC also conducts vaccine clinics on Sundays from 9-11 AM

Donna Kelly read a thank you note from Elegant Ears for the generous donation made by LBHA.

Kathy Dombrowski gave an update on the hay delivery and purchase requested by LBHA members. The grower will have 3 way grain, alfalfa and possibly grassy alfalfa by late spring. At that time LBHA can arrange for the purchase by members and schedule a delivery time.

Kathy also spoke about the Placer County Parks Division program "Leave Only Hoof Prints." The manure pick up at staging areas, TRNR, Sterling pointe, Hidden Falls, etc, manure pick up and take it home, is MANDATORY. At the arena it is suggested. Also trailers should not be cleaned out at the arena.

Debbie Murphy gave a report on the Auburn Bike Pump track. She stated that the Auburn Parks Department is still working on the reroute proposal for the Pioneer Express Trail.

Bob Sydnor presented a trail report. He said that a wooden bridge will be built over the waterfall area on the Tevis trail. In addition, author Linda Tellington will be giving a lecture March 27, 2014 at the Auburn Fair Ground as a fund raiser for the Tevis Trail.

Guest speaker Kathy Roberts gave a presentation on disaster planning for your horses and livestock. She stressed planning ahead and gave many valuable suggestions.

- Research your community and know the geography and resources available; Local animal control, FEMA, Sheriff Department, Ag Extension Office.

- Make a plan on where to take your animals in case of a disaster ie. Local Fair grounds, neighbors other ranchers.

- Mark and identify your animals

- Know who is in charge

- Plan to take the things you will need, feed, halters, medications

- Make emergency phone numbers available in your barn and a list of animals on your property. (an orange flag is a universal symbol of live animals left on property)

Be aware of what are the natural and man made disasters in your area ie. Fire, flooding, chemical spills, propane explosions.

She also stressed working with your horses before a disaster. Practice loading them in various trailers and having other people load them.

Lastly she stressed being proactive and creating a defensible space around your barn and property.

LBHA will post Kathy's outline on the website for future reference.

The meeting was adjourned at 8:35PM

Secretary

Nancy Steuck

## MEMBERSHIP

Please renew your membership. The list of those that need to renew for can be found on our website. Click on the "Large" membership button on the Main LBHA page to see the paid up members and the Dec13 need to renew list. Please renew, we need YOU!

Please Renew  
Today!

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.

### March Performance Horses

Riding Instruction and Training



### Samantha March

1270 Fowler Rd.  
Newcastle, CA 95658

916.825.5427  
smarch05@msn.com

### 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  
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# Equestrian Trails at Deer Creek Hills Sacramento Valley Conservancy

near Rancho Murieta, eastern Sacramento County

by Robert H. Sydnor, *Geologist –Docent, Sacramento Valley Conservancy*  
March 2014

## Introduction

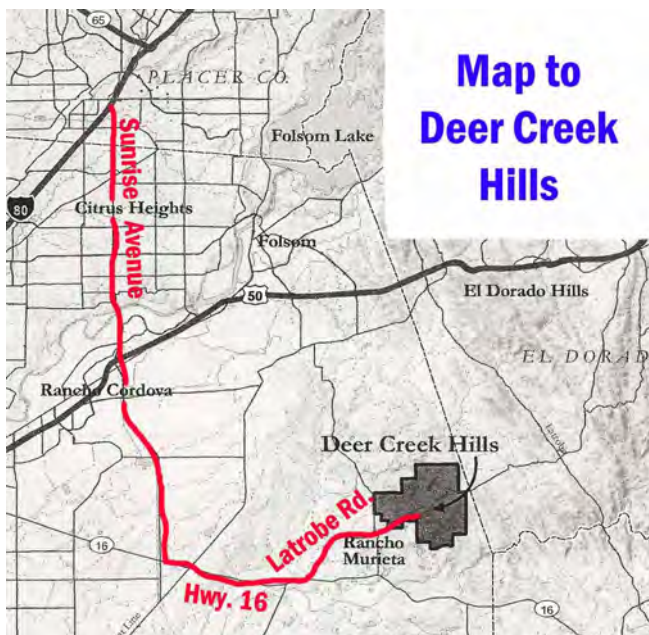
Deer Creek Hills is an open-space preserve of 4,062 acres operated by the Sacramento Valley Conservancy. This large open-space was established in 1990. Deer Creek Hills is located about 3 miles north of Rancho Murieta in eastern Sacramento County.

The best route for heavy horse trailers is south along Sunrise Boulevard, east on the Jackson Highway (=State Route 16), then turn northeast onto Latrobe Road to Stonehouse Road. Latrobe Road then turns in to a poor-quality dirt road; proceed east about 1.5 miles to the Corral which serves as the equestrian assembly area. Bring your own horse water.

For the past two decades, the Sacramento Valley Conservancy has operated a combination of docent-led scientific hikes (botany, geology, birding, history, wildflowers), equestrian rides, a cowboy breakfast, self-led hikes at slow pace, mountain biking, Scout camping, and bat-night observations combined with astronomy night (in conjunction with amateur astronomers with large telescopes). Most of the trail activities are on the weekends from January through May, with fewer events in the heat of the summer.

Equestrian rides are typically on the **fourth Sunday** of the month, limited to 30 horses, from 10:00 AM until 2:00 PM. The daily fee is \$10 or you can purchase a annual pass for \$50. All riders must register and sign a liability release form. The equestrian rides are led by an experienced Docent who is a veteran rider that knows the horse trails. This is a working cattle ranch, so horses will pass through cattle gates, then close them afterwards. There are dozens of miles of looping trails for horses, and most of these are old ranch roads along the ridges.

For a complete review of Deer Creek Hills and a current schedule of monthly activities, please visit the SVC website: [www.SacramentoValleyConservancy.org](http://www.SacramentoValleyConservancy.org)





**Cowboy Breakfast at the Corral**  
Deer Creek Hills, Sacramento Valley Conservancy



Dave Jones, Lead Docent for Equestrians  
in historic cowboy gear from 1880's era

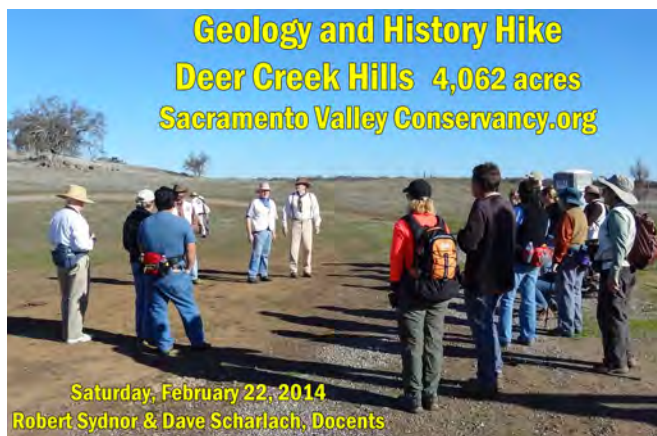


Old Ranch Roads  
within blue-oak forest  
at Deer Creek Hills,  
Sacramento Valley  
Conservancy



Equestrians returning with lunch supplies  
in their saddlebags for others.

There are many simultaneous events on the weekends in both the blue-oak forest and open rangelands. These photographs provide a glimpse of many activities. Equestrian rides are led by S.V.C. Docent Dave Jones, an experienced cowboy who enjoys wearing authentic western clothes from the 1880's. Geology hikes are led by Robert Sydnor, a Fellow of the Geological Society of America. History hikes are led by David Scharlach. Evening bat-hikes are led by Dr. Winston Lancaster, a professor of biology at California State University, Sacramento. Botany hikes are led by David Popp, a retired biology teacher and member of the California Native Plant Society. Ornithology hikes are led by Dr. Lisa Couper, a professional Veterinarian. The three dozen S.V.C. Docents wear distinctive vests so that the public visitors can discern them.



**Geology and History Hike**  
Deer Creek Hills 4,062 acres  
Sacramento Valley Conservancy.org

Saturday, February 22, 2014  
Robert Sydnor & Dave Scharlach, Docents



Bob Sydnor

# Horse Property Management Field Day

Saturday, March 14, 2014

9:00 am - 12 noon

Exp 8/1/14

Horse property 10 minutes from Auburn

## Come learn about:

- Manure management
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- Chore efficiency
- Other tips for keeping your animals and acreage healthy



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Exp 9/1/14

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## Are Stabled Horses at Increased Risk for Developing Colic?

by: **Casie Bazay, BS, NBCAAM**

September 27 2011, Article # 18882

Every horse owner wants to avoid the dreaded "C" word, and although it sometimes is unavoidable, there are some steps owners can take to prevent colic. Housing horses in pastures rather than stalls, for example, could reduce the likelihood of a horse developing colic. According to the results of a recent study performed by a group of British researchers, there is a decrease in stall-kept horses' intestinal motility (or movement of digesta) as compared to pasture-kept horses, which could help explain the higher risk of colic seen with stabled animals.

The research team, led by Sarah Freeman, BVetMed, PhD, CertVA, Cert VR, CertES, Dipl. ECVS, MRCVS, associate professor of Veterinary Surgery at the University of Nottingham School of Veterinary Medicine and Science, in Leicestershire, used ultrasonography to assess the frequency of large intestinal contractions (and thus, the amount of intestinal motility) in two groups of eight horses (no recent history of gastrointestinal disease) used for equitation training at the Defence Animal Centre in Melton Mowbray, UK.

The first group was stabled throughout the study period, which was comprised of two monitoring phases. They were fed hay and concentrate twice daily and had constant access to fresh water. Horses in this group were exercised lightly for 60-90 minutes daily. These horses remained in the same routine throughout both monitoring phases.

The second group was kept on pasture 24 hours a day with constant access to fresh water for the first part of the monitoring phase. They received no formal exercise or supplemental concentrates while at pasture. For the second monitoring phase, horses in this group were transferred to the stabled regime, identical to the first group. They were given a two-week acclimatization period between being turned out and stall kept.

Researchers used ultrasonography to examine two horses from each study group twice daily for two consecutive days during each monitoring period to evaluate the frequency of contractions within several parts of the large intestine.

Study results showed a measurable difference in large intestinal motility between the two groups of horses.

"The frequency of contractions of all intestinal regions collectively was significantly lower when horses were stabled compared to the pasture regime, but this effect was greatest in a region of the colon where impactions commonly occur," Freeman said in the study.

The team noted that there are several factors that differ between stable and pasture management, including feed type, feeding intervals, and activity levels.

"Any, or a combination, of these could contribute to the lower intestinal motility of stabled horses, and this will require further study," Freeman relayed. "But now that we know that stabled horses have reduced motility, we can look at measures to try and improve this and reduce their risk of colic."



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**DOCTORS**

- Langdon Fielding, DVM, Dipl ACVECC
- Catherine Jacobs, DVM
- Jill Higgins, DVM
- Robert Morgan, DVM
- Diana Stolba, DVM
- Eduardo DeLaCruz, DVM
- Jennifer Mayer, VMD
- Emily Wilson, DVM
- Elizabeth Howard, DVM

Jason Errico, DVM Dipl ACVS - Surgery  
Dominic Dawson Soto, DVM Dipl ACVIM - Internal Medicine

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 INDICATE COMMITTEE(S) YOU WOULD LIKE TO SERVE ON \_\_\_\_\_ CHECK AREAS OF INTEREST \_\_\_\_\_

_____ 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 \$.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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Exp 4/14

## Next Meeting.

**MARCH LBHA MEETING MARCH 29** Langdon Fielding from LBEMC on Equine Arthritis Loomis Basin Medical Center on Penryn Road

**APRIL LBHA MEETING APRIL 16** Kathy Roberts Cow 101 prior to her Cow Clinic "How to Mooove " Loomis Round Table Pizza 6:30 Eat/ 7:00 Meet

Stall with paddock available at private barn in Lincoln/Newcastle area. 85'x135' Covered arena. Grass hay fed twice daily. Contact Nancy (916)645-9659



## Lazy U Ranch

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# HAPPY ST. PATRICK'S DAY



*From the Loomis Basin Horsemen's Association*

**Renew your membership.**

[www.garlic.com/~lbha/NeedToRenew.pdf](http://www.garlic.com/~lbha/NeedToRenew.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**

P.O. Box 2326  
Loomis CA 95650

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### **Get Info on**

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

