

Loomis Basin Horsemen's Association

P.O. Box 2326 Loomis CA 95650

Volume 39 Issue 7

December 2021

Newsletter

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PRESIDENT'S MESSAGE

Here is wishing everyone a very joyous holiday season. We are getting back to almost normal. Yea.

I want to thank everyone that has volunteered to help make another very successful horse show for us.

We had lots of riders and horses this year.

There were many, many smiles on everyone's faces.

It is such a joy to watch young and old working with their horses. There is such concentration and happiness on the riders faces.

Christmas party this year, 2021.

December 15, 2021

6 to 9pm

Round Table Pizza

Loomis

We the board has decided to have bi-monthly meetings next year. January, March, May, July, September, November, December Christmas party.

Meet at 6:30pm at Round Table Pizza, Loomis.

My best to all,

Greg King

President

LBHA

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

2021 OFFICERS AND BOARD MEMBERS

COMMITTEE Chairpersons

PRESIDENT:	Greg King	919-804-5659
VICE PRES:	Liz Daffner	916-708-1244
TREASURER:	Janis Rau	916-652-0894
SECRETARY:	Maureen Henderson	916-316-2289

BOARD OF DIRECTORS

Bruce Renfrew	650-773-1863
Laurene Davis	916-316-2818
Kate Johnson	530-823-7162

COMMITTEE CHAIRS

Publicity	Laurene Davis	916-316-2818
Horseshow	Janis Rau	916-652-0894
Traylor Ranch	Dave Faoro	916-663-3437
Trail Liaison	Maureen Henderson	916-316-2289
Newsletter	Denise Howell	916-207-2543

Arena		
Membership	Maureen Henderson	916-316-2289

PLACER COUNTY PARKS ADMINISTRATOR

Andy Fisher	530 889-6819
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PLACER COUNTY AG COMMISSIONER

Joshua Huntsinger	530 889-7326
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CALIFORNIA STATE PARKS – Gold Fields District

Jason De Wall (Supervisor)	916 988-0205
Paul Perez (trails maint super)	916 240-7198
State Parks Dispatch	916 358-1300
(Call above number for incidents in State Parks)	



TRAYLOR RANCH NATURE RESERVE

Hello Traylor Ranch Supporters. Our normal workdays are the 4th Saturday of the month. Assuming the weather holds. The time is 8-12 noon. Please meet at the Humphrey parking lot at 8 if you can. I'll be there. Social distancing and masked up. Since we are working individually, I think we'll have good social distancing, LOL! If you have a string trimmer, that would be great. I have a push behind string trimmer and a carry string trimmer. Also, if you'd like to help with filling some holes on the trail, bring a shovel. I'll will have a golf cart we can put soil in. As always, bring gloves, drinking water and other personal protection equipment like eye and ear protection if using the equipment. I'll have some as well. Please follow the Traylor Ranch Facebook page for updates or contact me directly at my email with questions.

<https://www.facebook.com/TraylorRanchNatureReserveandBirdSanctuary/>

Dave Faoro
TRNR Committee Chair-
man, dave_lbha@faoro.us



Attention!

One of our equestrians left barrels in the arena over Thanksgiving Weekend.

Please be advised, they are not allowed without Advanced permission.

If they belong to YOU please come and get them.

Minutes
LBHA Board Meeting
November 3, 2021

A board meeting to review the recent horse shows was held at Round Table Pizza in Loomis. The following Board members were present: Greg King, Maureen Henderson, Janis Rau, Liz Daffner, Laurene Davis, Bruce Renfrew and Kate Johnson. Kathy Dombrowski and Joe Warlow were absent.

President, Greg King presided. The meeting was called to order at 5:39 p.m. Treasurer, Janis, gave a financial report on the show.

Janis made a motion that we do away with the reduced pre-entry fee and that we have a flat fee of \$4.95. The motion was seconded by Bruce. The motion was discussed, voted upon and unanimously approved.

The current class list was reviewed. Laurene made a motion, seconded by Liz, that we include a lead line class on English day. The motion was discussed, voted upon and unanimously approved.

Laurene made a motion, seconded by Liz, that we include a Novice (never won a ribbon) class and/or a Novice (1st or 2nd year of showing, walk/trot) and perhaps a dollar bill class on English day. Discussion ensued. The motion was tabled for another meeting when we get closer to putting together the final class list for next year.

Laurene made a motion, seconded by Liz, that we include a Novice (never won a ribbon) class and/or a (1st or 2nd year of showing, walk/trot) and an egg and spoon class on Western day. Discussion ensued. This motion was also tabled for another meeting when we get closer to putting together the final class list for next year.

Maureen reported on sponsors. Liz reported on a 3'x6' banner for LBHA.

Janis made a motion, seconded by Colby, that we dispose of the old PA system. Motion was discussed, voted upon and unanimously passed.

Janis made a motion, seconded by Bruce, that we change from quarterly to bi-monthly meetings (January, March, May, July, September, November and the Xmas party). This motion included changing the newsletter to also be bimonthly but that the newsletter go out on even months (February, April, June, August, October and December). Motion was discussed, voted upon and unanimously passed. Future meetings will once again start at 6:30 pm at Round Table Pizza in Loomis.

The meeting room at Round Table in Loomis was reserved for this year's Xmas party for the hours of 6:00 – 9:00 pm on Wednesday, December 15, 2021.

Maureen reported on Placer County Animal Services and suggested getting together with them to discuss community relations and evacuation of horses in the event of fire. This was discussed and Maureen will proceed with contacting PCAS to set up. Maureen also reported on SCLAR and will contact them to see if she can set up a date for them to come and talk to the membership at one of our upcoming meetings.



Nominations were made for Officers and Directors for next year. The following names were submitted:

- President Greg King
- Vice-President Liz Daffner
- Treasurer Janis Rau
- Secretary Maureen Henderson
- Director Laurene Davis
- Director Tara Gee
- Director Kate Johnson
- Director Bruce Renfrew
- Director Vicki Miles



The next general membership meeting will be the Xmas party on December 15, 2021 at Round Table Pizza in Loomis. Janis made a motion to adjourn the meeting, seconded by Kate. The meeting concluded at 7:30 p.m.

Submitted by Maureen Henderson, Secretary

GCTC members, ** Deadline to comment January 31, 2022

An email was sent from California State Parks advising trail users they are going to approve adding mt. bikes to Browns Ravine trail in Folsom Lake SRA. The reason? Bikers are already using it illegally and the bikers asked for it. If this is of concern to you, here is the information and where you can respond.

BROWNS RAVINE 11 MILE HIKER-EQUESTRIAN TRAIL REQUEST

TO ADD BIKES

The Browns Ravine Trail change-in-use project is underway. This CIU was instituted by the bike group, Folsom Auburn Trail Riders Action Coalition (FATRAC), and EDH Trails Bike Focus Group.

WHAT IS HAPPENING:

Folsom Lake State Recreation Area is seeking public input on the Browns Ravine Trail Change-in-Use (CIU) Project

<https://www.parks.ca.gov/?page_id=27913>

Browns Ravine Trail is an unpaved, 11-mile mainly single track trail connecting Browns Ravine to the Old Salmon Falls Trailhead. The project proposes to change the trail use designation from hiking and equestrian to multi-use, which would add bikes as an allowed use.

If approved, the stand-alone Change in Use (CIU) approval will allow State Parks to implement the Browns Ravine CIU AHEAD of the Folsom Area State Parks Road and Trail Management Plan (RTMP). That Plan includes change-in-use recommendations with environmental review of the proposed plan in compliance with CEQA (California Environmental Quality Act) and NEPA (National Environmental Policy Act).

Cont'd GCTC members, **** Deadline to comment January 31, 2022**

FINDINGS OF EVALUATION - CONCERN FOR THE FUTURE

One of only two findings that CIU evaluation noted was that portions of the Browns Ravine Trail are used regularly by mountain bikers. Meaning: the bikers are already and regularly illegally using this trail. State Parks CIU's reason and CIU solution is to legalize current illegal use rather than patrol it. Since bikers are illegally (and unsafely) using all the foot trails in the park, one question to ask is will this CIU reasoning process be the future plan for all trails in Folsom Lake SRA?

SAFETY CONCERNS

Many trail users have complained to FLSRA regarding illegal bikes and their reckless speed on this trail via phone, email and letters, but there is no process by which these complaints are gathered or can be accessed. Result? FLSRA findings state there are few demonstrated safety concerns. The CIU does not require any patrolling by Rangers.

WHAT SAFETY MODIFICATIONS ARE PLANNED THE FUTURE?

https://www.parks.ca.gov/pages/1324/files/Browns_Ravine_CIU_Proposed_Trail_Modifications_508_Compliant_11_17_21_v2.pdf

While safety modifications should be the main concern when mt. bikes (and e-bikes) will be added to narrow one-way trails, don't expect these modifications any time soon - where are the funds?

HOW CAN YOU BE HEARD?

Opportunities for public comment comment:

- ATTEND the public meeting in December 2021/January 2022.*

(Check the project website https://www.parks.ca.gov/?page_id=27913

for updates.)

- Be SURE to submit/email comments to trails@parks.ca.gov

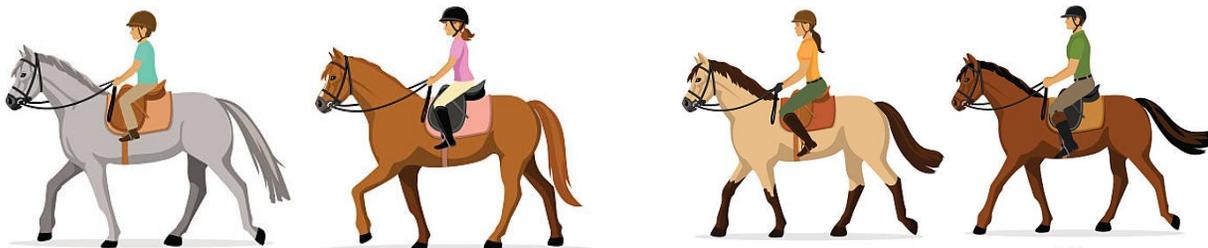
with subject line: "Browns Ravine Trail"

SHARE INFORMATION

Share this email with other trail users and trail users group regarding the Browns Ravine Trail Change in Use Project.

STATE PARKS MAILING LIST

To join the CA State Parks mailing list: <https://cdn.forms-content.sg-form.com/63281bb8-d933-11eb-96fb-ea3dbc178aed>



Arena Exercises for Fun &Fit

If you've fallen into a riding rut, try our 10 basic arena exercises. They'll have you moving in a whole new direction

You've got the arena to yourself, so you settle your horse into a nice warm-up jog, moving along the rail. Soon, you reverse, jog in the other direction, circle a few times...and your mind begins to wander. Schooling in circles can be boring—for you and your horse. And if your mind is wandering, chances are, his is too.

[MORE HORSE FUN: [Go Bridleless](#)

Break out of that rail rut with arena exercises that will freshen your workout and your horse's outlook. Use them to ease into your regular training sessions, warm up before your classes at a show, or get the "fresh" out before a trail ride. As you break the monotony, you also improve your horse's responsiveness, suppleness, and muscle tone, plus polish your own horsemanship skills.

Use cones to help mark points in the arena for your drills.

The following 10 exercises include options to increase or decrease the level of difficulty and skills required, so you can customize each exercise to your and your horse's level. To add even more interest, combine two or more of the exercises, or make up your own, using the resources in "Don't Stop Now" at the end.

TO GET THE MOST OUT OF THESE EXERCISES:

- Be sure to always ride each exercise in both directions.
- Use your inside leg at the cinch to bend your horse on circles and through turns, and your inside rein to tip his nose in the direction of travel. Use your outside leg just behind the cinch, plus your outside rein against his neck to reinforce his bending. Use your leg at or just behind the cinch and the same-side rein against your horse's neck to ask for lateral movement.
- Work to make your cues as light and subtle as possible.
- Look ahead to where you're going (not down at your horse or at the ground).

1. The Basic 8

How to ride it: Make a figure eight, using the straight line of the center (marked X) to change your horse's bend before heading in the new direction.

Perks for you: Improves your ability to bend your horse, guide him precisely, and keep him straight between your reins ("straight" on a circle, meaning bent to the curve of the circle).

Perks for your horse: Encourages him to bend equally both ways and stay attentive to your steering.

Success tips: Focus on keeping your circles round and equal in size. Pay attention to the amount of rein and leg needed to get the right bend. Add a cone at the arena's center for a visual cue.

Change it up: Keep it simple by staying at a walk and jog. Make it more challenging by varying your speed, changing gaits at X, or riding it at a lope and changing leads at X.

2. Big Circle/ Little Circle

How to ride it: Go down the long side of your arena, making a smallish circle in one corner, then a larger circle in the diagonally opposite corner.

Perks for you: Enhanced ability to bend your horse to varying degrees.

Perks for your horse: Increased suppling thanks to the smaller circle; teaches him to balance on circles of varying sizes.

Success tips: Choose "landmarks" around the arena to help you circle at the right point for the correct size circles.

Change it up: Vary which corners you ride the small and large circles in. Make it more challenging by varying your speed, or lope the large circle and jog the small one.

3. Loopy B

How to ride it: Go down the long side, turning the corner as if to make a circle, but instead angle back to the rail. Go straight a stride or two at the rail, then angle back out and circle around toward your starting point.

Perks for you: Improves your precision in bending and straightening your horse.

Perks for your horse: Prompts him to “listen” rather than assume he’s to make a full circle; if you two-track him (see “Change it up,” below), it improves his lateral flexibility.

Success tips: Try to make each end of the loop the same size and shape.

Change it up: Keep it simple by staying at a walk and trot. Make it more challenging by riding it at a lope and changing leads on the straight line in the center. Up the ante at any gait by using your outside leg and rein to move your horse laterally back to the rail in a forward-and-sideways leg-yield.

4. Snaky Serpentine

How to ride it: Make a series of connected S’s back and forth across the width of your arena.

Perks for you: Forces you to focus on each new turning point, changing your rein and leg cues at each change in direction; really sharpens your horse-bending skills.

Perks for your horse: Improves his lightness and flexibility as he bends, changes direction, and listens to your cues.

Success tips: Try to make each loop the same size and shape.

Change it up: Keep it simple by making only two or three loops. Up the ante by making four or five narrower loops. This exercise is very challenging at the lope, where you must repeatedly change leads on each straight line, or ask your horse to counter-canter (lope on the “wrong” lead) around every other loop.

5. Off-the-Rail Rectangle

How to ride it: Rather than staying directly on the rail, ride a parallel path, about 8 to 10 feet to the inside of it.

Perks for you: Teaches you to keep your horse straight between the reins—with no rail to guide or support you or him.

Perks for your horse: Teaches him to rely on your cues, rather than “coasting” on the rail.

Success tips: Start at a walk, then move to a jog, then trot, then lope.

Change it up: Make it more challenging by varying your speed along the straightaways.

6. Spiral

How to ride it: Move from the outside of a large circle to the smallest circle possible by spiraling in toward the center; then spiral back out.

Perks for you: Improves your spatial sense of circles; improves your go-lateral cues.

Perks for your horse: Improves his bending and collection, plus his responsiveness to your outside leg and rein (to spiral in) and your inside leg and rein (to spiral out); keeps him supple and limber and engaged behind.

Success tips: Focus on maintaining a consistent speed.

Change it up: This is challenging at any gait; stay at a walk until you get the hang of it, before attempting it at a jog or lope.

7. Longways Serpentine

How to ride it: Make a serpentine the length of the arena, rather than across the width. At the X, “do something”—stop; perform a maneuver (sidepass, pivot, back-up, whatever you choose); or cue a lead change. Then continue down the remainder of the centerline, turning back up the rail in the opposite direction.

Perks for you: Makes you work to keep your horse straight down the center of the arena, before and after the maneuver at X.

Perks for your horse: Enhances his bending, traveling straight, and transition skills.

Success tips: Add a pylon at the center for a visual cue.

Change it up: Keep it easy with a simple stop or gait change at X. Make it more challenging by varying your speed and/or performing lead changes at the arena’s center.

8. Cadence Builder

How to ride it: Increase speed riding down each long side of the arena; slow and collect around the short sides.

Perks for you: Helps you learn to increase and decrease speed smoothly, and encourages your horse to collect himself.

Perks for your horse: Teaches him to increase/decrease his speed without excitement; helps develop the muscles he needs for collection.

Success tips: Steady your horse just before the slow-down going into the corners.

Change it up: Keep it simple by staying at a walk and trot. Make it more challenging by riding it at a lope, or loping the long sides and trotting the ends.

9. Transition Tuner

How to ride it: Work on the rail, performing gait transitions at the mid-point of each straightaway. For example, start at a walk; at the first X go to a jog; at the next X return to the walk; and so on. Or, make it walk, jog, lope, walk—or however you like.

Perks for you: Helps you smooth your upward and downward transitions, plus enhances your overall control.

Perks for your horse: Maintains his focus; improves his collection; builds his hind-end muscles.

Success tips: Make mental notes of transition points before starting, so you can begin prepping yourself a stride or two before each X; add visual markers, if need be.

Change it up: Make it more challenging by working at faster gaits, or asking for complete stops at some of the X's.

10. Squared-Off Circle

How to ride it: Think of a square with rounded corners. Ride straight to each corner, bend your horse through the turn, then realign him for the next straightaway.

Perks for you: More challenging than riding a circle, it keeps you thinking and really riding.

Perks for your horse: Helps him understand the difference between bending and traveling straight.

Success tips: Add a pylon at each corner for a visual cue.

FOR ME, IT'S ALL ABOUT YOU.....

**TIPS TO SELL YOUR HOME.....**

We have all had questions about the possibility of selling our home... When should I sell? What do I need to know? How do I prepare my home? I am your local Realtor® and resource with a team of vendors to help with all of your questions! If you utilize my services, I offer use of our 10 x 20 dump trailer to help with general clean up! About me? I have lived in Newcastle on property for 20 years, a fellow trail rider, I enjoy fitness, a mom of two Marines, and have British, hard-working roots. Give me a call any time!

[HTTPS://ANNWOOLLARD.BOOK.LIVE/BIZ-CARD-BOOK](https://annwoollard.book.live/biz-card-book)

Click link here for complimentary e-book to help sell your home!



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MEMBERSHIP

Please renew your membership.

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.

All Memberships expire December 31. If you joined or renewed at our Obstacle Day held on September 11, or later your membership is valid until December 2022. Pay on line the easy way! www.jotform.com

Being an LBHA Member is a great way to give back to our community.

We thank you in advance.

AD FEES For LBHA Members
(Non-Members add \$10 to below fees)

NEWSLETTER ADS

Deadline is the 25th of the month
½ page: 1year \$60
½ page: 6mos \$30 one time \$5

Full page one time \$10

Business Card Ad \$10 / year
(Free for LBHA Business Members)

Classified Ads- Free to Members

Year: January 1 to December 31



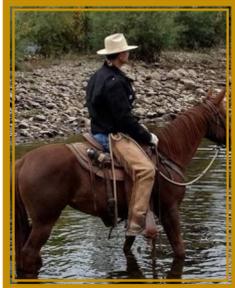
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Next Meeting

Meetings are held every 3rd Wednesday of every other month

Starting January 1

(Jan, March, May, July, Sept, Nov)

Round Table Pizza Loomis

Eat at 6:00 pm Meet at 6:30 pm

Watch the Website for Agenda

www.lbha.us

Reminder!

LBHA has an electronic Membership form available on our website that let's you pay your renewals through paypal if you choose. Find it under the JOIN tab.

Arena

Please NO TRAILERS or HORSES on the asphalt parking lot. **No barrels, poles or other equipment** may be used in the arena. Small Orange cones allowed. Trainers must have an Arena Use form submitted annually as well as the proper insurance naming LBHA and Placer County as "Also Insureds." If Insurance is cancelled 2 times or more, the permit is no longer valid. Trainers MUST contact LBHA with the time and number of students that will be in class, 24 hrs before the lesson. (All Forms are on LBHA Website at LBHA.us)

Attention!

It is a privilege to have a key to the gates of our LBHA Arena.
 It's important to close and lock the red parking lot gates when you leave.
 We have had "renegades" come in during the night and early morning and use our arena for 4 wheeling and dirt donuts causing us to resurface and sand the arena.
 Your donations and the proceeds from our annual horse shows pay for the upkeep of our arena.
 Use it but please don't abuse it.
 Thank you!!

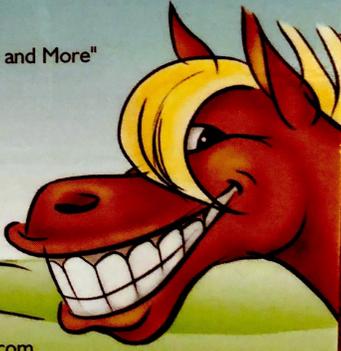
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 **Loomis Basin Equine Medical Center, Inc.**

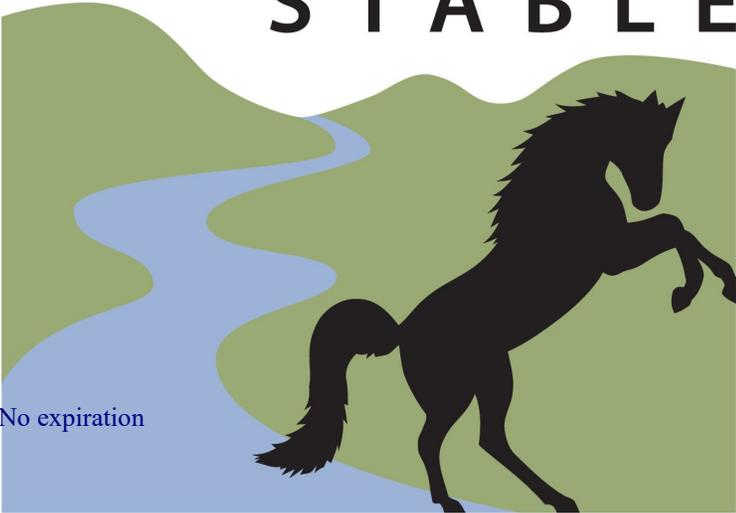
Office Hours
 Monday thru Saturday
 8:00am - 6pm

Appointment Hours
 Monday thru Saturday
 9:00am - 5pm

In-house & Ambulatory Emergency Services available 24 hours/7 days

(916) 652-7645
 2973 Penryn Road Penryn, CA 95663
 Visit us at: lbemc.com

Knicker Knob
S T A B L E



No expiration

LOOMIS, CALIFORNIA

Conveniently located near Horseshoe Bar Road and Auburn Folsom Road and within riding distance to the Folsom Lake trails. Knicker Knob has long been known in the Gold Country equestrian community for producing safe and knowledgeable horsemen.

Boarding/Lesson special: Boarders at Knicker Knob Stable can participate in free lessons every Friday 5:30-7pm during Daylight Savings Time. Non-boarders can trailer in for lessons for \$20 each. Lessons are taught by Terry Haney.

Boarding barn stalls | pipe corrals | pasture from \$305

Amenities 140' X 70' lighted arena | 50' round pen grass turnout | large wash rack | indoor grain room tack rooms | bathroom | refrigerator | shaded picnic area

Riding lessons Offered by our teaching staff with a combined experience of 60 years of teaching. Group \$25 | semi private \$30 | private \$40

Terry 916.778.8651 Kathy 916.204.0346
www.knickerknobstable.com [Facebook.com/KnickerKnobStable](https://www.facebook.com/KnickerKnobStable)



Merry Christmas and Happy New Year!



From the Loomis Basin Horsemen's Association

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

E-MAIL:
lbha@garlic.com

We're on the Web!

See us at:

Lbha.us

Get Info on

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

