

Loomis Basin Horsemen's Association

P.O. Box 2326 Loomis CA 95650

Volume 37 Issue 10

OCTOBER 2019

Newsletter

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PRESIDENTS MESSAGE by Liz Daffner

Howdy!

Days are getting shorter and the air is feeling crisp, Fall is here. As we all prep for the changing season by covering our burn piles, make sure to carve out time for yourself and your horses family.

We have our upcoming October horse shows. English day is Oct 12th and Western Day Oct 13th. If you haven't signed up to volunteer, please go to the horse show page on our website. If volunteering doesn't excite you, come and compete! It's a relaxed family atmosphere and classes are only \$4.95! Western day also includes a small trail trials class (go at will) in the wooded area along the creek. We have a great class list line up and every 1st place winner gets a prize, including monogrammed Championship LBHA halters.

Hope to see you all there!

Liz Daffner



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

2019 OFFICERS AND BOARD MEMBERS

COMMITTEE HEADS

PRESIDENT: Liz Daffner 916-708-1244
VICE PRES: Greg King 916-804-5659
TREASURER: Janis Rau 916-652-0894
SECRETARY: Maureen Henderson 916-663-9362

BOARD OF DIRECTORS

Bruce Renfrew 650-773-1863
 Joe Warlow 530-551-6693
 Denise Howell 916-207-2543
 Kathy Dombrowski 916-652-5204
 Kate Johnson

COMMITTEE HEADS

Trail Info. Robert Sydnor 916 335-1441
 Trail Maint. **OPEN**
 Historian Donna Kelly 916 956-6248
 Publicity- Laurene Davis 916-708-1244
 Horseshow Janis Rau 916-652-0894
 Traylor Ranch NR Dave Faoro 916-663-3437
 County Liaison Maureen Henderson 916-663-9362
 Newsletter Denise Howell 916-207-2543
 Arena Kathy Dombrowski 916 652-5204
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 Membership Kathy Dombrowski 916 652-5204

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Andy Fisher 530 889-6819

PLACER COUNTY AG COMMISSIONER

Joshua Huntsinger 530 889-7326

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 Nature Preserve Fans. July 27 marked our last standard workday this year.

You can thank the small group of dedicated people who come out pretty much every month to help, Jennifer, Mary, Maureen, Nicola. They come even though there are other projects they could be doing on their property but believe in helping to keep Traylor Ranch the special place that it is.

Note, that I have a couple of Special Projects I'd like to pursue in the Fall so stay tuned. But for now, we are signing off until then.

A big thank you to everyone who has volunteered this year.

Stay tuned to the Traylor Ranch Facebook page for any park updates.

[https://
www.facebook.com/
TraylorRanchNatur-](https://www.facebook.com/TraylorRanchNatur-)



Subscribe to our Newsletter!

<https://lbha.us7.list-manage.com/subscribe?u=2c073f7622cea751d4c0e48c6&id=a1fd54b279>

Hector Road Trail Now Open

**MINUTES
LBHA Board Meeting
September 4, 2019**

The Board held a meeting at Gander Tap House located on Taylor Road, Loomis, CA. The following Board members were present: Liz Daffner, Maureen Henderson, Greg King, Bruce Renfrow, Janis Rau, Denise Howell, and Kathy Dombrowski. Kate Johnson and Joe Warlow were unable to be present.

President Liz Daffner called the meeting to order at 6:10 p.m.

The main focus of the meeting was to finalize planning of the upcoming horse shows on Oct. 12 and 13, 2019. The draft class list was reviewed, and suggestions were made for minor corrections to formatting and the additions of classes. No additional classes were added to the English Day. On Western day, we decided to delete the Costume Class (No. W11) and add a class between Nos. 37 and 38, entitled Trail Walk/Jog – 18 & Over.

For English Day, Janis will check on the spoons for the egg and spoon class.

Denise made a motion to pay the trail judge \$150.00, an increase from \$75.00 last year. The motion was seconded by Liz, voted upon and passed unanimously. Denise will also contact Lisa Bradley to confirm the new hours (9-2) are agreeable to her. We need to obtain a scribe for Lisa Bradley to assist with the trail class. Maureen will add this position to the Volunteer Sign-Up program.

Kathy will contact Terry Haney re the trail trials. Kathy will also be responsible for the printing of the class list which will have a light blue cover this year.

The next agenda item was a review of the revised Horse Show Entry Form. There was a suggestion that a couple of boxes be added to the phone number line to indicate whether a phone is a cell or home number. No other changes were suggested so the form is accepted as revised.

Janis volunteered to be responsible for the Porta Potty during the show. She will also confirm with our food vendors for the days of the shows.

Liz volunteered to be responsible for the Western Day Trail Patterns. Due to the weight of the bridge, it was decided that we will not use the bridge this year. Construction of a new trail bridge will be placed on the agenda for discussion in 2020.

Denise volunteered to be responsible for the Ranch Riding pattern – with no poles. Denise also volunteered to be responsible for putting together packets for the judges and will get the appropriate documents to Janis for final inclusion in the Judges' Packets. The Judges Packets will include checks for the judges.

Maureen made a motion that Denise purchase 45 prizes at a cost of \$2.00 or less to be distributed to first place winners of the horse shows. Bruce seconded the motion. After discussion duly held, the motion was unanimously passed.

Janis volunteered to sponsor the Lead Line Class and Denise will purchase a dozen small prizes for the contestants. Janis will prepare the bags for the Lead Line Class.



(Board Meeting Minutes Continued:)

Greg volunteered to be responsible to drag the arena on Friday night prior to the show and also to take care of handing out prizes to first place winners.

Maureen will ask Dave Faoro if he will set up the sound system for the horse shows. She will also contact Debbie Murphy to sign her up for the position she usually fills as a volunteer. Maureen will also contact Donna Kelly to see if she will run the computer on English Day. Maureen will contact Craig Lyman of Douglas Ranch Supply for 2 sets of numbers for the horse shows.

Kathy made a motion that we purchase two sets of walkie talkies for use during the horse shows. The motion was seconded by Liz and passed unanimously by the Board. Greg volunteered to make the actual purchase.

Janis has caution tape which we will be able to use at the shows to mark off the trail course and other areas as necessary.

Discussion was held re dragging the baseball field at the end of the show. Bruce will check on being able to obtain a chain link drag. Greg will have a tractor there.

The meeting adjourned at 7:45 p.m. The general membership meeting will be held on Wednesday, September 18, 2019 at Round Table Pizza in Loomis.

Submitted by Maureen Henderson, Secretary



Obstacle Day Shenanigans



**TRICK
OR
TREAT**



MINUTES
LBHA General Meeting
September 18, 2019

The general membership meeting was held at Round Table Pizza in Loomis. The following Board members were present: Liz Daffner, Bruce Renfrew, Kate Johnson, Kathy Dombrowski. Maureen Henderson, Janis Rau, Greg King. Joe Warlow and Denise Howell were not present. Laurene Davis, our publicity chair, was also in attendance.

Liz called the meeting to order at 6:30 p.m.

Maureen gave a brief report on the Hidden Falls Expansion. She gave an additional report on e-bikes, informing the membership that Tahoe National Forest has unilaterally decided that Class 1 e-bikes are legal on non-motorized trails. Liz made a motion, seconded by Kathy, that Maureen write a letter to the Tahoe National Forest expressing our concerns about the recent decision. The motion was presented for a vote. The membership voted unanimously in favor of the motion.

The last segment of the trails report focused on the recently released ASRA trail plan. FATRAC (Folsom Auburn Trail Riders Action Coalition – mountain bikes) is asking ASRA for access to both the Pioneer Trail and the Western States Trail. Due to the comment period closing, Maureen wrote to ASRA Public Comments opposing the opening of these trails to mountain bikes.

The next agenda item was discussion about the upcoming horse shows. The class list was reviewed and some suggestions were made. Discussion was held about how to bring in more competitors. How to get more sponsors. Some potential sponsor names were mentioned and several of our board members will make contact. The volunteer list was reviewed and several members signed up.

Laurene briefly discussed the upcoming obstacle clinic, requesting help setting up. Maureen offered to help. There are usually enough people at the end to help put the items away.

The next general membership meeting will be held on Wednesday, October 16, 2019 at 6:30 p.m. at Loomis Round Table.

The meeting adjourned at 7:45 p.m.

Submitted by Maureen Henderson, Secretary



LBHA Events

Oct English Horse Show
October 12, 2019

Oct Western Horse Show
October 13, 2019



Nov Meeting - Horse Show Recap & Nominations
November 20, 2019

Round Table Pizza 6111 Horseshoe Bar Rd, Loomis, CA 95650
Eat 6:00 pm, Meeting 6:30-7:30 pm
Members and non-members are welcome to attend.



December Annual Christmas Party
December 18, 2019

AND IT'S A WRAP!!



October Horse Shows October 12th and 13th 2019: <https://www.lbha.us/horse-show>

Online Horse Show Sponsorship Form: <https://form.jotform.com/83534909154159>

RED GATE AT ARENA

Baseball

Season is here and the red gate has been moved to accommodate more parking for cars. Please obtain a gate key using the membership form if you don't have one already. PLEASE PARK INSIDE the trailer area so cars can park in the gravel area leading up to the red gate. You may get blocked in because non horse people don't understand how much room trailers need to maneuver in and out of places. We have all the space inside the red gate, they need that gravel overflow parking space.

20% OFF Session Packages for LBHA Members



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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 NOW renew every January 1 so those of you that have memberships that expire in June have an extension to December 31st. Pay on line the easy way!

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 Includes Business card on Website.

½ page: 6mos \$30 one time \$5 Full page one time \$10

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

Free to Business Members

Classified Ads- Free to Members

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



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Bruce Renfrew
Real Estate Agent

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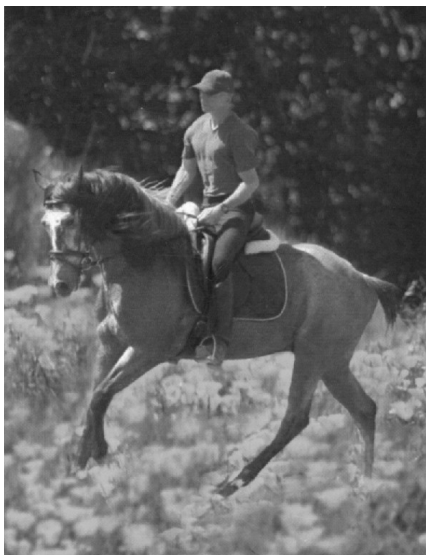
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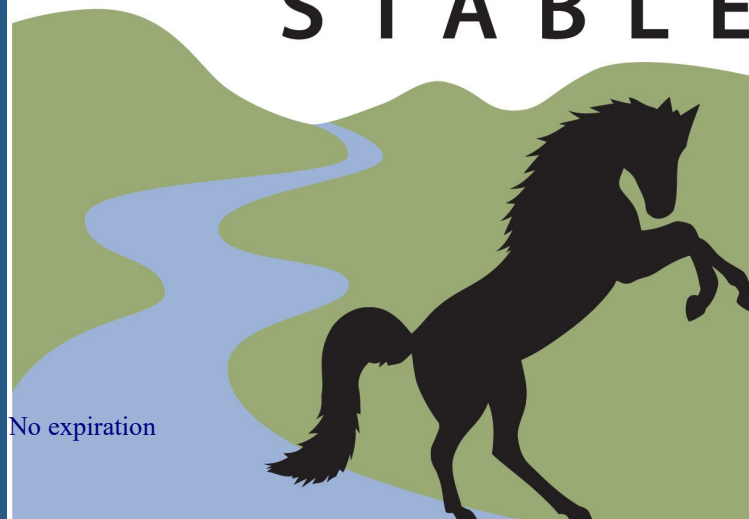
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Cure Your Horse-Show Jitters

Horse and Rider.com

A pre-show ritual can do more than just cure your horse-show jitters; this one enables you to be focused, energized, and eager to perform.

Do you get nervous before competing at an event? Most people do. Fortunately, there's a way not only to calm your horse-show jitters, but also to prepare you to perform your very best.

To give that blue-ribbon effort, you must call up a state of mind, body, and emotion that enables you to be calm, focused, and confident. And energized! This means you're eager to perform, with just the right amount of muscle tension to be ready but not tense, and able to access the skills you've worked so hard to achieve. In other words, you must be in the zone. What puts you there? A mental ritual you've practiced in advance until it's second nature. Then, when you do it right before your class, you feel that calm, clear, let's-go feeling settle over you.

How It Works

Your pre-show ritual will consist of an anchoring phrase, correct breathing for relaxation, a confident posture, and a visualization of success. You'll link all these together by frequent practice beforehand at home and at your barn.

Then, no matter how frazzled you're feeling before your class, performing the ritual will trigger the calm and confidence you've conditioned into it. You'll be able to focus at the start of your ride, plus have a way to keep yourself grounded throughout it.

How to Do It

First, choose a catchphrase that both coaches and encourages you. It must prepare you for those first daunting moments when you walk into the competitive arena. For example, I might say: "OK, Barb, stay cool—everything's good. Breathe! You can do this! Chin up, shoulders back, let's go!"

Next, link this catchphrase to a confident posture, a feeling of poised relaxation, and a visualization of you and your horse performing at your best. Start at home, in a chair. Sit as you would in the saddle, with your upper body erect, your shoulders back, your chin up. Close your eyes and take three deep breaths, exhaling each time longer than the inhale. Say your catchphrase to yourself and visualize yourself at the in gate, about to enter a class. Feel yourself confident, relaxed, yet energized, eager to perform. Then visualize the beginning of your ride going smoothly, perfectly.

Practice your catchphrase ritual often—sitting in a chair at home or at the barn.

Keep Practicing

Repeat this process often, throughout the day at home, at work, or at the barn. This part is critical, because without enough practice over time, your ritual won't become internalized.

So rehearse it on work breaks and at lunchtime, plus while riding the bus or riding your horse. Set up a real-world scenario by pausing at the gate before entering your arena at home or at your trainer's. Pretend you're about to enter a class and practice your ritual before riding in.

Eventually, whenever you pull your shoulders back, breathe deeply, and think of your catchphrase, you'll automatically begin to feel confident and relaxed-yet-energized.

The Payoff

On show day, use your ritual the morning of, then as you prepare for your class, and finally at the in gate, before each class. Then, as you ride your pattern, course, or class, bring yourself back to focused confidence whenever necessary by squaring your shoulders, inhaling deeply, and using your catchphrase.

It sounds too good to be true, but it actually isn't—if you practice it diligently enough.

Do so, and your ritual will work like a charm when you need it most.



English Horse Show Western Horse Show

<https://www.lbha.us/horse-show>

LBHA Horse Shows

HELMET REQUIRED for Juniors 17 & under
ALL CLASSES ENGLISH and WESTERN

October 12th & 13th 2019
8:00 am Start Time

DAY OF SHOW ENTRIES: \$4.95

PRE-ENTRY DISCOUNT \$4.50

- Pre-Entries needs to be received by e-mail or mail Wednesday before show weekend. Entries received after will not get the lower entry fee
- One form for EACH show if you plan to ride in English and Western
- One form per rider, multiple horses can be on one form
- Mail Pre Entry forms to:
LBHA P.O Box 2326
Loomis CA 95650

FOOD VENDORS

Saturday: Doggy-Style Hotdogs

Sunday: Hot Mama



[Horse Show Entry Form](#)

[Sponsorship Online](#)

[Class List PDF](#)

[Sponsorship PDF](#)

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Next Meeting

October 16th
Horse Show Reports

Round Table Pizza 6111 Horseshoe Bar Rd, Loomis, CA 95650
Eat 6:00 pm, Meeting 6:30-7:30 pm
Members and non-members are welcome to attend.

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)



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:

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Get Info on

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Meetings
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Traylor Ranch
LBHA Horseshow

