

Loomis Basin Horsemen's Association

P.O. Box 2326 Loomis CA 95650

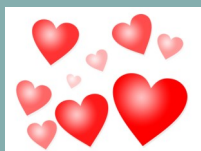
Volume 39 Issue 2

FEBRUARY 2021

Newsletter

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Editors Message by Denise Howell

Attention!
Hidden Falls Update! Pg 3

I don't know about you all, but at this point if I hear another "we need the rain" comment from a non horse person, I plan to invite them to my house (they can skip the gym) to do my chores. 3 horses in stalls during the storm is not what I had anticipated when purchasing a young one that needs lots of time under saddle. Instead of wet saddle blankets, I have wet stalls, a large bedding bill and pockets full of wet horse treats!

We have another exciting year ahead, hopefully more exciting than the last one. Although we have no events scheduled at our arena at the present time, as the World returns to normal we will get those last minute events on the schedule. Is there anything you would like to learn, see, participate in? We love suggestions!

What are the majority of your interests within the horse community? What's your discipline? Our area here in the Loomis Basin caters to all horse enthusiasts and I seem to have noticed some changing their disciplines to flow with the times. I have done it all (except endurance riding) and plan to add cutting to my list of "done thats." Though it will be some time before I get my baby cutter to the show pen, I plan on enjoying the journey. We have so many good trainers in our area and some will even take on an old lady like me with "more sense than money."

Email me with your stories and photos. Share in your successes.

We count on you to keep our non-profit organization running so please don't be shy. My email is deanisehowell@gmail.com



Tally Whoa
Your Editor, Denise Howell

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

2020 OFFICERS AND BOARD MEMBERS

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SECRETARY: Maureen Henderson 916-312-2289

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 Newsletter Denise Howell 916-207-2543
 Arena Kathy Dombrowski 916 652-5204
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 Membership Maureen Henderson 916-312-2289

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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 Supporters.
 Workdays are cancelled until March of 2021. There isn't much to do out at the Ranch at this time of year. I have seen many more people through this summer enjoy getting out to TRNR. A park like TRNR has shown its value during these turbulent and challenging times as a great place to get out in nature safely and get some healthy exercise.

I look forward to kicking off the new season in March.

Now, everyone get out and do your rain dance or at least wash your car, you know that always makes it rain. Let's hope for a wet winter.

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

Dave Faoro

**TRNR Committee
 Chairman,
dave_lbha@faoro.us**



Subscribe to our Newsletter!

<https://lbha.us7.list-manage.com/subscribe?u=2c073f7622eea751d4c0e48c6&id=a1fd54b279>

UPDATE ON HIDDEN FALLS - PLANNING COMMISSION RECOMMENDS EXPANSION

After a 5 hour long meeting, consisting of a full presentation of the Reduced Project together with public comment on January 28, the Placer County Planning Commission recommended to the Placer County Board of Supervisors approval of the Supplemental Environmental Impact Report for Hidden Falls Expansion and the Conditional Use Permit, establishing the rules and regulations to develop the park over the next 10 years.

The Commission voted 5 YES on the SEIR and 1 abstention and voted 5 YES on the Conditional Use Permit and 1 NO.

If approved by the Board of Supervisors, the first phase will be the construction of the Twilight Ride parking area off of Bell Road, with automobile parking and 10 horse trailer spaces. This will open up 2,500 acres and 30 miles of trails all the way to the Bear River. (Nevada/Placer County Line.) The County has received a \$3 million grant from the State to go towards building out the parking lot if the Project is approved. We will need ONE MORE strong push when Hidden Falls goes before the Board of Supervisors in March. We will let you know when a date certain has been set, as we will need as many members as possible to show up in person to show your support. The decision of whether or not this Reduced Project will move forward will rest with the Board of Supervisors. I want to thank everyone who sent emails or letters to the Planning Commission. If you missed the opportunity to send a letter of support to the Planning Commission, you now have ample time to send a letter of support to the Board of Supervisors prior to the March hearing date. The Public process can be long and arduous. Perseverance pays off. Great job everyone.

Maureen Henderson
Trails Liaison

ONE
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COMPLETE



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www.annwrealestate.com

Exp 2/1/2022

Dear Fellow Loomis Basin Horsemen's Members,

I would like to share some really exciting news! I've joined a dynamic brokerage at Realty ONE Group Complete as a California licensed Realtor®. I am focused on working with buyers and sellers in Placer County and the Sacramento Area, but if you ever have questions about real estate anywhere in California don't hesitate to give me a call as I have some great resources I can draw upon.

I can help you or anyone you know with any of the services below:

- Buying, Selling, Investing, Vacant Land, Condos, Multi-Unit, Renting, Relocation, Short Sale, Foreclosures.
- I specialize in Inherited Home Sales as a Certified Probate & Trust Specialist. I have a free book, *Inherited Home Guide* I will be happy to send to you, or you can access my eBook online.
- Additionally, I find passion in finding and selling homes for my country loving clients, fellow horse riders, and those who love space in their surroundings!
- I have an entire team of professionals who stand with me in promoting your home for sale, or assisting the purchase of your new home
- Plus..... With any home Listing, I will provide the use of a dump trailer, free of charge! This is always helpful during your home sale!

Really looking forward to being of service,

Annette Woollard

Annette Woollard, DRE #02123664

Realty ONE Group Complete, DRE #01801668



We've Got Chills. They're Multipliyin'

You're no fool. If you're riding in frigid temperatures, you probably know that extra warm-up and cool-down time is a must, and we're not talking about old wives' tales. Enter science, because when it comes to fighting the cold, there's more to it than simply *feeling* warm. Below, a few reminders to use as self-motivation when you're considering skipping some fundamental steps before or after a frigid hack.

Warming up is key. *Every time.* Cold muscles are stiff and more prone to injury, but they're also less responsive to nerve impulses. This means that an improperly warmed-up equine is more likely to injure itself and to be involved in an incident that could cause injury to a rider.

In cold weather, synovial fluid (aka joint fluid) becomes viscous, causing joints to feel stiff. This is the scientific explanation for feeling sore in the winter, and plenty of reason to get that blood flowing prior to any strenuous exercise.

Rapidly inhaling air colder than 25 degrees fahrenheit can cause tissue damage in the lungs in as little as one session, and doing this repetitively can cause chronic inflammation. Nasal discharge or a cough during or after a workout are signs that a horse has been pushed harder than the weather would allow.

A wet horse is a cold horse. Avoid pushing a horse to the point of sweat on the coolest days, but if it's unavoidable...clippers anyone? In any event, make sure the horse is dry before being blanketed.




And speaking of the great blanket debate, here are some handy charts from Auburn University and SmartPak to help when you're just not sure about blanket necessity, fit, or weight. Pro tip: they're also great for posting in the barn as a reference for boarders and staff.

YOUR QUICK REFERENCE GUIDE TO BLANKETING

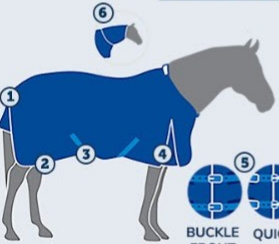
TO BLANKET OR NOT TO BLANKET?		TYPES OF BLANKETS	
Consider these five key factors:		Not Waterproof (Worn Inside)	Waterproof (Worn Outside)
 HAIR COAT	 LCT AND GEOGRAPHY	 Stable Sheet	 Turnout Sheet
 LIVING SITUATION	 BODY CONDITION	 Stable Blanket	 Turnout Blanket
 AGE			

LIGHT, MEDIUM, OR HEAVY?

FIND OUT WHAT TO WEAR AND WHEN

LIGHT TURNOUT	MEDIUM TURNOUT	HEAVY TURNOUT
 Clipped 40°-50° Uncolped 30°-40°	 Clipped 30°-40° Uncolped 20°-30°	 Clipped 20°-30° Uncolped 10°-20°
<ul style="list-style-type: none"> A lightweight turnout blanket provides protection in mildly cold weather. Typically have no fill, so they don't provide much warmth. 	<ul style="list-style-type: none"> Provides both waterproof protection and an added layer of warmth. Perfect for temps that are starting to feel cold. 	<ul style="list-style-type: none"> Packed with 300-400 g of fill (or more). Good for temps in the 20s (for clipped horses) and teens (for uncolped).

PIECES AND PARTS



1. A tail flap offers full wind and rain protection.
2. Optional nylon or elastic leg straps help prevent shifting.
3. One, two, or three surcingles keep the blanket in place.
4. Shoulder gussets allow for freedom of movement.
5. There are several types of front closures, including buckle-front closures and quick-clip closures.
6. Hoods and neck covers attach to the turnout to provide full coverage.

BUCKLE FRONT QUICK CLIP

STRUGGLING TO FIND THE PERFECT FIT?



A SHOULDERS

The top of the front closure should line up with the point of your horse's shoulder, and the neckline should lie smoothly above his shoulder without pulling.

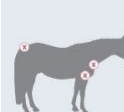
B WITHERS

You should be able to slide one hand between the blanket and your horse's withers.

C LENGTH

Your horse's blanket should cover your horse's barrel entirely, ending just below his elbow and stifle.

PROBLEM SOLVERS



PROBLEM: STOCK HORSE BUILD CAUSES FIT ISSUES

LOOK FOR: Blankets designed to fit the unique stock horse build have a cut back wither, a broader fit through the chest, shoulders, and hindquarters, and a shorter drop.



PROBLEM: HIGH WITHERS, WITHER RUBS

LOOK FOR: High neck and "Wug"-style blankets tend to put less pressure on the withers, making them great for high-withered horses or those prone to wither rubs.



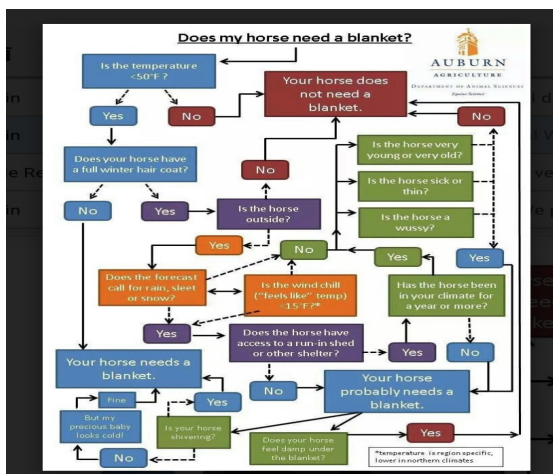
PROBLEM: FULL-BODIED, SHOULDER & HIP RUBS

LOOK FOR: V-Front blankets are cut a little higher over the shoulder and neck, and come together lower on the chest. This helps eliminate some of the traditional pressure points.



PROBLEM: BLANKET SHREDDERS

LOOK FOR: If you've got a horse that's notoriously tough on blankets, the higher the denier, the better. Also, consider choosing a blanket that's backed by a guarantee.



Riding the Downward Transition

Downward transitions are a softening of the rider, not an increase of backward pressure.

In a good downward transition, the horse's head and neck will stay balanced and his poll soft. He sort of compresses himself from the back end, lowering his back end, keeping his front in balance. For the transition to be smooth and maintain rhythm, the hind legs must stay up under the horse, and the horse must not be forced onto the forehand.

A lot of people don't understand that downward transitions are done with the seat and the leg and very little rein. You have to use rein correctly, but the rein is the least important part. It's the seat and the rhythm.

Keep your body weight centered. Tell the horse to transition downward with the pelvic bone of your seat – that's all that moves. Your seat bones sit deeper, your legs go deeper, and your legs should close on the horse to keep his hind legs coming forward.

When you're learning transitions, go slowly. Start with working on "walk to stop," then gradually move up to "trot to walk," "canter to trot" and "canter to walk." When you're making good downward transitions, the horse will feel light to your hands, because he has to be in good self-carriage to do them.

Common Problems with Downward Transitions

The biggest thing people do wrong in any downward transition is to stand up and pull.

Any time you pull back on a horse's face, it's his natural response to take a shorter step behind. When you lean back, stand up and pull on the horse's face, it hollows his back, and he can't get his hind legs under him. He will immediately go on the forehand and resist because you're pushing him out of balance.

In response, sometimes horses throw their heads down; sometimes they throw their heads up. Regardless, they lose the carriage of their shoulders and forehand. Then they can't make a nice downward transition and will just push through the reins.

Correct Aids for Downward Transitions

Seat

You have to sit in the center of the horse. Think about your seat bones as if they were two sled runners. When you cue for the downward transition, you slide those sled runners down into the horse's back, from back to front, like brakes. So the lower part of the pelvis where the seat bones are comes forward, and the top part of your pelvis tips back.

As you slide those sled runners down, you let your centered body weight come straight down on the horse. The back needs to be straight, not leaning forward or back. Don't collapse or slump: keep your ribcage up and sit up straight.

Legs

As you sit, you lengthen your leg down and close it softly. It's "sit, close." That way you keep forward motion all the way through the transition, with the hind legs still coming under.

It's different from a spur stop; you don't raise your heels and poke with a spur. You just soften your body and close your legs down and in to soften the transition.

Reins

Don't pull back on the reins; it ruins the horse's forward motion. Instead, take the reins forward and up just a hair. Keep very light contact with the horse's mouth, almost only the weight of the reins. It helps balance the horse. The hands go forward and lift up a little so the horse feels the weight of the rein and knows to give at the poll.

Think of the reins not as producing the downward transition, but as keeping the head from falling forward and down. The reins help the head stay in place, balanced and soft – but it's the body that slows down.

How to Ride a Downward Transition**Release Your Breath**

As you start the downward transition, try letting your own breath out. Say out loud the gait you want, slowly letting your air out as you say it: "*Joooog*," or "*trrrroot*."

That helps you settle down the horse. Yes, the horse hears it, but what's important is that letting your breath out relaxes your body.

When we want to do something, especially if we're worried about it, we often hold our breath, making us stiff. A stiff body affects how the horse performs and responds.

Speak the Rhythm

Try speaking the gait out loud. For example, if you are are cantering and want the horse to drop to a trot, say, "Canter, canter, canter" with the stride, and then "Trot, trot, trot," in the exact same rhythm.

By learning to stay in rhythm with your horse, you will be able to ask for the downward transition in rhythm. Then when you do ask for that downward transition, the horse's weight-bearing legs will be in the proper position.

If you're relaxed and saying it out loud, you maintain the rhythm in your mind and will automatically use your legs and seat correctly.

Practice Without Using Reins

It's hard to realize you can stop a horse by simply sitting down and balancing the reins.

A good way to practice is to have someone longe you while you ride, so you can make downward transitions without reins. Hold your hands in correct riding position and work off your seat and legs.

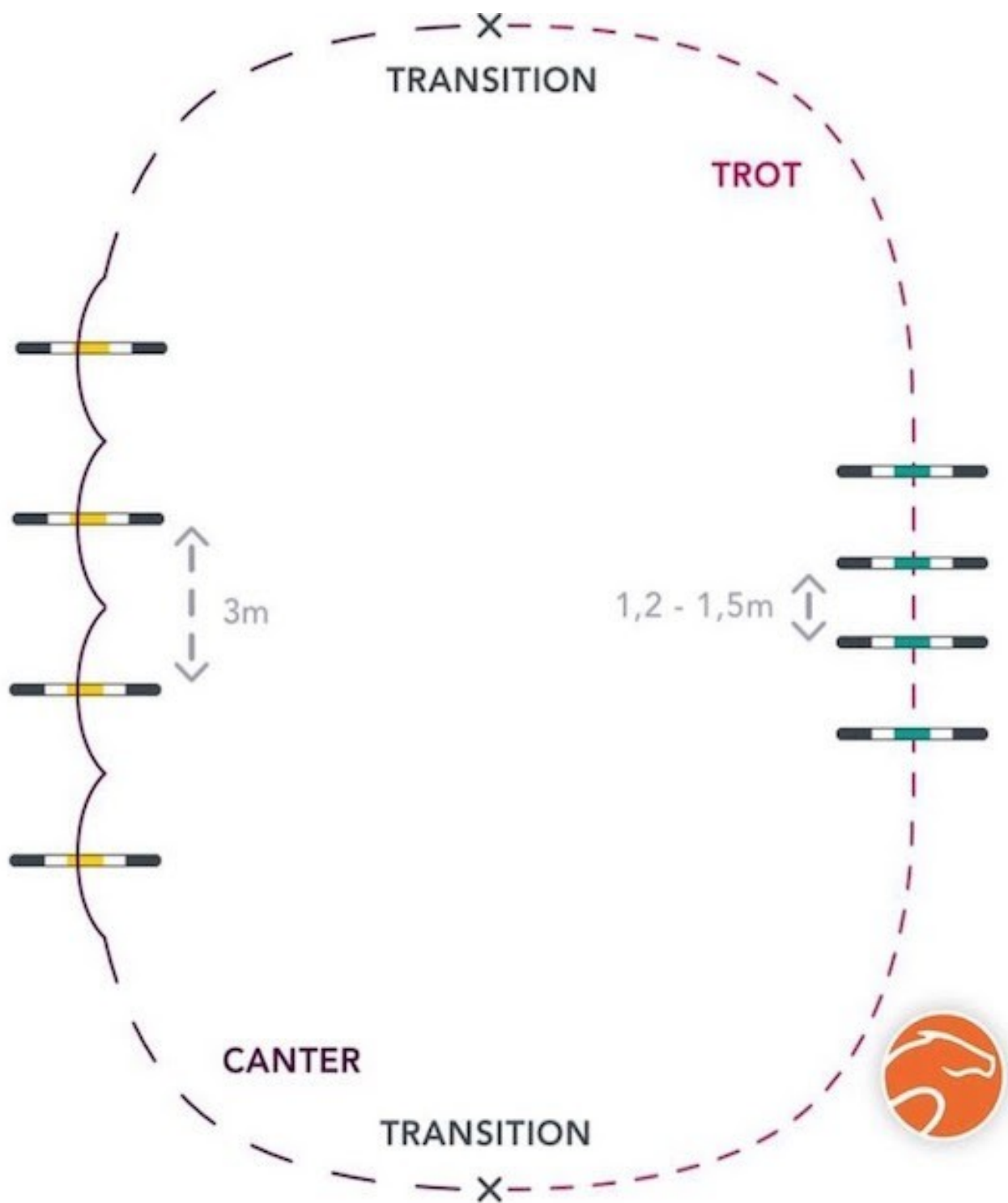
You can also tie your reins in a knot and drop them while you ride in an enclosed arena or round pen. Pick a time when your horse is warmed up and try downward transitions from a walk to a stop without the reins. Make sure you tie them so you can easily reach them if your horse drops his head.

Work on Going Down to a Walk

Work on transitioning down to a walk and maintaining rhythm. You have to really use your seat and legs to maintain that walk.

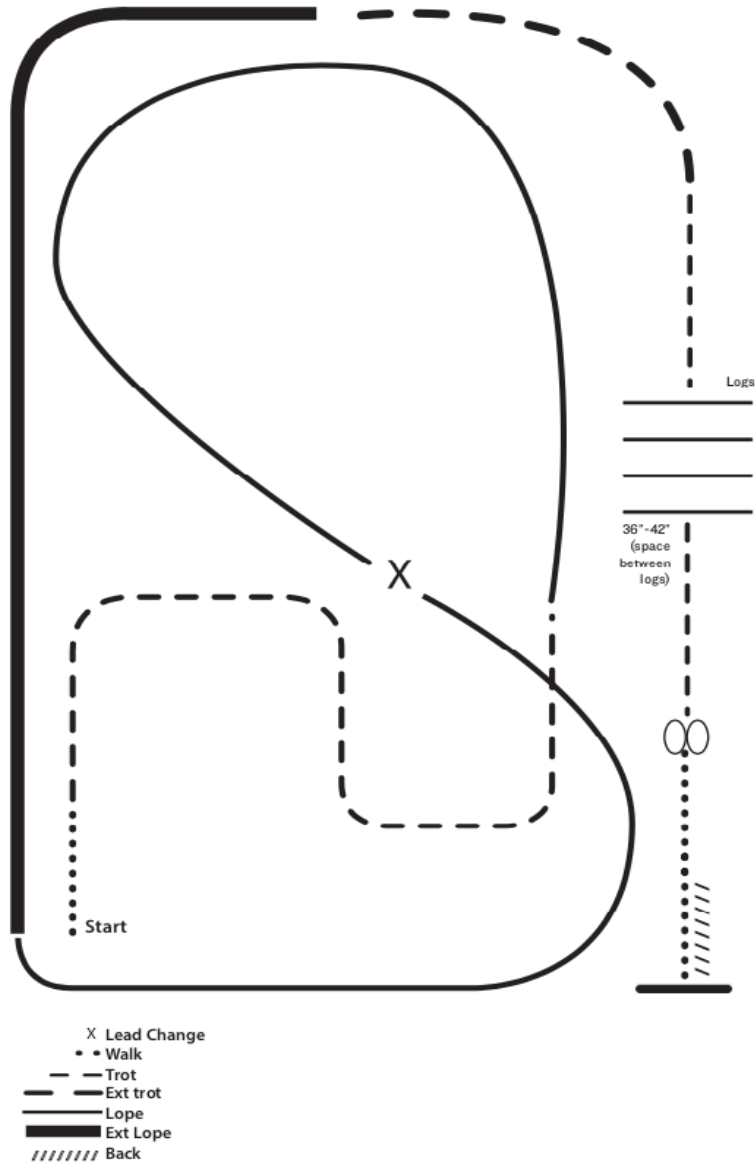
Once you have good transitions to a walk, then going down to a stop is easy because all you do is sit, hold everything together and think "right now." It's just a higher degree of asking.

Transition Exercise



Ranch Riding is all about the transitions as with most disciplines. AQHA Pattern 3 is good for all disciplines to practice.

RANCH RIDING - PATTERN 3



- I. Walk
2. Trot serpentine
3. Lope left lead around the end of the arena and then diagonally across the arena
4. Change leads (simple or flying) and
5. Lope on the right lead around end of the arena
6. Extend lope on the straight away and around corner to the center of the arena
7. Extend trot around corner of the arena
8. Collect to a trot
9. Trot over logs
10. Stop, do 360 degree turn each direction (either direction 1st) (L-R or R-L)
- II. Walk, stop and back

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. New members joining mid year will renew December 31 of the following year. 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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Next Meeting

To Be Determined
Stay Tuned
Watch the Website
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!!

Blanket Repairs R Us
 "We Wash & Repair Horse Blankets and More"

Vonnie Bays
 Owner / Manager

697 Havenwood Drive
 Lincoln, Ca 95648

(916) 645-9000

Email: lvbays@wavecable.com
 WEB Site: www.blanketrepairsrus.com





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

<p><u>Office Hours</u> Monday thru Saturday 8:00am - 6pm</p>	<p><u>Appointment Hours</u> Monday thru Saturday 9:00am - 5pm</p>
<p><u>In-house & Ambulatory Emergency Services available 24 hours/7 days</u></p>	
<p>(916) 652-7645 2973 Penryn Road Penryn, CA 95663 Visit us at: lbemc.com</p>	

Knicker Knob

S T A B L E



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

LOOMIS, CALIFORNIA

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



Happy VALENTINE'S DAY

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

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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

