

# REDSHANK RIDERS



An Affiliate of Backcountry Horsemen of California

[www.RedshankRiders.com](http://www.RedshankRiders.com)

A group of dedicated men and women working to preserve the historic use of trails with recreational pack and saddle stock.

2009 Officers

Issue 03

MARCH 2009

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## Message from the President

Hi All,

Since I wrote a long message last month this month I'll keep it short.

Straight and to the point.

This month is Rendezvous. March 20 through 22, 2009

This is the main fund raising event which keeps the BCHC running, your newsletter coming and keeping you abreast of trail issues which need our attention.



In addition it is a lot of just plain old FUN and highly Educational.

Hopefully you have been reading your State Newsletter and are aware of all the Rendezvous events and a special treat; the visit by the Marine Packing squad from Bridgeport. Please come and show your support for the club you joined, and to help keep trails open for Pack and Saddle Stock. Learn how to pack, Gentle Use methods, get some needed item of gear or just enjoy the fellowship of like minded trail users. I guarantee a good time will be had by all who choose to make the journey.

If you want to Go and need a ride, call me at 760 782-3747. I will be taking my vintage Air -stream trailer and have room in it or you can sleep out in a tent or in my station wagon. I will be leaving on Wed the 18<sup>th</sup> to arrive for the Public Lands Seminar on the next day, Thursday. First come first serve.

On another note, the regularly scheduled work party for Saturday March 21<sup>st</sup> will meet at Paradise corner café at 9 am and work back south on the CRHT. Contact Laurence Peabody at 760 782 3747 or at [Laurencepeabody@gmail.com](mailto:Laurencepeabody@gmail.com) for more info.

Get out and ride and remember, the horse you **train** is the horse **you** ride. Every time you Interface with your horse you train it. Are you training him or is he training you?

Regards,  
Pete Spencer

# REDSHANK RIDERS UNIT GENERAL MONTHLY MEETING.

Unit Minutes For Monthly Meeting  
February 12, 2009  
The Little Red Schoolhouse  
Meeting called to order at 7:03 pm  
by Pete Spencer, President

## Roll Call Board Members in Attendance

President / Public Lands: Pete Spencer	Vice President: Audrey Turpin
Treasurer: Stacy Kuhns	Secretary, Paula Bellisi
Trail Development/ Maintenance: Laurence Peabody	

## Members in attendance

Gail McCreight	Shirley Willits
Rhonda Strickland	Gary Taylor
Rosie Garcia	Carlos LaJones
Margie Biethan	<b>Guests:</b>
Greg Bruce	Angela Clark

## REPORTS:

**President**- Pete Spencer

**Vice President**- Audrey Turpin

**Secretary**: Paula Bellisi: Minutes approved as published in newsletter .

First: Shirley Willits

Second: Gail McCreight

**Treasurer**: Stacy Kuhns: Information can be obtained at any membership meeting.

**Membership**: Teri Baron (not present)

**Trail Development & Maintenance** : Lawrence Peabody  
Will alternate Sat/Sun on third weekend of month for work on Cahuilla Mtn. & CRHT.

**Adopt a Highway** : Position currently open

**Public Lands**: Pete Spencer - Requested members to fax Governor re: proposed cutting of funding for CCC.

**Education** - Allison Allison Renck, Tom Firth, Cathy Haun (not present)

**Newsletter/Website** - Rhonda Strickland - E-mail addresses coming back for four people. Terri Baron to contact for correct e-mail addresses. Rhonda will pass along rides other than BCH in e-mail.

**Historian** - Carol Schmuhl -

Photos from Stacy Kuhns are being processed. Waiting for photos from last work party.

Event Development - Trail trial needs a chairperson. Original date of May 2<sup>nd</sup> has conflicts with other rides already scheduled.

**Old Business** - Proposed 2009 Budget - Motion made to pass as adjusted. First: Gail McCreight, Second: Shirley Willits, Vote: Unanimous  
Volunteer hours - Reported by Pete Spencer. Grand Total \$33,114.29

Ride Schedule - Looking for Volunteers to host rides

**New Business** - Work Party Schedule - Motion made to put all BCH work parties on hold until insurance issues can be resolved. Pete Spencer will work on clarifying & resolving at Rendezvous. First: Gail McCreight, Second: Audrey Turpin. Vote: 12 Yea, 1 Nay

Rendezvous - Asked for donations for the raffle. Pete Spencer announced that anyone wanting to go to Rendezvous & was in need of lodging to contact him. He has an airstream travel trailer he is taking & still has room available.

Announcements - Sulphur Springs mares and benefit party in Borrego on Sunday, March 29th. Adoption available.

Bi-Monthly Meetings - Motion made to change the bylaws if necessary, to have our board/general meetings on a bi-monthly basis. The exception being February meeting, so the budget can be passed. We will hold a social/ride on opposite months. First: Stacy Kuhns, Second: Audrey Turpin. Vote: Unanimous

Dawn Kolbo broke her hip and was hospitalized. A get well card was sent.

**Meeting adjourned**



At this time of year ads for weight-loss programs saturate print media and the airwaves. Even TV talk shows devote time to the battle of the bulge.

I caught part of a Dr. Phil episode in which the prominent self-help guru was evaluating the situation of one overweight guest. The woman commented that she'd like to buy a horse so she could get exercise via riding. "That's great for the horse," responded Dr. Phil drolly, "but what good is it for you?" Obviously, Dr. Phil has missed out on the cardiovascular workout we women get attempting to get into a sports bra and riding pants.... Clearly, the good doctor doesn't own a horse. At least, not the right horse. A quiet, well-broke, agreeable mount may indeed not offer much in the way of fitness training. But, the right horse (and most of us have owned 1 or 2, haven't we?) will provide a body-building, cardiovascular-enhancing workout that would make Richard Simmons envious.

Allow me to explain.... With the right horse, you begin your fitness program by walking out to the pasture. As you stride briskly, you carry the halter and lead rope behind you, pushed up high on your back so the lead doesn't drag. The purpose of this is to tone your chest and upper-arm muscles (because you're not fooling your horse, for he knows what you carry). As you approach to within a few feet of him, he'll walk slowly away from you, but at a pace just so you can't reach him, and then stop. This will be repeated several times in succession, until you're ready to jog. At that point, because you own just the right horse, he will trot, then gallop around the pasture. If you're at the advanced level of fitness, you may continue chasing after him for maximum aerobic benefits, or just stop and start throwing rocks at him to give your rotator cuffs a workout. (Make sure you switch throwing arms. Not only is this a benefit to you, your horse will think it hilarious). Beginners may prefer to toss the halter and lead on the ground, bend forward from the waist, and engage in heavy breathing and chanting (that's what we'll call it, anyway -- chanting) as the horse continues to circle the field. For those of you that have experience with this exercise, you may choose to throw the halter and lead, walk briskly, bend, pick up, repeat. When the horse determines you've had enough of this warm-up session, he'll allow you to catch him.

Now comes the total upper-body workout of grooming. The right horse, of course, will be caked in dried mud. The cement-like consistency of it will require work-to-exhaustion effort of your biceps and triceps. NOTE: This exercise has added value, the dried mud will stick to your face with perspiration, instant facial! Next comes the bending, stretching, and toning of hoof-picking. Bend over, pick up the horse's left front foot, and then be prepared to jump back as he stomps it back down to the ground, narrowly missing your foot. (Keep your knees bent as you jump, to protect your lower back.) Reach down and pick up the foot again, hopping about with the horse to maintain your grip as you attempt to pick what seems to be dirt mixed with Super Glue from the hoof. Eventually the horse may stand still; you may be chanting by this time. Repeat the entire circuit 3 more times with the remaining feet.

Once you can stand erect again, it's time for the insect repellent exercise. True, with this one, your horse may actually get more of a workout than you do, but you certainly get more of the repellent. It goes like this: Squirt!-circle- circle. Squirt!-circle- circle. Squirt!-circle- circle--- and so on, until you're completely misted with repellent and chanting 'whoa you sonofab... whoa'. To receive maximum benefit from this exercise, make sure you are at the beginning of a deep inhalation during the 'squirt' cycle and exhale after the last chanting 'whoa'.

With the right horse, saddling up provides both aerobic and strength building benefits. The trick is to keep your feet moving as you heft the saddle blanket over and over (and over), trying to keep it in place on a moving target. The blanket exercise warms you up for the saddle exercise, for which the routine is the same, only the weight is much greater -- perfect for buffing those hard-to-tone shoulder muscles.

Now comes the mounting exercise. With the right horse, its left leg up, hop-hop-hop, left leg down, heavy breathing. Left leg up, hop-hop-hop, left leg down, heavy breathing. For balance, go around to the other side and continue the exercise (right leg up, hop-hop-hop, heavy breathing, right leg down, heavy breathing, etc.). When your heart rate begins to exceed your target range, look for a bucket. Bend over, pick it up, place it upside-down next to the horse, wait for the horse to move away, then bend over, pick it up again, place it next to the horse, and so on. NOTE: This is a cooling down routine, not to be confused with the warm up pasture routine. When the horse deems you've had enough of these repetitions, he'll stand still and allow you to actually mount.

At this point, of course, you'll be too exhausted to ride and your facial mask will be dropping off in chunks. Its best not to overdo it, so dismount, grab a glass of wine, and head in to recover in a bubble bath.

Author unknown, keeping the Spirit Alive

(Submitted by Carol Schmuhl)

## Backcountry Horsemen of California



### 2009 BCHC Rendezvous – March 20, 21, 22 Stanislaus County Fairgrounds, Turlock, CA “Yesterday’s Packer”



Rainbow Pack String  
Permission to print from Ray LaDea

#### Directions to Stanislaus County Fairgrounds, Turlock, CA

Traveling North on Highway 99, take the West Main Street exit and turn right onto West Main. At the 2<sup>nd</sup> stop light turn left onto Soderquist.

Traveling South on Highway 99, take Fulkerth Road exit and turn left onto Fulkerth. Go about ¼ of a mile then turn right onto Soderquist.

#### Hotels/Motels

*Please call early to make your reservations. Tell them you are attending the BCHC Rendezvous and ask if they are giving special rates. Also, remember that things change. The Rendezvous Committee cannot guarantee the rates printed below.*

Best Western Orchard Inn 5025 N. Golden State Blvd (209) 667-2827 or (800) 521-5025

Days Inn 185 N. Tully Rd (209) 634-2944

[www.daysinn.com](http://www.daysinn.com) (\*Rates include continental breakfast but do not include tax)

\*Rates: Sun-Thur: 1/B \$37.99; 2/B \$49.99 Fri-Sat: 1/B \$49.99; 2/B \$59.99

Pets allowed-\$10.00/day

Holiday Inn Express 3001 Hotel Drive (209) 664-9999

Sunrise Inn 1350 N. Golden State Blvd (209) 216-5586

[www.sunriseinnturlock.com](http://www.sunriseinnturlock.com) Special rates for Rendezvous - Please call

Turlock Inn 701 20<sup>th</sup> Century Blvd (209) 634-3111 or (209) 678-0188

[www.turlockinn.com](http://www.turlockinn.com) Rates: \$58.50 - \$67.50 plus tax Shuttle Service available

*Come join us for the festivities, classes, and a chance to see old friends and meet new ones!*

# BACKCOUNTRY HORSEMEN



California State Horsemen's Association

## Trail Trial Contest



BCHC Rendezvous  
 Saturday, March 21, 2009  
 Stanislaus County Fairgrounds, Turlock  
 in the Livestock Parking Area  
 Joan Wilkinson, Senior Judge

From the Mid Valley Unit

Are you ready for riding in the backcountry? Trail Trials are an excellent measure of skills necessary to safely negotiate trails and obstacles found along your way. This obstacle contest will be held in an arena but a real trail trial takes place on a trail 4-5 miles in length with judging taking place on natural obstacles found on the trail along the way like bridges, creek crossings, deadfall negotiation, dragging debris, pulling your cache into a tree, etc. This will be Joan's third year of providing an obstacle course at the Rendezvous to challenge you, are you up to the challenge?!!

### Contest Rules:

- CSHA Trail Trial rules will be used. Rules are available at [www.trailtrials.com](http://www.trailtrials.com).
- A Rider may enter only **one** of the classes.  
 Choose from:
  - Rider only class
  - Rider and one pack animal class
- Rider must furnish own pack animal, pack saddle and carry a load for Pack class.
  - Buckles to winner of each class
  - Duffle bags to 2<sup>nd</sup> in each class
  - Certified Weed Free *Harlan Feed* Cubes to 3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup>
  - Entry fee: \$10/rider

CSHA Trail Trials has added a rule this year to allow only BCHC units sanctioning a Trail Trial with CSHA to add a "pack class". Visit our booth near the vendor hall and attend

### "Trail Trials Event Planning, BCHC Fundraising"

An educational session for more information on CSHA Trail Trials.

# **PALM SPRINGS INDIAN CANYON RIDE**

April 4<sup>th</sup>, 2009

-  
TIME: Ride out at 10:00 am

LENGTH OF RIDE: Approx. 3 ½ hours (including lunch)

-  
DIFFICULTY: Easy/Moderate – some climbing, some rocky areas,  
some water crossings

Horses should be shod and in good condition.

Bring halter/lead (or hobbles) for lunch break.

\$10.00 fee per person (charged by Cahuilla Indians)

## **DIRECTIONS:**

FROM Hwy 74: Take Hwy 111 toward Palm Springs (approximately 9.5 miles). Turn LEFT on SUNRISE WAY - go to second street, Turn LEFT on TOLEDO (watch for stop sign shortly after turning onto this street), which ends & turns into MURRAY CANYON: Turn RIGHT (Smoketree Stable is on your left). Take Murray to SOUTH PALM CANYON. Turn LEFT to Indian Canyon Toll Gate. Continue staying to left (Palm Canyon) to the EQUESTRIAN PARKING AREA.

FROM I-10: Take GENE AUTRY/PALM DRIVE from the East. Go to Highway 111 - Turn right and follow above directions (note – distance is shorter). If coming from the West, take Indian Ave. (North Palm Springs) to Vista Chino, turn left and go to SUNRISE WAY - turn RIGHT, follow directions above.

**Contact: Beth Grossman (760) 333-3057**

**MUST BE BCH MEMBER**

No stallions, No dogs, No alcohol, No “Red-flag” kickers

# March 2009

## SCHEDULE OF EVENTS

SUN	MON	TUE	WED	THU	FRI	SAT
1 Tule Peak Ride Work Party	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20 2009 Rendezvous	21 2009 Rendezvous CHRT Work Party/Ride
22 2009 Rendezvous	23	24	25	26	27 Vallecito Days	28 Vallecito Days
29 Vallecito Days	30	31				



### UNIT MEETING

Thursday

April 9th

6:30 PM

**Redshank  
Riders  
Monthly  
Meeting**



# April 2009

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4 Palm Springs Indian Cyn Ride
5	6	7	8	9 Bi-Monthly Meeting at Little Red School house	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Have you got pictures from a ride, an upcoming event, a great animal story or joke that you would like to share in the newsletter or website?  
Your input is always appreciated!!  
Email me at [editor@redshankriders.com](mailto:editor@redshankriders.com)  
Rhonda  
Newsletter Editor & Webmaster



Update your bookmarks -  
the BCHC site address has changed:

[www.BCHCalifornia.org](http://www.BCHCalifornia.org)

# NEW MEMBERSHIP APPLICATION

membership@bchcalifornia.org – (866) 748-2033

**MAIL TO:** Backcountry Horsemen of California  
PO Box 1610  
Oakdale, CA 95361-1610

**PARENT Unit Affiliation:** (Select and CIRCLE ONE Unit as your Primary Unit Affiliation)

- |                    |                   |                 |                    |                    |
|--------------------|-------------------|-----------------|--------------------|--------------------|
| Antelope Valley    | Kern River Valley | Mojave River    | Redwood            | Sequoia            |
| Caballeros del Sol | Kern Sierra       | Mother Lode     | San Diego          | Shasta Trinity     |
| Eastern Sierra     | Lake-Mendo        | North Bay       | San Geronio Pass   | Sierra Freepackers |
| High Country       | Los Padres        | Ohlone Riders   | San Joaquin Sierra | Sutter Buttes      |
| High Sierra        | Mid Valley        | Redshank Riders | Santa Ana River    | Top of the State   |

**DCTR (your Membership Number):** \_\_\_\_\_ (For new memberships, will be determined by Membership Coordinator)

MEMBER'S NAME—No Business Names; Print Clearly

SPOUSE / Co-MEMBER'S NAME—MUST SHARE SAME ADDRESS

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip Code (full 9 digits, if known) \_\_\_\_\_

Area Code ( ) Phone \_\_\_\_\_

Total Enclosed: \$ \_\_\_\_\_ Check No.: \_\_\_\_\_

### Parent Unit Membership Types: (CIRCLE ONE)

**Individual \$40.00\*    Family \$50.00\*    Benefactor \$100.00    Patron \$250.00    Mt Whitney \$500.00**

\* = BCHC shares portion of dues with Backcountry Horsemen of America...

**Associate Memberships: AN ADDITIONAL \$15.00 PER UNIT IS ADDED TO YOUR PARENT UNIT DUES.**  
ASSOCIATE MEMBERSHIP UNIT AFFILIATIONS **MAY NOT** BE FOR THE SAME UNIT AS YOUR PARENT UNIT.

Associate Membership for: \_\_\_\_\_ \$15.00/unit  
Unit Name (from above list)

Associate Membership for: \_\_\_\_\_ \$15.00/unit  
Unit Name (from above list)

Please write additional choices on back.

Please clip form along dashed line.

## RIDE FLYERS AT OUR WEBSITE:

If anyone wants to download a flyer for an upcoming Redshank Rider ride you can find it on our website at:

[www.RedshankRiders.com/rideflyers.html](http://www.RedshankRiders.com/rideflyers.html)



### UNIT MEETING

Thursday

~ April 9th ~

Time: 6:30 PM

The Little Red Schoolhouse



### Vallecito Days

March 27, 28, and 29, 2009

Vallecito Regional Park, 37349 County Route  
S-2, Shelter Valley, California

Contact Terry Jorgensen for more info:  
[tlh9749@yahoo.com](mailto:tlh9749@yahoo.com) 760\_789\_5185

Or visit [www.RedshankRiders.com](http://www.RedshankRiders.com)

For the Ride Flyer

(please note: not a Redshank Riders event)

**WILD HORSES OF UTAH'S MOUNTAIN HOME RANGE**  
Ron Roubidoux March 1994

**INTRODUCTION**

The Mountain Home Range lies at the north end of the Bureau of Land Management's Sulphur Herd Management Area, which is located in southwestern Utah. Craig Egerton, Supervisory Range Conservationist for the BLM's Beaver River Resource Area, says that most maps show the entire north and south running range as the Needle Range, but local people break it up into the Mountain Home Range on the north and the Indian Peak Range on the south. The highest elevation in the Mountain Home Range is 9,480 feet whereas Indian Peak has an elevation of 9,790 feet. The forty mile long Needle Range is covered with heavy stands of pinion and juniper, and is located east of the Nevada-Utah border. Hamblin Valley is on the west, Pine Valley is on the east, and the Escalante Desert is on the south. Antelope Valley, the Burbank Hills, and Great Basin National Park are on the north. . .

To read more go to: <http://www.frontiernet.net/~sulphur/Roubidoux1.html>

**Mandatory Equine Licenses Enacted**

by Darol Dickinson 1-26-09

The New Hampshire Municipal Association proudly touts a new special "equine" tax that will increase jobs and create new state income from the estimated 24,000 equine in New Hampshire. A licensing of each and every equine is proposed to be effective July 1, 2009. This is a tax of \$25 per horse (equine) and in cases of refusal to comply, the state adds another \$50 to slap the cowboys in line. It isn't a smoke screen about export, food safety or disease, it is just a new state income. -

Could this be coming other states? -

To read more go to: <http://www.naisstinks.com/>

\*Please note: This information does not necessarily express the opinion(s) of the members of Redshank Riders and/or BHC-BCHA. It is for informational purposes only.

# Tentative Event and Ride Schedule 2009

<p><b>March 2009</b></p> <p><b>Mar. 1st</b> - Tule Peak Work Party (Cancelled)</p> <p><b>Mar. 21st</b> - Work Party / CHRT</p> <p><b>Mar. 20-22nd</b> - 2009 Rendezvous</p> <p><b>Mar. 28th</b> - Proposed ride</p> <p><b>Mar. 27-29th</b> - Vallecito Days</p>	<p><b>April 2009</b></p> <p><b>Apr. 4th</b> - Palm Springs Indian Canyon Rid - (see flyer on page 6)</p> <p><b>Apr. 9th</b> - Bi-monthly meeting at Little Red School House</p> <p><b>May 2009</b></p> <p><b>June 2009</b></p>
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RedShank Riders  
BCHC  
P.O. BOX 383  
Agunga, Ca 92536



2009  
Rendezvous  
March 20-22

