



RRT NEWSLETTER

283rd Edition • September, 2017

Visit our Website at
www.rrtrails.com

RRT Trail Talk

By Elana Riedel, RRT President

Our big news for the September newsletter concerns getting ready for our annual Prize Ride fundraiser on the first Sunday in October. This year, the date is October 1st. This will be our 28th year which makes us one of the longest running equestrian Poker/Prize Rides. Unlike most other Prize Rides, there is no entry fee to ride and only a nominal parking fee. Lunch and prize hands can be purchased on site by those that choose to do so.

Equestrian Poker Rides and Prize Rides are popular ways of raising money throughout the nation. Both types of rides typically have an entrance fee of \$20 to \$50 for the ride, and additional costs for poker hands and lunch. Although both types of rides may use cards, they typically differ in their payouts. Poker Rides will typically only pay cash to the top 1-5 winning hands. Prize Rides (like ours) try to have enough prizes to make sure that everyone goes home with some of the prizes. Our members work with local businesses to typically gather over 100 prizes to hand out.

There are several ways that Poker and Prize Rides can be held. RRT keeps our rides fairly simple by having a computer randomly select 3 cards for each player at the beginning of the ride, and the remaining 2 cards at the end of the ride. The computer then ranks the winning hands and prizes are given out. This allows the rider to enjoy the ride without the risk of losing their collection card along the way.

Another common method is for the rider to get a punch card at check-in. Then they draw a card from a playing deck, and their card is punched to match their chosen card. The riders carry their card to several checkpoints along the trail ride, where they will select their additional cards.



**Prize Ride 2016...
Volunteer's getting
set up and ready for
the folks to come in
for the Prize Ride at
Hidden Valley.**

At each checkpoint, they select a card and their punch card is punched. The checkpoints might also have a fun obstacle with bonus cards allowed for horses which do the obstacle correctly.

Some Poker Rides can get pretty inventive in the way riders select their "cards". Rather than draw a card at each station, there are mini-games. For instance, the mounted rider can toss a poker chip into one of 54 paper cups, toss a dart at a board with the cards mounted on it, roll a marble into a cut-out hole, or spin a dial to point at the chosen "card". These games allow for the rider to have some skill in acquiring their cards. If your horse stands steady and luck is on your side, then you might be able to earn a better hand.

Some clubs are expanding their Poker/Prize Ride days to include other activities. These are designed to encourage participants to have more fun enjoying the day, and to encourage non-horse riders to come join the fun. Some

See Prize Ride...Continued on page 3



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Calendar of Events 2017

Sept. 12	RRT General Meeting	JoJo's Pizza Kitchen
Sept. 17	Walnut Creek / Bonelli - OPEN RIDE - Sunday Ride RAFFLE DRAWING...WIN PRIZES!	Helma Bernardini
Oct. 1	RRT PRIZE RIDE - OPEN RIDE Hidden Valley - 8:30 Sign-Up.	Vicki Voss
Oct. 10	RRT General Meeting <i>Board Meeting to follow</i>	JoJo's Pizza Kitchen
Oct. 14	Trails4All's, 21st Annual "Inner-Costal & Watershed Cleanup" at Hidden Valley Nature Area at 9:00am.	
Oct. 20-22	Cuyamaca Campover Green Valley Horse Camp	Charlene Schramm
Nov. 12	RRT Calendar Meeting Sunday at 3:00 pm	JoJo's Pizza Kitchen Everyone Invited
Nov. 14	RRT General Meeting	JoJo's Pizza Kitchen
Nov. 18	Hidden Valley - Saturday Ride	Russell Grace
Nov. 24	DAT - O'Neill Park - Friday Ride Nov. 24-26 - Optional Campover - only 5 sites	*TBN
Dec. 1-3 & Dec. 8-10	Jurupa Valley "Adopt-a-Family" Christmas Parade... <i>A notice will be sent out with time and place.</i>	Elana Riedel
Dec. 12	RRT General Meeting	JoJo's Pizza Kitchen
Dec. 16	Christmas Party & Potluck	Janet Backer

*TBN - Trail Boss Needed - DAT (Day after Thanksgiving)



Kelley & Diane Cloud
Mike & Heather Hemphill
Gary Peters & Vicki Voss



Reminder...
Don't forget to send in your Dues or this will be your Last RRT Newsletter!

Renewals due in September

Lee Haag Jay & Lisa Murphy

•••• Coming up in October ••••

- | | |
|-----------------------|-----------------------|
| Amy Arnette | Pat Knudson |
| Don & Karen Balsamo | Larry Lak |
| Brenda Barker | John & Kelly LaPonsey |
| David Beekman | Daniela Olivas |
| Lynda Bowie | Daniela Lazald |
| Theresa Brandon | Lenihan Family |
| Bill Buell | Jackie Leopard |
| Lindsey Campizta | Jodie Lewis |
| Bob Cates | Michael Lofton |
| Richard Chambers | Mya Magleby |
| Joy Chase | Elodie Moore |
| Sara Colmery | Mouw Family |
| Johnny Cook | DeAnne Nevarez |
| Elizabeth Cramp | Jim & Jimmy Nocero |
| DeNunzio Family | Olivas Family |
| Desens Family | Kevin Parkinson |
| Dominguez Family | Shawn Pettit |
| Jackie Doss | Phillip & Berta Pinon |
| Leah & Duke Sullivan | Jody Sidebotham |
| Rebecca Fairfield | Joe & Connie Salazzo |
| Bobby & Bee Farmer | Gene & Susan Stauffer |
| Jeff Felcoski | Steiner Family |
| Pat French | Duke & Ellie MW |
| Russell Grace | Sullivan |
| Herb & Debbie Harland | Sandra Tirb |
| Mallory Herdrich | Colly Van Dyken |
| Kathleen Keller | Peter & Linda Wesch |
| Kellie Kinnane | Leopard & Cindy White |



- | | | |
|---------------|----------------|-----------------|
| Karen Balsamo | Mike Hemphill | Rebecca Motley |
| Lana Barns | Susan Jackson | Jay Murphy |
| Lynda Bowie | Linda Kehler | Mary Parker |
| Sara Colmery | Jodie Lewis | Gary Peters |
| Becky Hageman | Kelly LaPonsey | Mykal Thuney |
| | Michael Lofton | Colly Van Dyken |

RRT Editor would like to have you on our Birthday list. Please send to RRT Editor at c-d.typeset@charter.net or call 951.359.8333

Prize Ride is coming up on October 1st, 2017

This is our main Fundraiser for the year. We will need a lot of volunteers to help us out... Step up and give Vicki Voss a call at 951.361.2828

“WILDHORSE CAMPOUT”

August 11-13, 2017

By Kimberlie and Helma



What did I do overnight at Wildhorse... I was in the mountains... inside my horse trailer... trying to stay warm and get some sleep and I was freezing... it was soooo cold!

I had to take my horse trailer, because my motor home pooped out and went to the shop, so went to take my


weekender gooseneck and the brakes locked up and I drug it up the road to get it back into the driveway! So... I only had one choice left... the horse trailer!

As they say, “well here ya go... never say die... get out there and ride!”



RRT has a member that’s just as sweet as pie and a diehard Helma, this lady plans for weeks and months ahead of time to be able to take a trip with horses or I should say horse and donkey now. She still looks forward to RRT rides and goes even if no one else does. For her I would move heaven and earth to make sure I could go with her. It is true that the horses

are not a good match, but anywhere with Helma is always fun and if there’s a day you don’t feel like riding she’s confident enough to go explore the trails on her own. If you don’t know her...take a minute...take the opportunity to meet somebody really special Helma Bernardini!

Anyone who knows me and Prizzy Pants can only image how hard it is to take pictures on her back... these are the best I have to offer... Helma Bernardini from the RRT ride in Big Bear 2017. 



A special thank you to my sweet friend Kimberlie Hall. Apparently, I was the only rider who showed up to a club ride in Big Bear this weekend. Kimberlie, despite all sorts of truck and trailer mechanical issues, was hell bent on leading the trail ride despite a solo appearance. I know she did not go through all the hassle for herself, but for me and our friendship and her commitment to lead this RRT ride. I couldn’t ask for a prettier ride on a better weekend with this gal pal and cowgirl.

Thank you Kimberlie for the beautiful memories!

Love ya girl! 



Prize Ride...Continued from page 1

activities that have been done in conjunction with rides include: craft and farmer’s markets, horse clinicians, wine tasting, micro-brew tasting, and ice cream sundae making.

If you would like to see any of these activities added to our Prize Ride, then please come to our monthly meeting and let us know. Our Prize Ride planning starts at the beginning of each year in order to have the actual ride in October. Our Prize Ride coordinator (Vicki Voss) works hard with several dozen volunteers to produce each ride. Many volunteer positions are only for a short period of time throughout the day, and will still allow you to ride in the Prize Ride. The more volunteers we have, the less work each person has to do. You can also join our club at the ride, which will get you a free prize hand. Last year we had over 100 participants and 40 new members join RRT!

I look forward to seeing you at our 28th Annual Prize Ride on October 1st (and the RRT meeting on September 12th). **Ride Safe, Elana**



RRT Prize’s... Jay, Lisa and Elana all working hard to get all the prizes ready for the winners!



TAG YOUR IT!

Char was tagged to do an article in the Newsletter this month... Thank you for sending in your story of your adventures.

Tag I'm It....well, I am Charlene "Char" Schramm and my thing is horse camping. As I get closer to retirement, I am going more. **June** was Cuyamaca, **July** was Skillman Horse Camp in the Tahoe National Forrest, and **August** was Jack Brooks Horse Camp above La Honda. It was tough to come back to our scorching weather! Dandy is my main ride (dapple grey quarter), but my previous main ride I still have at 24. Ramon is a Peruvian Paso and soooo smooth and fun to ride. Additionally I have 2 dogs (one who loves to camp with me), 2 cats (both polydactyl) and 10 hens (always fresh eggs!). Oh yes, and one husband!



June was the Cuyamaca Group Camp. The Indian meal grinding holes are on the Azalea Springs Trail.



Hope to see you all at the RRT Cuyamaca Campout / Ride on October 20-22nd! (See Flyer)



July was Skillman Horse Camp in the Tahoe National Forest.

TOTALLY Beautiful!



"Save all our Trails!"



Jack Brooks Horse Camp in the Sam McDonald County Park, La Honda, CA. Beautiful Red Woods! Look at the clouds on the last morning as I packed up (8/30). Then drove home to 90 degrees at 9 pm!



Natural Flea and Tick Remedy with Apple Cider Vinegar

Pet owners have discovered that Apple Cider Vinegar (ACV) makes an alternative flea and tick repellent. The acidic taste is unappealing to fleas and ticks, so regularly spraying your dog or cat with an ACV solution can help keep these insects from taking over. If your pet is allergic to chemicals or you want to try a natural repellent, follow a few simple steps to make an ACV wash and solution to help fight the fleas and ticks on your pet.

ACV solution: Mix 1 cup of ACV, 1 qt. warm water, and 1 oz. of Castille soap. To help with the smell, add 2-3 drops of lavender or cedar oil to the mixture. You can also add 2 oz. of Aloe Vera, this will moisturize your pet's skin. ACV is nontoxic to dogs and cats.

Completely saturate your pet with the ACV wash solution, making sure to cover every part of the fur. Let the solution sit for ten minutes. Before you rinse your pet, you need to use a flea comb and comb through the wet fur to get out all the fleas. Check for ticks and remove them safely, then rinse completely. Disinfect the bite site with rubbing alcohol right when you pull the tick off. Check the bite and put more on it every few days so it doesn't get infected.


Repeat the ACV treatment on your pet in a few days. Fleas have a life cycle that lasts a few weeks, so if you missed any fleas the first time around, they may lay more eggs on your pet or in your home and cause a reinfestation. Once the fleas are gone, repeat as needed to ensure your pet doesn't get a new case of fleas.

Clean your pet's bedding, your bedding, furniture, carpet, fleas and ticks can live in carpet for a long time. Fleas lay eggs on your pet and then the eggs drop off their skin into the carpet and where ever your pet has been. Vacuum your house extremely well.

Make a natural spray. Combine 1 gal. of ACV, 1/2 gal. of Water, 16 oz. of Lemon Juice, and 8 oz. (230 g) of Witch Hazel in a bucket and pour mix in a spray bottle. Spray your whole house...carpets, furniture, wood floors, windowsills, crevices and corners with the spray. Your home will smell like vinegar until the solution dries. As soon as it dries, the smell goes away. You can help prevent infestation, by doing this once a month.

If you have dogs that stay outside and get fleas and ticks a lot when they are in season. Put ACV in your dog's drinking water. Having your dog ingest ACV is a great way to repel fleas and ticks from the inside.

Add a few drops of ACV to their drinking water once a day for every 40 pounds of weight. If your pet weighs less than 40 pounds, use less ACV. If your pet refuses to drink water with the added ACV, don't force your pet. Using ACV topically works just as well.

Some pet owners fear that ACV upsets cats' internal pH balance. To make sure your cat doesn't become ill, it's best to use ACV only topically on cats. 



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**The Deadline for all Advertising Copy, Ads,
Flyers, Etc. is the 20th of each month.**

DISPLAY AD ADVERTISING RATES:

Ad Size	Month	Yearly	Ad Size	Month	Yearly
Business Card	\$4.00	\$40.00	1/2 pg ad	\$7.00	\$70.00
1/4 pg ad	\$5.00	\$50.00	Full pg ad	\$12.00	\$120.00

Send your ad in a PDF or JPG format or send your copy and I will make your ad up for you and send you a proof.

Make Check # _____ out to RRT & Mail to...

RRT Newsletter Editor - Diane Thorpe
PO Box 7902 • Riverside, CA 92513
951.359.8333 • c-d.typeset@charter.net

Who's coming up in the newsletters next month?



Tag your it...

Gotcha!

**John & Evelyn
Campbell**

"YOU HAVE BEEN TAGGED"

to write something for the October Newsletter

We would like to get to know you! Write a story that reflects a little bit about you and your horses with pictures, a Cowboy Recipe or an article about horses for the Newsletter.

Send to: Diane Thorpe, RRT Newsletter Editor
E-mail: c-d.typeset@charter.net or mail
10705 Cypress Ave • Riverside, CA 92505

ACUTE MOUNTAIN SICKNESS

Thanks to Kimberlie Hall for sending in this very interesting and valuable information!

Coon Creek Cabin is situated at an 8,000-foot elevation. Travelers...may suddenly experience shortness of breath, fatigue, headaches, nausea, and other symptoms resembling flu. This condition, called Acute Mountain Sickness (AMS), it is the most common type of altitude sickness people get. It can occur at elevations as low as 5,000 feet, where it is likely to last only a day or so, but is more common above 8,000 feet. At elevations over 10,000 feet, three out of four people will have symptoms.

Not everyone feels sick at higher altitudes, and there is no way to predict a person's highest comfortable altitude. Being physically fit is not necessarily a protection. Indeed, athletes accustomed to working out daily at low altitudes may be the first to become ill if they continue intense workouts at high altitudes.

At higher altitudes, a serious medical emergency known as High-Altitude Pulmonary Edema (HAPE) may develop. This life-threatening condition is due to an accumulation of fluids in the lungs and can lead to death if not treated immediately. Those afflicted must immediately descend at least 2,000 to 3,000 feet and then be treated in a medical facility.

What are the symptoms of Acute Mountain Sickness (AMS)?

The symptoms of Acute Mountain Sickness generally appear within hours of moving to higher altitudes. They vary depending on the severity of your condition.

Mild Acute Mountain Sickness

If you have a mild case, you may experience: Muscle aches • headache • dizziness • insomnia • nausea and vomiting • irritability • loss of appetite • swelling of the hands, feet, and face • rapid heartbeat • shortness of breath with physical exertion.

Severe Acute Mountain Sickness

Severe cases of acute mountain sickness can cause more intense symptoms and affect your heart, lungs, muscles, and nervous system. For example, you may experience confusion as a result of brain swelling. You may also suffer from shortness of breath due to fluid in the lungs.

Symptoms of severe altitude sickness may include: Coughing • chest congestion • pale complexion and skin discoloration • inability to walk or lack of balance



• social withdrawal. Call 911 or seek emergency medical attention as soon as possible if you're experiencing any severe symptoms. The condition is much easier to treat if you address it before it progresses.

Helma mentioned feeling nauseous and Crickett and John noted that my complexion was white as a ghost after we returned from our ride to Coon Creek Cabin. We didn't make it all the way to the cabin..but I am sure we were close. I didn't know this information. Now that I know it... I would never put myself through that again.

Home Remedies for Altitude Sickness

You can probably alleviate symptoms of AMS quickly by taking the following measures.

Acclimatize and take it easy. Spend your first day at high altitudes relaxing. Avoid even moderate exercise until you get accustomed to the new heights.

Do not smoke and avoid drinking alcohol. Smoking and alcohol consumption increase the risk of dehydration and decrease respiration rate during sleep and can worsen symptoms of altitude sickness.

- ◆ Drink extra water. Drink as much as you can to remain properly hydrated, at least three to four quarts. Your urine should be clear and copious.
- ◆ Avoid alcoholic beverages. The fast, deep breathing you must do at higher altitudes will tend to dehydrate you, an effect that alcohol intensifies.
- ◆ Eat foods that are high in carbohydrates.
- ◆ Get headache relief. Acetaminophen or an NSAID (such as Ibuprofen) can be taken for headache.

Facts related to the elevation of Coon Creek Cabin taken from government websites.

The facts related to AMS taken from:

<http://www.healthcommunities.com/travel-health/altitude-sickness.shtml>

<http://www.healthline.com/health/acute-mountain-sickness#symptoms3>





RRT MEMBERSHIP FORM

If you are unable to attend a meeting, but would like to join RRT, please mail the following form.

Date _____

FULL MEMBERSHIP

Full Voting Privileges

ASSOCIATE MEMBERSHIP

No Voting Privileges

New Member Renewal

Single Membership \$20.00

Single Membership \$15.00

I'd like to receive my Newsletter
by E-Mail or Snail Mail

Family Membership \$25.00

Family Membership \$20.00

Family Members: Adults _____ 1 or 2 Children _____ 18 & under only

**Cash Paid _____ OR Make check # _____ payable to: Riverside Recreational Trails:
Mail to: PO Box 7902 • Riverside, CA 92513**



Adult Name _____ Birthday _____

Address _____ City/St _____ Zip _____

Phone/Cell _____ E-Mail _____

Adult Name _____ Birthday _____

Phone/Cell _____ E-Mail _____

Kids Name _____ Phone/Cell _____ Birthday _____

Kids Name _____ Phone/Cell _____ Birthday _____

DISCOUNTS • DISCOUNTS

Show your membership card at any of the following and receive a discount from these merchants:

We appreciate their support for everything they do (donate prizes, let us place fliers in their stores, etc.), so make it a point to patronize these merchants. By working together we can make a difference!

- Pedley Vet Supply
- Raincross Cyclery
- Linda's Feed • Thrifty Horse
- Prado Tack & Apparel

Visit their website: www.thriftyhorse.com
www.pedlevetsupply

Riverside Recreational Trails General Meeting



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