Chair Chatter

Wow, I looked back and had not realized how long it had been since I did a newsletter. I’ve been busy with rides and family and the time just slipped by.

In the last issue I mentioned that my son and I were going to Utah for a week to ride the Paria River and Bryce Canyon National Park. What a great time we had. It rained almost every day but we rode anyway! We met some great folks and saw some beautiful country. The bonus was I got my son all to myself for a week. I have included a few of the hundreds of pictures we took. Enjoy!

This issue includes info on lightning safety. The reason for that is we rode in bad weather and had to be mindful of possible lightning. Additionally, we were riding a river so had to be careful of flash flooding and quicksand. Another rider had gotten caught in quicksand the day before we got there and almost lost their horse!

One day we started out with the sun shining, had crossed the river several times and while riding in a slot canyon we could see storm clouds coming. We hurried out of the canyon (not the place to be in a storm) and headed back. Sure enough it started pouring, not only that but hail the size of peas! By the time we got back to the last river crossing it had risen about a foot and was running much faster!

Bryce Canyon was magical! If you ever get a chance to ride it, go for it! You can ride with a guided ride but going on your own horse is really special. You can stay at the rodeo grounds at Ruby’s just outside of the Bryce entrance.

There are several additional places in the area to ride and campgrounds just check with the National Park for more info.

Happy trails!

Marie and Buddy

Overlooking Bryce Canyon
Chevrons & Awards

Presented

Congratulations to riders who reached the following milestones since the last issue.

Presented in June 2016
Nancy DeGan, Region 3, 2,500 Hours Chevron & Recognition Award
Diana DeSpain, Region 2, 100 Hours Chevron
Roger Ward, Region 4, 500 Hours Chevron & Recognition Award

Presented in May 2016
Jayette Wilkerson, Region 6, 1,000 Hours Chevron & Recognition Award

New TRAP Members

Welcome to the following new members since the last issue! Be sure to send your hours in so we can all watch them grow!

May 2016
Sharee Shields-Long, Region 3
Leslie Groenewold, Region 12

Newsletter Contributors Needed!

This newsletter’s purpose is to promote trail riders and that means you! Do you know of a special place to ride or camp with your horse? Do you have a camping recipe you can share? What about a tack tip? We are all looking for ways to save a little money these days!

Please share your ideas and adventures with your fellow TRAP riders and send me items and pictures! You can send via e-mail at cshatrap@yahoo.com
Hey there! I am a new member to TRAP, and I would like to share one of our favorite summer horse camping spots. Paloma Meadows in the Sequoia National Forest.

Camping spots are on a first come first serve basis. No reservations, and there isn't a camping fee.

The campgrounds include a ton of hitching posts, a few pipe corrals, an out-house bathroom, a well to pump water, fire pits (but the past couple years that we have gone, fires were not allowed because of the drought. Gas stoves were okay), picnic tables, and a GIANT Pasture fully enclosed by barbwire fencing. There is also a water trough in the pasture that runs from the well into the trough. And there is trail access from the campgrounds.

http://www.fs.usda.gov/detail/sequoia/home/?cid=fsbdev3_059489

Happy Trails!
Amy Van Leuven

Following is an excerpt from the above webpage:

Public Pastures are available for horses and pack stock and include Big North and West, Cannell, Manter, Beach and Paloma Meadows. These areas are available on a first-come, first serve basis and camping is allowed adjacent to these pastures. Please check for seasonal closures.

For more information and directions contact the Kern River Ranger District 760.376.3781
Is New Hay Safe?

UC Davis Center for Equine Health posted this great article so I’m just passing it along.

Summer brings a barn full of new hay for many equine facilities, however, a sudden transition to new hay can be a source of colic.

Here is a great article by Eastern Hay and Grain:

Last year’s hay is nearly gone from your hay lofts. The farmers have been busy growing and harvesting their hay crops, and fresh, new bales have just arrived at your farm. It should be a beautiful sight, right? Those bright green bales riding up the bale elevator to be stacked in your loft, ready to be greedily consumed by your horses.

Yet some people have concerns about fresh, new hay. Will the horses colic or founder from the fresh hay? We’ve all been warned against feeding grass clippings to horses, or hay that’s just been mown. So isn’t new hay dangerous too? Shouldn’t it sit for a while before feeding? The answer is, not if it’s been properly cured.

To check that new hay in your loft, simply open a bale and take a look at it, smell it, and feel it. If it is dry, and smells good, you’re fine. Dry hay is fine; if it wasn’t dry, it should not have been baled. So if it is wet, and/or smells musty, it has not been properly cured and is not safe to feed. If the hay has been treated with a preservative, it will not have that sweet smell, rather it smells a bit like vinegar. In this case, just make sure it is dry and has no mold and you will be all right.

Another thing for you to keep in mind is that it is important to properly transition your horses to the new hay. New hay is full of protein and nutrients. Mix a little of it in at a time with your old hay and gradually replace the old hay with the new. This way you can slowly acclimate your horses to the new hay. Feed less of the new hay because of the increased protein and nutrients. It’s similar to having your horses on grass hay and switching them to alfalfa. You wouldn’t just take away the timothy and throw alfalfa at them. You would switch gradually to allow their systems to adjust.

This extra protein and nutrients could be one of the reasons that some horsemen got nervous about new hay. Their horses might have had extra energy or reacted adversely to a sudden switch. But it’s not the hay (again, if it is properly cured), it is the process of adjustment.
A lot of us are riding the high mountain areas this summer.
As you know a storm can come up quickly.
Please keep in mind the risk of lightning and carry your slicker!
Paria River and Canyon

One of many Paria River crossings!

Paria Canyon

Dropping down into the river

Jay and Toby in Paria Canyon

What you can’t see is the 150 foot ravine behind him!
Bryce Canyon

Too beautiful for words!

Having a great time!
Camping Recipes!

Foil-Pack Chicken & Mushrooms

This is an easy to prepare dish that you can just throw on a barbecue or grill over the fire. And bonus, no dishes!

What You Need
- 1 can (10-3/4 oz.) reduced-fat reduced-sodium condensed cream of mushroom soup
- 1-1/4 cups water, divided
- 1 pkg. (6 oz.) STOVE TOP Stuffing Mix for Chicken
- 6 small boneless skinless chicken breasts (1-1/2 lb.)
- 6 slices OSCAR MAYER Deli Fresh Smoked Ham
- 1-1/2 cups sliced fresh mushrooms
- 1-1/2 cups frozen peas

Make It
- Heat oven or barbecue to 400°F.
- Mix soup and 1/4 cup water.
- Combine stuffing mix and remaining water; spoon onto centers of 6 large sheets heavy-duty foil sprayed with cooking spray.
- Top with chicken, ham, vegetables and soup.
- Fold foil to make 6 packets; place in single layer on barbecue or grill.
- Bake 30 to 35 min. or until chicken is done (165°F), turning occasionally. Cut slits in foil to release steam before carefully opening packets.
Mail Rider Logs and TRAP registrations to:
Marie Grisham
663 El Centro Rd.
El Sobrante, CA  94803
Phone: 510-304-1025
E-mail: cshatrap@yahoo.com

TRAP Website:
cshatrap.org

Go to
www.facebook.com/cshatrapntrail

TRAP awards and milestones are now being posted on the TRAP Facebook page!
Like our page and get the updates faster!