



TRAP Trails

Trail Rider Awards Program
California State Horsemen's Assoc.

Chair Chatter

I'm trying to get this month's newsletter out before leaving for a few days to visit my daughter and her family for Thanksgiving. I hope you all get a chance to spend time with your family and friends this week.

I don't know about you but I have a lot to be thankful for. I'm not a religious person and believe most good things in life come from your own efforts and a bit of luck. I have two grown up, very responsible, children who have been successful in life and love. Hopefully I influenced them during their "formative years" by working hard, taking time to enjoy the results of my labors, loving them to the moon and back, making them do chores and be responsible for their actions.

They were involved in 4H, Boy Scouts, Girl Scouts and horses. I think these activities helped teach them to be responsible, patient and caring. If they didn't feed the rabbits they also went hungry, if they weren't patient with the horses they would not get the results they were working toward, and that practice may not make perfect but certainly makes better. To care for your fellow man by helping with food drives and at shelters and learning when they see others' situations to be thankful for what they have. I see them passing these traits along to their children. I see hope for our future in the youth of today.

The recent election has fractured this nation and I hope, no I believe, that we will all get past this. Let's put all the bad feelings aside and agree to disagree, be civil to one another and continue to be the greatest nation on earth.

Have a fantastic Thanksgiving everyone!

Happy trails!

Marie and Buddy



November 2016

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My sister's and my families at our annual family campout!

Chevrons & Awards Presented

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

- Presented in November 2016
 - Dagmar Hoheneck, Region 1, 500 Hours Chevron & Recognition Award
 - Marie Grisham, Region 5, 3,500 Hours Chevron & Recognition Award
 - Marla Morang, Region 5, 200 Hours Chevron
 - Charlotte Johnson, Region 2, 1,500 Hours Chevron & Recognition Award
 - Michael Sinisi, Region 7, 100 Hours Chevron
 - Amy Van Leuven, Region 7, 100 Hours Chevron
- Presented in October 2016
 - Leslie Groenewold, Region 12, 100 Hours Chevron



New TRAP Members

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

October 2016

Ava Tom, Region 5

Just a side note, Ava is a Junior rider who did her first camping trip with her grandparents last month!



Newsletter Contributors Needed!

Vicky Beelik from Region 9 continues her funny and informative mounting article. Check out page 5!

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



2017 TRAP Renewals

Renewals for 2017 are due January 1st. Beat the holiday rush and renew yours today!

You can quickly renew on-line (for a slight fee) using your credit card by going to the TRAP website membership page at:

<http://cshatrap.org/paypal-trap-membership.html>

You can also renew your CSHA membership at the same time!

If you want to just mail in your renewal, the renewal application form is also available from the above page.

If your renewal is not received by January 31st your 2017 hours from 1/1/17 through the time it is received will not count! Don't lose any hours! Get your renewal in now!

H.R.845 - National Forest System Trails Stewardship Act

Passed the Senate on November 16th, 2016 and was presented to President Obama on November 18th!

The following was copied directly from the Congress.gov bill summary:

This bill directs the Department of Agriculture (USDA) to publish a national strategy to significantly increase the role of volunteers and partners in trail maintenance.

The strategy shall:

- augment and support the capabilities of federal employees to carry out or contribute to trail maintenance;
- provide opportunities for volunteers and partners to carry out trail maintenance in each region of the Forest Service;
- address the barriers to increased volunteerism and partnerships;
- prioritize increased volunteerism and partnerships in those regions with the most severe trail maintenance needs, and where backlogs are jeopardizing access to national forest lands; and
- aim to increase trail maintenance by volunteers and partners by 100% within 5 years.

As a component of the strategy, USDA shall study opportunities to improve trail maintenance by addressing opportunities to use fire crews in trail maintenance activities that do not jeopardize firefighting capabilities, public safety, or resource protection. Upon a determination that trail maintenance would be advanced by the use of fire crews, USDA shall incorporate these proposals into the strategy.

The Volunteers in the National Forest Act of 1972 is amended, for purposes of certain provisions relating to the employment status of volunteers in the National Forests Program, to include as a volunteer a person providing volunteer services to USDA who is recruited, trained, and supported by a cooperator under a mutual benefit agreement with the USDA.

Such a volunteer also performs such volunteer services under the cooperator's supervision as directed by the USDA in such agreement, including direction that specifies:

- the volunteer services to be performed by the volunteers and the supervision to be provided by the cooperator;

- the project safety standards and protocols to be adhered to by the volunteers and enforced by the cooperator; and
- the on-site visits to be made by USDA, when feasible, to verify that volunteers are performing the volunteer services and the cooperator is providing the supervision agreed upon.

USDA shall adopt regulations for the implementation of this section. Such regulations shall ensure that the financial risk from claims or liability associated with volunteers who undertake trail maintenance is shared by all administrative units.

USDA shall report on:

- the effectiveness of the strategy in addressing the trail maintenance backlog;
- the increase in volunteerism and partnership efforts on trail maintenance as a result of the strategy;
- the miles of National Forest System trails maintained by volunteers and partners, and the approximate value of volunteer and partnership efforts;
- the status of the stewardship credits for the outfitters and guides pilot program established by this bill; and recommendations for further increasing volunteerism and partnerships in trail maintenance.

(Sec. 5) USDA shall select at least 9 and no more than 15 priority areas for increased trail maintenance accomplishments.

Priority areas shall include a well-defined region on National Forest System land where the lack of trail maintenance has:

- reduced access to public land;
- led to an increase, or risk of increase, in harm to natural resources;
- jeopardized public safety;
- resulted in trails being impassible by the intended managed users; or
- increased future deferred trail maintenance costs.

In selecting priority areas, USDA shall:

- consider any public input received on such areas within three months of enactment of this bill;
- consider the range of trail users, including motorized and non-motorized trail users; and
- include at least one such area in each region of the Forest Service.

Within six months of the selection of the priority areas, USDA shall develop an approach to substantially increase trail maintenance accomplishments within each area.

In developing such an approach, USDA shall:

- consider any public input received on trail maintenance priorities and needs within the priority area;
- consider the costs and benefits of increased trail maintenance within the priority area; and
- incorporate partners and volunteers in the trail's maintenance.

In utilizing such an approach, USDA shall substantially increase trail maintenance within each of the priority areas.

Regional volunteer and partnership coordinators may be responsible in assisting partner organizations in the development and implementation of volunteer and partnership projects to increase trail maintenance within the priority areas.

Trail riding and mounting woe's

Part II -Getting a friend to help you mount your horse.

V. Beelik, Region 9

“A friend in need, is a friend indeed”. A very famous quote, no doubt. What if you are the friend in need and your need is a leg up onto your 4-legged friend?

This still applies to the height challenged, tall horse challenged, older challenged or just tired challenged” people who’ve been riding the trails from a month to years, we’ve all experienced horse mounting challenges.

This article will focus on mounting with the help of a friend, or maybe even a stranger. There is a certain exercise one can do to help facilitate the ability to do this. And there are inherent risks as with mounting from a friend (or stranger’s) assistance.

When preparing yourself for assisted mounting, there is only one exercise you need to do. It’s called “balance exercises”. Perhaps this is good time to start Yoga. This will help with any kind of mounting technique you use. Get yourself used to balancing on one leg with the other leg lifted and bent in front of you (do you remember the “Karate Kid”, become that). While the other leg is lifted, jump on the one leg. You are ready for assisted mounted when you can do this without falling like a dead tree. Note of caution, don’t practice this in the grocery store.

Now, let’s look at the difference techniques of “friend assisted mounting”.

- 1) **The straight up lift.** This doesn’t happen very often so it only needs a quick description. This is when your very strong &/or tall friend decides the best way to get you in the saddle is by lifting you by your waste, straight up so you are high enough to swing your leg over. Do I need to discuss the hazards, besides your head landing in a branch, of this style of assistance?
- 2) **Single leg lift.** We all have done this. Your friend cups his/her hands at a reasonable height and you put your off foot into it. While you lift your “swing over” leg, they lift their hands to help push you up. This can be done quite successfully when the help comes from someone else who knows how high they can lift.

There is a primary hazard with this technique, I like to call it the “Fly over”. A friend lifts too high too fast. As you head up and begin to swing your leg over the saddle, you find yourself in upward momentum. Usually, by the time you realize this is happening, you’re going too fast to tell your friend to stop, or grab something that will stop you. Up you go and over you go, right on the other side of the horse. Usually, you land head down (again, justifying the helmet). The good side is that your horse is still standing there because you never even made contact. The bad side is that your friend has walked away like they were never involved or they are laughing so hard they are buckling over, either way they aren’t any help to you and you need to find a new friend with a slower lift speed.

There is a secondary hazard, although not as common. I affectionately call this the “cheerleader”. You know when the cheerleaders jump in the air, creating a “Y” frame with their legs as they raise their arms? Consider this the Cheer leader above the saddle. Imagine this; they lift but by the time you realize they are going up too high, too fast, you’ve already assumed “over the saddle position”. Usually it’s the same outcome, landing on the other side, head down, horse still there and friend trying to escape.

There is one final consideration; it’s the friend that thinks they are stronger than they are. This is when they lift and you fully expect to get enough height to swing your leg over but the lift just isn’t quite high enough. By the time you realize you are getting nowhere near the top of the saddle, you are slamming into the side of it. The mounting leg is somewhere off to the North, your face is sliding down the side of the

saddle to the South and your friend is headed East.

- 3) **The knee push.** Your friend gets down on one knee, you use that knee as a step stool. Push off with the closest leg to swing your leg over.

The first hazard (maybe it's not the first but it is to me because I've done this about 2,573 times) is the "under estimation crash". In your mind, you think you are pushing yourself high enough to swing over but in reality, you crash into the saddle like a bird flying into a window. Although, your scrambling and grabbing for something to help you, it's too late and you're already headed south. Sometimes you may be lucky enough to land on your helpful assistant who was not only there to help you up but turned out to be a great cushion.

The second hazard isn't as common. Let's call it the Lift/take down. Simple description; you step up, you push off, as you push off your lift leg slips and you go tumbling down on your helpful assistant. I think this may contribute to the divorce rate amongst equestrians. Usually both of you land underneath your horse, who steps to the side and walks off in embarrassment.

- 4) **I saved the best for last.. the "butt lift".** This isn't something you visit the plastic surgeon for and it usually costs a lot less (some may offer to pay you). Sometimes it's even enjoyable, depending on who's doing the lifting. Your willing "lifter" helps to lift you up and pushes your rear to help you get higher for clearance.

I am going to tell you a true story. It is true and it happened to me. First, I need to tell you that I usually ride in shorts. I love riding in running shorts. As a competitive rider, I get off a lot and hike so I am in shorts and running shoes (don't worry, I have baskets so I don't get my foot stuck). I have some great workout shorts that I wear under my running shorts. This is just to make sure everything stays where it should.

One day I went on a relaxing group ride with some friends. Since it was going to be an easy, short (I mean distance) ride, I rode in just my running shorts. I was on a very narrow trail when I dropped my camera. I jumped off to grab my camera and realized the trail wasn't wide enough nor was there something for me to climb on so I hiked down to the bottom of the hill. As the group waited for me to find a rock, a nice gentleman offered to give me a "leg up". He explained that he'll help push me up. I (very nicely) refused and thanked him for his offer, but my friends insisted I let him help. I was very apprehensive for two reasons: 1) I had nothing under my running shorts and 2) his plan was to help me via the "butt lift". I gave in and accepted his offer after about 5 minutes of my friends pushing.

Before letting him help me, I mentally planned what I needed to do. I need to let him lift, keep my legs as close together as possible until the last moment and swing myself over in a forward manner so I could swing my leg after there was a risk of any exposure (literally).

It was time.. errgggghhh... he got my foot in one hand, lifted and pushed my rear right up. The problem was that he lost his balance just a bit which pushed me back. I had to swing my leg early to avoid completely missing the horse. Well, there were multiple outcomes to this;

- 1) friends realized the bathroom wasn't close enough because they were laughing so hard.
- 2) I had to apologize for the unplanned, rated R show.
- 3) I had a standing offer for the rest of the day for this type of assisted mounting.

I think I've made my point regarding this type of mounting assistance and probably why they say to make sure you have clean underwear.

These are the three most common types of human assisted horse mounting techniques. I'm sure there are more and if I think of that many, I may even add another part to this series (lucky you). No matter what type of assisted mounting you choose, remember to use someone you know and trust. It's also important to remember they are too committed to leave you if something happens or it's someone you don't care about that much.

Now, go find your future lifter and practice that flying technique.



Taa Daa! Successfully Mounted!
Vicky and Salaam

**Trail Rider Awards Program
California State Horsemen's Assoc.**

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