



# TRAP Tails

Trail Rider Awards Program  
California State Horsemen's Assoc.

## Chair Chatter

I had a few days between trips so am trying to be good and get a quicky newsletter out! :) It may seem I'm gone more than I'm home and you would be right! I'm taking full advantage of my new trailer!

The last weekend of July we went to Franks Valley Horse Camp near Muir Beach and Muir Woods. Although the weather Friday through Sunday was cool and foggy we had a great time. On Sunday 14 of us planned to go to the beach but it was so crowded we decided it was smarter to avoid it. Of course on Monday, the day we came home, it was beautifully clear and those that stayed enjoyed the nearly empty beach!

Next on the list for August was a trip with friends to Wrights Lake then a turnaround to Santa Cruz with my club for a weekend at Henry Cowell Redwoods State Park. We stayed at the Santa Cruz Horsemen's showgrounds next to the park. This was a real treat as there is no horse camping at the park. September saw us at Skillman over the Labor Day weekend and we just got back from a week at Yosemite.

Between trips I've been busy keeping up to date posting the TRAP logs. I finally got the Trails Database caught up. It's amazing that even though the number of TRAP riders have declined we still report a lot of hours! The total hours reported for 2015 was **12,580!** As of early July the reported 2016 hours equal **1,572!** Of course lots of folks send hours in every few months so that number will grow! Thanks to those of you who send them monthly, it makes it easier for me to stay on top of things!

Well, thanks so much for letting me babble on! Buddy and I hope you have having a fabulous summer!

Happy trails!

From Franks Valley in Marin. On Coastal View Trail overlooking the San Francisco Bay behind us and the Pacific Ocean in front of us!



August/Sept 2016

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## UC Davis Acquires First Equine PET Scanner

May 20, 2016

The UC Davis veterinary hospital recently acquired a positron emission tomography (PET) scanner, becoming the first veterinary facility in the world to utilize the imaging technology for equine patients. In association with the UC Davis School of Veterinary Medicine's [Center for Equine Health \(CEH\)](#), the hospital will launch use of the PET scanner in the summer of 2016. The unit has been acquired for research and clinical studies on lameness diagnosis in horses.



While most other imaging techniques provide “morphological” information (identifying changes in size, shape or density of structures), PET is a “functional” imaging technique, observing activity at the molecular level – detecting changes in the tissue before the size or shape is modified. Once morphological changes have occurred, PET can tell whether the changes are still active or not.

“In practicality, that means two things,” said Dr. Mathieu Spriet, a UC Davis veterinary radiologist. “One, PET can detect lesions that other advanced modalities do not identify, and two, it can tell us if a lesion—identified with another modality—is a significant injury or not.”

The equine PET scanner has produced initial data—obtained last year at UC Davis during a research project using a prototype of the new scanner—that demonstrates great success for bone imaging. The project revealed several PET capabilities for equine imaging:

- identified small areas of bone remodeling at the attachment of tendons or ligaments missed with other modalities
- showed increased activity in bone adjacent to joints, where degenerative changes are known to occur, before morphological changes were present
- revealed increased activity in some joint fragments whereas other joint fragments appeared quiet
- demonstrated that some areas of bone proliferation were active, whereas others were quiescent.

“Preliminary data suggests that PET will be the next big revolution in equine imaging since the development of MRI,” said Spriet.

In order to confirm these findings and further define the role of PET in lameness imaging, UC Davis will launch a clinical trial in the fall of 2016. Horses likely to benefit from enrollment in the trial are:

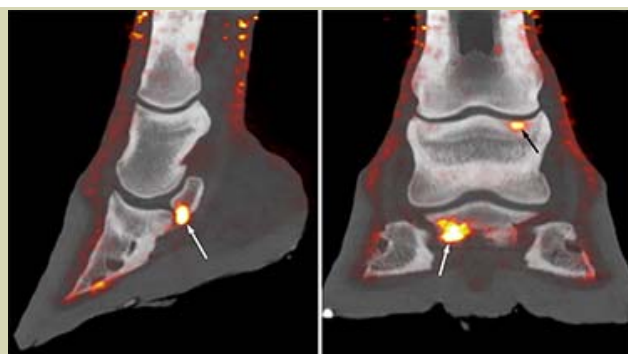
- horses for which other advanced imaging modalities (MRI, CT or nuclear scintigraphy) have failed to identify the cause of the lameness
- horses for which the results of other imaging modalities are confusing due to the presence of multiple abnormalities or equivocal findings

PET has also shown great promises in evaluating soft tissue lesions, in particular regarding laminitis and tendon lesions. Research studies gathering further information in these specific areas will commence shortly at UC Davis. As more data becomes available, additional clinical trials will likely develop.

Support for research projects and clinical trials involving PET, as well as the acquisition of the scanner, was provided by the [Grayson-Jockey Club Research Foundation](#) and private donations through CEH.

“We’re grateful that our donors can see the vision of what these new technologies can bring to equine health,” said Dr. Claudia Sonder, director of CEH. “We look forward to this PET research translating to cutting-edge clinical applications at the UC Davis veterinary hospital.”

Combined PET and CT images of the foot of a 20-year-old Thoroughbred. The PET demonstrates an active lesion of the navicular bone (white arrows) as well as abnormal uptake in the bone adjacent to the pastern joint (black arrow). This second lesion was not seen on the CT, but suggests early degenerative changes that could lead to the development of a bone cyst.





## New plan to give US horse riders better off-road equestrian access

This article was obtained from a Facebook post from [www.Horsetalk.co.nz](http://www.Horsetalk.co.nz) For more articles check out them out on Facebook. [Horsetalk on Facebook](#)

The United States’ forest trails for equestrian and recreational access have received a boost with the country’s House Agriculture Committee approving a Trail Bill.

The National Forest Service Trail Stewardship Act of 2015 (H.R.845) has been unanimously approved by the House Committee on Agriculture. The bill, introduced by Congresswomen Cynthia Lummis (R-WY) and Tim Walz (D-MN), would direct the Forest Service to take several actions to help address the current trail maintenance backlog that is adversely impacting all trail users in many National Forests, including equestrians.



Chilnualna Fall Trail - Yosemite

“The recreational horse industry contributes \$US32 billion a year to the economy and supports nearly 435,000 jobs nationwide,” said American Horse Council president Julie Broadway.

“The industry is dependent on access to public lands and well maintained trails and the current Forest Service trail maintenance backlog is a serious threat to equestrians and all recreational users’ ability to enjoy our national forests.

“The AHC, Backcountry Horsemen of America, and the Wilderness Society and many other recreational groups have all been working together to advance this bill.”

Sylvia Lake Trail - Wrights Lake



“Trails keep our public lands accessible for all Americans and fuel a powerful outdoor economy. They are simply too important to lose. This bill will keep more trails open, and that’s a good thing for anyone who uses or cares about our public lands,” said Paul Spitler, director of Wilderness Policy at The Wilderness Society.

“The condition of trails on our national forests has reached crisis level,” said Donald Saner, chairman of the Back Country Horsemen of America. “Public access on many forest trails is either blocked by miles of downed timber or made unsafe from a lack of upkeep. The bill before Congress represents a low-cost solution to encourage more volunteers and partners to help shoulder this burden. At a time of shrinking federal budgets, why would Congress not act to pass this important bill?”

A June 2013 study by the Government Accountability Office (GAO) found that the Forest Service has deferred trail maintenance needs that exceed \$US500 million, and only one-quarter of the agency's 158,000 miles of trails meets agency standards for maintenance. This maintenance backlog is causing access and safety issues for equestrians and all trail users on national forests.

The National Forest Service Trail Stewardship Act would direct the Forest Service to develop a strategy to more effectively use volunteers and partners to assist in maintaining national forest trails. It will also provide outfitters and guides the ability to perform trail maintenance activities in lieu of permit fees.

"This bill has strong bi-partisan support because it will improve trail maintenance without the need for additional funding," said Ben Pendergrass, AHC, Sr. VP, Policy & Legislative Affairs. "The AHC strongly supports this legislation and is pleased the Committee has overwhelmingly approved it. We hope the full House and Senate will move quickly to pass this bill before the end of the year."

**The American Horse Council encourages all equestrians and trail users to contact their Senators and Representatives and urge them to pass the National Forest Service Trail Stewardship Act before Congress adjourns for the year. There are only a few days left in session this year, mostly in November. Get your comments to your elected officials ASAP so they can act on this important issue!**

**Following are links to contact information for your Senators and Representatives:**

**Senators:**

[http://www.senate.gov/general/contact\\_information/senators\\_cfm.cfm?State=CA](http://www.senate.gov/general/contact_information/senators_cfm.cfm?State=CA)

**Representatives (Congressmen):**

[http://www.house.gov/representatives/#state\\_ca](http://www.house.gov/representatives/#state_ca)



Paria River - Near Kanab Utah

## **Pitch In, Get Dirty, Build Trail and Make Friends! #RidgeTrailDay**



On **November 5**, hundreds of volunteers in the San Francisco Bay Area will join the Bay Area Ridge Trail Council, REI, and our park and non-profit partners for the 9th annual **Ridge Trail Day** to celebrate and give back to the trail we love!

Volunteers will repair trail tread, build fences, remove litter, and give the Ridge Trail some TLC! After their hard work, volunteers will enjoy a delicious lunch donated by Chipotle, and have a chance to win great prizes from REI.

Register to attend at the website below. The locations, descriptions, and hours for each project are listed on the website to help you choose a site to attend.

<https://www.eventbrite.com/e/ridge-trail-day-2016-tickets-27736649064?aff=efbneb>

Don't forget, any time spent on trail maintenance or construction counts for TRAP hours! Lets get out of the saddle for a while and build or maintain some trails! It feels great when you ride the trails you worked on to be able to say "I helped build this!"

If you are not in the Bay Area, check your local trail organizations for events near you. They always need volunteers.

Pacific Crest Trail: <http://www.pcta.org/volunteer/>

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## Camping Recipes!

### Dutch Oven Lasagna

Serves: 8

#### Ingredients

- 2 lbs — Ground beef, browned and drained
- 23 oz jar — Your favorite spaghetti/marinara sauce
- 3 cups — Shredded Mozzarella
- 2 cups — Ricotta
- ½ cup — Grated Parmesan
- 2 — Eggs
- 1 TB - Italian seasoning (or ½ TB each of dried Basil & Oregano)
- 14 oz can — Artichoke hearts, drained and quartered
- 1 cup — Water
- 8 oz — Sliced fresh mushrooms
- 2 cups — Fresh spinach

About 15 lasagna noodles (Can use the oven ready, but it's not necessary)



#### Instructions

1. Start about 24 pieces of charcoal in a charcoal starter. In about 10 minutes, they'll be ready to cook with.
  2. Combine 2 cups Mozzarella, Ricotta, Parmesan, eggs and seasoning; set aside.
  3. Combine ground beef and spaghetti sauce; set aside.
  4. Layer the bottom of the Dutch oven with lasagna noodles.
  5. Spread about one-fourth of the meat/sauce mixture over noodles.
  6. Spread about one-third of the cheese mixture over meat. Top with a handful of mushrooms, spinach and artichoke hearts.
  7. Repeat until you have three full layers. Finish the top layer with remaining meat/sauce mixture, spinach.
  8. Season with additional Italian seasoning, if desired.
  9. Pour water around the outer edge of the assembled lasagna.
  10. Place lid on Dutch oven.
  11. Disperse 12 charcoal briquettes beneath the vessel. Scatter another 12 briquettes on the lid. Bake for about 45 minutes.
- Top with remaining cup of Mozzarella and bake for another 15 minutes.



**Trail Rider Awards Program  
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Mail Rider Logs and TRAP registrations to:  
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