



# SHADOW HILLS ROUGH RIDERS

CORRAL 20 JANUARY NEWSLETTER



## President's Message

Happy New Year to all! If you weren't at our Holiday Party, you missed a great party and fun way to bring in the New Year. We are looking forward to an exciting 2008, filled with more fun with our horses!

The Corral has gotten lots of goodwill from our community with our Trail Maintenance Days which we will continue throughout 2008. For those of you who have not joined in on the fun, I encourage you to spend a morning outside getting some exercise, lots of laughs, the good feeling that comes from helping out and even lunch! The Corral thanks Tara Walker-Nollner and Debby Mader for their dedication and hard work. Thanks Ladies!

The year will bring many opportunities to volunteer, make new friends, camp with your horse and new cronies and on a more serious note, help to preserve our beloved equestrian way of life and trails. We can do amazing work together!

One event we have to look forward to in February is our Lifetime Member; Burt Bonnett will turn 98 years young! We will be having a local Birthday Ride which will end at our house for a Birthday Bash BBQ. There are places to tie your horses, so I hope you can ride by, or just come by to sing Happy Birthday to Burt. He is a testimony to the equestrian way of life providing longevity! See the newsletter for more details on this celebration.

I look forward to seeing you all at our meetings, rides and events this year; together we can really make a difference in 2008.

See you on the Trail,  
Terry



New and Returning officers

President: Terry Kaiser  
818-262-0315

Vice President: Tara W. Nollner  
818-352-6419

Secretary: Matt Bowes

Treasurer: Antoinette Dohmen  
Trail Co-coordinator: Susan Kaiser  
818-749-4508

Randy Hammock: ETI Delegate  
818-612-7421

Becky Borquez: Membership  
818 352-3634

Newsletter: Tara W. Nollner  
Mary Robbins 818-352-1937



Hi everyone, wows are we off to an exciting new year! We have a lot of great events planned and some fun changes to the corral. I am excited to share with everyone that Mary Robbins and I are going to take over the newsletter. Nikki has done such a wonderful job for a long time that she has left us with some big shoes to fill. Nikki I hope we'll make you proud.

We have some events that are coming up fast!!

**January 19, 2008** is our Happy Camp day ride. Kris Picard is our trail boss for this ride;. Happy Camp Canyon Regional Park, in the eastern Ventura County city of Moorpark, offers visitors 12.5 miles of trails in a 3,000-acre wilderness area frequented by hikers, equestrian riders, and mountain bikers. The open grasslands and deep forests are abundant with wildflowers and wildlife including rabbits, bobcats and golden eagles.

Ready to Ride at 9:30 am

Directions : to Upper Parking Area (primarily for equestrians) 14105 Broadway, Moorpark. From the 101 and 118 Freeways, take to the 23 north, exit Los Angeles Avenue. Go west to 3rd signal (Moorpark Avenue), turn right. Go 2.6 miles beyond the railroad crossing to a sharp left turn. DO NOT TURN LEFT but continue straight and make an immediate right turn on to Broadway Avenue.

Ride will be about 4 hours, easy trails, lots of wild life and even flowing water  
Bring a sack lunch and drinks. Don't count on water for your horses, so if you want to, bring water for your horse. Call Kris Pakard to let her know you are coming - 805-432-8916



**January 20**, is our trail maintenance day. We will be staging at Gabrieleno Park at 9:30. Bring your work gloves and jokes and let's get our trails back in shape after these past rains. We will be working on the same trails we **all** ride on in the dam. Please come out and support your corral. These are your trails too and we need your help. The corral will supply refreshments/lunch afterwards. For more information please call Debra Mader at: 818-653-7628. We look forward to seeing you there!

**January 30:** Corral meeting at the home of Marv and Mary Robbins 818-352-1937: 10170 Maude Ave, up the long driveway off Wheatland (between Art and La Canada Way) please come at 7 pm. The meeting will start promptly at 7:30.

**January 31 - February 3<sup>rd</sup>** The Equine Affair in Pomona. They have some great speakers and vendors galore!

**February 9:** Trail work day: We will be working on the "Water Trail" that runs parallel to Wentworth Ave. We will be parking at the Ryan's on the corner of Wheatland and Wentworth. For more information please contact Debra Mader at 818-653-7628

**February 16:** Its Burt Bonnett's birthday ride. Please join us for a beautiful ride in our local hills celebrating Burt's 98<sup>th</sup> year on the planet! We will ride approximately 2 ½ hours or so with a bbq/birthday celebration to follow at the Kaisers. Non riders welcome to stop and celebrate at the Kaisers at 12:30ish at 10354 Mc Broom Street. Staging will be at Gabrieleno Park in the saddle at 9:30. For more information please contact Susan or Terry at 818-353-4682.

**March 1:** Trail work day, please contact Debra Mader for more information at 818-653-7628

**March 15:** Devils Punchbowl ride. Wendy Baily will be the host and trail boss for this wonderful and exciting ride. A 3 hour ride with a picnic stop over at the Devil's Punchbowl. There will be some awesome overlooks. The trail consists of semi difficult rocky hills, sandstone canyons, and pretty scenery. The staging area will be at her home at 28800 Cruthers Creek, Juniper Hills 93553 Juniper Hills please RSVP with Wendy at 661-944-9784.



**WE ARE IN THE MIDST OF RECONSTRUCTING OUR CORRAL 20 WEBSITE. PLEASE REFER TO THE WEBSITE FOR EVENTS BEYOND THE POSTING OF THE CURRENT NEWSLETTER.**

Also, we will be adding new areas to the news letters like classified ad section, horse facts, trail news, and upcoming non ETI events. We are open to suggestions and would love to hear the membership's opinions on how we can improve our Corral. Please feel free to send in articles, stories, jokes; things you feel the corral would appreciate, and get a giggle from.

**MEMBERSHIP UPDATES:**

Past Due:	Diane Rhodes Bonnie Plank Bobbie Sale	Tara Nollner Christophe Jonatowski Chris Keegan	Charlotte Linstrum Stefanie Waller Christy Kail
-----------	---	---	---

Due Now: (January)	Marianne Cann Fred Neill	Bonnie Graboyes Sonny Sardo	Susan Honig
--------------------	-----------------------------	--------------------------------	-------------

Coming Due: (February)	Suzy Benfatto	Vickey Gilmore	Randy Oglesby
------------------------	---------------	----------------	---------------

\*\*\*Membership rates: \$50 family, \$35 senior, \$30 junior Please be sure to add a \$5.00 per adult insurance surcharge to all memberships!!

**HAPPY TRAILS!**  
Becky Borquez



## Subject: 2008 "Equestrain" Weight Loss Program!

At this time of year, after the holidays, 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 women get attempting to get into a sports bra and riding pants and men into their britches!

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, 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, pickup, 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, 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 sonofabitch 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, it's 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 is dropping off in chunks.

It's best not to overdo it, so dismount, grab a glass of wine, and head in to recover in a bubble bath.

Mark your calendars for January 22, 2008, the National Call-In Day for Horses!

The doors on the last remaining U.S.-based horse slaughter plants have been shuttered. Now, Congress must pass the American Horse Slaughter Prevention Act (H.R. 503/S. 311) to end the transport to slaughter of American horses to Mexico and Canada. Even when plants were operating within the U.S., several thousand horses were exported to Mexico and Canada annually. Though the total number of American horses killed has dropped, all of them are now enduring terribly long trips over the border that end in a grisly form of slaughter. We have said all along that we must pass federal legislation to stop horse slaughter and the need has never been more urgent.

On January 22, please call your two U.S. senators and U.S. representative and express your support to end horse slaughter permanently.

- a.. Senator Barbara Boxer at (202) 224-3553
- b.. Senator Dianne Feinstein at (202) 224-3841
- c.. Representative Brad Sherman at (202) 225-5911

Please tell your friends and family how they can help end horse slaughter, too. Email and handout the National Call-In Day for Horses flier to everyone you know!

Watch your email on the morning of January 22 for special Call-In Day instructions. Your emails and calls will not only make a difference, they will help make history. Help us end horse slaughter forever.

Thank you for all you do for animals.

Sincerely,

Wayne Pacelle  
President & CEO  
The Humane Society of the United States

We hope you have enjoyed the first newsletter of the year and with new folks as scribes  
Take care and Happy Trails

Tara and Mary

